

- 6/1/25 - Eamon has been doing full landscaping work in his house due to renovations and really feeling upper body, legs and currently with a headache. No issues with mobility but just ti everywhere. Rx FBM with tension mainly in the back of the body and arms. R elbow with lots of active TrPs for his tennis elbow and neck ti mostly on R. All released but really sensitive to pressure today. DK

- 23 Dec 2024 at 6:16PM

23/12/24 - client doing ok has bumped his R elbow so feeling the pain there from his medial epicondylitis. In addition, feeling the neck and shoulder tension due to extra work around the house doing renovations. Rx FBM with focus on BNS and arms. Tension in upper body as usual but also, in arms and forearms. All released with TrPs. DK

- 9 Dec 2024 at 6:03PM

9/12/24 - Eamon doing ok with no major concerns. No exercising much due to his new role training. PBM with focus on upper body and neck, but nothing out of the ordinary today. DK

- 26 Nov 2024 at 1:40PM

26/11/24 - Eamon doing ok has had headaches but not many. Currently having a week off. His Physio now gave him strengthening exercises for the shoulders so feeling a bit ti but he is watching his techniques. Rx BNS + arms & neck; mid Tx and Cx ti bi around ES group, RBs and Traps. Chest and arms (biceps and triceps) ti bi as well. Tried heat pack today for his upper body and neck work and did help release the tension a lot. DK

- 11 Nov 2024 at 2:11PM

11/11/24 - Client doing well just usual shoulder pain referring to neck and giving him headaches. No other signs. He was doing shoulder strengthening exercises prescribed by his physio that he had to stop as he figured it was triggering headaches. Rx PBM + ant thigh. Upper body ti but not too bad, most of the tension was actually on mid and lower back. Gluts and hamstrings ti and active TrPs on quads/HFs. He moved positions on the police force and will be working managing crime from the Perth (Curtin house) office, so his schedule might change. DK

- 28 Oct 2024 at 6:07PM

28/10/24 - Client has officially started a 3 week holiday so taking it easy. Has been struggling with a headache and hayfever the past few days but nothing out of ordinary. Doing strengthening shoulder exercises with rotational movements so feeling the upper body tension. No neuro signs, just tension and no issues with mobility. Rx BNS + chest, ant neck and head. Mid Tx and upper body really ti around ES group, rotator cuff and traps; chest and neck all ti bi. Extra scalp treatment to help with his headaches. DK

- 14 Oct 2024 at 6:05PM

14/10/24 - Client had his elbow cortisone injections and doing ok. Seeing his Physio and doing some strengthening exercises for the shoulder, so feeling upper body ti. Has had some neuro signs and currently has a headache. Rx BNS + chest and ant neck. LB ti on R, mid and upper back ti bi, particularly Rbs and ES area. Very ti with lots of DT work done in those areas. DT and MFR on chest and ant neck releasing a lot of tension. Still had a headache at the end but it eased off a bit. DK

- 1 Oct 2024 at 1:18PM

1/10/24 - Had the shoulder shot and R elbow last Friday and doing the L elbow tomorrow. Still doing stretches from Physio but reviewing from this Thursday. No major issues today. Rx FBM with some tension on upper body but nothing really concerning. DK

- 16 Sep 2024 at 5:02PM

16/9/24 - Sh/Elbow scan report attached. Medial epicondylitis (ME) and Sh SS tear and bursitis. Having a cortisone injections for shoulders and elbows booked. At the moment doing Physio (Amy LWP) stretches for shoulders and elbows. Once inflammation gets better (injections) then other exercises. Still feeling neuro signs L hand due to ME but other than that doing ok. Currently having a headache due to work shift at night. Rx BNS and + arms/forearms and hands. Back upper body and neck very ti bi but mostly L, both arms and forearms ti and with lots of active TrPs, but all released. DK

- 2 Sep 2024 at 6:10PM

2/9/24 - Client has had his scans and has a R SS tear mid muscle as well as R sh bursitis. In addition, both arms have medial epicondylitis so going for two sets of cortisone injections, shoulder on the 19th of September and elbows on the 27th September. Has been driving a lot to work so feeling the neck. Rx FBM with some tension on upper body. Client has decided to give a break with his jiu-jitsu until he recovers his shoulders and elbows. Scan reports to be attached to his file when client sends it through. DK

- 20 Aug 2024 at 3:08AM

19/9/25- client doing ok with no major changes since last visit. Not training much due to neck, shoulder and elbow pain. No neuro signs and no headaches today. Rx PBM with significant tension on upper body particularly R. L gluts to. Legs ok today. Ant neck to no but released. Didn't work on elbows/R sh as he is having a scan for diagnostic purposes so check that on next visit.

- 7 Aug 2024 at 7:34PM

7/8/24 Eamon doing ok. He has hurt his L sh and his trainer believes it could be bursitis. Pain on touch and hard to move limiting orthopaedic tests. Limited sh ROM in all movements but no neuro signs. Rx PBM + ant thigh and arms/chest. Upper body ti bi, back of legs ti bi and L hip ti. L Sh arm and chest really ti but released with MFR. Neck muscles ti on R but also released with MfR and TrPs. DK

- 22 Jul 2024 at 6:02PM

22/7/24 -Eamon feeling better and his L ant rib is now healing nicely. He is still mindful and not doing full on BJJ, but back to exercising. Has had a headache for the past two days and R neck has been particularly sore. No neuro signs and had issues moving the head when the headache was at its peak. Rx PBM, with lots of tension on Tx and Cx particularly around ES group and rot cuff as well as LB and gluts hence why treated the post leg. Ant neck ti on R particularly scalenes and suboccipitals. DK

- 8 Jul 2024 at 4:54PM

8/7/24 - Client doing ok. Hasnt any intense exercise only stretching and mobility because his L ant rib is still sore, and it get worse around Tx when he is standing for longer periods of time. In addition, he woke with a headache this morning so feeling his neck. No neuro signs or issues with mobility. Rx PBM and ant chest/neck. Mid Tx very ti bi and neck on R ti. Still did MFR for diaphragm which seemed to have helped with the lower rib pain. Headache nearly gone by the time he left. DK

- 24 Jun 2024 at 6:01PM

24/6/24 - Eamon had his BJJ (Jiu-Jitsu) purple belt competition over the weekend and he achieved really well. However, feeling sore all over , particularly upper body and L ant ribs but nothing major. Rx PBM and ant thighs, legs doing ok but back was ti but work on

MFR as he was pretty sore. Also, MFR for ant ribs and diaphragm. Felt great at the end. DK

- 10 Jun 2024 at 6:04PM

10/6/24 - Client feeling ok. Main c/o N P particularly on L side no neuro signs but limited ROM on all movements of neck. Sh ROM WNL for all movements. Rx Focused today on BNS + chest/ant neck. Upper body around Rot cuff and ES (Tx) very ti bi but mostly R. Neck ti bi particularly Lev scap on both sides. All released but lots of DT and TrPs to get through it. Chest actually ok, but still did stretches and a bit of MFR. DK

- 27 May 2024 at 5:04PM

27/5/24 - Client feeling ok. Has had intensive hill trainings last Friday (today Monday) so feeling his legs. In addition, feeling upper body and neck. Had headaches over the weekend but ok now. Rx PBM + ant things. Legs to bi but released with MFR and upper body to particularly L sh and N. DK

- 13 May 2024 at 5:57PM

13/5/24 - Eamon feeling ok today. Hasnt been training very much due to still feeling stiffness on his back and his PT being away. No other signs. Rx PBM and ant thigh. Legs very ti bi but upper body actually doing ok today. DK

- 29 Apr 2024 at 6:04PM

29/4/24 - Eamon came in today with a sore R LB that he hurt doing weight training last week on Tuesday. In addition, tightness around legs as well. No neuro signs but definitely limited ROM of lumbar due to pain and stiffness. Rx PBM + ant thigh. Joint mobilisation of LB (L1-L5) gd 1 and 2. LB wasnt that ti but Tx and legs (hamstrings, calves, gluts and quads/HFs) were really ti bi. Advised to have a break this week from exercise to recover. DK

- 15 Apr 2024 at 6:36PM

15/4/24 - client feeling ok. Has been training hard so feeling calves and the usual neck. Had a headache yesterday. R elbow and wrist still hurting but managing. Rx FBM with work on the legs but most of the tension was found on upper body, particularly traps, lev scalp and scalenes. DK

- 3 Apr 2024 at 5:18PM

3/4/23 - Had a funeral from one his work mates yesterday and a fairly heavy workout on Monday (today Wednesday) so feeling upper body and neck ti, with a headache. No neuro signs. Rx FBM with focus on upper body and neck as well as legs. DK

- 18 Mar 2024 at 6:08PM

18/3/24 - Client feeling ok, but the rib area (see last session) still sensitive. Feeling better but still sensitive. Has been doing a lot of strong leg workouts. Rx PBM with calves, hamstrings and glutes ti bi as well as quads/HFs. MFR release on rib area, and diaphragm. A lot better than last session but still some tension released today. Advised to be mindful when training and if possible avoid the jiu-jitsu until it heals fully. DK

- 4 Mar 2024 at 6:06PM

4/3/24 - Client doing ok. Was doing Jiu-jitsu 10 days ago and had a fighting position that hurt his L LB around the 11th and 12th rib with referring pain to the L abdomen under the ribs. At the time had trouble breathing but no longer the case. Still a bit painful but definitely better. ROM of LB WNL for all movements, as well as Tx rotation. Painful at palpation on the ant abdomen but not too painful. In addition, some neck pain. His wife had surgery (Janine Flanagan) and had lots of complications last week so feeling really stressed. Rx PBM + ant thigh and MFR for abdomen/diaphragm. Upper body around N ti

bi but released nicely. MFR for abdomen/diaphragm very slow and gentle with tension released on L side. LB and Mid back actually ok with no tension. Did make it clear that if the pain doesn't improve or he has any issues breathing to go and get checked. DK

- 19 Feb 2024 at 6:12PM

19/2/24. Client feeling ok with N P and still having trouble w the R elbow (tendinitis). Other than that doing ok. Ex FBM with focus on upper body and arms. Traps and N muscles to but all released. DK

- 5 Feb 2024 at 3:48PM

5/1/224 - Eamon had COVID 2 weeks ago but doing ok, had random symptoms but he is feeling fine today. He went back to training 10 days ago and feeling ok. Had a bad headache over the weekend but seemed to ease off. R arm with the tendinitis still giving him trouble but steady progress. Rx BNS and chest/arms. Upper back traps, Lev Scap and ES group ti bi. Lots of DT and TrPs to release that area as it was really ti. Chest and arms MFR and released ok. DK

- 8 Jan 2024 at 6:00PM

8/1/24 - client feeling ok but just tired and feeling his legs from training. In addition, he found that his L elbow (golfers' elbow but not properly diagnosed) responds well with massage. FB treatment today with focus on legs, and LB. Also did treatment on arms focus on joint mobilisation and TrPs for the elbow. Both ti but focus more on L. DK.

- 22 Dec 2023 at 6:16PM

22/12/23 - Client has been doing a lot of training so feeling ti all over. Including abdomen and chest, really hammering his physical training. Rx FBM including abdomen and diaphragm work. Client was ti all over particularly legs, but tension was all released. MFR for intercostals and obliques in the abdomen really worked. Client never had abdominal work done before so he enjoyed. DK

- 11 Dec 2023 at 6:07PM

11/12/23 - Client feeling ok. Has been doing a lot of training including Jiu-jitsu but feeling ok. Reported legs a bit ti. Neuro signs only N as usual, but nothing else. Rx PBM + ant thigh. Really ti on legs, even gluteal area bi. Only released with DT/TrPs. DK

- 27 Nov 2023 at 4:58PM

27/11/23 - Client feeling ok. Went back to training so feeling calves, upper body but no other issues. Rx PBM + ant thigh and N. Calves and gluts very ti bi, as well as sh particularly R. Had a checkup with his GP feeling good and no other issues. DK

- 13 Nov 2023 at 6:06PM

13/11/23 - Eamon has had a terrible headache for the past week, has been very stressed due to his wife in hospital, and his N Hx. He also refers his upper body ti. No issues with mobility on N and Sh, some neuro signs that come and go. No dizzy episodes. Rx BNS, with a lot of work on upper body as traps, rhomboids, rot cuff and ES group were all ti bi, but L was more. Ant chest ti bi. Joint mobs from T1 C5. DK

- 30 Oct 2023 at 4:43PM

30/10/23 - Client feeling ok with no major issues as he hasn't been training much. He has seen the neuro specialist for the dizziness and still to be investigated as either the ear or related to his neck issues. Today's Rx FBM with focus on upper body and N but nothing concerning. DK

- 17 Oct 2023 at 8:38PM

17/10/23 - No dizzy episodes. Sometimes feels a little light-headed. Has referral to see surgeon - gets HA after training esp. any over-head training. R calf - has been doing any

sprinting. c/c N&S feeling tense.

RX 1 hr PBM - Legs bi including R gastroc which tolerated some deeper pressure. DTM from glutes, up into back, shoulders & neck. Good overall release. CQ

- 2 Oct 2023 at 9:50AM

2/10/23 - Client feeling good as he is on holidays so not much physical activity. No dizziness episodes or any neurological signs apart from a mild sh/n tension. R calf feeling better but he hasn't run on it or did any work on. Rx PBM with focus on upper body, particularly L on sh/N. calves ti bi mostly released with MFR as he was still very sensitive to pressure there. Seeing Jen while Dani is away. DK

- 18 Sep 2023 at 6:13PM

18/9/23 - Eamon came in with P on his R calf that he believes is a minor tear, Calf squeeze test negative bi; Had also a lot of N P related to his injury and an episode while driving of full dizziness to the point he had to ask his wife to take over the wheel. VBA and spurlings Negative. ROM WNL but really stiff. No neurological signs. L elbow (Tennis elbow WDiag) still giving trouble every now and again. Rx PBM R calf really ti, TrPs and heat pack on it released. advised not to run/sprint on it' LB ok but Tx and Cx really ti bi, Chest on L ti, and TrPs for L elbow. suggested an elbow brace. DK

- 4 Sep 2023 at 5:02PM

4/9/23 - Client feeling ok had a cold a couple of weeks ago but all good now, back training and doing jiu jitsu. No major issues with mobility and still have neuro signs on arm from the neck every now and again. Rx PBM + ant thigh; client tight around mid back and upper body as well as R hamstrings, gluteals and L calves. Really enjoyed treatment today. He was very quiet just breathing with the treatment. DK

- 12 Aug 2023 at 3:28PM

12/8/23 - Client has been back to training so feeling arms and legs ti, but no specific issues or injuries, mostly DOMS from training. Rx FB treatment with legs and arms ti as well as R sh and N; All released with TrPs and MFR. Client enjoyed today as he felt P but happy to be active again. DK

- 24 Jul 2023 at 5:06PM

24/7/23 - US results ruled out carpal tunnel synd. However, MRI showed compression of herniated disc worse than last time (last year) report to be attached to this file, next week. Also had extra work for the past few days so standing a lot, therefore, legs are sore. Today's main c/o is upper body tightness. as well as some L LBP and legs. Calves, hamstrings, gluts, quads and HFs ti bi. LB L ti and sh R ti. All released. Client is ok with the MRI results and will try to avoid surgery until he can no longer tolerate the pain. He finds massages really help so will continue as such. DK

- 10 Jul 2023 at 3:32PM

10/7/23 - Client had an ultrasound today to rule out carpal tunnel syndrome on the hand with the Hx of numbness. Also having an MRI of neck/head within the next few days to check the N; discussed having the MRI results brought in when he gets it to have in on his file. Main complain today is upper body/N P as well as the persistent L elbow. Discussed following up with the GP for the elbow as well. Rx PBM with focus on upper body and neck as well as chest and N. Chest ti bi as well as R N. DK

- 26 Jun 2023 at 6:02PM

26/6/23 - Client felt good after treatment last week. N P improved but still giving him trouble. Rx today similar to last week but full body treatment focusing on BNS as well as

chest and ant neck. Both sides of N and R suboccipitals still ti but released nicely. Client really enjoyed treatment today. DK

- 19 Jun 2023 at 11:33AM

19/6/23 - Client was in hospital last week for kidney infection. Has had other systems prostate, thyroid, blood sugar (diabetes) tested and all good at this stage. Had a week off work but still off still recovering. Kidney are still a bit sensitive so gentle pressure around LB area. Main c/o today is neck tension and headaches. Rx BNS with focus on upper body, L shoulder ti but released only with MFR as client still recovering so didn't want to add too much pressure. N particularly suboccipitals really ti. Client very calm and pain free at the end. Discussed doing the low hammock yoga classes. DK

- 29 May 2023 at 9:08AM

29/5/23 - Client came earlier than usual today as he had a change on his roster; No major issues, but the R elbow is still hurting and felt a bit inflamed in comparison to the L; Also trained a bit so shoulders and upper body in general ti. Rx PBM, arms and N; upper body really ti but released and arms R arm ti. Recommended fisiocream and GP investigation for possible stress fracture on the elbow. DK

- 15 May 2023 at 6:06PM

15/5/23 - C/o L elbow medial side P and the usual N P. Hasn't been working out due to looking after his wife after her double hip replacement but doing ok. Rx BNS and arms, particularly focused on L arm/elbow with joint mobs and TrPs for Triceps; Client hasn't really noticed any difference, but asked him to pay attention if the pain eases off. DK

- 1 May 2023 at 6:05PM

1/5/23 - No major issues apart from Sh tightness as he hasn't been training this hard. Client disclosed that he has been having headaches that sometimes wake him up or that he wakes in the morning with the P. We discussed that it could be related to his N Hx but discussed the possibility to get a referral to see the GP for further investigation. In addition, he is going to have a scan for L wrist (carpal tunnel) Phalens and phalens reversed all negative bi. Asked to bring the report for bloods and scan when done. Rx PBM L hamstrings and quads ti as well as upper body but all released with TrP and MFR. DK

- 17 Apr 2023 at 4:59PM

17/4/23 - C/o upper body tension from training this morning, but nothing major and hasn't really been training hard so the rest of the body seems to be ok. Rx FBM with focus on upper body. L tx and N/Sh ti but released with DT. DK

- 3 Apr 2023 at 5:53PM

3/4/23 - No major issues today. After last treatment went home and noticed a blood vessel in his eye; that cleared up in 3-4 days. Rx FBM with some focus on upper body but no other major issues. DK

- 20 Mar 2023 at 5:02PM

20/3/23 - Went pretty hard on training last week and still sleeping on the floor; So feeling sore on legs in general and 3 days post DOMS still feeling it. Rx FBM with focus on upper body and legs particularly hamstrings. DK

- 6 Mar 2023 at 2:34PM

6/3/23 - C/o N ti due to sleeping on a mattress on the floor, between the shoulder blades; Hasn't really trained that hard, so no other major concerns. Rx FBM with RBs and rot cuff particularly Supra-spinatus ti bi but all released. DK

- 20 Feb 2023 at 5:01PM

20/2/23 - Client feeling good and came up really good last session. Hasn't been training hard (full on) so not as sore as before. Rx FBMn with focus on upper body L Neck ti as well as R hip. Legs were fine today. DK

- 6 Feb 2023 at 6:05PM

6th Feb 23- Last Thursday had a hard training session and still recovering until today (Monday); sprints up hill, push ups etc. Pulled up ok and the only sore areas is elbows and arm showing some signs of mild muscle fatigue. Rx FBM with no major issues just the upper back really ti. Still feeling numbness from the N (towards L arm and hand) but managing ok. DK

- 30 Jan 2023 at 6:17PM

30/1/23 - Been on leave for 3 weeks. Today for the first day back at work. c/c N&S stiff. ROM WNL, just stiff. Sleeping in different bed while away. HF LHS playing up; a bit achy. RX 1 hr FBM with focus on problem areas. Traps ti (bi), scal ti esp R, sub-occ tight. H/S tight esp L CQ

- 9 Jan 2023 at 5:59PM

9 Jan 23 - He is on holidays only feeling tightness around N/Sh but no other issues; FBM with focus on upper body. Tight around N bilaterally but great. Client nearly felt asleep at the end. DK

- 27 Dec 2022 at 9:35PM

27/12/2022 - No major issues, general tightness, had a hard session on Thur 22nd and legs were really sore then.

RX FBM glutes (ti) uptraps LHS (ti) gastroc (ti) (bi) scales RHS (ti) - JC