

10/5/25

Mortgage broker. Mainly doing arts now.

Smoker

2 kids, divorced.

Red flag: doesn't like strong fragrances. Therefore, no essential oils

ADHD

PTSD

Hx

Easy bruising

Physio

Frozen shoulder

Weight gain, wanted to change his attitude to self and physical.

Going through marriage issues, divorce.

Current

Cortison injection (L) arm

Carpel tunnel - bilat

Today's rx

Med, slow pressure

Prone: BNS, hip, neck, pecs, arms, hands. Didn't do legs and feet (desired) today as we ran out of time.

Post rx: felt really good afterwards. Quite chatty during the massage, 'always on the go'.