

Sat 17 Aug

Completed

Anthony Bootes
+61 418 276 646



Actions

Sat 17 Aug

14:00

Doesn't repeat
Services

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 Anthony's glutes are tight. When also performing a hamstring and gastroc stretch both were also pretty tight. Observation found that Anthony's 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 achilles tendon. Foot massage

Post Assessment

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

Advised client to continue with stretching and drink plenty of water.
Forms

COVID 19
Sat 27 Jul • 13:53 • Not completed

Total
A\$ 95

View sale