

4/5/24,

Client advised

* Lower back pain & Slight Heaviness down legs.

➤ Shoulders sore & around QL section aches.

* client does palates.

* Clients range of torso rotation slightly restricted.

* Tight glutes.

- Remedial massage lower back, glutes & piriformis.
Trigger points.

- Interscapula massage, inter scap R/Hs had many trigger points.

- QL massage & trigger points, QL's had many Trigger points through. Rem both.

- upper traps, ~~upper~~ both had trigger points through Both.

Other notes

- Client was 20 mins late. so only worked on what was more pressing.

- Advised Client to Drink water & Continue Palate stretching.