

Confidential Client Information Form

Name: Naomi Evans

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Would you like to be notified via SMS of available appointments (usually within 24hrs notice) Y / (N)

Private Health Cover (Y) N If yes, specify: HBF NIB 30/3/16

Referred by (website, friend, signage, other business etc):

Why have you decided to have massage therapy?

DOCTOR RECOMMENDED

What do you want to achieve from your session/s?

HELP TENSION IN BACK / NECK / HEADACHES

What is your occupation?

TEACHER

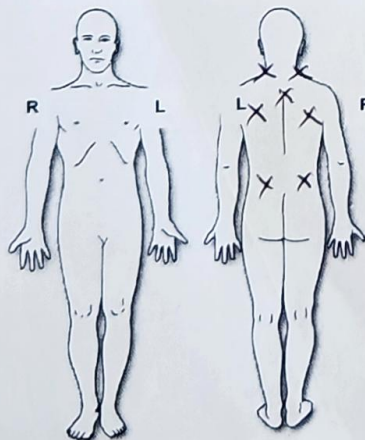
Physically related job duties (ie. Bookkeeper – at a desk in front of computer for 8 hrs a day):

COMPUTER WORK + MARKING (EXTENDED PERIODS)

Please tell us about any sports/hobbies that you are involved in:

Have you had a massage before? ☐ No ☒ Yes: What style: ? /

Preferred pressure: ☐ Unsure ☐ Very Light ☐ Light ☒ Medium ☒ Firm ☐ Very Firm



Please identify specific areas you would like worked on:

MEDICAL CONDITIONS & HISTORY

Please mark the correct answer to each item below and comment if required	Current	Past		Current	Past		Current	Past
Abdominal pain digestive disorder	✓		Cystic Fibrosis			Liver disease		
Alcoholism/ Substance Abuse			Depression			Mental Illness		
Allergies	✓		Diabetes			Migraines	✓	
Anxiety			Dizziness / Vertigo			Muscular Pain		
Arthritis			Eczema/Dermatitis			Numbness / tingling		
Asthma			Fatigue			Osteoporosis		
Blood disorder			Fibromyalgia			Panic Attacks		
Blood clots			Genetic disease/s			Pregnant		
Blood pressure (High/Low)			Headaches	✓		Seizure Disorder		
Cancer / tumours			Heart Attack			Skin infections (ie. tinea)		
Cerebral Palsy			Hernia			Stress		
Chronic Fatigue			Infectious conditions			Thyroid conditions		
Circulatory condition			Insomnia			Varicose veins		
Cramps			Kidney Disease					
OTHER:								

Do you wear orthotics?

☐ Yes

☒ No

Are you on any medications?

☒ Yes

☐ No

If yes, please give details (including aspirin, ibuprofen, vitamins, homeopathic & naturopathic remedies etc):

MAXALT - MIGRAINE

Please list any surgery, broken bones, spinal injuries etc below and the date of injury/surgery or the age you were at the time (current and past)

Injury / Surgery	Reason / Cause	Age/Date	Does this still cause pain/discomfort?
MISTRECTOMY	ENDOMETRIOSIS	33	NO
CAR ACCIDENT	NECK, HEAD, KNEES	27	

By signing below I give consent to the massage and acknowledge and agree that:

- I understand that the massage I receive is provided for the basic purpose of relaxation and relief of muscular tension.
- If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort.
- There are always risks involved with any bodywork, listed below are some of the most common, please read and advise your therapist if any are relevant to you.
- I have been advised that massage may possibly cause one or all of the following:
 - Pain – refer to item number/s 2, 3
 - Bruising – refer to item number/s 2, 3
 - Aggravation of existing condition/s – refer to item number/s 2, 3, 5, 6
 - Fainting – refer to item number/s 2, 3, 5, 6
 - Burn – if heat pack is used during the treatment – refer to item number/s 2, 3, 5, 6
 - Relaxed and/or sleepy – it is probable that you will feel relaxed and/or sleepy after your session, or perhaps, even, a little dizzy when you first get off the table, this is within normal response zones. Please remain seated until your balance is restored and/or you are feeling more awake/alert. If you feel that you are unable to safely leave the premises please advise your therapist and he/she will contact the person of your choice to collect you. Refer to item number/s 2, 3, 5, 6
- I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such.
- Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly.
- I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists part should I fail to do so.
- I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session.
- I also understand that the Qualified Massage Therapist reserves the right to refuse to perform massage on anyone whom he/she deems to have a condition for which massage is contraindicated.
- Your appointment time is reserved just for you. Should you not be able to make it, please try to give at least 24 hours notice. If you fail to provide the required notice you may be charged a \$40 missed appointment fee.
- I acknowledge that I have read and understood the above and give my consent to the treatment.

Client Signature _____

Date

25/11/2015

Privacy Policy
Currambine Massage Therapy is committed to privacy of its clients. Personal information is treated as confidential and is only used for the purpose for which it was collected. Information kept on file will not be released to a third party without the express consent of the client or as required by law. From time to time you may receive communication from Currambine Massage Therapy via: email, postal mail, telephone call, SMS or any other form of communication for the purposes of confirming appointments, newsletters, marketing and/or promotional messages etc.

Currambine Massage Therapy - Unit 9, 1 Hobsons Gate, Currambine WA 6028

Date	Notes
25/11/15	Headaches/migraines for years, but recently Maxalt wasn't working. Dr said problem was probably muscular. (P) mostly in (R) side - cores + guess, no particular pattern. Good Rom - shlds + neck. Rx 1hr prone start - E/Spine v (ti) (b). Trips ext (R) in upper + lower traps - referral mimics headaches. Very tender for Naomi. Pecs (ti) (b), scm + scaleno (ti) (b). Occipitals tender. Suggested heat pack. (m) Was very tender for a few days after last (m) but then felt better. Midback feels achy if sitting for too long also feels "catchy" in that area. Rx 1hr prone start upper + mid traps (R) active trips - difficult to release. Rhombs. (L) v. (ti) (R) + tender for Naomi. Glutes (R) (ti). (L) all good! Supine for glute stretch - could only be felt with leg flexal + stretched to opposite shld. Neck (m) + stretches. Occipitals on (P) side tender. Softer after compression (m) Naomi said she hasn't had a bad headache since she came in for 1st (m). Headache started the day after last (m) and only subsided yesterday! Rx 1hr prone start occipitals (ti), Trips not as ti as before but still active trips in L-traps. rhombs, E/Spine (ti). Supine pecs, neck (m) + stretches. Lower back has been feeling good - no (m) required today.
9/12/15	Got a headache after last (m) which was really bad but hasn't had one for a month now! Can feel a little tight in neck now. Rx 1hr prone start - occipitals (ti) + tender. Trips - upper not bad. Trips in lower traps. E/Spine (ti). Neck (m) + stretches. Scm (ti) + tender (m).
14/12/15	
22/1/16	

Date	Notes
23.2.16.	ck h/lache wasn't as bad after last (m) but sometimes can be really bad. Been leaning over marking alot, sits for 1.5hr at a time without getting up. Rx BNS prone start glute (L) (R), tr (L) (R) espine / mthx esp R/Ls. rhomb esp (L) (R) Scalenes, pecs, Scm (L) sing bath/hot shower and neck/shoulder stretch. commented hasn't drunk much water today.
26.2.16	c/o very bad h/lache (R) side up neck into back of head. Was fine day after (m) then started yesterday. Rx 1hr prone start. Posterior neck mms, scalenes, scm, temporalis, masseter. (not a teeth grinder) very tender i- occipitals + splenius capitis attachment (R). Traps, El spine. Neck stretches.
30/3/16.	c/o (R) side tightness in neck. Headaches have got a lot better. So massage definitely helping. Very busy at work. Rx 1hr prone start:- El spine, traps (ti) esp (R), posterior cervicals (ti). Scalenes, scm. Neck stretches.
25/5/16	c/o (ti) in NTS esp (R). LB a little achy. Rx 1hr prone start:- clutes (bi). QL (ti) esp (L). Thoracic el spine (ti). Active trpts in upper/mid + lower traps (bi) - referral pattern resembles headaches. Posterior cervical mms. L/Scap (bi). (R) scm v (ti). Neck stretches. Suggested + chain self (m) using a ball to work through trpts in traps.
8/6/16	c/o tightness in (R) NTS as before. LB is fine. Has been using a ball on traps + its helping a lot. Rx 1hr prone start:- el spine, L/Scap (bi). Trpts active in upper/mid traps (bi). Posterior cervical mms. (R) scm (ti). Neck stretches.

27/6/16

clo usual tightness in NTS. Hasn't been too bad. Made this appt weeks ago.

Rx 1 hr prone start:- glutes (L) (ti) esp glute medius. QL (L) (ti). El Spine. traps (R) trpts mid/upper referral into neck - very intense - making Naomi feel ill. clo (P) in (L) shld joint towards back. Hurts when abducting arm. (m) to posterior shoulder girdle. Neck (m) - scalenes. SCM OK. Relevant neck stretches.

11/7/16

clo waking up with a terrible migraine.

(L) goes into neck + up around to temple.

(R) side feels like its up into occipitals.

Rx 1 hr prone start:- Thoracic el spine

(ti) esp (L). Traps mid-upper (ti) - no active trpts. Posterior cervical mms. Sub-occipital,

SCM (L) (ti). Scalenes (bi). Temporalis.

Naomi said it felt better after (m).

25/7/16

(Lmm) Hasn't had a migraine since last visit. clo tightness in NTS + LB feels achy. Rx 1 hr prone start:-

Glutes (L) (ti). QL (R) (ti) along pelvic attachments - mimics LB (P) she's been feeling. El Spine (ti) along thoracic.

Traps mid-upper (ti). Posterior cervical mms (ti). Sub-occipital (ti) SCM - not bad!

Scalenes (bi). Neck stretches.

QL side lying stretch.

Date	Notes
29/10/16	no headache over last two days, has been taking migraine medication but hasn't helped. 1hr Prone start: upper traps (ti)(bi), rhomboids (ti)(bi), lev scap (ti) esp (R), SCM, ^{post.} Scalenes (ti)(bi), post cerv. mus. Encouraged heat pack.
22/12/16	clo migraine/tension down R side head/neck/shoulder. Rx VBM w focus on neck & head. Prone start: upper traps (ti)(bi), rhomboids (ti)(R), lev scap, elspinae, pecs (ti)(bi), SCM (ti)(bi), scalenes, sub-occ (tender), post cervical mus.
23/3/17	Had stressful week & a migraine. Rx BNS, prone start: elspinae, upper traps (ti)(bi), rhomboids (ti)(bi), pecs, SCM (ti) esp L, scalenes (ti)(bi), post cerv, sub occ. & head.
26/4/17	Has had bad headache since yesterday (down R side). Rx BNS, prone start: elspinae (ti)(bi), upper traps (ti) esp R, rhombs, pecs (tender R), SCM, scalenes post cerv (ti)(bi), sub occ (ti)(bi).
4/8/17	clo H/A today. Feels it mostly on RHS in temple + down neck. LB fine. ROM: rotation to (R) limited. clo (P) between shld blades Rx Inv: TES (ti)(bi), mid-upper traps (ti)(bi) tender. No Trpts. L Scap (R)(ti), rhombs (R)(ti), post. cerv + sub-occ. SCM (ti). No active Trpts found. Finished with temple + scalp (m) - grinds teeth - cmy.
17/11/17	clo (P) between shld blades RHS. Been very busy! Rx 1hr TES (v.ti)(bi) stiff!

17/11/17

Contd-- rhombs (ti)(bi), Traps (ti)(bi), tender RHS

L/Scap (ti)(R) - Tender. Scm + Scal (ti)(R)

SL for RHS neck + scap. Seated (m) to L/Scap

RHS - felt much better after (m). Applied
fisiocren

20/12/17

c/o stiff + achy UB/NTS, esp neck. Going
to Israel for 2 wks, needs to ~~to~~ feel more

relaxed, been very busy. Rx 1hr TES (ti)(bi)

rhombos (ti)(bi), mid-upper traps (ti)(bi) esp (R)

L/Scap (ti)(R). post. cerv. mm (ti) scm + Scal

little (ti)(bi). General neck stretches - CQty.

14/5/18

c/o has had migraine for 3 days - medication
not getting rid of it completely. Feels it RHS
head/neck/shoulders. Rx BNS prone: glutes,
el/spinae (ti)(bi), QL OK, rhombos (vti)(bi), upper traps
(ti)(bi), lev scap (vti) esp (R), pecs (ti)(bi), scm (ti)(bi),
scalenes (vti) esp (R), sub occ (t) Bhead.

20/8/18

c/o usual UB/NTS Ten. HA last week. LB also
achy. Rx 1hr: El/Spinae (vti)(bi) esp TES (upper) -
Trpts (bi) incl. rhombos. mid-upper traps (ti)(bi)
post. cerv mm + sub-occ (ti)(bi). Scal + Scm
loosened up. occipitals/Scalp (m) - CQty.

17/9/18

c/o mid-back went into spasm over weekend. Sore
across mid-back originally but now the (P) has
moved to mid-back RHS. Usual Ten in NTS. Rx 1hr:
very tender in (R) glute med + QL (tight) lower TES (vti)
+ tender RHS. TES feels stiff + congested - Fascia
restrictions. Traps, post. cerv. mm + post. cerv mm
all tight. Scm (ti)(bi). LB/glute stretches. Show
stretches to do at home - CQty.

Date	Notes
4/10/18	CL c/o migraine intense pain RHS forehead to neck. Had taken migraine meds not helping, Cl advise during treatment that had cortisone injection (R) heel. Rx 1hr (prone) MFR upper traps, ES group. compressions to hamstrings + quads, calves. (Em) Feet Balance, (Em) Jaw releases, (During treatment noted Tmj Tension) (Em) SCM release. Head massage. Post (M) client felt a lifting of pain and was feeling better. Nihilardi
6/10/18	headaches eased but still really (A) wants it loosened before work starts back on Monday 8/10. Rx BNS supine start, pec mdy (A) (A), ultrap esp (R) (A), scalenes esp (R) (A) scm (A) (A), sub occ, piri (A) (A) rhomb (R) (A). - felt alot looser post (M). sug heat ↑, H2O ↑.
31/5/19	cl o NTS (P) RHS, currently has a HA. Been getting lots of migraines. Had (R) foot surgery in March - PF + tarsal tunnel release - healing well. Rx 1hr BNTS. - main focus from mid-upper Tx. TES ti bi, rhomb ti bi, ultrapo vi ti bi - post cerv mm. more tender RHS. sub-occ release, scm ti bi, Scalp (M) + into forehead + temples - CPM.
26/11/19	Cl. cl o frequent HA - (P) LHS up neck + side of head. (R) foot feels tight - plantar, following surgery in March. Rx 1hr BNS + feet :- TES ti (bi) rhombo + traps release sub-occ + into scalp. scm / Scal release. Firm pressure both feet, esp plantar. Cl. felt so much better post. (M) - CPM

21/8/19 cl. wants same as last week.
~~Sara~~ Flying to England tomorrow.
Felt good. NTS better. Rx IHR - BNTS + feet.
TES (ti) (bi), 4 traps, post. cerv mm, Scal/Scm
sub-occ. Feet (bi) esp focus (R) plantar - cam.

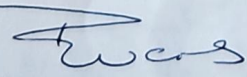
10/1/20 No changes to Medical history. clc migraine
cl. had a break from them but they're back! Feels
it back of neck, always more RNS. ROM in neck
WNL. LB been good. Rx IHR - compressions + dry
fascial work to entire BNTs, followed by DTM
to all major mm groups. TES + Traps LHS ti
+ tender. Post cerv. mm + occipitals mFR.
Scm ti (R). cl. felt relaxed post (m) - cam.

13/11/20 No changes. clc had a migraine +
then for last week area on LHS back of
head tender "feels like been hit by baseball
bat". She hasn't had it before. I suggested
she get it checked out. On Palpation client
very sensitive to the touch on area just above
occipital ridge LHS. She said it feels very
superficial. I've avoided the area throughout
the (m). Feels very tight in whole of UBNrs.
(R) shld been playing up for months - area lateral
to scap + in rhombos. Rx IHR. TES vti + TRPs
esp R in Traps + rhombos - released x 3.
Traps vti esp (R). Scal/Scm ti (bi) - Scal
stretches. cl. mentioned (R) shld (P) refer to
index + middle fingers - tight scalenes?
I suggested self release for TRPs in RNS
mid-back + also Scal stretches - cam.
cl. back in 2 wks



Currambine Massage Therapy

Total Body Wellness

QUESTIONS	Y/N	IF Yes, please give the date and brief explanation
1. Have you travelled international or interstate in 14 days prior to illness onset?	N	
2. Were you in a recent cruise ship passenger or crew in 14 days prior to illness onset?	N	
3. Have you been in contact with confirmed or probable COVID19 case in the past 14 days?	N	
4. Have you been sick, with the cold, influenza, pneumonia or any respiratory condition in the past 14 days?	N	
5. Signs and Symptoms: a. Cough b. Fever c. Headaches d. Shortness of breath e. Sore throat	N	
6. Is there any additional information you could let our therapists know in relation to COVID?	N	
7. Our therapists are required to wear protective equipment, such as masks and gloves, are you happy with that?		
8. Since the restrictions have been relaxed, are you happy for our therapists to not wear gloves, but keep ultimate hygiene with hand washing between clients and use of hand sanitiser? OBSERVATION: Therapists will continue to wear masks.	Y	
Full name: Naomi Evans		
Client Signature: 		Date: 10/7/2020

Date	Notes
27/11/20	Cl. had a terrible migraine following last Rx. Sensitive area LHS of head has gone. clc NTS Ten. + (R) shld (P) - hurts in traps, lateral edge of scapula + radiates down arm into thumb + first 2 fingers. Neck ↓ rot to (R). Rx 1hr:- Focused TES, rhombs, w/ scap, pecs, deltoid, post. cerv. mm, scal + scm. Fand Trpts in TES, rhombs + ul traps. RHS. Scal vt' - released x 2 + stretches. Also seated (m) for UB. Applied fisiochem. Cl. felt a lot looser - cpm NB 28/11/20 contacted cl. via text to see how she pulled up - said she felt so much better - cpm -
21/12/20	Cl. been seeing Kirsty - diagnosed with thoracic outlet syndrome. (R) upper lateral scap area treated. Today focus releasing Ten UB NTS. Rx 1hr:- TES ti (bi), rhombs xFF Trpt LHS as before. Traps ti (bi), Scal ti (bi) esp RHS, scm vt' (R) - cpm
25-10-21	Yesterday had a very strong migraine around neck/shoulder/head. no neuro signs today or symptoms of TOS; client feeling sensitive on back of neck. dark headache over (R) eye; spoke about hydration & sleep conditions. Rx BNS focus on upper + neck; Felt much better at the end. 17-1-22
17-1-22	Still having challenging migraines over Xmas holidays. Today's Rx BNS w/ myofascial in upper body; mwm in upper Tx & lower Cx grade 1, discussed BP & kidneys due to dehydration potentially linked to headaches. no neuro signs & from neck/shoulders upL; client enjoyed Rx & felt relaxed.
24-1-22	Felt much better since last treatment, LBP ++ (L) but not like the neck; Rx BNS - started w/ LB

4-1/22 & gluts; thoracic (T) & shoulder & neck
is not (F) at all neck (T) (M) upper traps; post
scalen & SCM. mwm T12 - C5 grade 3 & 2.
No headaches since last Rx apart from feeling
dizzy from booster vaccination a week ago. (D)

18-2-22 - Had session a significant improvement & still
doesn't feel pain free but is definitely much better.
Today's session looking to prevent (P) / Headache from
getting worse; Rx BNS + gluts & mwm T12 - C7 grade 1;
also did TrP on Masseter (M) & they were (T) when checking
her jaw. Client really feel the benefit of these sessions
& she improved a lot. (Jaw tightness questioning grinding
teeth?) - might be able to do full body next time. (D)

19-2-22 - Has been doing really well w/ the migraine &
only last week had neck (occipital) (P) as well as LBP/
Hips; ortho test (T) SIJ (P); Rx PBM hamstrings, calves.
gluteal, QL all (T) (M); Hfs (T) (L); (N) (T) but not like
before released w/ MFR: felt better LBP at the end;
discussed if (P) doesn't improve to go & see GP / scan
for proper diagnosis. (D)

24-6-22 - Have had a few migraines & worse since
COVID. Since then has been getting headaches/migraines every
10 days. Rx BNS focus around upper back & neck; (D)
client felt ~~relief~~ relieved at the end. (D)

15/7/22 Still getting n/m migraines - (P) in
NHS Rhs. Been bed since COVID. wants relief
from NHS Ten + HA (P) Tx 1hr: - upper TES
Shif, T1p5 LHS. Traps vti (M). Focused on traps,
post. cerv. mm, occipitals, SCM Rhs, Also
Tms ext (M). Cl. felt freer post (M) - caps,

Date	Notes
5-9-22	Headaches are not bad just dizziness & has been diagnosed w/ thyroid issues (Hypothyroidism). Today's complain Hyp(P) as well as LBP; headache on (R) side but not strong; Rx PBM + Ant-thion & Hyp mobs; she referred Hyp(P) improved. Referred her to see a naturopath.
14-9-22	Still feeling the LBP & Hips still feeling; N a bit (H); jaw(P) locked "yesterday"; Rx PBM + HFS TrB + (N) Jaw, Rx PBM w/ glenohumeral & LB (H) (L) upper body (H) (R) (N) traps & scm; Jaw internal m. ptinged (L) (R) more (L); masseter (N) (L) more (R); client felt no hip (P) at the end; discussed the connection between thyroid issues & muscle/joint (P); she is avoiding these issues at the moment due to work but eventually she will deal w/ it. Rebooked in 2 weeks.
28-9-22	Client feeling a bit better today; still having a hyp(P) & some headaches but not like the usual ones; Rx PBM + HFS & N. Hips (H) (L) particularly glenohumeral (L) & Psoas on (R); Used balm w/ chinese herbs & she was very relaxed at the end. Rebooked in 4 wks.
24-10-22	Has been ok but migraines came back c/o N really stiff; Rom N & Sh WNL w/ no (P) but some restrictions no neuro signs; Rx BNS w/ focus on upper body. N muscles & upper traps really (H).
14-11-22	Has had headaches but not great migraines; c/o B & N but doesn't have many issues. Rx today BNS + upper arms + chest & head. Client a lot more relaxed than last session & really enjoyed herself today.
21-11-22	Had a challenging weekend w/ migraines; focus on BNS w/ lots of joint mobilisation C7 - C4 PIVMs & Lat mobs. Also did some points on feet (for red reflex); Client felt very relaxed at the end.