

Wed 19 Jun

Completed

Jillian Butler
+61 428 233 647



Actions

Wed 19 Jun

15:30

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min)
15:30 • 1h • Tanya McDonald • Massage Room

A\$ 110

+30min blocked

Review

1 year ago
This was my first visit as I am from out of town. Tanya has created a comfortable and welcoming environment. She is very attentive to your needs. As someone who requires regular treatments due to an injury and chronic pain, I have had my fair share of remedial massages and can say with confidence that Tanya knows her stuff. Highly recommend.

Reply

Notes
Clients general wellbeing was good, client advised that she has not had a massage in a while. The client advised she has had a discectomy surgery on her L5 – S1. Jillian also advised she gets sciatica pain down her L side, tightness through her shoulders and tightness in her traps. Jillian advised that she does go to the gym and that activities with impact makes the pain in her back flair up.

Assessment:

The Painful Arc was negative, on palpation tightness was felt in her upper traps, medial border of scapula. Erectors were tight and hips were slightly favouring the (L) side. Tightness was felt through the hamstring. ROM through the torso was restricted mainly to the Left side when twisting Right.

Treatment:

Petrissage and effleurage to warm the lower and upper back up. Thumb glides down the posterior illiac crest and light massage to the sacrum. Trigger point work on Glutes and Piriformis. Raking to rhomboids and traps. thumb glide and kneed to (L) & (R), thumb glide down inter scapula. Circular stroke to levator scapula, cross fibre frictions to levator scapula, thumb glides to upper traps. Hamstring effleurage & Petrissage, Iron out of hamstring, circular thumb glide up bicep femoris. Trigger point to ischial tuberosity (L)&(R).

supine
Massage to pectorals and neck stretch.

Post Assessment.

ROM in torso less restricted. upper back was feeling less tight. hamstrings also less tight.
Client over all was feeling good and felt less tight than originally was when she walked in.

Advised client to drink plenty of water.
Showed client the glute / piriformis stretch whilst sitting in a chair to help with the pain, so she was able to do it in places she was unable to get on the floor to do it.
As the client goes to a gym, I suggested she discuss with a gym personal trainer work outs with less impact on her spine.
Forms

COVID 19
Wed 19 Jun • 09:42 • Not completed

Total
A\$ 110

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