

Sat 9 Nov

Completed

Tim Brooks
+61 428 254 660



Actions

Sat 9 Nov

13:30

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min)
13:30 • 1h • Tanya McDonald • Sauna Room

Team member is not available

+30min blocked

Notes
Tim advised that he works as a jackaroo, sheading sheep, traveling from farm to farm. He is on his feet at work most of the day and drive long distances. Client advised that he has tendinitis in his elbows and bulging disk in his back. he does have back and neck problems due to the bulging disk.

Assessment.

Glute stretch found that he has tight glutes.
palpation found he is tight from the neck / upper traps down to his lower back. Client also has trigger points in his rhomboids and inter scapula. Pecks are also tight.

Treatment

Massage & Trigger point therapy to glutes, Interscap, rhomboids and upper traps
Massage upper traps
Neck massage and muscle release to neck and pecks

Post Treatment

Client feeling less tight through the areas massaged and trigger pointed.
Less tightness through glutes on Glute stretch re test.

Client to drink water, provided low impact stretching he can do during work hours and during breaks etc.
Forms

COVID 19
Thu 7 Nov • 11:20 • Not completed