

Sat 11 May

Completed

Tenneille Palmer  
+61 472 655 795

T

Actions

Sat 11 May  
11:30

Doesn't repeat  
Services

Remedial Massage (Initial Consultation 75 Min)  
11:30 • 1h • Tanya McDonald • Massage Room

+30min blocked

Notes  
Tanneille advised that the middle of her shoulders are sore and at night she gets some numbness in her fingers.

Assessment.

Painful arc test client started to feel some pain in the rhomboid and teres major area at 45 degrees.  
On palpation the clients upper traps, erectors and pecs were tight.

Treatment

Petrissage and effleurage to lower and upper back to warm muscles. 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. Massage to teres major.

Supine  
Massage to pectorals, neck stretch.

Post Assessment

Client said she was feeling good after the massage and less tight.

Re tested Painful arc, client felt no pain.  
Client was less tight through the traps, erectors and pecs.

Advised client to drink plenty of water and to do pec stretches and arm stretches.  
Payment policy

**VISA** Confirmed with Visa \*9170  
06 May 2024 at 19:01

Forms

**COVID 19**  
Mon 6 May • 19:01 • Completed

Total  
A\$ 110

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