

Tarregower Remedial Massage

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22 April 2025

Dr Joel Winbanks
190 Sladen Street
Cranbourne. Vic, 3977

Email: functionlabrx@gmail.com

Dear Dr Joel Winbanks:

Ms. Donna Murphy contacted me on Good Friday, suffering from acute posterior LX and Left Lateral TX pain which occurred suddenly when bending over the previous day.

Initial assessment identified an internally rotated L hip (which Donna advised, "My Osteo says the tendons/muscles at the front of my left hip are VERY tight.")

- Gaenslens test elicited a positive result on the Left.
- MTrPs were present in QL, more prominent on the Left than Right
- An APT of approx. 2.0cm was present

My treatment notes are as follows:

MFTT: rec fem, TFL, iliacus

P&S: recfem

DIP: MTrP TFL (L)

MFTT: biceps fem, semimem., semitend.

Passive Hip rotation articulation whilst deep hip rotators pinned

MFTT: iliocostalis, longissimus, semispinalis, QL, Lat dorsi

DIP: MTrP glute min, Glute med. QL

P&S Piriformis

I have suggested that Ms. Murphy follow up with you on her return to Cranbourne.
Please feel free to call me should you require further information.

Thanks and Regards



Paul Gilders

Remedial & Sports Massage Therapist
Tarregower Remedial Massage