

- 18 Dec 2024 at 3:32PM

18/12/24 - Sam hurt her neck a week ago around upper tx region and has some mobility (Flex and ext) compromised but no neuro signs. Rx PBM with a lot of focus on upper body. Mid Tx and Cx really ti around ES group and Rbs with join mobs from C7-T5 PAVIMs. Movement restored at the end pain free. DK

- 5 Nov 2024 at 12:40PM

5/11/24 - Client doing only sh tension but nothing serious. No issues with mobility or neuro signs. Rx FBM with some tension on mid and upper back as well as neck. Other than that she really relaxed today. Her husband got her a night by herself at Crown hotel for her bday so she is very excited to have a massage and go relax. DK

- 24 Sep 2024 at 1:56PM

24/9/24 - Client doing ok just tired from not sleeping with her girls. A bit of tension in shoulders and neck but no neuro signs or issues with ROM. Rx PBM with focus on BNS with particular areas mid and upper back ti bi but all released with DT and TrPs. She really enjoyed her session today. DK

- 27 Aug 2024 at 2:04PM

27/8/24 - Client main c/o upper body tension to the point that was limiting her ability to sleep; ROM of neck and sh WNL but very ti upon palpation and she present elevated shoulders on ant PA. Rx DN on SS and IF 2 needles 0.25x30mm on each side at level 5 all. Then FBM with MFR release and some TrPs on trapezius on upper body. Released the tension on upper body with neck and shoulders and DN work, and her posture completely changed at the end. Still did a FB treatment so she could relax a bit. She thoroughly enjoyed her session today. DK

- 23 Jul 2024 at 12:42PM

23/7/24 - Client doing ok, with just a bit of shoulder tension. Rx Full body massage with quite a bit of tension on upper body, but nothing major. She was a bit tired as her little baby (9month old girl) had surgery last week, but she is doing ok. Really needed to relax and she loved the treatment. DK

- 29 Apr 2024 at 2:08PM

29/4/24 - Client feeling ok just some upper body tension due to her work (hairdressing) and carrying her 8 month old baby. No neuro signs or issues with mobility. Rx FBM with focus on upper body and arms. Sh and N really ti bi but released nicely. DK

- 6 Mar 2024 at 5:07PM

6/3/24 - Client feeling ok no major issues apart from being tired with her 3.5 yo and 6month old baby. Some upper body tension but not too bad. No neuro signs or issues with mobility. Rx FBM with some tension found on mid and upper back but all released. She nearly fell asleep. DK

- 7 Nov 2023 at 9:56AM

7/11/23 - Client had her baby girl now 8 weeks old and she is doing really well. Had a pre booked cesarean and recovered well. No other issues apart from being tired. No longer breastfeeding and feeling ok with it. Rx FBM with focus on upper body and some work on LB/hips but nothing to be concerned about it. Really enjoyed her treatment today. DK

- 11 Sep 2023 at 11:40AM

11/9/23 - Client 39 weeks pregnant tomorrow, having a prebooked c-section on Thursday (in 3 days). Feeling tired but still seeing physio for LB/gluteal p. Full body treatment with focus on upper body and legs as they were ti bi. LB on R tighter but nothing to be concerned. She is very uncomfortable due to the end of pregnancy but doing really well. No swelling in ankles just tired. DK

- 21 Aug 2023 at 3:45PM

21/8/23 - Client 36weeks pregnant doing really well. Saw her physio for sciatic pain 10days ago and doing well. Was advised by her physio to see how she goes and book another appointment; FBM with her shoulders and calves ti bi today. LB really good and only L gluteal a bit ti but not as previously. Rebooked in 3 weeks 3 days prior to her C-section.

- 1 Aug 2023 at 11:27AM

1/8/23 - Client feeling ok at 33 weeks pregnant. Still feeling the L gluteal pain and has been seeing a physio for it as well. So now alternating between massage and physio treatments. Today as well no longer doing pregnancy cushion so side lying. Full body treatment with L Tx, Lx and gluteal area really ti and R chest and upper body ti. She is feeling ok but did show some stretches. C-section booked for the 14th Sept. DK

- 17 Jul 2023 at 2:04PM

17/7/23 - Client 31 weeks pregnant (tomorrow) feeling ok but tired. Had a 3 hours walk yesterday for leisure with her 3 yo daughter and feeling legs, particularly calves and L LB/gluteal with some sciatic symptoms. Rx PBM with focus on legs and gluteal/LB. Stayed in prone the entire session on pregnancy pillow as we spend a long time releasing LB/gluteal area. client enjoyed the treatment not having to move. DK

- 21 Jun 2023 at 6:02PM

21/6/23 - 27 weeks pregnant. Feeling ok with some LBP. Full body treatment with pregnancy cushion. LB R a little bit of tightness but Tx and upper back tighter. No sciatic pain. Really enjoyed her treatment. DK

- 23 May 2023 at 12:31PM

23/5/23 - Client 23 weeks pregnant today. Feeling good with some LBP but no other issues. Full body massage focusing on LB, gluteal area and HFs. Really relaxed at the end. DK

- 18 Apr 2023 at 11:18AM

18/4/23 - 18 weeks pregnant doing well. Starting to show so used pregnancy pillow today (small); Full body treatment today with her Tx a little ti and R upper sh/n tight all released with MFR. Probably a girl. Not telling the client DK

- 14 Mar 2023 at 1:46PM

15/3/23 - 13weeks pregnant feeling pretty good no more morning sickness. Client feeling tired due to pregnancy but no other major issues. FBM a bit of tension on upper back but nicely relaxed and released at the end. DK