

Sat 8 Mar

Completed

Alan Marshall
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Actions

Sat 8 Mar
10:00

Doesn't repeat
Services

Relaxation Massage (60 Minute)
10:00 • 1h • Tanya McDonald • Sauna Room

+30min blocked

Notes
Allan came in for remedial massage. Charged \$95 as per remedial massage appointment charge

Subjective:

- Back pain and tightness, particularly when turning to left
- Reports not painful, but restricted movement
- Has been doing stretches: reports some improvement
- Not consistent with stretching routine due to time constraints
- Conscious of avoiding overexertion, noting observations of athletes

Lifestyle/Occupational factors:

- Teaching profession: prolonged standing
- Desk setup with multiple screens
- Poor desk ergonomics noted
- Reports head turning rather than whole body movement at desk
- No ergonomic equipment (foot rest) at workstation
- Tends to slump while standing
- Difficulty maintaining upright posture with shoulders back
- Reports hips maybe shifting with prolonged standing

Treatment:

- Focus on upper back and pectoral area
- Massage to QL and in-between rib glide to loosen muscles in the area
- Upper back and traps massage as per previous sessions

Plan for Continuing Care:

- Continue with upper back and pectoral focus
- Address postural habits
- Workplace ergonomic improvements recommended
- Chiro maintenance appointment recommended

Forms

COVID 19
Fri 28 Feb • 13:51 • Not completed