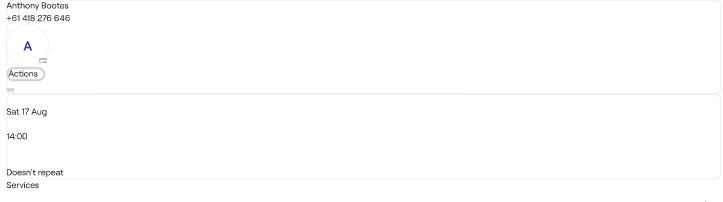
Sat 17 Aug





Remedial Massage (Consultation 60 Min) 14:00 · 1h · Tanya McDonald · Sauna Room A\$ 95

+30min blocked

Review

1 year ago

As always very professional.

Reply

Notes

Anthony advise that his upper back is now feeling a lot better. He expressed that due to truck driving and the bumping up and down of the truck his lower back and legs feel tight.

Assessment

Upon doing a glutes and piriformis stretch Anthonys glutes are tight. When also preforming a hamstring and gastroc stretch both were also pretty tight. Observation found that Anthonys feet roll outwards as well.

Treatment.

Massage to lower back area, trigger point therapy to both glutes. Massage to hamstring, TB, with trigger point therapy to hamstrings and elbow compression to ischial tuberosity. massage to lower leg including gastroc and soleus. longitudinal frictions to achillies tendon. Foot massage

Post Assessment

Less tension in hamstrings, glutes and calfs. Clients feet are still rolling out. Suggested to client to see a podiatrist.

COVID 19

Sat 27 Jul • 13:53 • Not completed

Total A\$ 95

