

Fri 13 Sep

Completed

Adelle Roscoe
+61 422 769 050

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Actions

Fri 13 Sep
16:00

Doesn't repeat
Services

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

+30min blocked

Notes
Client advised that she was feeling good after the last appointment, the swelling on the L rhomboid had gone down in less than a day with no pain. The client mentioned that her goal for this appointment was the same areas as the las appointment. She has started to feel tightness through her upper traps and lower back.

Assessment

Palpation showed that the clients upper traps to her lower back was tight but not as tight as the last appointment. L rhomboid was as tight as the last appointment.

Treatment

The treatment was the same as per last appointment (not including pectorals or neck stretch), with the exception of the L rhomboid, massage was lighter than the previous appointment to avoid aggravation.
Massaged around the greater trochanter L & R to loosen up the muscles around that area.

Post Assessment

On re assessment, Upper traps to lower back including glutes and piriformis feeling less tight. Client feeling less tight and no pain. No swelling in L rhomboids and area feeling less tight.

Spoke to client about continue stretching and drink plenty of water.
Forms

COVID 19
Fri 9 Aug • 17:27 • Not completed

Total
A\$ 95

View sale