

Sat 20 Jan

Completed

Tina Carvell
+61 437 898 904



Actions

Sat 20 Jan

10:00

Doesn't repeat
Services

V/C massage
10:00 • 1h 20min • Tanya McDonald • Sauna Room

+30min processing

Notes
Tina's has advised that she has arthrites in her lower back area, she has advised that that her shoulders are tight and legs are tight as her job requires her to make coffees all day and be on her feet through her shift.

Assessment

ROM in neck tight L & R
Neck slightly forward
Palpation to upper traps through to lower back tight.
ROM through hips restricted L & R.
Through discussion found the client already sees a chiro and GP for arthritis

Treatment

Massage to lower back and posterior illiac spine. Trigger point therapy to glutes and piriformis. Massaged up the erectors.
Single-handed stroke around the scapula, finger glide/trigger point work inter scapula. Circular stroking to upper trapezius and levator scapulae. Upper traps finger glide and cresting.
Trigger point work to upper traps.
Leg (l) & (r) Rowing stroke entire leg and flat effleurage single hand hamstrings, petrissage hamstrings, circular thumb glides hamstrings, knuckle friction hamstrings. Release stroke hamstrings. Effleurage gastric and soleus finger stroking heel of hand gastroc massage to Achilles tendon. release stroke gastroc

Supine
Massage to pectorals, neck stretch.

Post Assessment

Increase of ROM through the neck and hips, shoulders even, neck slightly more inline and less tension from traps to lower back.

Drink plenty of Water and stretch
Forms

COVID 19
Fri 12 Jan • 08:17 • Not completed

Total
Free

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