



New Client Record

About you...

What's your health fund? *

Medibank Private
Membership No. 40883281L

Occupation - how long? *

Retired 2017

List your physical activities, hobbies, exercise or sport. *

Exercises; walking

Do you sit/stand for long hours? (E.g. car/desk) *

Sit 2 hours

Medications - prescribed or natural *

Micardis; Bicard; Pradaxa; PTU; Panadol Osteo ; Osmolax; Proctosedyl;

Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. *

Atrial Fibrillation; Hearing Aids; Gastro-oesophageal; haemorrhoids

About Massage...

How did you find out about our massage clinic? *

- ☐ Google
- ☐ Facebook
- ☐ Instagram
- ☐ Phonebook
- ☐ Massage Association
- ☐ Health Professional (Doctor, Physio, Midwife)
- ☒ Referral - word of mouth
- ☐ Current/Previous Customer

Who referred you? We use a client reward system - May we thank them?

Gail Hastie

What are your goals or reasons for getting massage? *

Relief of pain

Type of massage pressure you prefer? *

- ☐ Gentle
- ☒ Firm
- ☐ Hard
- ☐ Very Hard
- ☐ Not sure? (We'll check at your massage)

Any areas you DON'T want massaged? *

Face

Head

- ☐ Stomach
- ☒ Back
- ☐ Buttocks
- ☐ Arms
- ☐ Legs
- ☐ Feet
- ☐ I am ok with all the above areas being massaged
- ☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

Do you experience headaches? *

- ☒ No
- ☐ Mild
- ☐ Severe
- ☐ Persistent
- ☐ Migraines

Abdominal Massage helps digestive problems. Do you suffer any digestive complaints? *

- ☐ Discomfort with a whole mix of things happening
- ☐ Abdominal pain
- ☐ Bloating
- ☐ Constipation (going less than once per day)
- ☐ Hard bowel movements
- ☐ Loose bowel movements
- ☐ Diarrhoea
- ☐ Food allergies
- ☒ Occasionally experience problems
- ☐ Struggling most of the time
- ☐ No problems - everything is working well

**Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back?
These are important body balance areas. ***

No

Do you have any pain? *

- ☐ No pain - nothing hurts
- ☐ Morning soreness
- ☒ Night time pain
- ☐ Happens randomly - can be any time
- ☐ Pain doing something specific. E.g. Bending over to touch toes.
- ☐ All the time
- ☐ Tender to touch
- ☐ Dull pain
- ☐ Aching or throbbing
- ☐ Sharp pain
- ☐ Stiffness
- ☐ Muscle tightness
- ☐ Restricted movement

If your body hurts, what relieves it?

- ☐ I have no pain to manage
- ☐ Ice
- ☐ Heat
- ☐ Rest
- ☐ Exercise
- ☐ Stretching
- ☐ Medication
- ☐ Topical Cream (E.g. Tiger Balm)

Some conditions affect massage. We want to safely treat you. Tick what applies to you - *

- ☐ Allergies
- ☐ Asthma
- ☐ Sinus
- ☒ Anxiety
- ☐ Depression
- ☐ Trouble sleeping or falling asleep
- ☐ Arthritis
- ☒ Osteoporosis
- ☐ Spinal problems
- ☐ Swelling

- ☐ Bruise Easily
- ☐ Blood clotting problems
- ☐ Cancer
- ☐ Diabetes Type 1
- ☐ Diabetes Type 2
- ☐ Dizziness
- ☐ Numbness
- ☐ Tingling
- ☐ Cold hands / Cold feet
- ☒ Heart Problems
- ☒ Blood Pressure - high
- ☐ Blood Pressure - low
- ☒ Hearing problems
- ☒ Hearing Aid
- ☐ Vision problems
- ☐ Contact Lenses
- ☐ None of the above apply to me

Any extra health details or info you'd like to share?

Your consent...

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

It's ok to discuss my treatment with my doctor, physio or referring health practitioner. *

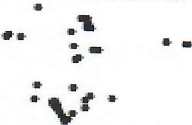
☒ Yes - clients will be informed if this happens.

☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time *

☒ Yes - I know I can ask questions at any time too.

I will keep my Massage Therapist updated on any changes to this information and my health. *

 *Ronald Davis*

Draw
signature
above or

RONALD EDWARD DAVIS
enter your name

Clear

Submit

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Mr Ronald Davis

DOB 31 May 1928
Occupation Retired

Appointments

| Date | Time | Type | Practitioner |
|-------------|-------------------|-------------------|------------------|
| 9 Sep 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 5 Aug 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 1 Jul 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 27 May 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 22 Apr 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 25 Mar 2025 | 11:30AM – 12:00PM | 30 minute Massage | Christine Jervis |
| 18 Feb 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 14 Jan 2025 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 17 Dec 2024 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 12 Nov 2024 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 1 Oct 2024 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 5 Sep 2024 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 16 Aug 2024 | 9:30AM – 10:00AM | 30 minute Massage | Christine Jervis |
| 23 Jul 2024 | 11:00AM – 11:30AM | 30 minute Massage | Christine Jervis |
| 11 Jul 2024 | 1:00PM – 1:30PM | 30 minute Massage | Christine Jervis |
| 30 Jun 2024 | 2:30PM – 3:00PM | 30 minute Massage | Christine Jervis |

Treatment Notes

| Standard Consultation - Remedial Massage | |
|--|--|
| <p>Practitioner: Christine Jervis Appointment: 5 Aug 2025, 11:00AM Created: 5 Aug 2025, 12:40PM Last updated: 5 Aug 2025, 12:43PM</p> <p>Standard Consultation - Remedial Massage</p> <p>Presenting complaint (relevant medical history or client info) What's going on now - client been feeling some tightness in legs has improved with regular massage. Has blood blister on his R leg.</p> | |

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| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Enya</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs.</p> <p>Avoided rough skin and blood blister</p> |
| Hot Pack | Lower Body |
| Hot Stones | |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Improved stiffness after massage and felt a big difference in how he could move around. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See again in a month. Discussed carefully moving. |

Infra-Red Sauna (if applicable - info is below)

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis

Appointment: 1 Jul 2025, 11:00AM

Created: 1 Jul 2025, 10:56AM

Last updated: 1 Jul 2025, 12:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying seated massage.

Medication or relevant procedures / info identified that may affect the massage.

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Supine - elevated seated massage

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

Treatment details - what was done today to help the client

Pressure used - 2

Music - Yanni if there

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs.

Avoided areas undergoing skin cancer treatment that are rough.

Hot Pack

Lower Body

Hot Stones

| | |
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| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Moving slowly today. Improved stiffness after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See again in a month. Discussed carefully moving. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 May 2025, 11:00AM
Created: 27 May 2025, 11:40AM
Last updated: 27 May 2025, 12:27PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying seated massage. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no</p> |

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| | clearance for back and shoulder massage yet. |
| Treatment details - what was done today to help the client | Pressure used - 2 Music - Indian Mix Aromatherapy Massage oil - Lavender and Peppermint Spritzer - lavender and peppermint Remedial techniques - flushing of legs. Avoided areas undergoing skin cancer treatment that are rough. |
| Hot Pack | Lower Body |
| Hot Stones | |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Moving slowly today. Improved stiffness after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See again in a month. Discussed carefully moving. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 25 Mar 2025, 11:30AM Created: 25 Mar 2025, 12:13PM Last updated: 26 Mar 2025, 2:05PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month bit feeling unstable on feet so just supine massage (no prone). |

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| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Acker Bilk</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. No warm stones. Gentle face massage to end with hot towels on arms.</p> <p>Avoided areas that had skin cancers burnt off by Dr.</p> |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Moving slowly today. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See again in a month. Discussed starting hydrated during these hotter times |

Infra-Red Sauna (if applicable - info is below)

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Feb 2025, 11:00AM
Created: 18 Feb 2025, 2:11PM
Last updated: 18 Feb 2025, 2:12PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month. Had a fall this month. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Acker Bilk 2</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.</p> <p>Avoided areas that had skin cancers burnt off by Dr.</p> |

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|--|---|
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Moving slowly today. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | see again in a month. Discussed starting hydrated during these hotter times |

Infra-Red Sauna (if applicable - info is below)

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|-----------------------------------|--|
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Dec 2024, 11:00AM
Created: 17 Jan 2025, 11:00PM
Last updated: 17 Jan 2025, 11:01PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) |

Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.

Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

Treatment details - what was done today to help the client

Pressure used - 2

Music - Acker Bilk 2

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.

Avoided areas that had skin cancers burnt off by Dr.

Hot Pack

Lower Body

Hot Stones

Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Body Chart

Feedback after treatment -

Felt good after massage. Big difference. Really enjoyed treatment

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)

see again in a month

Infra-Red Sauna (if applicable - info is below)

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 14 Jan 2025, 11:00AM**Created:** 14 Jan 2025, 11:39AM**Last updated:** 16 Jan 2025, 10:45AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling some tightness in legs esp L near knee/quad.
No cramps still. Feeling tired. Moving slowly.

Medication or relevant procedures / info identified that may affect the massage.

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.

Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

Treatment details - what was done today to help the client

Pressure used - 2

Music - Acker Bilk 2

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms.

Fisiocrem on shoulders.

Hot Pack

Lower Body

Hot Stones

Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Body Chart

Feedback after treatment -

Felt good after massage. Big difference. Really enjoyed treatment

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)

see again in a month

Infra-Red Sauna (if applicable - info is below)

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Nov 2024, 11:00AM

Created: 12 Nov 2024, 11:38AM

Last updated: 12 Nov 2024, 1:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore and weak. No cramps still. Feeling tired. Moving slowly.

Medication or relevant procedures / info identified that may affect the massage.

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.

Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

Treatment details - what was done today

Pressure used - 2

| | |
|---|---|
| to help the client | Music - Acker Bilk 1 Aromatherapy Massage oil - Lavender and Peppermint Spritzer - lavender and peppermint Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels. Fisiocrem on shoulders and back |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Big difference. Really enjoyed treatment |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | see before Xmas |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

| | |
|---|--|
| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 1 Oct 2024, 11:00AM Created: 1 Oct 2024, 10:53AM Last updated: 1 Oct 2024, 11:32AM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps still. Feeling tired today. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |

| | |
|--|---|
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Ian Cam 2</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. Didn't do 2 warm stones (one on each leg today - used hot towel on feet. Very hot day. Gentle face massage to end with hot towels.</p> |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Big difference |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Check how he responds - all still going well thus far |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Sep 2024, 11:00AM
Created: 5 Sep 2024, 12:18PM
Last updated: 5 Sep 2024, 12:20PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps.

Medication or relevant procedures / info identified that may affect the massage. Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Dr Gary - 45 years doctor. Vertigo. Pacemaker.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked.
Anything noteworthy - age (old skin)
Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.
Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

Treatment details - what was done today to help the client

Pressure used - 2
Music - Ian Cam 2
Aromatherapy Massage oil - Lavender and Peppermint
Spritzer - Lavender peppermint

Remedial techniques - flushing of legs. Did 2 warm stones (one on each leg today) Gentle face massage to end with hot towels.

Hot Pack Lower Body

Hot Stones Cold stones on face

Hot Wet Towels Feet; Face

| | |
|--|---|
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Big difference |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Check how he responds - all going well thus far |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Aug 2024, 9:30AM
Created: 16 Aug 2024, 9:26AM
Last updated: 28 Aug 2024, 9:10PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - client been improving with cramping and soreness in legs, feeling improvement |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no</p> |

| | |
|---|---|
| | clearance for back and shoulder massage yet. |
| Treatment details - what was done today to help the client | Pressure used - 2 Music - Piano tunes Aromatherapy Massage oil - Lavender Spritzer - Lavemder peppermint Remedial techniques - flushing of legs. Gentle face massage to end with hot towels |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Check how he responds - all going well thus far |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

| | |
|--|--|
| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 23 Jul 2024, 11:00AM Created: 23 Jul 2024, 11:00AM Last updated: 23 Jul 2024, 12:09PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client been improving with cramping and soreness in legs |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |

| | |
|--|--|
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Piano tunes</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Lavender peppermint</p> <p>Remedial techniques - flushing of legs. Gentle face massage to end with hot towels</p> |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt good. Really relaxed and loving that his cramping is improving |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Check how he responds - all going well. Whilst cold another fortnight and then maybe look at 3 weeks |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | . |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 Jun 2024, 2:30PM
Created: 14 Jul 2024, 10:11PM
Last updated: 14 Jul 2024, 10:16PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - client been cramping and sore in legs. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Joyful</p> <p>Remedial techniques - flushing of legs</p> |
| Hot Pack | Lower Body |
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |

| | |
|--|--|
| Feedback after treatment - | Felt good. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Check how he responds to this first massage. May need to adjust positioning in the future. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Jul 2024, 1:00PM
Created: 14 Jul 2024, 8:31PM
Last updated: 14 Jul 2024, 8:34PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - client been feeling cramping improved, soreness still. Feedback from previous treatment - improvement. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Dr Gary - 45 years doctor. Vertigo. Pacemaker. |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) Anything specific to massage (E.g. no foot massage) - Prone - legs only, Supine - elevated. Use supine pad with extension in so it's easy to lift when turning over. |
| Treatment details - what was done today to help the client | Pressure used - 2 Music - Yanni if there Aromatherapy Massage oil - Lavender Spritzer - Joyful Remedial techniques - flushing of legs |
| Hot Pack | Lower Body |

| | |
|---|---|
| Hot Stones | Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem back/hips |
| What parts of the body were massaged? | Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | Felt very relaxed. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talking with doctor on 15th regarding if he can get a longer massage. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Patient Forms

| | |
|---|---|
| New Client Record | |
| Completed: 14 Jul 2024, 12:38PM | |
| About you... | |
| What's your health fund? | Medibank Private No 40883281L |
| Occupation - how long? | Retired 2017 |
| List your physical activities, hobbies, exercise or sport. | Exercise, walking |
| Do you sit/stand for long hours? (E.g. car/desk) | Sit 2 hours |
| Medications - prescribed or natural | Micardis, Bicard, Pradaxa, PTU, Panadol Osteo, Osmolax, Proctosedyl |
| Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. | Atrial Fibrillation, hearing aids, gastro-oesophageal, haemorrhoids |
| About Massage... | |
| How did you find out about our massage | <input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook |

| | |
|--|--|
| clinic? | <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input checked="" type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous Customer |
| Who referred you? We use a client reward system - May we thank them? | Gail Hastie |
| What are your goals or reasons for getting massage? | Relief of pain |
| Type of massage pressure you prefer? | <input type="checkbox"/> Gentle <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Not sure? (We'll check at your massage) |
| Any areas you DON'T want massaged? | <input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input checked="" type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input type="checkbox"/> I am ok with all the above areas being massaged <input type="checkbox"/> Not sure? (We will discuss reasons for massaging different areas at your appointment) |
| Do you experience headaches? | <input checked="" type="checkbox"/> No <input type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input type="checkbox"/> Migraines |
| Abdominal Massage helps digestive problems. Do you suffer any digestive complaints? | <input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day) <input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Food allergies <input checked="" type="checkbox"/> Occasionally experience problems <input type="checkbox"/> Struggling most of the time <input type="checkbox"/> No problems - everything is working well |
| Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas. | No |
| Do you have any pain? | <input type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input checked="" type="checkbox"/> Night time pain <input type="checkbox"/> Happens randomly - can be any time <input type="checkbox"/> Pain doing something specific. E.g. Bending over to touch toes. <input type="checkbox"/> All the time <input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input type="checkbox"/> Sharp pain <input type="checkbox"/> Stiffness <input type="checkbox"/> Muscle tightness <input type="checkbox"/> Restricted movement |
| If your body hurts, what relieves it? | <input type="checkbox"/> I have no pain to manage <input type="checkbox"/> Ice <input type="checkbox"/> Heat <input type="checkbox"/> Rest <input type="checkbox"/> Exercise <input type="checkbox"/> Stretching <input type="checkbox"/> Medication <input type="checkbox"/> Topical Cream (E.g. Tiger Balm) |
| Some conditions affect massage. We want to safely treat you. Tick what applies to you - | <input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Sinus <input checked="" type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Trouble sleeping or falling asleep <input type="checkbox"/> Arthritis <input checked="" type="checkbox"/> Osteoporosis <input type="checkbox"/> Spinal problems <input type="checkbox"/> Swelling <input type="checkbox"/> Bruise Easily <input type="checkbox"/> Blood clotting problems <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes Type 1 <input type="checkbox"/> Diabetes Type 2 <input type="checkbox"/> Dizziness <input type="checkbox"/> Numbness <input type="checkbox"/> Tingling <input type="checkbox"/> Cold hands / Cold feet <input checked="" type="checkbox"/> Heart Problems <input checked="" type="checkbox"/> Blood Pressure - high <input type="checkbox"/> Blood Pressure - low <input checked="" type="checkbox"/> Hearing problems <input checked="" type="checkbox"/> Hearing Aid <input type="checkbox"/> Vision problems <input type="checkbox"/> Contact Lenses <input type="checkbox"/> None of the above apply to me |
| Any extra health details or info you'd like to share? | |
| Your consent... Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too | |

hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ Yes - clients will be informed if this happens. ☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time

☒ Yes - I know I can ask questions at any time too.

I will keep my Massage Therapist updated on any changes to this information and my health.

Ronald Edward Davis

Full Name RONALD EDWARD DAVIS D.O.B 31-05-28 Gender M
 Address P.O. Box 119 CAIRNS (33 SOUTHERDEN DR. CITY VIEW)
 Home Phone 40 331158 Work 40513844 Mobile 0417513845
 Email Address VIRGINIA_HOUSE@BIGPOND.COM
 Emergency Contact Details - Name and Number ERIN DAVIS 40331158
 Current Doctor DR. GARY HAATRICK Referred By _____
 Occupation and How long PROPERTY MANAGER 30YRS
 Physical Activities/Hobbies/Exercise GOLF WALKING
 Past Medical History (major operations/conditions) CATARACTS' HEMEROIDS

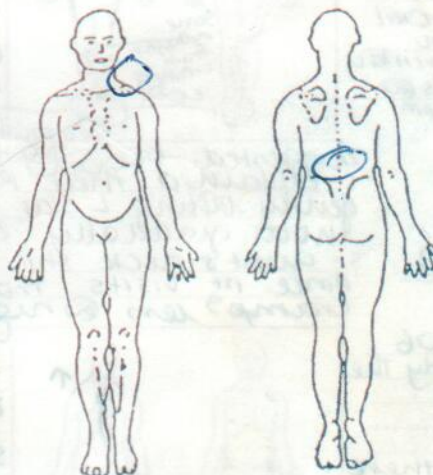
dications - Prescribed or Natural: PRINIVIL + CARTIA

Tick any of the conditions below that apply to you **NOW**:

- | | |
|--|--|
| <input type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart / Blood Problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Numbness / Tingling |
| <input checked="" type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising | <input checked="" type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Chronic Pain | <input checked="" type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Cold / Flu | <input type="checkbox"/> Sprained/strained muscles |
| <input checked="" type="checkbox"/> Dizziness | <input type="checkbox"/> Varicose Veins |

Details regarding above selections:

Please circle areas of soreness or pain on the body chart below:



Amount of Pain (1-10): _____

Massage may include several areas of the body, if you wish an area NOT to be massaged please circle it from the following list;

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

- This session includes a brief consultation and Massage treatment.
- Information regarding personal details will not be provided to any other person or organization, without consent.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Massage does not take the place of medical treatment where needed. If in doubt, please consult your doctor.

I agree to the Massage of: RONALD E. DAVIS (insert name of person being Massaged)

Signature: Richard Date: 25/05/08

Client Record

SOAP = **SUBJECTIVE**: clients states, **OBJECTIVE**: therapists' observations, treatment, **ANALYSIS**: what worked, didn't, **PLAN**: what client will work on, plans for next session

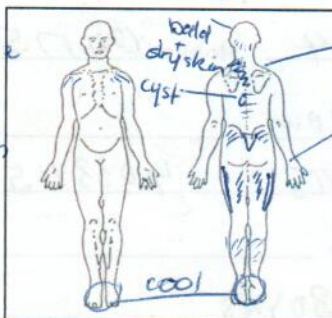
PLEASE NOTE FOR FUTURE REFERENCE:

Gentle - mid pressure used.
Feet stiff, @ shoulder sits higher

TREATMENT NO. 1

S = client unable to turn head properly esp to @ side. Lower back gets sore. Physio visit advised by Dr - he prefers massage

DATE: 05.06
TIME: 4pm Thurs - on time
PAID: \$45
REC.No: 494
AIR TEMP: 23°C
MUSIC: Ian Cam Smith
FACE CREST: Lav.
OIL BLEND: Relax
ced / Lav



O/A: both traps taut - ES taut.
L traps esp lev scap + inc insert's L v. tight. SCMs taut esp
rhomboids tight both esp @. Pecs tight
Gluteals taut. Sacrum sits high. @ v. taut
Skin - v. vasodilated aged - delicate. Feet cold.
legs v. stringy esp ITBs + SM. TMJ taut. Calves taut

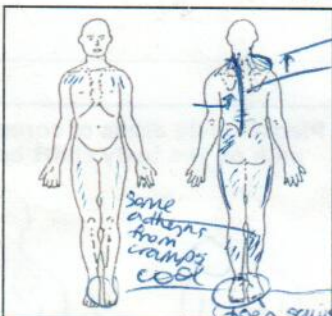
FB (-stom) Heat used. Triggers rhomboids/occiputs/
gluteals/ITBs/hammies (relaxica). Winged nerve scap
OT calf + hip → ankle stretch. scap release + TMJ
Client v. good wing flexibility. Still some neck cong.
recom veg. muscle m'int - ex + massage. Circ. was
visible b/c skin so see through. Client deep breathe
well throughout. No deep pressure required. Noticeable
chest difference in shoulder + body tension.
P = Recom posture - open + shoulders down. Neck/shoulders - heat (encourage blood flow). Golf 2x5 per + walk 3x5 (early mornings).

Info Sheet + Data Sheet given

TREATMENT NO. 2

S = client noticed big improvement in back esp. neck no longer 'clicks' on turning. Feeling much better. Been getting leg cramp

DATE: 22.06.06
TIME: 230 Thurs - 1hr
PAID: \$45 CASH
REC.No: 512
AIR TEMP: 23°C
MUSIC: Yanni - tribute
FACE CREST: Lav.
OIL BLEND: Capha-Coral
Lav-legs + Aun
Coral/Lav/11kay
NEXT APPT: 11th Tues @ 230pm



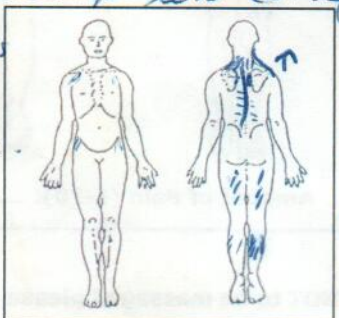
O/A: L traps shortened + cong esp lev scap inc
R shoulder sits higher. SCMs taut.
L ES tighter. Sits higher when prone (width - vis.)
ITBs taut. Gluteal tighter. Calves taut esp R
Pecs taut. R shoulder v. stiff when supine press down on
Scm - some vasodilation. Extremities cool to touch
FB (-stom) Heat used. Triggers rhomboids/occiputs/
gluteals/ITBs/hammies (relaxica). Traps, winged
nerve scap + calf + arms to ground stretch. TMJ
prone massage. scap - quick rub. Client 'mashed
red come slower for massage' b/c feeling regular

Suggested blood test for cramps - Mg/H2O consumption recom
P = Explained that R shoulder sitting higher + suggested turn while gently lifting L side up to stop 'clunking'. Discussed big marriage + how gradually everything will continue improving

TREATMENT NO. 3

S = client's neck still isn't 100% but back feels so much improved since 1st visits. Trouble turning to L + stretches L trap
Cramps less @ night (occurs R calf)

DATE: 11.07.06
TIME: 230 - 10 Early Tues
PAID: \$45 CASH
REC.No: 570
AIR TEMP: 23°C
MUSIC: Yanni - If there
FACE CREST: Lav.
OIL BLEND: Aun
Oral/Lav/Basil
NEXT APPT: 10th Aug @ 230pm



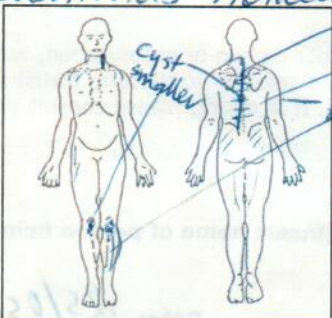
O/A: ITBs taut esp L. hammies esp medially v. right
traps tight - R v. cong. L each lengthened but right
ES taut esp L sitting higher. TFLs taut. re-appearing
Pecs taut. SCMs esp R v. tight + cong. Rhomb. stiff
skin - Some vasodilation. feet look more relaxed
FB (-stom) Heat used. Triggers rhomboids/occiputs/
gluteals/ITBs/hammies (relaxica). Winged nerve
scap + calf + hip → ankle stretch + arm → ground
scap - quick rub. Client feeling looser + much
better + manage. Discussed gradual return to
100% + fact he may need see chiropractor or physio
for neck adjustment

P = Recom stretch traps esp L - v. tight - showed how to stretch by gently holding neck to side. Suggested not to lift anymore
@ now need to address neck flexibility not just awareness

TREATMENT NO. 4

S = client been feeling better - has had no cramps since last massage. Has been lifting shoulders slightly still to turn head
Client has noticed his head no longer 'crunches' or 'clunks

DATE: 10.08.06
TIME: 230 Thurs
PAID: \$45
REC.No: 619
AIR TEMP: 23°C
MUSIC: Enya 1-15
FACE CREST: Lav
OIL BLEND: Relax
Ced / PTH / Lav
NEXT APPT: Willing



O/A: traps taut but not as much cong as usual. Pecs taut
L side sits up slightly higher. SCMs taut esp
ES taut, mild cong L side. Rhomboids taut
bit of excess fluid L leg/ant region
Shoulders sits more even. Hammies medially - SM taut
Skin - some vasodilation. feet cool + dry heels

FB (-stom) Heat. triggers thomb/occiputs/glutes/ITBs/hammies/
lev scap/traps. winged scap + calf + hip → ankle - arm
nerve stretches scap + TMJ. For the 1st time would
massage arms prone + he was relaxed. Client said
it was his 'best massage ever' - truly relaxed. Big
difference in how body is holding up. Central
cong + everything acting much better

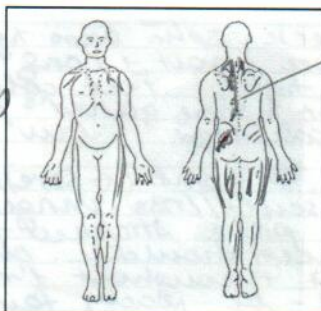
P = Overseas relaxing for 1mth + then amateurs. Massage
that manage has facilitated so many body improvements

TREATMENT NO. 5

DATE: 26 10.06
TIME: 230 - 10 early
PAID: \$35 Inv
REC.No: 732 V.happy
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Pepp -
OIL BLEND: Pain
Pepp/Rosem/Basil

NEXT APPT:

S= client's lower back been v. sore -> play³ golf - trouble get³ up when Aut⁹ used hot shower. Today is 1st day in 2 weeks I



O/A: Hams taut esp sm/st. Rleg scap v. tight & traps v. tight upper. L short upper. Pelv tight & slightly smaller. ES L v. cong. Glutes taut and feeling congested. Rhombs taut & adressed esp L. Feet stiff. Skin - v. vasodilated back. m/L tight.

FB(-stom) Heat. mg rhomb/glutes/ITBs/hams/traps/leg scaps. winged scaps ok. Neural arm + calf + hip/ankle stretches. Scalp + m/L release. Client quiet throughout. Shoulders set³ less tense. lumbar/pelvic v. tight - re-com some reg i'mts to balance + return to 'normal' inc.

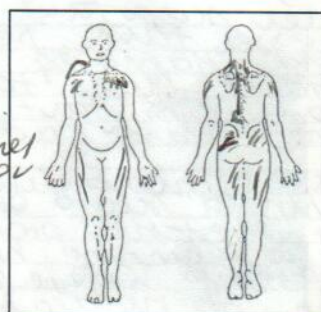
P= Re-com heat on back, continue walk³ 4km daily. Discussed 'petral' + 'movement' muscles + re-train³ body.

TREATMENT NO. 6

DATE: 09 11.06
TIME: 230 - 5 early
PAID: \$45
REC.No: 761
P: 23°C
MUSIC: Tanni - own time
FACE CREST: Pepp m/m/v
OIL BLEND: Relax
Mand/low

NEXT APPT:

S= client's mid/lower back been sore - used heat so much blistered skin! lasts for up to a day with pain



O/A: R higher. L Pelv tighter. Detoids esp L taut traps esp upper cong esp L. L splin traps v. tight. L hip bones. Q/Ls L tight. Glutes esp L pin + med tight. slight rotar hips. Rhombs tight esp L. Obliques Head taut. Skin - v. vasodilated L side esp ES/rhomb.

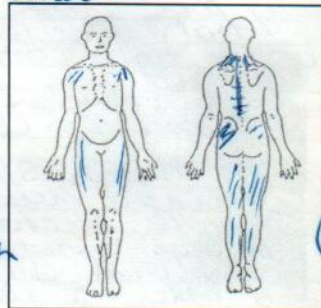
FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Feet stiff esp L. Knees/hips prone. Pelvis sacrum/hips/rhomb. Concentrated esp L side. Client said he felt v. relaxed after + impressed with neck movement. muscles responded well.

P= Re-com see Julie for apers + work on neck (L. if rod - still sore). Use heat with caution. Re-com drop shoulders not lift bc L v. cong. Re-com look in mirror + see how head

TREATMENT NO. 7

DATE: 07 12.06
TIME: 230 Thurs
PAID: \$45 CASH
REC.No: 818
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Jay
OIL BLEND: Pain
ES/Lav/Petr
NEXT APPT: 230 JAN 4th

S= client been to physio - help³ back/neck pain. she found sitting other probs. Or referral revealed cysts on liver, enlarged prostate and



O/A: Glutes taut + feeling tight esp L. Traps upper short. Q/Ls tight esp L. Glutes esp med taut. Hams taut. ITBs taut. Calves taut. Quads taut. Rhombs tight. ES taut esp L. Feet stiff. Skin - v. vasodilated back esp ES/rhomb.

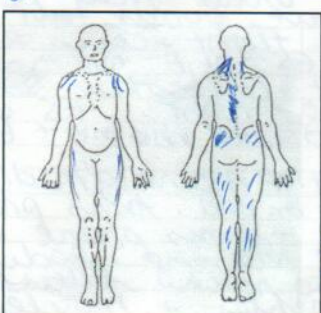
FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Arms prone managed + stretched. Scalp/sacrum/ES/rhomb. Client quiet throughout. Winded under waist. client's still ams getting better. Client "felt so relaxed" after - really good.

P= Re-com client continue see Julie for t'mt. Feb - cruise. Wants to be healthy + relatively pain free then

TREATMENT NO. 8

DATE: 04 02.07
TIME: 230pm Thurs
PAID: \$45 CASH
REC.No: 839
AIR TEMP: 23°C
MUSIC: Guitar Tunes
FACE CREST: Jay
OIL BLEND: Relax
Frank/Berg
NEXT APPT: 30th @ 2pm

S= client been feeling pain in spine - L⁺ area. Neck OK. good xmas/new year break.



O/A: shoulders sitting high. Feet stiff. Detoids taut. Pelv taut. R leg/hip tighter v. L glute med tighter. Q/Ls esp L tight. leg scap v. tight. Traps esp upper taut. Rhombs tight esp L. ES cong esp L. Skin - v. vasodilated back. Hams taut.

FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Arms prone managed + stretched. Scalp v. lightly rubbed. Client was sore @ 1st, but noted diff throughout. massage + "amazed how good he feels after" Deep breathing throughout.

P= See Julie when neces - if pain v. T. Otherwise continue manage. showed dog position + discussed using glutes/legs to get up (#Lx).

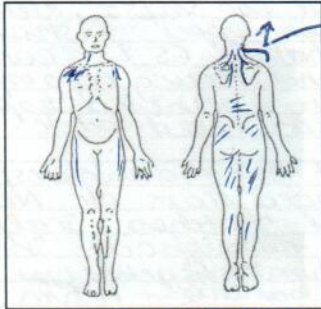
No Provider #

TREATMENT NO. 9

DATE: 30.01.07
TIME: 230pm Tues
PAID: \$45 CASH
REC.No: 849
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: xav
OIL BLEND: lavender/sports
ser/graft/dime

NEXT APPT:

S= Client been feeling good over New Year period. Neck still 'crunch'. Lx been better - not as painful as usual



O/A: elevated R neck. spin caps tight. traps esp upper short + cong. ribs tight. pso short & tight. feet cold. sup spin taut. rhombs tight & some adhesions present. skin - v. vascularized. jaw m. tense.

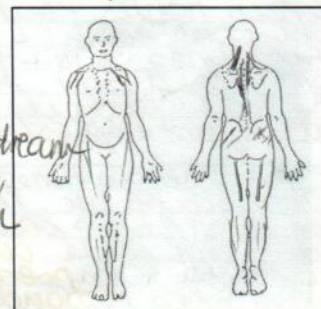
FB(-stom) Heat. TP rhomb (x-fibre) Ex ES/rhomb/traps. Cx/occiput insertns/IRBS. winged scaps under waist. Arms prone stretched to ground + massage. Jt ankles/knees/shoulder. client "v. relaxed" after - quiet throughout treatment. Body feeling good. - goal - be ready for holiday on holiday. Cruise Feb 28th

P= Relaxation watch posture - shoulders down chest open. Only lift shoulder when turning head & need help turning

TREATMENT NO. 10

DATE: 07.02.07
TIME: 1pm - Seattle
PAID: \$55 CASH
REC.No: 8
AIR TEMP: 23°C
MUSIC: Yanni - Daredream
FACE CREST: xav
OIL BLEND: lavender/sports
ser/graft/dime

NEXT APPT: 11th Aug



O/A: L traps + lev scap taut. Traps esp upper taut. deep breaths esp. ribs short. Hamns esp SM v tight. end. Rhombs taut. Sides taut. ES taut esp L - ribs taut feet. Skin - some vascular back esp ES/rhomb.

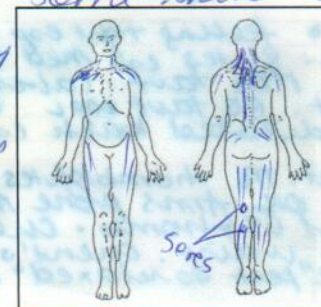
FB(-stom) Heat. TP rhomb/delt med/ham/IRB. Lx scaps. winged scaps OK. Arms prone sup. managed (+ stretched prone). Jt arms/turf. Neck Opere @ beginning - he noticed pain moment difference before/after. Body best its been - no noticeable large knots (like usual) - big improvement!

P= Away for 1 month on cruise - back April. Discussed sucking in tummy muscles for bending - careful bending

TREATMENT NO. 11

DATE: 19.04.07
TIME: 4pm - 10:00
PAID: \$55 CASH
REC.No: 992
AIR TEMP: 22°C
MUSIC: Norah Jones
FACE CREST: xav
OIL BLEND: Relax
41.41/ovallav

NEXT APPT:



O/A: Skin quality poor. neck + sores in places. ES raised L - tight. Muscle imbalance. Rhombs cong + tight. m. taut. Hamns taut esp medially. Sides v. red when poked. Skin - vascular upper esp ES/rhomb.

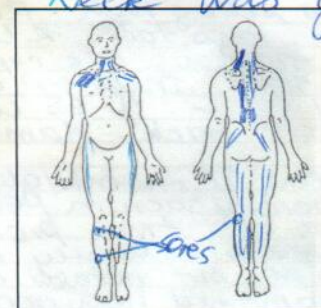
FB(-stom) Heat. TP rhomb/BS/IRB/ham. Ex ES/rhomb. g'med/IRB/OCs. winged scaps bed - stuff. Arms prone ST + ribs. Client quiet throughout. Jt legs - limited Rom. Body responded well. client felt better & less restricted after v deep breaths by end.

P= Relaxation stretch scms b/c may be adjust's to life back @ work - desk work. See notice if neck still sore

TREATMENT NO. 12

DATE: 10.05.07
TIME: 3:15 Thurs
PAID: \$55 CASH
REC.No: 1023
AIR TEMP: 22°C
MUSIC: Kenny G
FACE CREST: xav
OIL BLEND: Rain
may/ser

NEXT APPT:



O/A: S pso taut. Quads taut. Traps upper tight + cong. Rev scaps short. pso tight. ES tight. ribs tight. Hamns tight. lat taut. Sides tight. Rhombs cong + tight. ES v. stuff. Skin - v. cascade rhomb + ES regions.

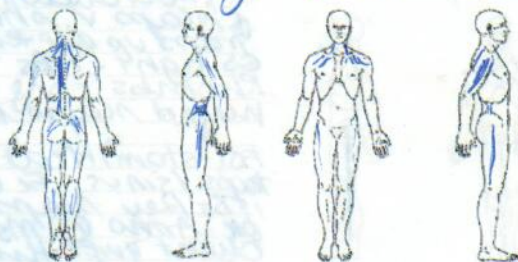
FB(-stom) Heat. TP rhomb/g'med/ham/IRB/OCs. Ex ES/rhomb. winged scaps on bed. Arms prone ST + ms. Jt legs prone + arms prone. Client quiet throughout massage. Body responded well. - felt so much better after massage looked brighter + muscles less tense.

P= Relaxation client watch posture + use heat on shoulders, see physio if pain persists

TREATMENT NO. 13

DATE: 07.06.07
TIME: 2pm Thurs
PAID: \$55 CASH
REC.No: 1050
AIR TEMP: 23°C
MUSIC: Acker Bulk
FACE CREST: Jay
OIL BLEND: Spork
Lemon Patch
NEXT APPT:

S = Client been feeling better since last visit - took 3 days after massage for neck to feel 100%
One holiday - watched posneg collecting bags



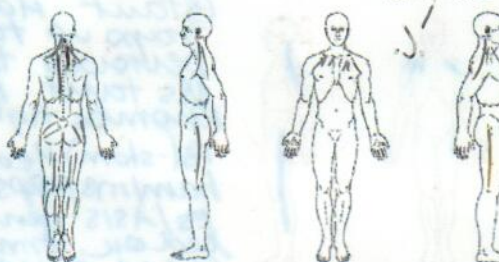
O/A: Scapulae tight - Pers short
L scap short - Beltrond right improved
L ES rained + cong. Healed skin condition
L rhombus tight. Feet cool temp
Skin - v. v. v. rhombus 1x region
FB(-stom) Heat. TP rhombus/ham/traps
F. ES/rhombus/glytes/GIS/ITBs/scaps
Winged scaps bed. Arms above MS. S. spine
J. legs prone + arms (joste). Client
quiet throughout - sleeping by end
Client couldn't believe diff in
how he felt

P = Kerom continue current regime - body holding well
(Best its been)

TREATMENT NO. 14

DATE: 05.07.07
TIME: 2pm Thurs
PAID: 1hr \$55
REC.No: 1099 CASH
AIR TEMP: 23°C
MUSIC: Don McGreg II
FACE CREST: Jay
OIL BLEND: Palm
Sentry Relax
dine / Gen
NEXT APPT:

S = Client been feeling "best ever" in Lx region.
Get cramp? L popliteal region after sitting @ desk
Neck



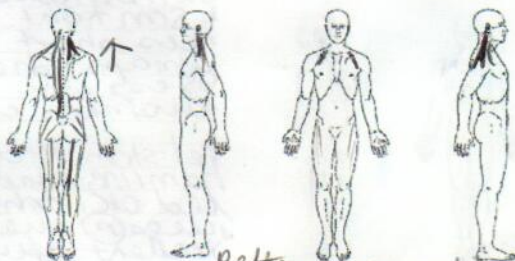
L nose less, cong Pers short + tight. Lx good
Paps/esp upper tail + short
ES tx v. tight. Tx scaps short
hamo-taut. ITBs taut. T-tight
Rhombos cong + tight. Scap taut
FB(-stom) Heat. TP rhombus/ham/ITBs
traps/sinus. Winged scaps bed on
F. ES/rhombus/occiput/sacrum/ITBs
Arms @ MS + ST. J. legs prone
J. legs prone + arms (joste). Client
quiet throughout - responded well
Client notices his neck not 'crackling'
upper (Tx region) stiff, responded well

P = Kerom client watch posture - he finds he feels great
manage but if Plast shoulders down

TREATMENT NO. 15

DATE: 02.08.07
TIME: 2pm Thurs 1hr
PAID: \$55 CASH
REC.No: 2055
AIR TEMP: 23°C
MUSIC: Ian Cam II
FACE CREST: Pepp
OIL BLEND: Black Pepp
Pure Oil - Lav
NEXT APPT:

S = Client been feeling sore in neck - stiff better than
previous visits though. Lx good - best its been



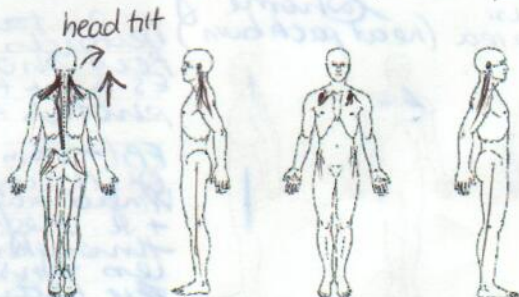
O/A: Hamo taut
Pers v. short. Petouds + tender
R scap v. short. R scaps short
Traps taut esp R short
L ES rained + taut. QLS taut esp L
Rhomb region taut
FB(-stom) Heat. TP rhombus/ham/traps
F. ES/rhombus/sacrum/sinus
Winged scaps bed ok. Arms @
MS + ST. J. legs @ + Arms @
Client quiet + thorough
relaxed after - feels lots
of diff with rep in esp Lx
of diff with rep in esp Lx

P = See > Amateuvis. Kerom thro Discussed benefits of MS

TREATMENT NO. 16

DATE: 12.09.07
TIME: Thurs 2pm
PAID: 1hr \$55
REC.No: 1151 CASH
AIR TEMP: 23°C
MUSIC: Diana Mod
FACE CREST: Jay
OIL BLEND: Relax
Y. Y. Frank Mand
NEXT APPT:

S = Client been feeling stressed + sore esp neck
(not turning to R) after few days > MS



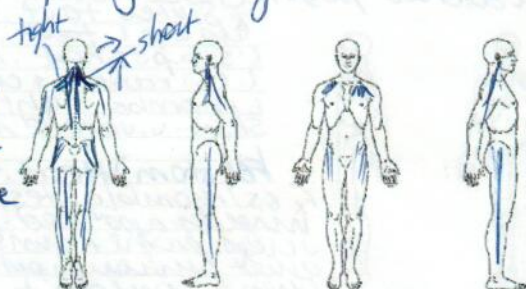
O/A: Scapulae blocked.
Pers v. short. Hfs taut/tender
Petouds taut. V. tense upper
traps up right - 2 usual
ES tight esp L. QLS tight
Rhomb region v. v. v.
FB(-stom) Heat. TP rhombus/sinus/traps
F. ES/rhombus/glytes/ham/ITBs/scaps
Winged scaps bed ok. Arms @
MS + ST. J. legs @ + Arms @
Client quiet + thorough
relaxed after - "v. tense"
relaxed after - "v. tense"

P = Kerom see Julie for some corrective neck exercises
to help correct neck impingement
Bre 3 wks - Kerom take wheat bag

TREATMENT NO. 17

DATE: 11.10.07
TIME: 230 Thurs
PAID: 1hr \$55
REC.No: 1209 CASH
AIR TEMP: 22°C
MUSIC: Steve Hesper
FACE CREST: fat
OIL BLEND: ~~Relax~~ grape
Sports - 1/2 time
NEXT APPT: 12/11/07

S = client been feeling sore in high Lx same
lefting bags, trouble turning to (L) esp in mornings



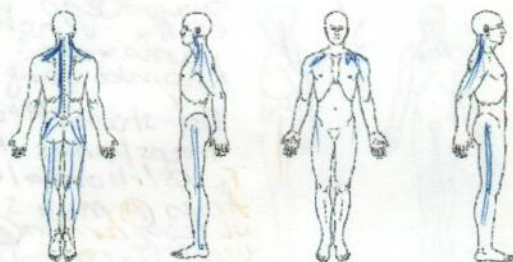
O/A: Deltoids start, TMS taut
traps v. short/tight.
traps up esp. Lx + tight
ES tight. ITBs tight. Jels short
Rhombos cong + tight.
Winged scaps bed ok - Arms @ 90° + 5°
FBI (stom) Heat TP rhomb/ham/MS
traps/sinus. ES/rhomb/sacrum
ITBs Rev traps. winged scaps
ok. Arms @ 90° MS + 5° + JL. J. legs
client quiet throughout - relaxed
after + had midline in neck

P = suggest see physio for neck or see Catherine Traynor
for stretching I can esp for neck

TREATMENT NO. 18

DATE: 15.11.07
TIME: Thurs 230pm
PAID: \$55 CASH
REC.No: 1270
AIR TEMP: 22°C
MUSIC: Mixed tunes
FACE CREST: fat 1-15
OIL BLEND: ~~Relax~~
Seng/Vetiver/Patch
NEXT APPT:

S = client been feeling sore in Lx (area) - upper. Doing
puzzle daily (100%) - recent deters dining room table



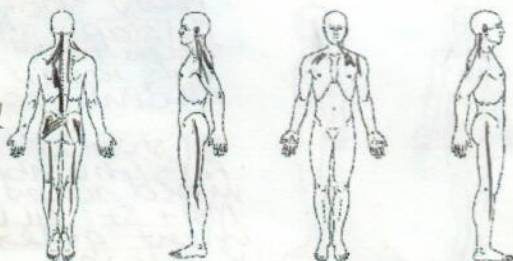
Better than previous visit
staut. Ham/capres taut
traps up taut. d. scaps taut
Deltoids taut. m. hem
Dis taut. Pees short
Rhombos tight. Quads taut
FBI (stom) Heat TP rhomb/g/med
ham/MS/traps/sinus. ES same +
ES/ASIS - gentle winged scaps
bed ok. Arms @ 90° MS + 5° + JL. J. legs
client quiet for most. Relaxed
after

P = see next year - going away December. Discussed
MS improvement in body. suggested physio for posture - fix

TREATMENT NO. 19

DATE: 3.01.08
TIME: 2pm Thurs
PAID: 1hr \$5
REC.No: 1359
AIR TEMP: 22°C
MUSIC: Anthony Michael
FACE CREST: Pees
OIL BLEND: ~~Relax~~
Seng/Vetiver/Patch
NEXT APPT: March 13th
Thurs 230

S = client been feeling good - no major sore areas
Neck stiff as always



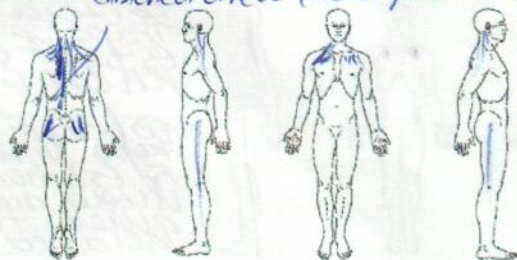
O/A: ITBs/capres taut
ES right. occiput taut
Pees short. Dis taut
Traps short/tight cong
ES esp v. cong + tight
Rhombos cong + taut equal
FBI (stom) Heat TP rhomb/g/med
ham/MS/traps. winged scaps
bed ok. Arms @ 90° MS + 5° + JL. J. legs
client been feeling
relaxed after - Rom use neck
no cracking

P = Recommend client see physio for neck stretches

TREATMENT NO. 20

DATE: 27.03.08
TIME: 245 Thurs
PAID: 1hr \$60
REC.No: 1408
AIR TEMP: 23°C
MUSIC: 10min - mixed 1
FACE CREST: Pees over time
OIL BLEND: ~~Relax~~
CS/ger/Petrol
NEXT APPT:

S = client been feeling tight in Lx region after golf
swing - played 2 weeks ago + sore after (cough +
lawn Lx @ home
blistered area (heat pack burn)

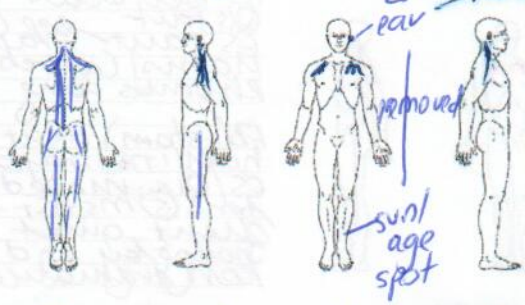


O/A: Dis taut esp.
Deltoids taut. Scap's right
Pees short. traps in short +
ES tight + cong esp L. right
rhomb region cong cells tight
FBI (stom) Heat TP rhomb/g/med
Dis L. scap/traps. ES same + ES/MS
Winged scaps bed ok. Arms @ 90° MS + 5°
+ JL. J. legs @. client quiet
throughout tonight. Body
less tense after 1 septated
felt better after. Discussed
using ice if back aches

P = client's 80th B'day in May travelling June to
Spain (Barcelona) on ship. Big 80th party.

TREATMENT NO. 25
 DATE: 14.10.08
 TIME: 1hr 10 extra
 PAID: \$60 CASH
 REC.No: 1632
 AIR TEMP: 23°C
 MUSIC: Sampler
 FACE CREST: Jay
 OIL BLEND: dral cad / Vanilla Relax
 NEXT APPT: _____

S= Client been feeling tight in Lx region
Had 2 age / skin spots removed today
No Ms on facts

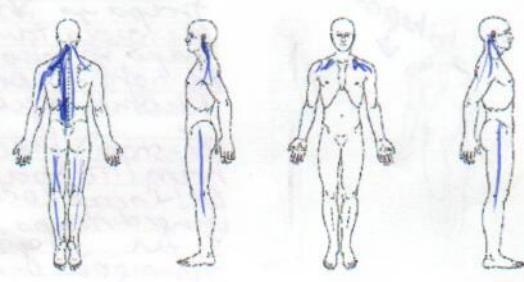


ES tight esp L side. Pecs short
 trap up short + tight. Hams
 trap up short + tight
 Lx tight. pectorals tight esp L
 rhomb region esp tight L
 Tbl-stom. Heat. TP rhomb / g med /
 ham / tr / traps / sinus. Fr same +
 ES / occip / sacrum / scalp
 mixed acup bed on trms
 @ MS + ST + LI + @ ST. Client quiet
 + snoring throughout
 improved rom noticeably esp

P= Review client tho + discussed importance of reg skin neck
checked as he ages

TREATMENT NO. 26
 DATE: 20.11.08
 TIME: \$60 1hr CASH
 PAID: 230 Thurs
 REC.No: 1658
 AIR TEMP: 23°C
 MUSIC: Orchestra
 FACE CREST: Pepp
 OIL BLEND: Relax
 NEXT APPT: _____

S= Client been feeling tight in Lx region + twisted + bent
wrong to pick something up. o'imp well.
Had occs pins/needles in

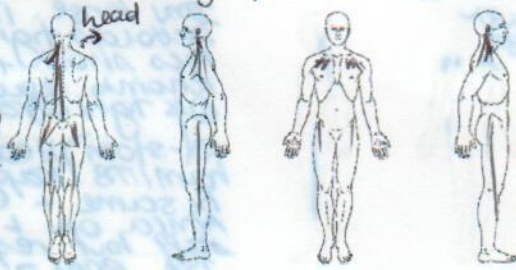


less sitting @ desk
 O/A: Deltoids tight + cong L
 scms tight
 traps up short + tight esp L
 Lx tight + cong esp L
 rhomb region venodd + cong
 Tbl-stom. Heat. TP rhomb / g med /
 ham / tr / traps / sinus / L trap.
 Fr same + ES / occip / sacrum
 mixed acup bed on trms @ MS + ST + LI + @ ST. Client quiet throughout
 Body responded well - big 1st rom

P= Review use tummy muscles when bends + bend + twist
gently daily to help keep spine healthy

TREATMENT NO. 27
 DATE: 18.12.08
 TIME: Thurs 1hr
 PAID: \$60 CASH
 REC.No: 1708
 AIR TEMP: 23°C
 MUSIC: Kenya Gmoyes
 FACE CREST: Pepp
 OIL BLEND: Relax
 NEXT APPT: _____

S= Client been feeling tight + cong. in Lx + shoulder
"diff" - weather been hot + rainy. not playing
much gap

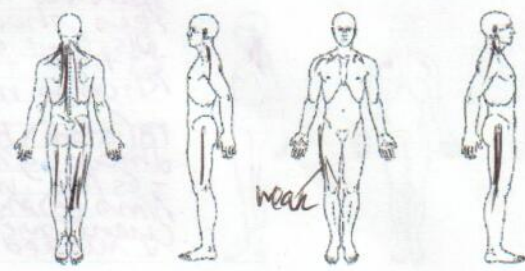


O/A: L traps short + tight
 Deltoids tight + cong - r/c
 traps got tight + tender
 traps up bulky L short R
 Hams tight + ES tight esp L
 rhomb region cong + tight
 Tbl-stom. Heat. TP rhomb / g med /
 ham / tr / traps / sinus. Fr same +
 ES / L traps / traps / occip / trms
 @ MS + ST + LI + @ ST. Client relaxed + 1st rom with
 no crackling @ MS. V relaxed
 + ready to go "boxing" ms

P= To one tomorrow. Went through pec stretching -
taking it deeply with lunge. Check next time

TREATMENT NO. 28
 DATE: 22.01.09
 TIME: Thurs 1hr
 PAID: 230 pm CASH
 REC.No: 0081 Elmvt
 AIR TEMP: 23°C
 MUSIC: Musagi
 FACE CREST: Pepp
 OIL BLEND: Relax
 NEXT APPT: _____

S= Client been feeling sore in @ knee - popliteal region
3-4 days - woke up + hurt + lunging with pec stretch



O/A: Some swell @ popliteal
 Lx short + tight
 traps short + tight
 Deltoids tight
 ES esp L v right. Lx right
 rhomb region cong + tight
 Tbl-stom. Heat. TP rhomb / g med /
 ham / tr / traps / sinus. Fr same +
 ES / L traps / traps / occip / trms
 @ MS + ST + LI + @ ST. Client relaxed + 1st rom with
 no crackling @ MS. V relaxed
 + ready to go "boxing" ms

P= Review see physio Julie if knee pain persists

TREATMENT NO. 29 S= client been stiff + sore in Lx/lower Tn region

DATE: 05.03.09
TIME: 1hr \$60
PAID: 230 Thurs
REC.No: #58 CASH
AIR TEMP: 23°C
MUSIC: Indian I +
FACE CREST: Jay Myagi
OIL BLEND: Relax Mindn.

NEXT APPT:

20ml Pepp +
Foot balm
P=

TREATMENT NO. 30 S= client had v. stressful day + blood test with wound that re-opened. Ours been good esp neck + Lx Bit stiff from golf

DATE: 16.04.09
TIME: \$60
PAID: 1hr Thurs 230pm
REC.No: 140 CASH
P: 23°C
MUSIC: African
FACE CREST: Jay
OIL BLEND: Relax
91/11/Perseus

NEXT APPT:

P= Discussed how much Ms had improved his body/life
Relom see Julie + knee pain R continues

TREATMENT NO. 31 S= Client been feeling tight + cong in shoulders/neck region esp crackly + stiff

DATE: 21.05.09
TIME: \$60 1hr
PAID: 230 Thurs
REC.No: 193 CASH
AIR TEMP: 23°C
MUSIC: Natural I + African
FACE CREST: Jay
OIL BLEND: Relax
Gee/Simon/
JB

NEXT APPT:

P= 1st Rom after Relom heat, per stretch + relom
client uses posture check - shoulders/chest open

TREATMENT NO. 32 S= Client been feeling tightness in shoulders/neck - crackling Had heat up - now Mx + B'DAY 1 BP. Had swollen feet too

DATE: 15.09.09
TIME: Tues 230pm
PAID: \$60 1hr
REC.No: 429 CASH
AIR TEMP: Indian Mix
MUSIC: 23°C
FACE CREST: Jay
OIL BLEND: Deepender
Relax xant Qd Frank
NEXT APPT:

HT - face/arms/hands

✓
Qd

P= client been better 7 Ms - felt improvement overall
Discussed gentle/gradual return to everyday

O/A: Scms short. Pecs + trapezoid tight better than
scap tight + short
ES tight. Ols short esp L
Rhomb region cong + tight

FB(-stom) Heat. TP Rhomb/gined/
Ols/L scap/traps. Tr same + ES/Ols
GTL/AC/scap. Minged arm/leg
Arms @ 5 + 5 Ms + 5 + 10. Ulls @ 5
Quiet throughout - V relaxed
Felt wonderful 7 Ms. 1st Rom

O/A: Upper overau - better than usual
Pecs tight. Pecs taut
Trap up short. Pecs short
Inclup taut. Tr tense
ES tight but better than usual
Rhomb region cong + tight

FB(-stom) Heat. TP Rhomb/gined/
Traps/sinus. Tr same + ES/Ols
Pectorals/AC/GTL + ASIS lymph
(inguinal) strokes. Arms @ 5 Ms
+ 5 + 10. Ulls @ 5. Quiet throughout
Soft - gentle strokes V relaxed 7 Ms

O/A: Ols L esp tight.
Pectorals R tighter
ES tight + cong L + short
Rhomb region cong + tight

FB(-stom) Heat. TP Rhomb/gined/
Ols/L scap/traps. Tr same +
ES/Ols/scap. Minged on
Arms @ 5 Ms + 5 + 10. Quiet throughout
Relaxed 7 Ms

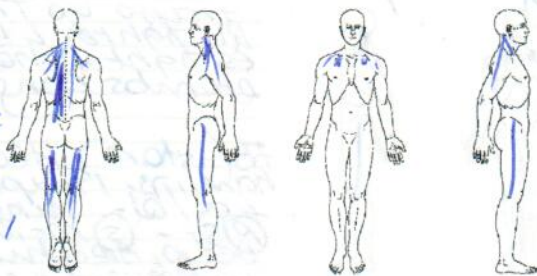
O/A: diaphragm tight + short
Traps up tight. Pecs short
Pectorals tight.
ES tight esp Tr. Ols taut
Rhomb region cong + taut

FB(-stom) Heat TP Rhomb/
gined/traps/sinus
Tr same + ES/Ols/pectoral
traps/traps
light pressure - relax 7 Ms

TREATMENT NO. 37

DATE: 12.03.10
 TIME: Thurs 230
 PAID: Thr \$65
 REC.No: 718
 AIR TEMP: 23°C
 MUSIC: Steve Heller pent
 FACE CREST: Pepperdine
 SUPINE SCENT: Demon
 OIL BLEND: Relax
 HT: Feet +
 EXTRA:

S = client been feeling tightness in his lx region
 been lifting - replaced kitchen. ONE try, using good



O/A: Necking brighter
 lower quadrant v. tight
 Traps tight
 Pectorals tight L esp + pers
 L traps tight. Traps up tight
 QLS tight L
 Rhombos cong esp L
 FB (stom) Heat. TP rhomb/g
 ham/IBs traps/sinus/1/2 cap/1/2
 for same + es/ol/ocrypt
 minged oil. Arms @ Sr + MSc

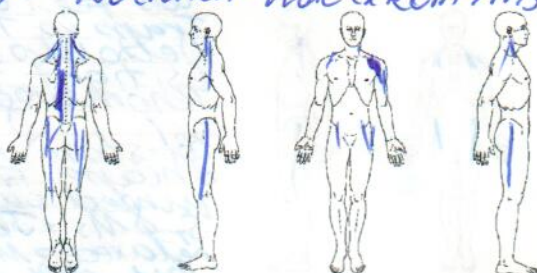
NEXT APPT:

P = Reiom Julie physio if pain persists. Reiom
 heat on shoulders/lx region if pain continue

TREATMENT NO. 38

DATE: 15.04.10
 TIME: 230 Thurs
 ME: P65 Thr
 'D: 767 CASH
 230C
 LUTATIONS
 J. F. demon
 J. Pain
 Sing/eme
 Feet + face
 ATRA

S = client been feeling tightness in lx region with
 golf - recommenced playing. One been good
 No crunch? with Lx ROM > Ms



O/A: Little tired some days
 Traps up tight + short
 QLS tight. mm/sinus black
 Rhomb region L esp
 FB (stom) Heat. TP rhomb/g
 g med/ham/IBs traps
 for same + es/ol/ocrypt
 minged oil. Arms @ Sr
 Relaxed > ms. Fell asleep
 during - v. relaxed/calm

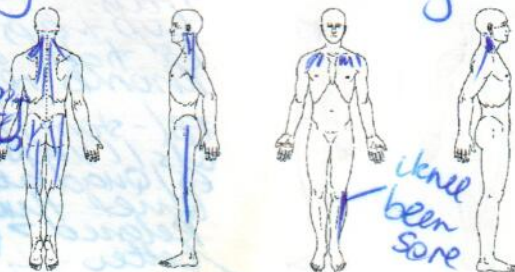
NEXT APPT:

P = Discussed how ms can help body + need to
 drink H2O after Reiom see Julie if pain lx persists

TREATMENT NO. 39

DATE: 13.05.10
 TIME: 230 Thurs Thr
 PAID: \$65 Thr
 REC.No: 798 CASH
 AIR TEMP: 23°C
 MUSIC: Kenny's older
 FACE CREST: Jay
 SUPINE SCENT: demon
 OIL BLEND: Relax/Pain
 HT: Feet + hands/feet
 EXTRA:

S = client been feeling tightness/boreness in whole
 body - v. stiff - after golf (1st game in 5 weeks)
 Body wash some morning rest



O/A: occas Lx pinch? - ok 2 days
 esp L. IBs tight
 Traps up tight, short
 Pectorals tight. Pectorals
 ES tight esp L Tr
 Rhomb cong esp L
 FB (stom) Heat. TP rhomb/g
 ham/IBs traps/sinus/1/2 cap/1/2
 for same + es/ol/ocrypt
 minged oil. Arms @ Sr + MSc
 ms + feeling great

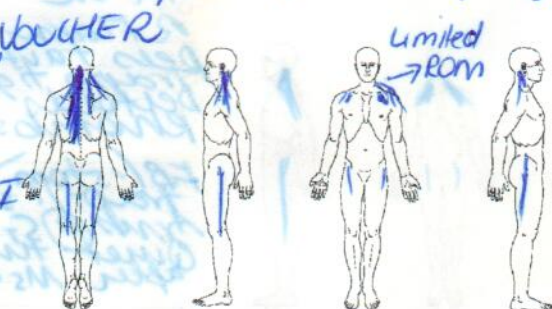
NEXT APPT:

P = Discussed benefits of Ms - circ"

TREATMENT NO. 40

DATE: 10.06.10
 TIME: Thurs 230
 PAID: Thr \$65 CASH
 REC.No: 83
 AIR TEMP: 23-24°C
 MUSIC: Jay
 FACE CREST: demon
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + face
 EXTRA:

S = client been feeling good - nothing sore
 lx improved - no pain @ all



O/A: Pecs tight
 Traps up both tight
 L traps tighter L
 QLS tight better - less cong than
 1st tight L esp large
 Rhomb region cong esp L
 FB (stom) Heat. TP rhomb/g
 g med/ham/IBs traps/sinus/1/2 cap/1/2
 for same + es/ol/ocrypt
 minged oil. Arms @ Sr + MSc
 Relax + Bm on shoulders
 sleep

NEXT APPT:

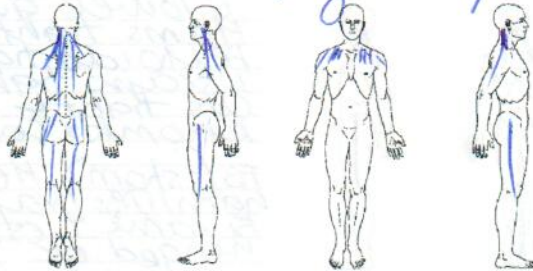
P = Reiom continue Ms for circ" b/c of cool feet
 indicating circ"

TREATMENT NO. 41

DATE: 08.07.10
TIME: 230 hrs
PAID: \$65/hr
REC.No: 871
AIR TEMP: 23°C CASH
MUSIC: Ken Davis
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Pepp/Lav
EXTRA: Feet + face

NEXT APPT:

S= client been feeling tightness in his
Lx - best it's been. Neck little stiff as usual
No cramping lately



O/A:
Traps up tight + shoulders high
Hls tighter L but better than
ES tight + short Tr L. Rhomboids
rhombos cong L esp. Rts right
Cervical

FB(-stom) Heat. Tr rhomb/ginger
ham/ps, traps to traps. Tr same
+ ES/ps winged ok. Arms
@ 5 + 5 ms. PS + 1/2. Quiet
Deep breathing. Relaxed 7 ms
improved neck 7 ms

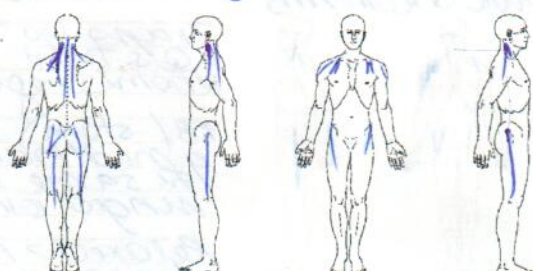
TREATMENT NO. 42

DATE: 12.08.10
TIME: 230 hrs
PAID: \$65/hr CASH
REC.No: 925
AIR TEMP: 23.2°C
MUSIC: Pamel Mer
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Red/Y/Y/Bod
EXTRA: Feet + face

NEXT APPT:

P= Perom client H2O. Going to Bre in August to 'babysit'
grandkids' for 1 week. Hecum - nose feels great

S= client been feeling tightness in neck esp
after sitting on couch chairs + sleep. Flu Feb 7 + day



O/A:
V. cong - even talking with
Hls feel ok + hips ok
Traps up tight
Hls tight + short
ES tight + short 7 ms
Rhomboregion cong

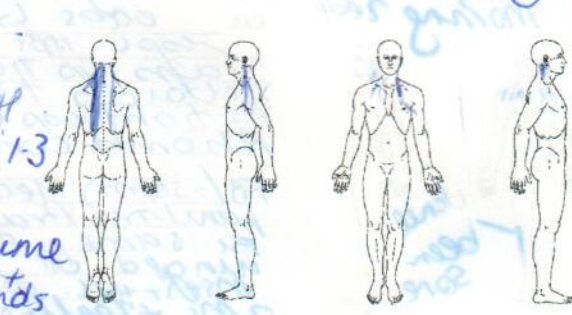
FB(-stom) Heat. Tr rhomb/ginger
ham/ps. Tr same + ES/ps
winged ok. Arms @ 5 + 5
S. 5 ms + 1/2. Quiet
Relaxed 7 ms. V. cong upper
feet diff + feet better 7 ms

TREATMENT NO. 43

DATE: 23.09.10
TIME: Thurs 230
PAID: 1hr \$65
REC.No: 1002 CASH
AIR TEMP: 23°C
MUSIC: Twilight Mix 1-3
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: 0 Feet + arms + hands
EXTRA: 21st Oct 230

NEXT APPT:

S= client been feeling tightness in his Lx region



O/A:
Traps up tight + short
Lx traps. Rts right
ES tight esp L. esp L. knots
Rhomb region cong + tight

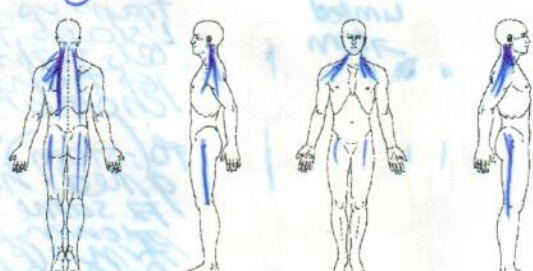
FB(-stom) Heat. Tr rhomb/ginger
ps/L traps. Tr same + ES/ps
ES/quad attach. Hls right
Quiet throughout
Relaxed 7 ms + feeling
better. L side really
working hard

TREATMENT NO. 44

DATE: 21.10.10
TIME: 230 hrs
PAID: \$65/hr
REC.No: 1047 CASH
AIR TEMP: 23°C
MUSIC: Piano Tunes 1-5
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Red/Y/Y/Bod
EXTRA: Feet + face

NEXT APPT:

S= client been feeling tightness in legs R-flam
feeling numbness + R calf cramps. Occasional
+ Lx going v. well



O/A:
R Flarm tight + R calf
Rts tight + short
Traps tight + short
Deltoids tight
Rhombos cong + tight + Cervical

FB(-stom) Heat. Tr rhomb/ginger
traps/ps. Tr same + ES/ps
winged ok. Arms @ 5 + 5
ms. PS + 1/2. Quiet
Quiet throughout - Relaxed
after MS + feet improvement

P= Perom client relax after MS - discussed how MS
helps with whole body

70mas 2010

TREATMENT NO. 45 S= Client been feeling tightness in d/s ltx region - felt v. stiff cramping in RH calf esp @ night

DATE: 01 11 10
TIME: 230 TUES CASH
PAID: 230ph/hr
REC.No: 129
AIR TEMP: \$65 ltx
MUSIC: Sanyas
FACE CREST: N/A
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Tail
EXTRA:

O/A: Trap up tight + short
Deltoids tight d/s both high
ES tight. Pelv. tight
Rhomb region cong

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/l scaps/trap
Fx occipit/scalp/mms
☐ Talked ☐ Quiet sleepy - deep Breathing
ROM use @ Tx + ltx regions
FBACK

NEXT APPT: 46 Home

TREATMENT NO. 47 S= Discussed talking to Dr regarding cramp? Going away for holidays Broken leg

DATE: 19 04 11
TIME: 230 TUES
PAID: \$65 ltx
REC.No: 126
AIR TEMP: 25c
MUSIC: Enya I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax 1/1
HT: Feet + Tail
EXTRA:

O/A: Trap up tight + short
Deltoids tight
ES tight ltx. V swollen ankle
Rhomb region cong ltx
gentle

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/lms
Fx ltx/scalp
☐ Talked ☐ Quiet Improved sleep > Ms Breathing
ROM Feet big diff + looked relaxed
FBACK Brighter feet great

NEXT APPT: 48

TREATMENT NO. 48 S= New Mx bc BP so 1. Feeling squeamish Ankle still swollen esp @ end of day + during day

DATE: 10 05 11
TIME: 230 TUES \$50
PAID: \$65 CASH
REC.No: 128
AIR TEMP: 24c
MUSIC: Yang + there
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Tail
EXTRA:

O/A: Feels v heavy/tired
Lymph on LHS esp T.
Pelv. tight. Trap up tight
ES tight esp tx. Foramp tight
Rhomb region cong + varicose

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/lms
Fx occipit/scalp/mms
☐ Talked ☐ Quiet
ROM left/Relax Ms. lymph on ltx
FBACK Feet L up trap sore
Relaxed > Ms

NEXT APPT: 49

TREATMENT NO. 49 S= Client been feeling tight + stiff in LHS up trap region BP still high + v. squeamish

DATE: 31 05 11
TIME: 230 TUES
PAID: 230 ltx CASH
REC.No: 131
AIR TEMP: 25c
MUSIC: Mix Ms 1-15
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Tail
EXTRA:

O/A: Foot swollen L
Trap up tight. Pelv. tight
Deltoids tight. mms tense
ES tight L esp tight + ES
Rhomb region cong + varicose

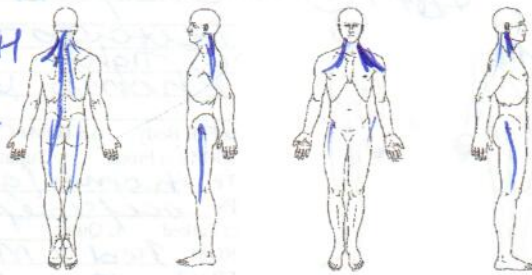
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/ham
Fx occipit/scalp/mms
☐ Talked ☐ Quiet
ROM use after ms
FBACK Reconn Rest

BDAY 11 + MOLT 11

TREATMENT NO. 50

DATE: 20.06.11
TIME: 13:30 TUES
PAID: \$65 Inv CASH
REC.No: 1336
AIR TEMP: 25.0C
MUSIC: Karaoke I
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Pepp Lav 37
EXTRA: Feet + Face
CST on face
NEXT APPT:

Pepp Cream Some
S= client been feeling tightness in L
up trap - Dr said safe tissue



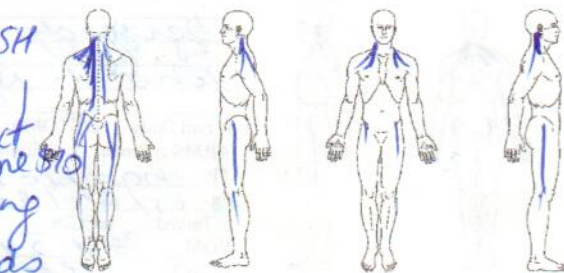
O/A: L legs swollen - lots
Trapp up tight Peis tight
Deltoids tight
ES tight espl espl
Rhomb region cong
☐ Full Body ☐ STOMACH gently pressure
ARMS ☐ Prone ☐ Supine MS LEGS Elevated
TP rhomb/traps
Fx occup H/C/GT/ankle
☐ Talked ☐ Quiet
ROM Feet better MS
FBACK Neck looser, swell ↓

P= Recom client use pepp cream on feet

TREATMENT NO. 51

DATE: 12.07.11
TIME: 12:15 TUES
PAID: \$65 Inv CASH
REC.No: 1383
AIR TEMP: 25.0C
MUSIC: Stereo
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms
EXTRA: WST - 1x hands
NEXT APPT: CST @ Face

S= client been feeling tightness + trouble with
ankle swelling BPT still



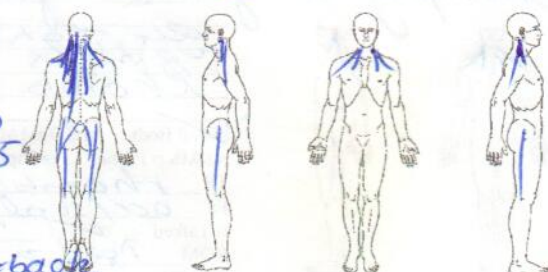
O/A: Trapp up tight
Deltoids tight
Peis tight
Rhomb region tight
MS over back
☐ Full Body ☐ STOMACH elevated for
ARMS ☐ Prone ☐ Supine LEGS gently swelling
TP rhomb/traps 11 scaps
Fx rhomb/traps 11 scaps
☐ Talked ☐ Quiet
ROM Improved a feet diff
FBACK Swelling improved

P= Recom client relax after MS & nee take for
ankle aren't

TREATMENT NO. 52

DATE: 23.08.11
TIME: TUES 2:30
PAID: Inv \$70
REC.No: 1451
AIR TEMP: 25.0C CASH
MUSIC: Mixed Tunes
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
EXTRA: WST 2x Lx 2x back

S= client has had flu for 2 wks - went to Mel
scratchy throat. 6mth visit with cardiologist



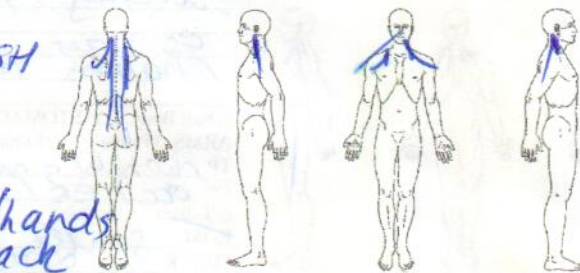
O/A: 1 bed
Peis tight
Deltoids tight
ES tight. Hams tight
Rhomb region
Shall improved
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP traps/scaps
Fx rhomb/gone 4/ham
☐ Talked ☐ Quiet
ROM Feet sinuses improve
FBACK Relaxed - MS

P= Recom look after self while recovering from flu

TREATMENT NO. 53

DATE: 27.09.11
TIME: 2:30 TUES
PAID: \$70 Inv
REC.No: 1500 CASH
AIR TEMP: 25.0C
MUSIC: Sampler
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: WST 2x back

S= client been feeling tired. Not sore Played
golf last week - watched R arm top with
spring - pacemaker



O/A: Deltoids tight Trapp up
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb/neck/ham/IBs
Fx traps/scap/ham
☐ Talked ☐ Quiet
ROM Toe after MS
FBACK Feet better - 2nd HST

P= 2x Lx Feet the most relaxing legs ever been
gentle pressure off to bed for 2 weeks

NIL 09/11
NMA 5/11
B DAY 12

TREATMENT NO. 54 S = Client been feeling better after on row Mx

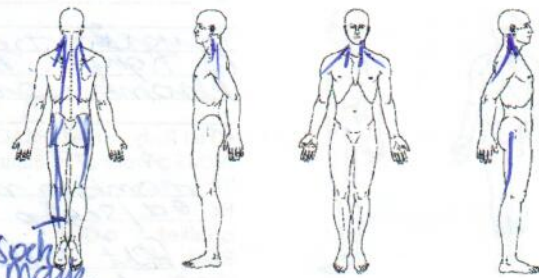
DATE: 05.10.11
 TIME: \$70 1hr
 PAID: 230NES
 REC.No: 1552 CASH
 AIR TEMP: 25.0
 MUSIC: Don Mcg
 FACE CREST: Low
 SUPINE SCENT: Dom
 OIL BLEND: Relax 1x
Manditane
 HT: Feet + Face
 CST: Face
 HST: 2x Lx +
2x back

EXTRA
 NEXT APPT:

O/A: TRMS + TST 10v legs +
pectoids tight
Pect tail
trap up tail
Rhomb region tail
clavicle

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS Pump
 TP rhomb/med/ trap/ traps
 Fx occipit/ sacrum
☐ Talked ☐ Quiet Breathing
 ROM Felt v. relaxed - Mx
 FBACK slight throughout
shd shrugs

P = Discussed how Ms helps with lymphatics



TREATMENT NO. 55 S = Client's Lx/back been stiff/pore
swells in both feet from Mx. Been stressed
4 Mx

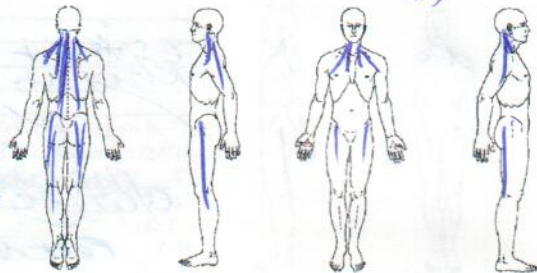
DATE: 22.11.11
 TIME: Tues 230
 PAID: 1hr \$70
 REC.No: 1552 CASH
 AIR TEMP: 25.0
 MUSIC: Don Mcg
 FACE CREST: Low
 SUPINE SCENT: Dom
 OIL BLEND: Almond Oil
Almond Oil
 HT: Feet + Face
 CST: Face
 HST: 2x Lx
2x back

EXTRA
 NEXT APPT:

O/A: feels crappy. Upper body
feels v. con
pectoids tail
is tight
Pect short
Rhomb region con

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS Flush for
 TP rhomb/traps
 Fx occipit/es
☐ Talked ☐ Quiet Breathing
 ROM Tse after Mx - felt rep
 FBACK Felt v. relaxed +
enjoyed Mx

P = Recom get another Tx before
stressed + body feels v. tight



TREATMENT NO. 56 S = Client been feeling tighter in his
Lx / lower shoulder / T region - stiff
ankle for swell 9 @

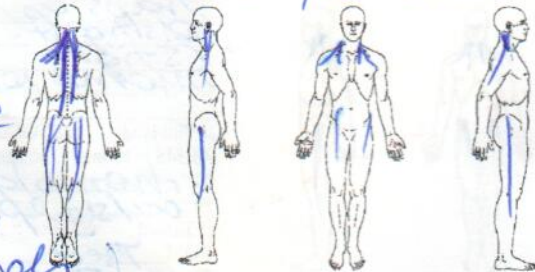
DATE: 13.12.11
 TIME: Tues 230
 PAID: 1hr \$70
 REC.No: 1552 CASH
 AIR TEMP: 25.0
 MUSIC: Yanni + there
 FACE CREST: Low
 SUPINE SCENT: Dom
 OIL BLEND: Relax
Manditane
 HT: Feet + Face
 CST: Face
 HST: 2x Lx
2x back

EXTRA
 NEXT APPT:

O/A: Trap up tail
pectoids tight
is tight + short
Rhomb region con

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/ham/traps
 Fx occipit/ trap/
☐ Talked ☐ Quiet Breathing
 ROM Relaxed - Mx
 FBACK Felt better - Mx

P = Lots of family stuff going on - v. stressed



TREATMENT NO. 57 S = Client been feeling tighter in his body
had stroke + clot
ankle swells
notes R up stiff

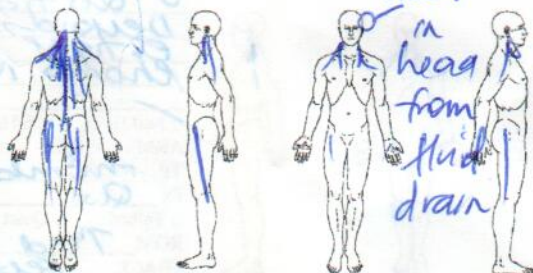
DATE: 30.05.12
 TIME: Weds 230
 PAID: 1hr \$60
 REC.No: xmas GV
 AIR TEMP: 23.0
 MUSIC: Miyagi
 FACE CREST: Low
 SUPINE SCENT: Dom
 OIL BLEND: Relax
Manditane
 HT: Feet + Face
 CST: Face
 HST: 2x Lx
2x back

EXTRA
 NEXT APPT:

O/A: As tail. Trap up tail
fluid on L ankle
Pect tight
Rhomb region tail

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/ham/traps
 Fx occipit/ trap/
☐ Talked ☐ Quiet Breathing
 ROM Felt better - Mx
 FBACK

P = Recom stretch glutes in bed



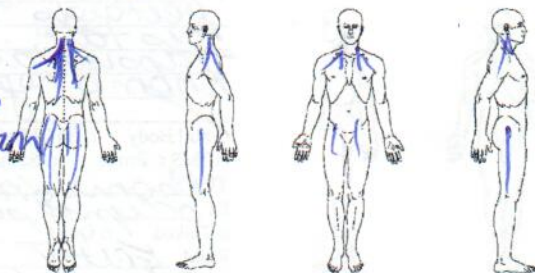
* 10v 2v 2v 2v 2v 2v 2v 2v 2v 2v *

TREATMENT NO. 58

DATE: 26.06.12
TIME: 230 THRS
PAID: \$75 Inv
REC.No: 1941 CASH
AIR TEMP: 25
MUSIC: Yangi - Dare
FACE CREST: Lau dream
SUPINE SCENT: Lem
OIL BLEND: Relax / Manditang
HT: Feet + HTH
CST: A Face
HST: 2 x Lx
2 x back

EXTRA
NEXT APPT:

S = client been feeling tightness in his body - but stiff Ankle sweat @ end of day but not



O/A:

Devoids tightness short
Es tight - this feels
Rhomb region cap

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms. LEGS
TP rhomb/med/ham/IBS
Fx 04/10/10
☐ Talked ☐ Quiet Breathing
ROM Feet better > Ms
FBACK 1

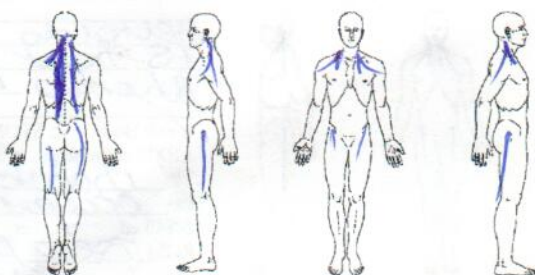
TREATMENT NO. 59

DATE: 24.07.12
TIME: 19:15 hr
PAID: \$75
REC.No: 1941
AIR TEMP: 25
MUSIC: Indigo I
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax / Pepploar 1
HT: Feet + HTH
CST: A Face
HST: 2 x Lx
2 x back

EXTRA
NEXT APPT:

P = Reom elevate foot @ night Ankle cables

S = Client been feeling tightness/stiffness in back > played golf for first time



O/A: V. stiff

Es tight
Rhomb region cap

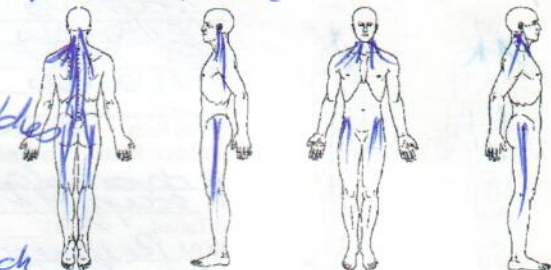
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms. LEGS
TP rhomb/med/ham/IBS
Fx 04/10/10 - gently
☐ Talked ☐ Quiet Breathing
ROM Feet better > Ms
FBACK

TREATMENT NO. 60

DATE: 08.12
TIME: THURS 230
PAID: \$75
REC.No: 2045
AIR TEMP: 25
MUSIC: Acter Birk old
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax / Manditang
HT: Lau + 2 x Lx
CST: 1 A Face
HST: Feet + 2 x back
ATH

EXTRA
NEXT APPT:

S = Client been feeling tightness in back after car trip. Been feeling sick next time



O/A:

Traps up tight
Es tight - traps up tight
Es tight
Rhomb region cap

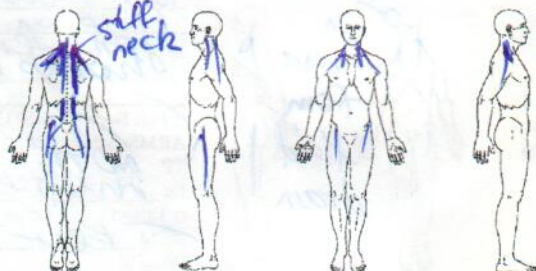
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/med/ham/IBS
Fx 04/10/10
☐ Talked ☐ Quiet Breathing
ROM Feet better > Ms
FBACK

TREATMENT NO. 61

DATE: 25.09.12
TIME: 230 THRS
PAID: \$75 Inv C
REC.No: 2112
AIR TEMP: 25 CASH
MUSIC: Pango
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax / Manditang
HT: Feet + 2 x Lx
CST: A Face
HST: 2 x Lx
2 x back

EXTRA
NEXT APPT:

S = Client been feeling tightness in his body Had flu lately - still coughing Soft Moisturiser while going nap



O/A:

Es tight
Devoids tight
Es tight
Rhomb region cap

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb + cong + need? TR
Fx 04/10/10
☐ Talked ☐ Quiet Breathing
ROM Feet better > Ms
FBACK Feet better > Ms

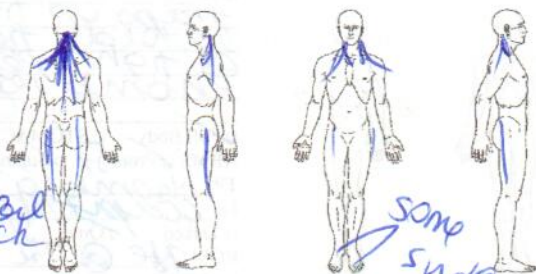
P = client feet better > Ms Discussed foot/ankle

* Previous sheets avail *

TREATMENT NO. 62

S = Client been feeling tightness in neck - v. stiff

DATE: 25/10/12
 TIME: THURS 1hr
 PAID: \$75
 REC.No: 2163
 AIR TEMP: 25
 MUSIC: Ken Dano
 FACE CREST: Lau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 2x61 + 2x62
 EXTRA: (A) Face



O/A: feels short
 Deltoids tight
 Rhomb region cong

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP ES / rhomb / trap
 Fx rhomb / trap
☐ Talked ☐ Quiet Breathing
 ROM Tsd > Ms
 FBAC Feet looser

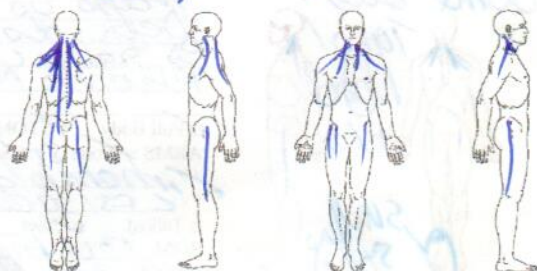
NEXT APPT: Face + Feet

P = Perom keep neck moving DISCUSSED correct massage

TREATMENT NO. 63

S = client been feeling tightness in his body in neck (bit stiff) + cramping right sunspots removed

DATE: 22/11/12
 TIME: THURS 1hr
 PAID: \$75 CASH
 REC.No: 2217
 AIR TEMP: 25
 MUSIC: Pamel Men
 FACE CREST: Lau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + A/H
 EXTRA: 2x61 2x62



O/A: swells went down with
 calves tight
 Deltoids tight
 ES tight. trap up tail
 Rhomb region cong

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / traps
 Fx occ / GT / etc
☐ Talked ☐ Quiet Breathing
 ROM Tsd > Ms
 FBAC

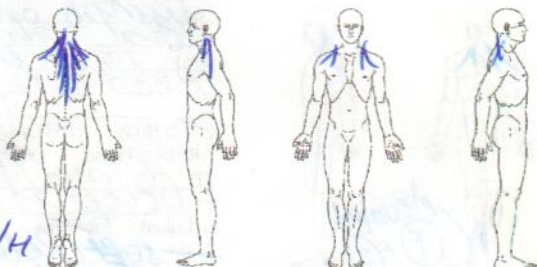
NEXT APPT: 2x61 2x62

P = going away to BNE for visit for xmas

TREATMENT NO. 64

S = Client been feeling tightness in neck + stiffness some swells in foot

DATE: 18/12/12
 TIME: TUES 230
 PAID: \$75 CASH
 REC.No: 228
 AIR TEMP: 25
 MUSIC: MIX MS 1-15
 FACE CREST: Lau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + East A/H
 EXTRA:



O/A: tender neck
 Deltoids tight
 ES tight + short
 Rhomb region cong

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / a med / ham
 Fx traps / traps
☐ Talked ☐ Quiet Breathing
 ROM ROM Tsd > Ms esp neck
 FBAC

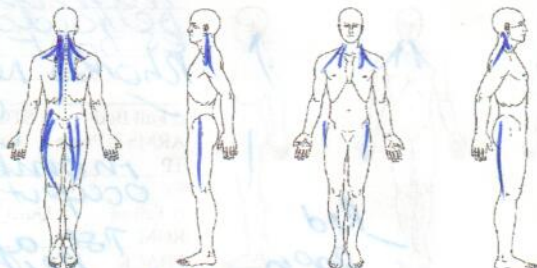
NEXT APPT:

P =

TREATMENT NO. 65

S = Client had heart turn on Jan 3rd - not hospitalized but v. scary - heart regulated

DATE: 15/01/13
 TIME: TUES 230 1hr
 PAID: \$75 CASH
 REC.No: 2310
 AIR TEMP: 24.8C
 MUSIC: Ian Cam
 FACE CREST: Lau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + A/H
 EXTRA:



O/A: Had swells both itself
 v. gentle Tx - Feet
 relaxed -> Ms Swedish + lymph strokes

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / trap
 Fx occ / ES / sacrum
☐ Talked ☐ Quiet Breathing
 ROM Feet relaxed but refrained
 FBAC

NEXT APPT:

P = Perom client look after body op in heat

TREATMENT NO. 66 S= Client been feeling tightness in hr
+ r/cp trap Mr changed BP
FB 75 30 to help BP

DATE: 18.2.13
 TIME: TUES 230
 PAID: \$75
 REC No: 156
 AIR TEMP: Refer notes
 MUSIC: Refer G
 FACE CREST: Low at last
 SUPINE SCENT: dem
 OIL BLEND: Relax
Mand/Tang
 HT: Feet + face
 EXTRA: AMH

tender

Deirda's tight
ES tight pers tight
Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/l'scaps
 Fx occ/scalp
☐ Talked ☐ Quiet Quiet Breathing
 ROM Red 2 ms
 FBACK Feet better 7 ms

NEXT APPT: _____

TREATMENT NO. 67 S= Client been feeling tightness in his body

DATE: 12.03.13
 TIME: 230pm TUES
 PAID: \$75
 REC No: _____
 MP: 25
 MUSIC: Refer Blue
 FACE CREST: Low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Low 1/2 ev/may
 HT: Feet + face
 EXTRA: Face

Deirda's tight
ES tight pers tight
Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g/med/ham/1/2
 Fx es/els/deirda's
☐ Talked ☐ Quiet Quiet Breathing
 ROM Red 2 ms
 FBACK Feet better

NEXT APPT: _____

P= Relax client relaxed 7 ms & walk
swelling on feet

TREATMENT NO. 68 S= Client been feeling tightness in
his body in neck shoulders
Champing in legs @ night

DATE: 18.04.13
 TIME: \$75 Thu
 PAID: CASH
 REC No: 2478
 AIR TEMP: 25
 MUSIC: Tan/Lam +
 FACE CREST: Low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Mand/Tang
 HT: Feet + face
 EXTRA: _____

etc, tight
ES tight pers tight
Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g/med/ham/1/2
 Fx occ/scalp/1/2
☐ Talked ☐ Quiet Quiet Breathing
 ROM Red 2 ms
 FBACK Feet difference

NEXT APPT: _____

P= Getting moles removed on 13th

TREATMENT NO. 69 S= Client been getting some cramping @
night in legs some ankle swelling
Moles removed OK

DATE: 06.06.13
 TIME: \$75 Jhu
 PAID: PAID G
 REC No: 230 THURS
 AIR TEMP: 25
 MUSIC: Adrian T
 FACE CREST: Low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Mand/Tang
 HT: Feet + face
 EXTRA: 2 x 1/2 HST
2 x back

ES tight ITBS tight
Rhomb's tight TLS tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/ITBS
 Fx occ/ES/ITBS/ITBS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Gentle pressure
 FBACK 20ms flushing on legs

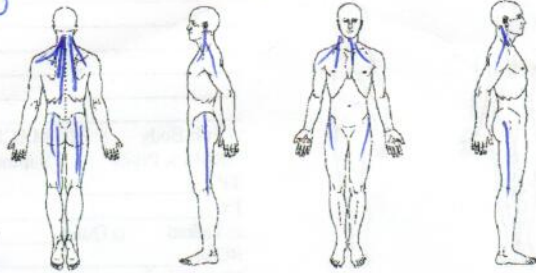
NEXT APPT: _____

P= Relax client look after self + take things
slowly if tired

TREATMENT NO. 70

S = Client been feeling tightness in l/r shoulder + feeling tight/stiff in upper - pr side H's not his D

DATE: 11.07.13 (6)
TIME: Thurs
PAID: 230 lhr
REC.No: 2649
AIR TEMP: 25
MUSIC: Kendamo
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Euc/may/HT
HT: Feet + FH
CST: 1x Face
HST: 2x ex
0x back
EXTRA
NEXT APPT:



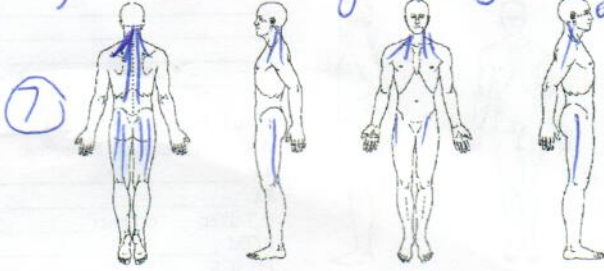
O/A:
Deltoids tight
ES tight
Rhomb region
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx ES/traps/lt med
☐ Talked ☐ Quiet Breathing
ROM Tied > Ms. Feet better
FBACK Really relaxed today

P = Client relaxed -> Ms - feet better with no Ms + discussed why it helps

TREATMENT NO. 71

S = Client been feeling tightness in his body in l/r region esp R/Hs. Been to dentist filling / gift of orange spitzer skin x2
O/A: Dr - cardiologist (OK). Cholesterol
perio tight. Traps up right
Deltoids tight
ES tight
Rhomb region comp

DATE: 20.08.13
TIME: 230 Tues
PAID: \$85 CASH
REC.No: 2741
IP: 25
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Mg/lt/rom
HT: Feet + Face
CST: 1x Face
HST: 2x l/r
2x back
EXTRA
NEXT APPT:



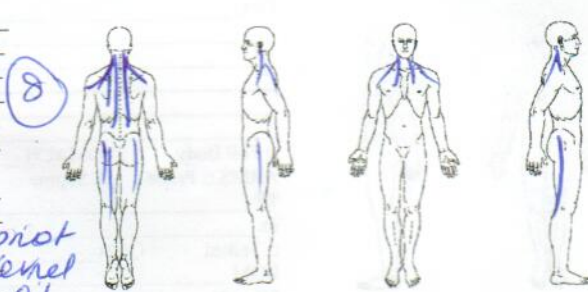
O/A:
Deltoids tight
ES tight
Rhomb region comp
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/lt med/ham
Fx l/r traps/lt traps
☐ Talked ☐ Quiet Breathing
ROM Tied > Ms
FBACK Feet better > Ms

P = Perom client use spitzer & Perom self Ms snuses

TREATMENT NO. 72

S = Client had health complications & just getting over high BP mx probs. Been in hospital ankle swelling

DATE: 12.12.13
TIME: CASH
PAID: \$85 3080
REC.No: 215 Thurs
AIR TEMP: 23
MUSIC: Kenny G F
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + FH
CST: 1x Face
HST: 2x l/r
2x back
EXTRA
NEXT APPT:



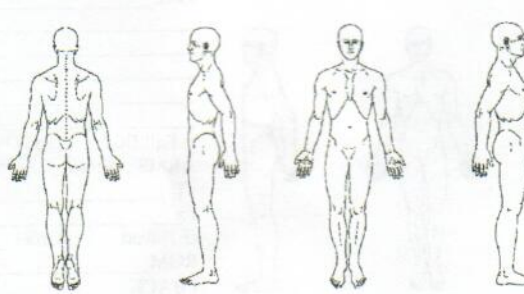
O/A:
Neck stiff + tender traps
Relax ~ Ms with lymph node
V-Gentle pressure used on legs
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/traps
Fx AC/lt/ES/als
☐ Talked ☐ Quiet Breathing
ROM Tied > Ms - mda Rom
FBACK Feet really relaxed + better Rom

P = Discussed how Ms can help with BP + body

TREATMENT NO. _____

S = _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
HT: _____
CST: _____
HST: _____
EXTRA
NEXT APPT:



O/A: _____
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P = _____

Patient Name: DAVIS, RONALD
Patient Address: 33 SOUTHERDEN DRIVE, MOOROOBOOL QLD 4870
D.O.B: 31/05/1928
Sex: M
Medicare No.:
IHI No.:
Lab. Reference:
Provider: QUEENSLAND X-RAY REPORTS
Addressee: DR G HARTRICK
Referred by: DR G HARTRICK
Date Requested: 18/11/2013
Date Performed: 19/11/2013
Date Collected: 19/11/2013
Complete: Yes
Specimen:
Subject(Test Name): X-RAY CERVICAL SPINE AND CT CERVICAL SPI

APOLLO RIS PATIENT ID: QXR1105901

bx d/nq

X-RAY CERVICAL SPINE AND CT CERVICAL SPINE

Clinical Information: Right sided C7 radicular pain and neuropathy.

X-RAY CERVICAL SPINE

Findings: There is flexion deformity of the spine centred at C5 vertebral level. There is disc space reduction at all levels being most severe at the C5/6

with exuberant anterior osteophytosis. Less marked osteophytosis is seen anteriorly at C6/7 and posteriorly at C5/6 and C6/7. Evidence of prominent facet

joint arthropathy particularly on the left is noted.

CT CERVICAL SPINE

Technique: Block axial scans obtained through the cervical spine. Images reconstructed in the sagittal and coronal planes.

Findings:

C2/3: Left sided uncovertebral osteophytic lipping associated with quite bulky left facet joint arthropathy resulting in narrowing of the neural foramen, however, the nerve root is felt to be exiting normally.

C3/4: Uncovertebral osteophytic lipping associated with facet joint arthropathy bilaterally, being quite severe on the left side, again resulting in significant neural foraminal stenosis and suspected irritation of the left C4 nerve root.

C5/6: Uncovertebral osteophytosis being more marked on the right side. No significant facet joint arthropathy. There is a small pocket of gas seen in the right paracentral region/lateral recess thus suspicious associated broad based shallow disc protrusion. There is effacement of the right lateral recess.

Neural

foramina are significantly narrowed bilaterally, being slightly more severe on the right side with suspected bilateral, particularly right, nerve root irritation.

C6/7: Uncovertebral osteophytosis resulting in significant neural foraminal stenosis, the uncovertebral osteophytic lipping is more bulky on the left laterally. The neural foramina are narrowed bilaterally but nerve roots are felt to be exiting normally.

There is degenerative bony lipping anteriorly and laterally, being most prominent at the C5/6 level. There is also multilevel endplate changes. Mild flattening of the C5 and C6 vertebral body heights would be compatible with degeneration.

Conclusion: Multilevel uncovertebral osteophytosis with facet joint arthropathy resulting in multilevel neural foraminal stenosis, being most prominent on the right at C2/3 and C5/6 and on the left at C3/4. There is suspected nerve root irritation of the left C4 and bilateral, particularly right C6. C7 nerve root appears to exit normally.

Thank you for referring this patient,

Dr Brunie Danga-Christian