Sat 6 Jul

Anthony Bootes
+61 418 276 646

A

Actions

Sat 6 Jul

12:00

Doesn't repeat

Services

Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Remedial Massage (Initial Consultation 75 Min) 12:00 · 1h · Tanya McDonald · Sauna Room	A$ 100.65 A$ 110
Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Infrared Sauna Sessions 13:00 · 20min · Tanya McDonald · Sauna Room	A$ 24.35 A$ 26.60

+10min blocked

1h 30min

Review

1 year ago
Very professional and a very joyful attitude.

Reply

Notes

Anthony general health is pretty good. Anthony said that he was on the treadmill at the gym holding weights and over extended his arm. Muscle in his left shoulder feeling really tight and restricted.. He also mentioned he had a bull riding accident in the 90's and his lower back has now got a disk that has moved.

Assessment;

Empty can test, the client had pain in between the Medial border of scapula and rhomboids.
Did not ask client to lift arm as he could only move it to shoulder height on observation.
ROM in neck was also limited due to the tightness in the Traps.

Treatment.

Effleurage and Petrissage to warm up muscles in back. Forearm glided strokes up the erectors.

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

Supine
Massage of pectorial, Neck stretch, light massage in trapezius.

Post Assessment.

Client was able to lift his right arm, More range of motion in neck.

Advised client to do light stretching of neck, pectorals with door way and to drink water so he does not get dehydrated.
Spoke to client about reviewing his work out regime at the gym, due to the way he pulled the muscles.

Forms

COVID 19
Thu 4 Jul · **10:42** · **Completed**

Total
A$ 136.60 A$ 125

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