



EML NSW
Rachel Groves
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Date: Monday the 24th of November 2025

RE: Treating Remedial Massage Standard Report

Request for Further 8 x 60-minute Remedial Massage Treatment Sessions
Janet MEW (AHRENS) - DOB: 05/10/1963 - Case Number: 270501016

To Rachel,

I have completed a further 5 remedial massage treatments with Janet to treat her workplace injury (01/12/2015) since her initial remedial massage treatment on 6/6/2025.

Injury Details / History:

Client has permanent nerve damage as a result of a workplace injury. Symptoms include localised and referred neck pain, shoulder pain, nerve pain, muscular tightness, stiffness, discomfort through the thoracic, neck and shoulder. Currently receiving remedial massage treatments with reported improvements in pain and function.

Number of 60-minute remedial massage treatments since initial treatment (06/06/2025): 6

The client's pain and condition are difficult to track as her pain is quite variable from day to day yet seems to be on the more severe side of the range. They have said that the nerve block has helped by "toning down the pain".

1. Functional Improvement:

Monitored through subjective feedback from client.

- Client can tolerate some more movement and tasks at home knowing that she has remedial massage treatments booked in.
- Client can feel that her muscles feel much more relaxed after a treatment.

There has been slight improvement in right shoulder flexion and more smooth neck motions.

2. Proposed Additional Sessions:

As the treating remedial massage therapist, I have concerns regarding the client's ability to manage the pain and discomfort. I would like to suggest and incorporate myofascial dry needling into our future treatments.

- **Frequency: 1 session per 3-6 weeks**
- **Duration: 32 weeks (total: 8 sessions)**

3. Therapy Modalities to be Used:

- Myofascial release
- Deep tissue massage
- Trigger point therapy
- Myofascial dry needling
- Home care advice (stretches, posture education)

4. The Objectives of Further Therapy:

- Further reduce hypertonicity of muscles, particularly the trapezius, latissimus dorsi, and rotator cuff muscles.
- Improve functional capacity/tolerance for remaining independent.

- Support client with remedial massage treatments to reduce pain caused by posture maintained while from gym workouts.
- Promote long term self-management strategies to improve health and well-being.
- The client reports significant relief and comfort from pain through ongoing remedial massage therapy, which has been an important part of her ongoing recovery process.

Should you require any further information or wish to discuss this case in more detail, please do not hesitate to contact me.

Kindest,

A handwritten signature in black ink, appearing to read 'Kylie Loffler'. The signature is fluid and cursive, with the first name 'Kylie' written in a larger, more prominent script than the last name 'Loffler'.

Kylie Loffler

Remedial Massage Therapist

NSR Massage Therapy