

Fri 27 Sep

Completed

Adam McCredie
+61 427 817 464



Actions

Fri 27 Sep

16:00

Doesn't repeat
Services

Remedial Massage (Consultation 60 Min)
16:00 • 1h • Tanya McDonald • Massage Room

+30min blocked

Notes
Adam health wise said he was feeling pretty good, he mentioned that due to a family member being injured on the farm he has had to take on extra jobs around the farm. Due to this he is feeling tightness in his legs and in between his shoulders. He has been stretching when he can. He jared his L side whilst doing work 1 – 2 weeks ago.

Assessment.

Client is tight in the glutes area on stretching
Rhomboids felt tight on palpation.

Treatment

Massage to Glutes, lower back and rhomboids as per last session.

Leg (l) & (r) Rowing stroke entire leg and flat effleurage single hand hamstrings, petrissage hamstrings, circular thumb glides hamstrings, knuckle friction hamstrings and IT Band.
Release stroke hamstrings. Effleurage gastric and soleus finger stroking heel of hand gastroc massage to Achilles tendon. Release stroke gastroc.

Post Assessment

Client is feeling less tight in all areas with more movement.

Advised client to drink water and to continue stretching.
Payment policy

 **Confirmed with eftpos_australia *5226**
23 Sep 2024 at 06:10

Forms

COVID 19
Mon 23 Sep • 06:11 • **Not completed**

Total
~~A\$ 95~~A\$ 85.50

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