

Sat 27 Jul

Completed

Anthony Bootes
+61 418 276 646



Actions

Sat 27 Jul

12:00

Doesn't repeat

Services

Remedial Massage (Consultation 60 Min) & 20 Minute Sauna Session: Remedial Massage (Consultation 60 Min)
12:00 • 1h • Tanya McDonald • Sauna Room A\$ 85.93
~~A\$ 95~~

Remedial Massage (Consultation 60 Min) & 20 Minute Sauna Session: Infrared Sauna Sessions
13:00 • 20min • Tanya McDonald • Sauna Room A\$ 24.07
~~A\$ 26.60~~

+10min blocked

1h 30min

Notes

Anthony mentioned that he felt great after his last appointment. His main areas needing to be attended to are his shoulders and neck, his lower back was feeling a little tender. The client wants to maintain a decrease in tightness through the shoulders, neck, and upper traps. The client mentioned that he is seeing his GP this week.

Assessment

Tight through the neck, traps and L peck on palpation. R glutes are tight.

Treatment

Petrissage and effleurage to lower and upper back to warm muscles. Thumb glide down the posterior iliac crest muscles (L) & (R), trigger point to glutes & piriformis. Massage up the erectors.

Raking of rhomboids and Single-handed stroking around the scapular. Thumb glide along the medial border as muscles. Inter scapula massage and thumb glides down the inter scapula. (L) & (R).
Upper Traps warm up and trigger point therapy.

Supine

Massage to pectorals, neck stretch.

Post Assessment

The client advised that all areas massaged feel less tight with more movement. Neck / upper traps are feeling less tight. Upon palpation the clients neck and upper traps have a decrease in tightness, Glutes on palpation also have a decrease in tightness.

I advised client to drink plenty of water and continue stretching. Also advised client to speak to the personal trainer at the gym to discuss a workout suitable, so he is not exerting the weight on his shoulder.
Forms

COVID 19

Sat 6 Jul • 13:59 • Completed

Total
A\$ 121.60A\$ 110

View sale