

Tue 2 Jul

Completed

Kim Bentley
+61 428 769 427



Actions

Tue 2 Jul

10:00

Doesn't repeat

Services

Remedial Massage (Initial Consultation 75 Min)
10:00 • 1h • Tanya McDonald • Sauna Room

A\$ 110

+30min blocked

Notes
Kim general health is good, she advised that she is tight and sore through the hamstrings. Client mentioned that she has bursitis around her greater trochanter but unsure the exact area. Client also said that she has tennis elbow in the left elbow. Clients work requires her to be on her legs and feet a lot. Client advised that her traps are also tight.

Assessment -

On assessment found the clients hamstrings and gastroc were tight including her glutes. ROM was restricted when twisting torso to the R. Neck ROM was also restricted when turning to the L. Upper traps felt tight on palpation.

Treatment.

Effleurage and petrissage to upper and lower back. thumb glide strokes down the posterior iliac crest muscles (L) & (R), trigger point work to glutes and piriformis. circular massage to and around the greater trochanter with 2 trigger point work (L) & (R). Single handed stroke around the scapula area & Raking to Rhomboids. Thumb glide and kneed medial border / upper traps. thumb glide & trigger point to inter scapular.. Thumb glide and trigger point to upper traps. Legs: effleurage and petrissage, release stroke hamstrings. Circular thumb glide hamstrings. Elbow compression to ischial tuberosity. (L) & (R). Supine - Pec massage. Rowing stroke / pull through to top of head, stroke and stretch to occiput. deep tissue massage to lateral epicondyle

Post assessment:

ROM increase in neck turn to the L.
Reduction in tightness through the torso when twisting
reduction in tightness of medial border and inter scapular

Advised client to drink water and do stretching of the pecs and neck stretches, sitting stretch of piriformis and glutes.
Forms

COVID 19
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Total
A\$ 110

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