

- 8 Oct 2025 at 3:43PM

cl co rotnnest ride, neck sore and stiff, check back and lower back regions also, calve region a little tight. left leg hiked. worked deep tissue trp to calves. trp tp to psis, obliques tops of glute med lx es tx es and scalene right. rolling suggested cnt assesment.

- 22 Jul 2025 at 11:53AM

22/7/25 - Client doing ok but has neck pain from sleeping funny and LBP from training. Other than that she is ok, better than when she first came. No neuro signs but limited ROM on neck, but WNL on shoulders. Rx DN and remedial work. DN 0.20x30mm on sub occipitals one on each side, one on each side level 3 8min, trapsafe 0.25x50mm level 6 45s; also, one on each side 0.25x50mm on IS, SS, paraspinal and gluteus max level 5 12 min. Followed by PBM with tension on post leg and gluts and upper body upper traps and post neck. All released. DK

- 18 Jun 2025 at 3:44PM

18/6/25 Jacqui doing a lot better. Her shoulder and back pain improved, she is back training so feeling good. After a maintenance treatment today with the R sh/neck minimum tension. ROM for neck and sh WNL and no neuro signs headaches and migraines. Rx DN and massage. DN 1n on each side 0.25x40mm level 5 for 16min & trapsafe both sides 0.25x50mm level 6 for 40s; followed by a full body massage with some tension on upper body & in between the scapulae. All released. She finished the session with a mild ache on R neck around suboccipital/mastoid process area. Did some Traps but advised her to put a heat pack and rest. DK

- 15 May 2025 at 8:56AM

145/25 - Client doing much better. Not dealing well with the fact she is losing her hearing but managing. Neck/Sh pain on L still bothering her but much better in comparison to her first session. Lat rotation to L limited. In addition, today she is feeling LB ti. Rx DN and remedial work. DN Trapsafe 0.25x50mm

bi for 45sec level 6; IS. SS and Rbs one on each side 0.25x40mm level 5 for 12min, LB L4/L5 0.25x50mm level 4 for 12min and glut Max 0.25x75mm level 4 for 8min. All significant released. Remedial work on PBM + ant thigh, with tension on upper body but much better and for the first time fully released. Neck rotation improved. Legs ti ant and posteriorly but all released. She said her arms were ti at the end but she felt ok. DK

- 8 May 2025 at 12:08PM

7/5/25 pulled up well after last massage, loved the massage, Just came back from a hearing test and it has been confirmed that hearing is going and will need to start thinking about hearing aids.

same complaint as last session, tightness in the upper back/neck/shoulders but today client also spoke about a pulling pain through LHS lower back when going into forward flexion, no pain with extension, no pain when bring knee towards chest but pain when folding forward.

RX UBM included psoas release (asked clients permission due to being a trauma area) piri LHS tight, released well with a pinned stretch, QL tight bi, upper traps/lev scap/rhomb very tight bi, psoas LHS tight but released well. client felt great post massage and has another next week - JC

- 1 May 2025 at 11:31AM

1/5/25 - IAx L side neck and shoulder pain limiting ROM on rotation and Lat flexion to both sides but mostly L, experiencing some dizziness. VAT and Spurlings negative bilateral. In addition, she has a Hx of cancer in her uterus that has been removed 1.5years ago, along with a section of her bowel, her gallbladder, her spleen and peritoneum. So experiencing still a lot of digestive issues and other digestive complications. She is active and has a 10 yo son. Rx DN and remedial massage. DN SS, IS one needle on each side 0.25x50mm all up to level 5 for 12 min and Trapsafe for 3-40seconds level 6. Remedial treatment on BNS with significant tension on Rbs and ES group as well as upper traps (even with needling) and suboccipital group. Join mobilisation C5-C7. Client reported eased on the dizziness, significant improvement on ROM

but still some tension on L shoulders. Recommended second visit in a week to 10 days. DK