

Angeltek Alternative Therapies

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May 2, 2005

To: xxxxxxxx, LMT

Re: *Patient*

Patient was first seen 3/30/2005 for personal self care and reduction of stress and pain. Patient says she can remember having chronic pain since she was a young child. She has been diagnosed with fibromyalgia and bilateral carpal tunnel syndrome. She had carpal tunnel release surgery performed on the right hand in 2004.

Initial Symptoms:

Client's initial presentation included the following complaints:

1. Constant bilateral upper back pain, specifically throacic to upper lumbar sections.
2. Constant bilateral arm pain.
3. Constant bilateral shoulder pain.
4. Constant left wrist and hand pain, with numbness.
5. Stiffness in the neck causing decreased range of motion.
6. Chronic flare ups of fibromyalgia pain, which is decreased by sleep and stress reduction.

On the third visit 4/20/05 following a wrenching twist the patient also presented with:

1. Right abdominal oblique pain.
2. Lower back pain.

Initial Findings:

Upon examining the client, objective findings include the following:

First visit 3/30/05:

1. Moderate hypertonicities: Right splenius, bicep femoris, and gastroc. Left triceps, glutes, and semitendonosis. Bilateral trapezius and arm extensors.
2. Trigger points: Right splenius. Bilateral trapezius, triceps, arm exstensors, rotator cuff, deltoid, arm flexors, latissimus dorsi, quadratus lumborum, biceps, quadriceps, and IT band.
3. Left latissimus dorsi showed signs of inflammation- redness and swelling with soreness.
4. Bruising was evident on the right gastroc and left IT band.
5. Right shoulder passive range of motion was less than that on the left side.

Treatment:

Treatment was conducted on a weekly basis for five weeks, with the third week being missed and two sessions in the fifth week. Treatments consisted of full body massage and included Swedish massage to increase circulation and relaxation, trigger point therapy to relieve pain, PNF to stretch tightened muscles and help the client relax, and reflexology to help relieve strain and stress placed on the feet due to the client standing on them all day. Stretches were given to the client that she could perform on her own.

Current Status:

Patient current subjective findings include:

1. Constant to intermittent bilateral upper back pain, specifically throacic to upper lumbar sections.
2. Constant bilateral arm pain.
3. Constant bilateral shoulder pain.
4. Constant left wrist and hand pain, with numbness.
5. Stiffness in neck continues, but there is an increased range of motion in the right shoulder.
6. One flare up of fibromyalgia pain since begining session.
7. Increased sleep patterns due to decreased stress level and increased levels of relaxation.

Current objective findings include:

1. Mild hypertonicities: Right trapezius.
2. Trigger points: Bilateral triceps, arm exstensors, deltoid, arm flexors.
3. Fading bruise on the right gastroc.
4. Increased range of motion in the right shoulder, bilateral neck, and left wrist.

Based on the response to these treatments, I feel that *Patient* would benefit from continued therapy and recommend that she continue to receive massage as needed to keep stress levels under control and relieve the strain placed on her body brought about by daily activities in the work environment. *Patient* may never have a pain free life; however I think that through massage and self care she will be able to enjoy periods of decreased pain, and increased ability to sleep which will benefit her entire body.

If you have any further questions please feel free to call me.

Massage therapist: Spring E. Moffitt