



19 Ocean Drive

Port Macquarie, NSW, 2444

Ph: 0404859562

Email: focuspointremedial@gmail.com

13th February 2025

Dr Chloe Blanshard
Flynns Beach Medical Centre

Regarding: Maureen Whitfield

Dear Dr Blanshard

I have been seeing Maureen on three occasions for Remedial Massage Therapy for her upper back, neck and shoulders. Maureen has a combination of seated massage, and in supine and responds well to medium TrP pressure to her upper traps and Rhomboids. Maureen has limited ROM in her neck, however today's treatment has given her some improvement with gentle soft tissue release.

Maureen has minimal ROM of R shoulder and is causing some increased pain recently. She is having difficulty with any activity that involves lifting her arm, such as taking off her shirt. Today she was unable to lift her arm at all without assisting it with the other arm.

I have suggested that she see you for further investigation / imaging of the R Shoulder and neck.

Kindest Regards

Kim Whipps

Remedial Massage Therapist

Kim Whipps Diploma Remedial Massage
Member AMT - 12345