

Fri 14 Feb

Completed

Anthony Bootes
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Actions

Fri 14 Feb

14:40

Doesn't repeat

Services

Remedial Massage (Consultation 60 Min)
14:40 · 1h · Tanya McDonald · Sauna Room

A\$ 95

+30min blocked

Notes

Anthony came in for a remedial advising that he went to a fitness class this morning finding that he was stiff and sore, the trainer told him that he had a lot of knots in his back and should get it fixed. Client advised that he was tight from the bottom of the scapular to the lower back, was getting headaches, lack of sleep and had not been drinking enough water. Client does do stretching and high intensity classes.

Objective findings

Glute stretch revealed tight psoas and glute muscles
Palpation revealed tight upper traps, erectors and trigger points in
Forms

COVID 19

Fri 14 Feb · 09:35 · Not completed