



Personal Information – changed info				
Full Name <i>Kiri Clark</i>		Occupation <i>Guidance Officer</i>		
Postal Address <i>12 Henley St, Earlville</i>				
Home Phone <i>40335154</i>		Work Phone <i>N/A</i>		Mobile <i>0414382075</i>
Email Address <i>kclar68@eq.edu.au</i>				
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)				
<input checked="" type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input type="radio"/> Email	<input type="radio"/> Facebook Message
Emergency Contact Details: Name and Number <i>Steven Capocchi 0417643810</i>			Relationship to you (e.g. Partner). <i>partner</i>	
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In		
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) <i>N/A</i>				
Client Signature <i>[Signature]</i>			Date <i>19/10/2016</i>	

☐ Office - Please tick after updated information is electronically entered



Full Name KIRI CLARK D.O.B 31/8/72 Gender F

Address 14/189 BUCHAN ST, BUNGALOW

Home Phone 040412 796 Work _____ Mobile 0414 382 075

Email Address kiriclark@yahoo.com

Emergency Contact Details - Name and Number Rachel Bailey 0438519950

Current Doctor Heather Lawson Referred By Chris Heron

Occupation and How long Teacher 13 YRS - Gordonvale

Physical Activities/Hobbies/Exercise Sport, gym, yoga

Past Medical History (major operations/conditions) N/A

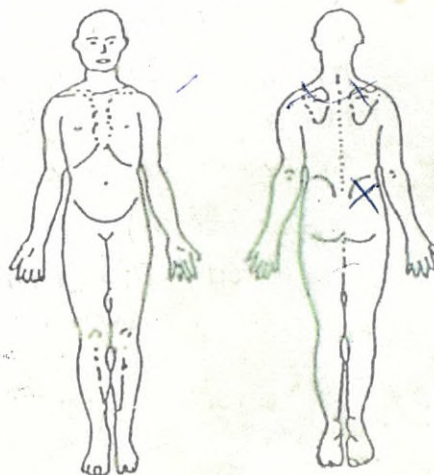
Medications - Prescribed or Natural: Birth control

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

- | | |
|--|--|
| <input checked="" 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 type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising | <input type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Cold / Flu | <input type="checkbox"/> Sprained/strained muscles |
| <input 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): 4

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: _____ (insert name of person being Massaged)

Signature: _____ Date: 6/10/06

06.01.06
\$45 Inv 3
Jan Cam Smith
1030 FRI -
on time
Pepp face Crest
23°C
Info Sheet
taken

"Twisted pelvis" = sore R hip
S - Client been feeling sore, hasn't had a massage in a long time. Used to get regular massage by a male. Looking for someone else bc #feel comfortable
O - LEGS - Cold feet, R hamstring tighter / more congested. both calves + hamstrings
BACK - Erect Spinae Congested + tight. Rhomboids knotted
NECK - Traps v. congested + twangy esp L. Scals tight esp R. Splin. Caps tight
HIPS - Qls tight esp L, gluteals tight. R foot - nodule @ ant metatarsal
SKIN - Vasodilated back. Healthy, supple, well-nourished skin
ARMS - Forearms tight, triceps taut. L hand tighter.
A - FB (-stomach). Heat used. Triggers rhomboids / occiputs / gluteals / ITBs. winged nerve scap + calf + hip → ankle stretch. Scalp massage. Used v. firm pressure. lots of compress. moves. Body responded well esp erect spinae sits much smoother. Client felt "great" → massage.
P - she enquired → massage → school hours - suggested sat's or pm's (late). Took bus cards

06.05.06
\$45 CASH
Rec #466
30 Sept 5 late
Blended Sports
Room 1
Grip print
Cap face
Lanni -
if there
Temp to
24°C h/c
feels cold.

R side shoulder hurting + R hip hurting.
S - client been feeling sore esp in neck. Has had no treatment since 06/01/06. Yoga helps but noticed she is still
O - LEGS - Hamstrings esp R v. cong esp medial ITB
BACK - ESs tight. Rhomboids esp L v. tight.
NECK - Traps sore + tight - v. cong esp L shoulder - both bad
HIPS - Qls v. tight - Gluteals tight esp R
SKIN - Skin v. vasodilated. Cold to touch initially
A - FB (-stom). Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / hamstrings (sciatica). Winged nerve scap + calf + hip → ankle stretch. Arms prone. Scalp + trapezius throughout. Explained how C side feels better. Seeing him even though symptoms present @ only 1 day. See her 3 weeks. She needs an adjustment eventually wants deep tissue to restore self in traps. Aim - no pain with regular treatments.
P -

V Deep tissue! Likes it v. firm

06.05.06
\$45 CASH
Rec #520
Sat 5 late
Low fare
Sports
Room JB
Grip print
Nights

S - Client been feeling OK - been to physio & been a little sore in the neck - traps v. tight.
O - LEGS - Hamstrings esp R v. cong + tight. Quads @ HF +
BACK - ES tightest / rhomboids v. tight + adhered - esp right
NECK - Traps esp @ lev. v. twangy. L trap. shoulder - esp right
HIPS - Qls taut esp L. Gluteals tight
SKIN - Some vasodilation @ back.
A - FB (-stom) Heat - used triggers rhomboids / occiputs / gluteals / ITBs / hamstrings (sciatica). winged nerve scap + calf + arm to ground stretch. Scalp + trapezius. Discussed gradual improvement of neck cong. Heat on neck + shoulders.

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

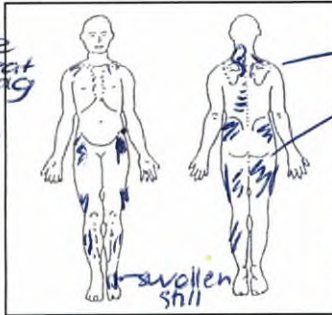
NOTE FOR FUTURE REFERENCE:

Xtra towel when supine

TREATMENT NO. 4

S = Client been injured - rolled @ ankle @ seen physio for 4 weeks
HF @

DATE: 24.06.06
TIME: 130 Sat - on time
PAID: \$45 + \$25 wheat bag
REC.No: 549
AIR TEMP: 23°C
MUSIC: Yanni - tribute
FACE CREST: Lau
OIL BLEND: Pepp -
Ora / may / Lau
NEXT APPT: Sat 28th @ 130



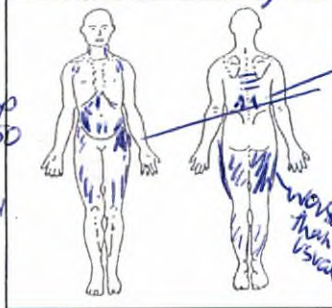
O/A: SCMs taut esp L
Traps esp C Cong - but better than previous
Rhomboids taut + some adhesions
C trap + hammies tighter than usual
Hammies v. cong + tight. Feet taut. HF's tight
Skin - some vasodilation of back
FB(-stom) Heat used. Triggers rhomboids / occiput / glutes / IRBs / hammies (scapula). Winged nerve trap + calf + hip + ankle + arm to ground. Arms prone
Client quiet through massage - relax, 'trouble thinking' after massage he so relaxed.
Overall, feeling really good @ moment

P = Going to see Chris Heron for adjustment on hol's. Continues physio b/c ankle @ still cong.

TREATMENT NO. 5

S = Client been feeling sore in L hip flexor - catches + pulling. R ankle healing ok - can hold position with it. Neck OK. HF's heat bag been self-massage ankle + using heat

DATE: 29.07.06
TIME: 130 Sat
PAID: \$35 - 5th visit
REC.No: 593
AIR TEMP: 24°C - good temp
MUSIC: Modern Girls 30 50
FACE CREST: Lau
OIL BLEND: Sports
Sx / drapet - Med
NEXT APPT: Sat 26th Aug @



O/A: Traps esp R tight (better than usual though)
Rhomboids v. tight / adhered but better than usual
C trap / tight esp L. ES v. Cong / tight esp R.
HF v. Cong tight, hips not sit even. Adductors in a R ankle - still some cong. HF's cong. quads esp R v. top.
Skin - v. vasodilated, feet cold

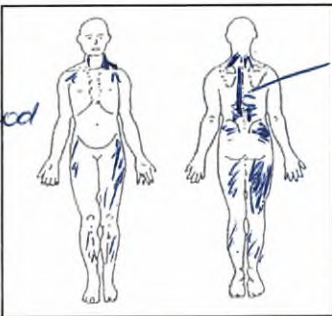
FB(-stom) Heat. Triggers rhomboids / occiput / glutes / IRBs / hammies / neck / HF's / winged nerve trap + calf + hip + ankle + arm to ground stretches. Scap + quick releases only. Arms out neck b/c did stomach + concentrated esp lower body. Hammies IRBs worse than usual - client felt won't tight they've

P = Recommend Chris b/c hips need aligning - she feels that too Happy with regular tim - she notices the difference it's making. Recommend HF stretches + tummy stretching on ball

TREATMENT NO. 6

S = Client been feeling better - been to Chris + been feeling better in herself. Ankle been swelling still

DATE: 26.08.06
TIME: 130 Sat
PAID: \$45
REC.No: 641
AIR TEMP: 23°C - 24°C - good
MUSIC: Saxophone
FACE CREST: Pepp
OIL BLEND: Relax
Ged / 41 / 41
NEXT APPT: Mon hol's 1030



O/A: L traps ant upper v. twangy + cong. both tight
Rhomb's tight + cong both
LES tight + cong. Pecs tight
QIS v. right esp @ rib insert - Glutes tight esp R right
R hammies cong esp S / ST. IRBs taut. TFL's esp L
Skin - some vasodilatation back. Feet cold. L Quads v. skin

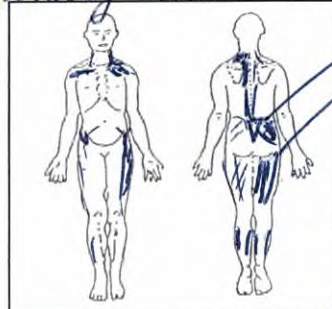
FB(-stom) Heat. Triggers rhomb / occiput / glutes / IRBs / hammies / traps / flex scap. Winged scap / neck / arms + calf + hip + ankle stretches. Scap + tms relax time prone - R tummy. Client felt better this massage - not as sore this time and feeling good. Body not as tense. Really worked upper body - may be sore tomorrow esp.

P = Discussed how podiatry can help esp with impact of running

TREATMENT NO. 7

S = Client been feeling good - "she knows this may mean not everything is perfect" but nothing "troubled" her. Look forward to starting holiday with a massage

DATE: 25.09.06
TIME: 1030 Mon
PAID: \$45
REC.No: 689
AIR TEMP: 23°C
MUSIC: Ken Duvies
FACE CREST: Pepp
OIL BLEND: V. 41 / 41
Ged / 41 / 41
NEXT APPT:



O/A: Pecs taut. Spine caps tight
Glutes taut esp R piriformis, glute med's tight
Rotat slight, L side. S.I.F's up / under. Traps esp upper
R hammies v. cong esp S / ST. S.I.F's tight v. Cong / add
Skin - v. good quality, blood flow esp ES / Rhomb

FB(-stom) Heat. Triggers rhomb / occiput / glutes / IRBs / hammies / traps / flex scap / psoas. Winged scap + calf + hips + ankle stretches. Arms prone. Nerve arm + calf + hip + ankle stretches + prone circumduct of legs. Client felt "much looser" after massage. Legs were ticklish + feet too

Wishn't run in inserts yet

P = Suggested see physio for hip adjustment b/c not quite sitting right - only subtle but will be if not seen to

04/11 - 10 mins extra

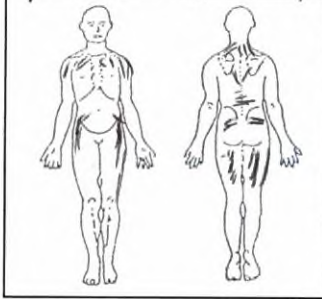
1 Referral ✓

TREATMENT NO. 78

DATE: 04.11.06
TIME: 30 - on time
PAID: \$45 CASH
REC.No: 754
AIR TEMP: 23°C
MUSIC: Sals Mod (Kolang)
FACE CREST: Pepp
OIL BLEND: Sports
Wint / B / Lume

NEXT APPT: 2nd Dec @
left her hair tie

S = Client been doing body balance class - really feels tight today, looking forward to massage. Notices pain in R hip but still feels OK



O/A: Rhomboids tight. Lev scaps v. tight
Traps esp upper v. cong + short - held stiffly
QLs tight, ES cong. Arm tight. Pecs tight
Glute med esp pin tender. Deltoids tight
Hams short + tight. HFS tight. Hips little tight + poor skin - v. vascular back. Feet esp v. ticklish

FB (stom) Heat TP rhomboids/glute med/ham/traps/lev scaps/pin. JL knee/legs prone. Scalp + tmj release. Entro sacrum/occiput/rhomboids client quiet throughout - went to sleep. Really worked, pore spent 45 mins. Arms prone, pinched nerves + skin more sensitive to touch. Congested esp legs.

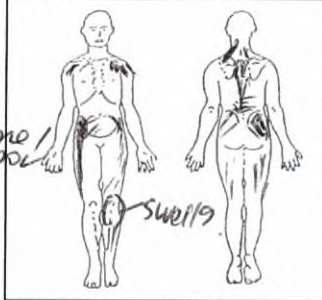
P = continue being v. active and discussed RICE hamstring stretch next time show her.

TREATMENT NO. 89

DATE: 02.12.06
TIME: 12pm Sat
PAID: \$45 1hr
REC.No: 800
AIR TEMP: 23°C
MUSIC: Yanni - overtime
FACE CREST: Pepp mirror
OIL BLEND: Sports
Jumper B / Pepp

NEXT APPT:

S = Client got hit on touch > her v. knee v. sore - ice 24hrs. R hip/butt been really bothering her. Shoulders been good client been trying to do dynamic stretching



O/A: HFS tight - esp pin R tight. QLs tight
Pecs short esp R. Traps esp upper v. short/long, static med esp RV. right + tender. Psoas tight
R rhomboids tight + cong esp. Lev scaps short
Skin - v. vascular. Cool to touch. Feet dry

FB (stom) Heat TP rhomboids/glute med/pin/ham/traps/lev scaps/winged scaps ok. Arms prone scalp/sacrum/pin/rhomboids CFF/sawed/forested Palm warm + fist's glutes/light back h. strings Client felt good after. Stretched R PNF ham/pin v. knee - stiller to walk after massage

P = Discussed RICE on knee, play touch strap + see physio if worse noticeable chp

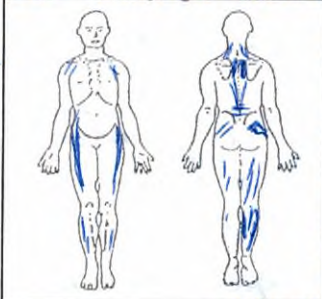
13.12.06 E. CNL

TREATMENT NO. 910

DATE: 09.01.07
TIME: 230pm Tues
PAID: 1hr \$25 - 10m
REC.No: 840
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: 2nd J
OIL BLEND: Rosemd
Seng / Lume

NEXT APPT:

S = Dog changed @ her @ leg > calf been v. badly bruised and sore. Stopped exercising & now is v. sore. Hams + hips tingling. Calves been v. right



O/A: HFS tight. Pecs tight
L pin tight. R calf v. tight - both taut
Traps esp upper cong + tight + short. Lev scaps QLs taut. R glute med v. cong + tight. V. tight
Rhomboids tight esp upper. ES tight. Pecs short
Skin - some vascular on back. Bruised @ calf 1/3 way

FB (stom) Heat TP rhomboids/glute med/pin/ham/traps/lev scaps/HFS/hams. Winged scaps ok. Arms prone massage + stretched. Wankle/legs prone. Gentle massage on @ bruised leg. Or on other side parts of body client felt relaxed. She was v. surprised @ discount

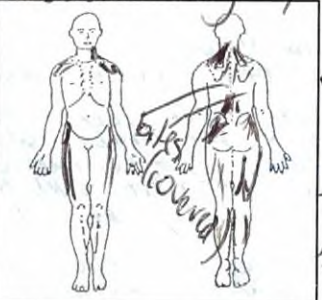
P = Really focused on hip/pelvic region + upper manage! RICE client lay on tummy & get hip positioning better

TREATMENT NO. 1011

DATE: 21.03.07
TIME: \$55 CASH
PAID: 4pm - 10pm
REC.No: 88 Weds
AIR TEMP: 23°C
MUSIC: Acker Bilk
FACE CREST: 2nd J
OIL BLEND: Rosemd
2nd J

NEXT APPT:

S = Client's R hip been sore & "bothering her". Been to Chris Herson for adjustmt. Injured lates back been blocking forward to massage.



O/A: Deltoids taut esp R. Rhomboids tight
Upper trap v. cong + lumpy. Lev scaps v. tight
QLs esp v. cong. ES v. tight
Glute med esp v. cong. R ham v. tight
Hams esp R v. cong esp medially
Skin - v. vascular back. Feet - blistered

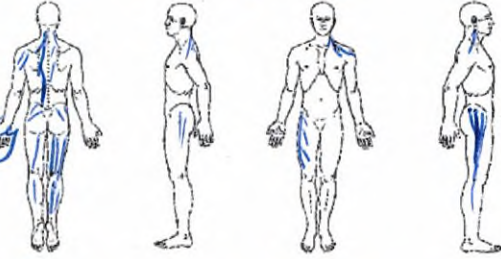
FB (stom) Heat TP rhomboids/glute med/pin/ham/traps/lev scaps. Winged scaps ok. Arms prone massage + stretched. JL legs + relax. Client quiet throughout. Body feels much looser towards end

P = RICE knee hugs/rock's spine + lay on hands on ASIS (adjust symmetry) + adjust hips when sitting

TREATMENT NO. 12 S= client went to chiro yesterday - hip R been gradually getting worse giving her a lot of pain

DATE: 28 03 07
TIME: 11pm - 15 early
PAID: \$55 CASH
REC.No: 550 hr 3
AIR TEMP: 33°C - cool
MUSIC: Mod Cuts Pete
FACE CREST: Law Murray
OIL BLEND: Basil +
Oral 1/2 hr Pain

NEXT APPT: _____

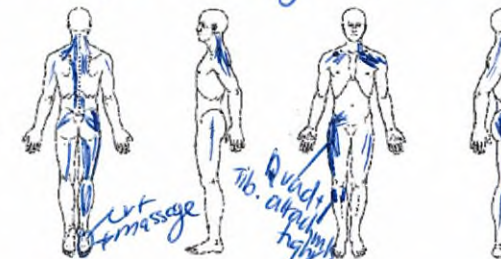


O/A: skin - varicose upper. Dry feet
well nourished skin. As tight esp L
ITBs esp R v. tight. R TFLs tight
Hams R tight. Latiss R tight
Scaps tight esp L. Rhomboids
Glute med tight esp R
Fol-stom) Heat TP rhomboids med
ITBs. Ex ES/rhomb/sacrum ITBs
mixed scaps on arms prone Sr +
Mod client quiet thoughtful
R leg tight + L upper but a bit
but hip positioned fine last few days
(Ss balanced)

TREATMENT NO. 13 P= Perom client H2O tonight + discussed self rate + importance of it in keeping well. Lie prone on ASIS Ex to help balance hips
S= client been to chiro x 2, adjustments not holding sleep esp notices sore next day. Cut on R foot - tape No ex for 4 days b/c foot.

DATE: 09 05 07
TIME: 4pm - 10 early
PAID: 1hr \$55
REC.No: 1019 CASH
AIR TEMP: 33°C - cool
MUSIC: Mixed lines
FACE CREST: Law 145
OIL BLEND: Relax

NEXT APPT: _____



Les raised + tight. esp med Ex
Psoas short. Rhomboids tight. Als tight
R psoas tight. R hams v. tight + calm
Hfs tight. Traps upper cong esp L b.
R ITB v. tight + cong + tender
Singed esp R v. tight
Skin - varicose rhomboid region
Fol-stom) Heat TP rhomboids med L
ham/ITB. mixed scaps ok. Arms prone ITBs
Ex ES/rhomb/glutes pin/med L Als ITBs Ex
Calfs manage. J-legs prone + arms
doh flowing strokes. Myd release upper
body. Concentrated on restore balance

TREATMENT NO. 14 P= Perom client see physio Jhi for advice re hip to be rotated & re-trains of kinetic chain
S= client's R hip improved after physio but "still not 100". Neck was stiff & sore - used heat. still not 100% today / after a few days

DATE: 16.06.07
TIME: 145pm Sat
PAID: \$55 CASH
REC.No: 1068
AIR TEMP: 33°C
MUSIC: Norah Jones I
FACE CREST: Law
OIL BLEND: mint /
mayorom
liked

NEXT APPT: _____

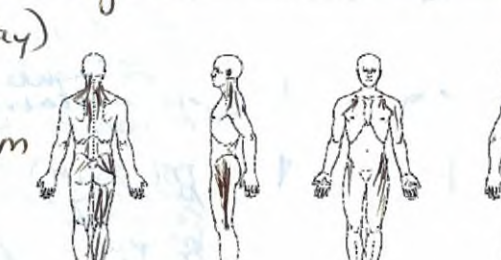


O/A: scns esp R tight. ITBs v. tight
Traps esp upper v. cong L. Psoas
Rhomboids cong - tight. Rhomboids
v. warm to touch. Als tight. Occip
Skin - some varicose back / neck
Fol-stom) Heat TP rhomboids med / pin
ham/ITB. Ex ITB/ES/rhomb/bis acn
ishv b / AC + IL scap. mixed
scaps bed etc. Arms @ med + Sr
IL legs @ + arms @. Sinus pts. firm
pressure but not too deep - client
went to sleep. Feet slow + v. relaxed
after - thoroughly enjoyed. @ should
+ Ss + tender

TREATMENT NO. 15 P= Perom client continue physio exercises as per Jhi's instruction
S= client been feeling some soreness in glutes, hips feeling ok - been to chiro. Hard cycling class - this morning

DATE: 14 07 07 (only today)
TIME: Sat 145
PAID: \$55 CASH
REC.No: 2003
AIR TEMP: 33°C
MUSIC: Vanni Dare Dream
FACE CREST: Pepp
OIL BLEND: Law
11 1/2 hr time

NEXT APPT: _____



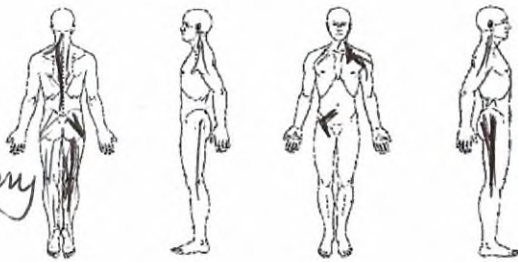
O/A: ITBs tight R. TFLs. Leg v. tight
Sinus v. med + blocked. Rhomboids
Ex - occiput cong. Quadsp. v. tight
Traps tight + cong esp upper
Feet short. + scaps short
Rhomboids tight
Skin - v. varicose R rhomb TP
Fol-stom) Heat TP rhomboids med / pin
ham/ITB. mixed scaps ok. Arms prone
Pms + Sr - IL legs @ + arms @. Client
quiet thoughtful - v. snuggly prone
v. deeply asleep after
Body feeling like this after
stopping touch b/c hip hurts
when plays it.

TREATMENT NO. 16 P= Perom self-manage own sinuses later in afternoon esp if still congested. Stopping touch b/c hip hurts when plays it.

TREATMENT NO. 15

DATE: 25.08.07
TIME: Sat 1hr
PAID: \$65 CASH
REC.No: 1118
AIR TEMP: 23°C
MUSIC: Don McLean
FACE CREST: Pepp
OIL BLEND: Sport
Basil/Tangerine
NEXT APPT:

S = client been feeling sore in R hip after iolux
feeling great. Had flu v. badly - time off = no

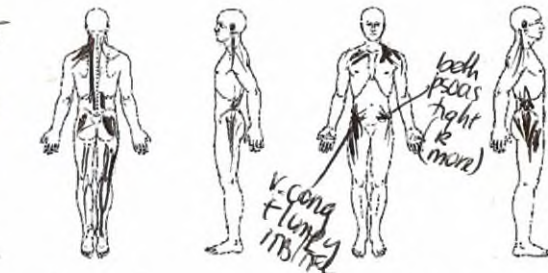


O/A: R ITB v. cong. Pectoral start
R iliopectas v. tight. & traps L v. shg
Traps up start esp L cong
ES fault esp L. Els tight
Spinal back. R hamstring
Skin - varicose thromb region
FB(-stom) Heat. TP rhomb/g'ne
ham/pin traps/sinus. mixed
maps bed ok Arms @ MS+ST. JLG
compress elbow on glutes + GT
client fell asleep throughout
v. quiet + relaxed. Red sinus work
reminded to MS sinus - cold flu.

TREATMENT NO. 16

DATE: 25.09.07
TIME: Tues 3pm
PAID: school 11/10 \$55
REC.No: 1183 CASH
AIR TEMP: 23°C
MUSIC: Guitar Music
FACE CREST: Pepp
OIL BLEND: Pain
Relax/ST/CS
NEXT APPT: 31st Oct

P = Reiom see physio on school hol's cheek hip
chiro visit on hol's too. Still playing touch

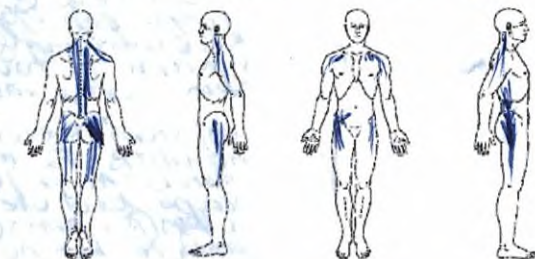


S = client been feeling sore in R hip + R buttock
pain travelling up QLS + ES R too + R ham sore
LES raised. both tight. mite
R quad attach mts. trap up start
mixed cong + tight. Resp short
warm temp. Els both tight
Skin - varicose thromb region
FB(-stom) Heat. TP rhomb/g'ne
ham/pin traps/sinus. mixed
maps bed ok Arms @ MS+ST
JLG + GT set ASIS towel + ham
ITB/QLS/EL/ES/L traps/thomb
client quiet throughout - mite

TREATMENT NO. 17

DATE: 31.10.07
TIME: Weds 4pm
PAID: \$55 CASH
REC.No: 1251 1hr 3
AIR TEMP: 22°C
MUSIC: Steve Helyem
FACE CREST: Pepp
OIL BLEND: Relax
Ced/Lav/Bank
NEXT APPT:

P = Physio tomorrow + chiro @ end of week - discussed
why other misdiagnosed (with hip) - kinetic chain all over

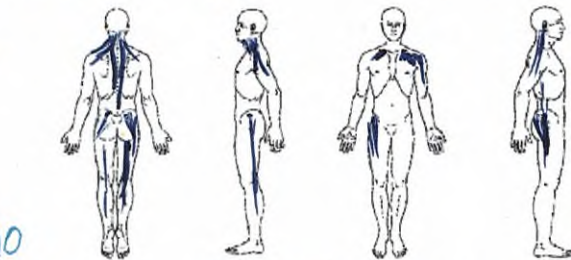


S = client been to physio but hip still sore + worse
spin class + touch x 2 games
O/A: R upper es esp v. cong. usua
Paps up start + houlky
mixed v. cong + tight. Els tight
Quads tight. ASIS tight
Paps short tight. Pin tight
Rhomb cong - even R
FB(-stom) Heat. TP rhomb/g'ne
pin/ham/ITB/traps/sinus
in same + a map/ES/QL/GT/sat on
mixed maps bed ok Arms @
SLR hip GT + ITB - client
sed DT remedial work
responded well. ASIS even
physio exer

TREATMENT NO. 18

DATE: 24.11.07
TIME: Sat 11.5pm
PAID: 1hr \$65
REC.No: 1286 CASH
AIR TEMP: 23°C
MUSIC: Any I
FACE CREST: Pepp
OIL BLEND: Run
Mixed Reom/
Basil
NEXT APPT:

P = Reiom client get more physio/reg ms help hip
worsened. (ie > play) Heat/heat ms continue + stre

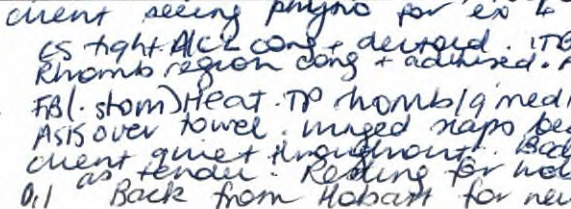


S = client been feeling sore in hip still - worsened then
got better. Better than previous - "still there" though
Hamstrings causing knee pain
O/A: trap up esp L tight
Pin R tight. R ITB tight
Mixed R v. tight cong/tender
LES tighter tx. R Els tighter
Ham/latas taut. mte L tight
Rhomb region cong + tight esp L
FB(-stom) Heat. TP rhomb/g'ne
pin/ham/ITB/traps/sinus. tx ES/dmg
sacrum/s trap/ELS ASIS towel
mixed maps bed ok Arms @
MS+ST + JLG. JLG @ elbow
compress glutes. Overall improve
from 31/10 esp ES + R hip

TREATMENT NO. 19

DATE: 15.12.07
TIME: Sat 12.5pm 1hr
PAID: \$65. Rec# 1335
AIR TEMP: 23°C
MUSIC: Mixed MS+HS
FACE CREST: Relax
Manditang/Asp/Kernal
NEXT APPT:

P = Reiom client continue physio exercises
see on hol's (3 weeks) before break.
client seeing physio for 20 for @ hip - still continuing to ngle

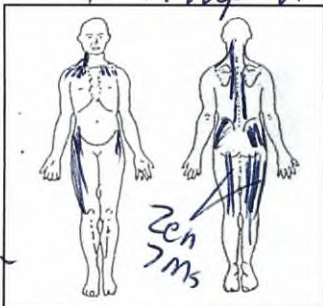


ES tight. AL cong + deformed. ITBs taut. Pin tight esp R. ASIS tight
Rhomb region cong + adhered. ASIS tight. Better - less knee than prev
FB(-stom) Heat. TP rhomb/g'ne
pin/ham/ITB/traps/sinus. tx ES/dmg
sacrum/s trap/ELS ASIS towel
mixed maps bed ok Arms @
MS+ST + JLG. JLG @ elbow
compress glutes. Overall improve
from 31/10 esp ES + R hip

TREATMENT NO. 20

DATE: 22.10.08
TIME: 3pm Tues
PAID: 1hr \$55 Spans
REC.No: 134
AIR TEMP: 23°C CASH
MUSIC: Tan Cam II
FACE CREST: Jaw
OIL BLEND: Pain
BP/Frank/Gene/
Lemon Patch
NEXT APPT: 21

Bottle of Refresh Some Organic Spritzer
Lemon / Rosemary / Petitgrain
S = client has had physio/chiro (too long since last visit) Pain returned Hams V. short, Lx aching + R hip V. Sore

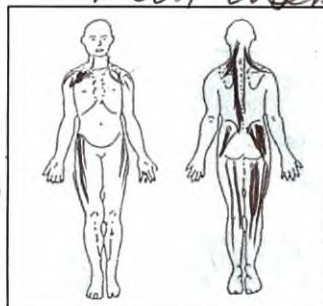


O/A: Hip V. tight
Leaves tight. S' med tight
Traps up short + tight. Dis V. tight - both
Hams V. short + tight esp L. R more by
Rhomb region tight esp L. LES tighter
FB (stom) Heat. TP rhomb/g med/ham/IB/90
Fr same + ES/123/L scap/ASIS
L hips - PT Fr + rocks in SL. L hips +
IB/legs @ arms ms + ST + VL. L legs
Int hy today esp on back. Client
felt better after - less tense/cong, longer
ms esp leg region + hips.

P = Reconn squat low 1min daily + Rocking on back
(knees hugged to chest) Continue physio + chiro

TREATMENT NO. 21

DATE: 25.02.08
TIME: 4:30
PAID: 1hr \$60
REC.No: 1376 CASH
AIR TEMP: 23°C
MUSIC: Tan Cam II
FACE CREST: Pepp
OIL BLEND: Sore
Tea Tree / May /
Euc / Ger
NEXT APPT:

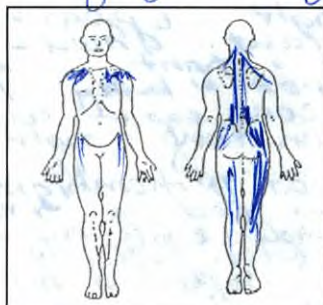


O/A: Hams V. tight + cong
Leaves tight esp R. H's tight. S' med tight
P's V. short esp R V. tight. Sleepy
ES tight esp L. Dis V. tight. Deep back
L scap esp L tight. Both up traps cong
Rhombos tight esp L. Calves tight
FB (stom) Heat. TP rhomb/g med/ham/IB/90
Traps/sms. Fr ES/rhomb/sacrum/ASIS
Knees to wall / L scap/occpit. mpled rap
bed ok arms @ ms + ST + VL. L legs (P)
Client quiet + a deep throughout.
Body feeling less tense than usual
but @ ham still V. cong

P = Reconn client continue yoga + 3 x 5 per week to c.

TREATMENT NO. 22

DATE: 08.04.08
TIME: 2:30 Wed
PAID: \$60 1hr
REC.No: 1424 CASH
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Pepp
OIL BLEND: Pain
Euc / May / Tea
NEXT APPT:

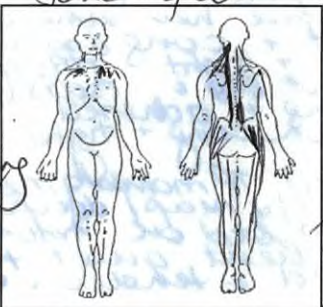


O/A: Rhial/hips V. tender + aching
R Hams V. tight + cong. R traps V. cong
P's V. tight esp R. S' med R V. cong
Dis tight + V. short. Traps up V. tight + short
ES tight esp L. Mandy - raised both sides
Rhomb region cong + tight
FB (stom) Heat. TP rhomb/g med/ham/IB/90
Traps/sms. Fr ES/rhomb/sacrum/ASIS
Rhial/hips/ASIS. SL (R) hip/gates/IB/90
mpled traps bed ok. Arms @ ms + ST
+ VL. L legs (P) Client felt better after
esp SL ms helped. V. cong body. Worst

P = Reconn see Julie Faulkes for physio assess + Fr. 10
see in 2 weeks

TREATMENT NO. 23

DATE: 23.04.08
TIME: 4pm 1hr just
PAID: \$60 EPNBOS
REC.No: 1443
AIR TEMP: 22°C cool
MUSIC: Ken Davis - 190
FACE CREST: Pepp - 570
OIL BLEND: Pain
Euc / May / Tea Tree
NEXT APPT:



O/A: Hams esp @ night + cong. Dis V. tight
R G V. cong. Limited ROM (R)
S' med V. cong (R). H's V. cong (R). ES esp L. h
P's short + tight. Traps tight + trap tight
Rhomb region cong + tight - but improved @/o
FB (stom) Heat. TP rhomb/g med/ham/IB/90
Traps/sms. Fr ES/rhomb/g med/ham/ASIS/ST. mpled traps
bed ok. Arms @ ms + ST + VL. L legs (P) Client
quiet throughout. Body responded well.
Feeling better after. Released psoas.
Discussed using a broom for self-release.

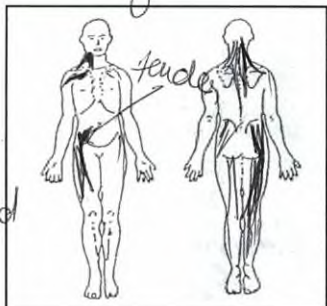
P = See in 3 weeks. continue seeing physio Isaac - reconn
check pelvis/hip position in both stand

TREATMENT NO. 25

DATE: 15.05.08
TIME: 1hr 5
PAID: \$60 extra
REC.No: 1463
AIR TEMP: 23°C
MUSIC: Arken Bilk II
FACE CREST: Lemon
OIL BLEND: Relax
41 41 Rosewood

NEXT APPT:

S= Hams been sore + br region. Hip pain settling. Chiro today + physio - released psoas

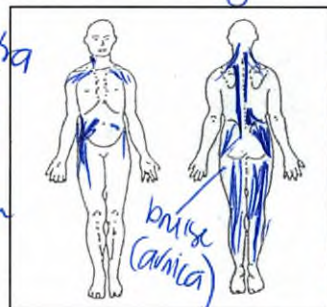


O/A: R hip trap bulky + cong - L tant too. Hams tight R. Pecs R esp v. tight. G med R cong. Diap short + right. Psoas tight esp R + iliois v. tight. rhomb. Qls tight esp R - R Quad cong. right. (stom) Heat TP rhomb/g med/ham/ITB/sinus. Diap. br same + ES psoas/ASIS/psoas att. Wined traps bed ok. Arms (P) ms + ST + il. Jlegs + RIGT. Client quiet + sleepy throughout. Body better than previous + responded well. Lers cong. v. sleep

TREATMENT NO. 26

DATE: 03.05.08
TIME: 4pm 1hr 10 extra
PAID: \$60 1hr rate
REC.No: 1493
AIR TEMP: 23°C extra
MUSIC: Paul Merc I
FACE CREST: Pau.
OIL BLEND: Pain
Pepl Banet Rosem

NEXT APPT:



O/A: R Qls tight + v. cong. short "not necessary". G med tight + cong esp R. Trap up cong + tight R. Diap short + right. L ham tighter than usual. L calf tighter too. Diap short + right. Pin R v. cong. Rhomb region cong + tight esp L. (stom) Heat TP rhomb/g med/ham/ITB/traps/sinus/diag/qls R. br same + GT/ITB/ATC/ASIS/sacrum. Wined traps bed ok. Arms (P) ms + ST + il. Jlegs (P) client quiet throughout. Held legs tensed esp ribs v. tender - client released work & S/L both sides. ven cong after - ready for

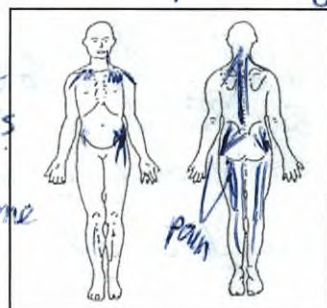
P= Discussed clump alternate chiro + ms - finds chiro more effective than anything else. ms helps ease + stops worsening

S= client been feeling tight + v. sore in L hip / br region worse after adjustments

TREATMENT NO. 27

DATE: 01.07.08
TIME: Tues 4pm
PAID: Inv 1hr 15 min
REC.No: \$60 15 min
AIR TEMP: 23°C extra
MUSIC: Tan Cam II
FACE CREST: Pepl
OIL BLEND: Spots
Win + Rosewood

NEXT APPT:



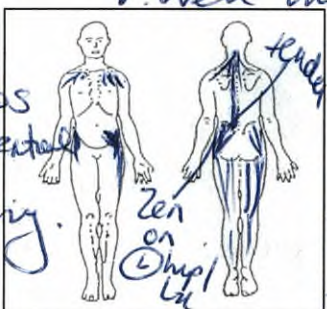
O/A: Throat tight. L psoas v. cong. Deltoids tant. G med L esp v. tight. Pecs short + tight. GT - both v. tight. Traps up short + bulky. Pin tight esp L. ES tight + cong esp L. Qls short + tight esp. Rhomb region cong + tight esp L. - ant leg. (stom) Heat TP rhomb/g med/ham/ITB/traps. Wined traps bed ok. Arms (P) ms + ST + il. S/L both sides esp L. hip more de. Client felt better after ms - stretch work OT/rem softened but still v. cong. Touch vent well.

P= Perony client sees physio Tim Wolff. L hip troubles started 2 mas + now pain 4 to L side

TREATMENT NO. 28

DATE: 20.07.08
TIME: 14.30 Tues
PAID: Inv \$60
REC.No: 1513 extra
AIR TEMP: 23°C
MUSIC: Keny G essential
FACE CREST: Pau.
OIL BLEND: Relax
Cage / Frank Berg

NEXT APPT:



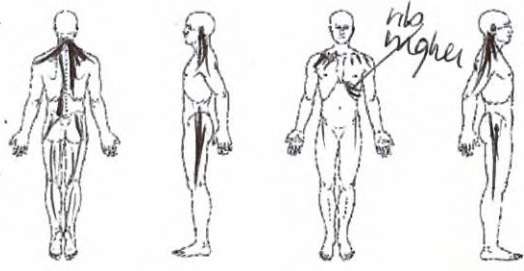
O/A: Traps tight + cong esp L. Hams R tight. Pecs short + tight. Psoas R tight. Traps short esp L. Psoas L tight. Qls L v. cong + adhered - tender esp L. Rhomb region cong + tight esp L. (stom) Heat TP rhomb/g med/qls/diag/ham. br same + ES v. trap/acet/ST. S/L side. Wined traps bed ok. Arms (P) ms + ST + il. Jlegs (P) client quiet throughout. Body injured + tender left side esp the Rom.

P= Client seeing physio Isaac Thurs + chiro next week. Ms in 3 weeks. Discussed icing Lx region + L hip 24-29hrs

Did S/L test

TREATMENT NO. 28 ²⁹ S = client been feeling tight in neck @ after land?
awkwardly on a dose

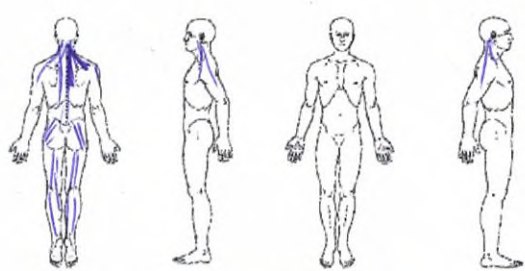
DATE: 12.08.08
TIME: 12:05 hrs
PAID: \$60
REC.No: 1566
AIR TEMP: 23°C
MUSIC: Yanni - Tribute
FACE CREST: Pepp
OIL BLEND: Pepp / BPL Frank / Lar
NEXT APPT: _____



O/A: traps up short + tight esp R ls.
Pecs short + tight RPL
R scap hunch + v-cong + tense
L trapezoid esp R v-cong
Hams / calves taut esp R
Rhomb region cong + tight
TB(-stom) Heat. TP rhomb / g med /
L scap / trap / mids / traps bed on
Arms (R) ms + ST + J. J. legs
Client quiet throughout
Body responded well - less tense
after but neck v-cong + stiff del
esp R

TREATMENT NO. 29 ³⁰ P = 3 weeks off touch, going to go back to one game per
week. Reborn shoulder shrugs (contract/relax) before
reborn heat on neck
S = client been feeling tight in (C) ham - better than prev,
though

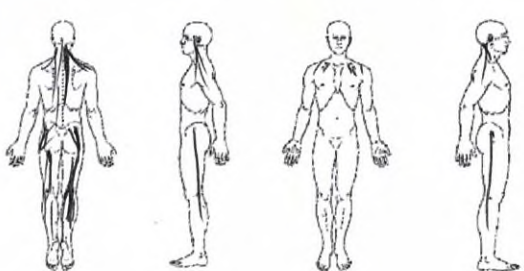
DATE: 09.08
TIME: 12:40 pm
PAID: 1hr \$60
No: 1509 EMBs
EMP: 23°C
MUSIC: Yanni - 4 there
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT: _____



O/A: Deltoids tight. J's traps short +
Pecs short + tight R
Traps up short + tight. G med tight
Calves taut. Hams R v. tight
ES tight + cong esp R. Wrist tight
Rhomb region cong + tight esp R
TB(-stom) Heat. TP rhomb / g med /
ham / trap / mids / traps / shvs
for same + ES / L / S / L / S / S 2 to
mids / traps bed on. Arms (R) ms
ST + J. J. legs (P) client quiet + deep
throughout - body expanded well
R upper sh.

TREATMENT NO. 30 ³¹ P = Back @ touch - Mon night 1 game only. Yoga @ home cong
S = client been feeling tightness in (L) hamstrings - ishio
tib hurts. O'use our stuff from camping trip - this travel

DATE: 03.10.08
TIME: \$60 330 FRI
PAID: 1614
REC.No: 230c 1hr
AIR TEMP: _____
MUSIC: Samuel
FACE CREST: Pepp
OIL BLEND: Pepp / Lav
APPT: _____

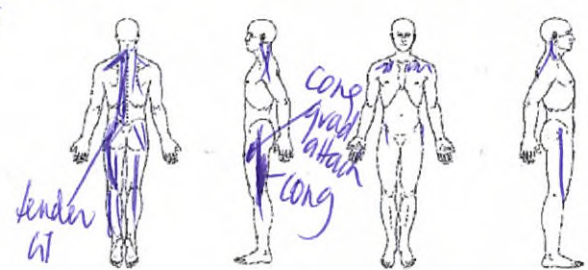


O/A: ITBs tight. G med tight. Pin tight
Rhomb tighter. Traps up short
LIS tight. J's traps short + tight
ES tight + cong. Pecs short
Rhomb region cong + tight
TB(-stom) Heat. TP rhomb / g med / ham /
trap / traps / shvs / L scap / lat. for same
+ ES / L / S / L / S / S 2 to
mids / traps bed on. Arms (R) ms + ST
+ (P) ST. J. J. legs + GT (P). Quiet through
V relaxed after MS

04.10.09
\$60 1hr
Forgot to write up
Sance in as 0310

TREATMENT NO. 31 ³² P = Reborn client stretch out esp hips.
S = client been feeling tight & cong in L ham but overall
body balance better than usual. Seen new male physio
@ proactive - released mt bones (no apt today)

DATE: 31.10.08
TIME: 4:30 FRI EMBs
PAID: \$60 1hr
REC.No: 1642
AIR TEMP: 23°C
MUSIC: _____
FACE CREST: Pepp
OIL BLEND: Pepp 37
Almond oil
NEXT APPT: _____



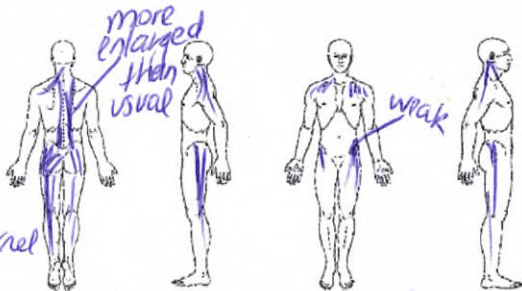
O/A: Deltoids tight esp R.
Traps tight + short. ASIS taut
LIS tight esp L. Rhomb tighter
ES tight esp L. L ham tight
Rhomb region cong + tight
TB(-stom) Heat. TP rhomb / g med /
LIS / ES / occiput / scalp / arm
for same + ES / GT / ITBs. ST (L) hip +
L / S. (P) Arms ST + (S) ms + ST + J.
J. legs (P) - L stiffer. Legs stiff + L
Responded well - less cong after

P = Reborn client stretch hamstrings as per physio
instructions. See physio / chiro for relief.

TREATMENT NO. 33

DATE: 28.11.08
TIME: 430 PM EAPOS
PAID: 1hr \$60
REC.No: 1675
AIR TEMP: 23°C
MUSIC: Kenny G movies
FACE CREST: deep
OIL BLEND: sports 3%
Bp / ging + Arol / Apricot kernel
NEXT APPT:

S = Client been feeling pain in L hammy again 3 weeks no touch - felt trigger



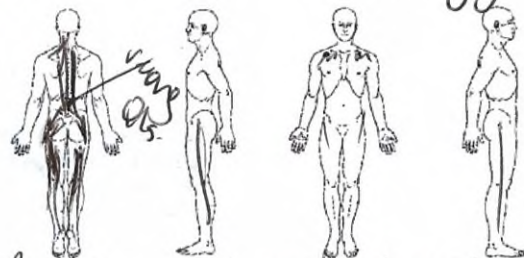
O/A: Deltoids tight but ok - more knee lower
Scaps tight L
Deltoids esp R, G med cong + adh
Deltoids tight + enlarged
Rhomb region tight
T1 (stom) Heat TP rhomb traps
ham / TB traps / sinus - same
occip / AT / scalp / GT / scap / traps
rhomb region tight on - trigger
Maga - L hurt client quiet
S/L both hips + TBs - V good relax

P = anke kicked - Ms - big 'twang' - Relax client see physio / chiro

TREATMENT NO. 34

2 mas gift of organic
DATE: 18.12.08
TIME: 4pm
PAID: \$600 CASH
REC.No: 1hr 1209
AIR TEMP: 23°C
MUSIC: Steve Naylor
FACE CREST: carbon
OIL BLEND: Relax
led / ar / frank
NEXT APPT:

S = Client been feeling tight + cong in hip region + Lx region Pain still continues with rest + play / ex. went to reflexology



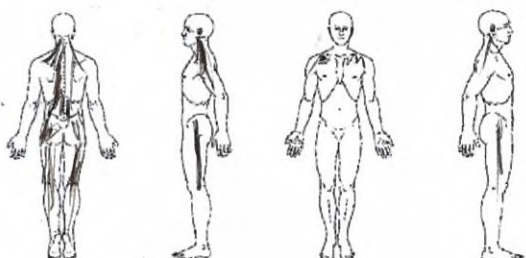
O/A: Deltoids tight G med v. cong
Scaps short + tight + phn
Trap up short + tight
Deltoids tight esp R
Rhomb region cong + tight
T1 (stom) Heat TP rhomb traps
scap / pin / G med
rhomb region cong on - Arms
Maga + L - TBs (P) Bp / Lx
relax well - tender - V relax
after

P = Discussed how plates could help core strength + discussed kinetic chain + how it affects muscle recruitment

TREATMENT NO. 35

DATE: 20.01.09
TIME: Tues 9pm
PAID: 1hr \$600
REC.No: 00017 Fmt
AIR TEMP: 23°C EAPOS
MUSIC: Miyagi
FACE CREST: deep
OIL BLEND: Relax
dau / oral / 41
NEXT APPT:

S = Client finished pilates class - not improv? Lx / hip pain. touch 2 games per week - Monty



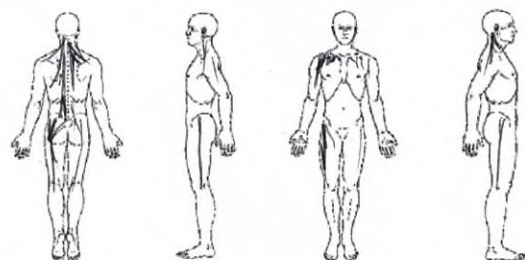
O/A: L esp short - G med cong L
Pis short - Trap up short +
Deltoids tight - scap
Deltoids tight + short - tight
Rhomb region cong + tight + tend
- antegrum
T1 (stom) Heat TP rhomb / G med / Deltoids
scap / pin / sinus - Lx same + ES
occip / AT / scalp / S/L both
TBs / traps + Deltoids
Quiet + relaxed - Deltoids
hips / Lx region - Tse Rom

P = All from client continue to use deep heat when news for pain relief. Discussed w down + icing / shower to get temp back to normal.

TREATMENT NO. 36

DATE: 13.02.09
TIME: Fri 5pm
PAID: 1hr \$600 EAPOS
REC.No: 0046 EAPOS
AIR TEMP: 23°C
MUSIC: Indian
FACE CREST: deep
OIL BLEND: 1/4 flav
Relax
NEXT APPT:

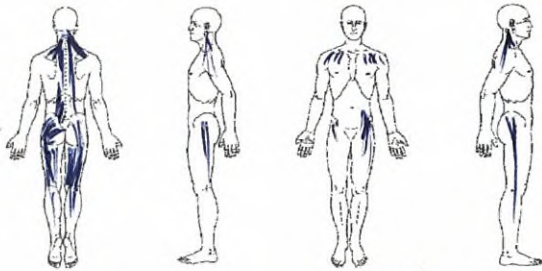
S = Client been feeling tight + cong in R shoulder Pain in L ham / shial / b region esp 2 shts / dnt / lots



O/A: P in tight Trap (with work)
Deltoids tight esp C - P is tight
G med tight + short
Deltoids tight + cong Deltoids
Deltoids tight + cong esp R + cong
Rhomb region cong
T1 (stom) Heat TP rhomb / G med
ham / TB / traps / sinus - Lx same
occip / AT / GT / scalp / shial
Deltoids rhomb traps bed on
Arms (P) + Deltoids + TBs
Quiet + relaxed - body
responded well - Tse Rom
relaxed

P = Discussed position? self better when driving + doing lumbar roll for support

DATE: 03 09
TIME: \$60/hr
PAID:
REC No: 23EC EFMS
AIR TEMP: 430 FR1
MUSIC: Kenny G Ultimate
FACE CREST: Jaxu
OIL BLEND: Relax
Jami/Euc/May/Tea Tree
NEXT APPT:

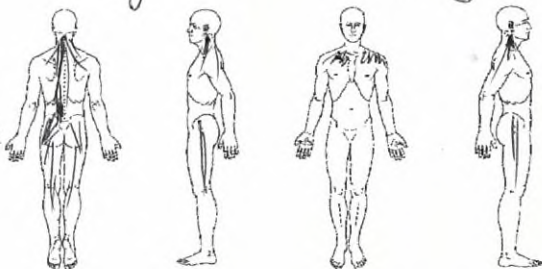


17Bs tight + short, Perish short.
 Traps short. Pin tight + short.
 2 traps tight. g med v. cong.
 Es tight + short. Lous v. tight
 Rhomb region cong + tight
 TP (stom) Heat. TP rhomb/g med
 ham 17B traps/L rap. for same +
 ES - mixed traps bold on. Amr ⑤
 + ⑤ Mst S₂ + v. t. cent quiet thin
 Body responded well. Released
 well. But v. v. cong in L hip region

S/L hip region

TREATMENT NO. 21

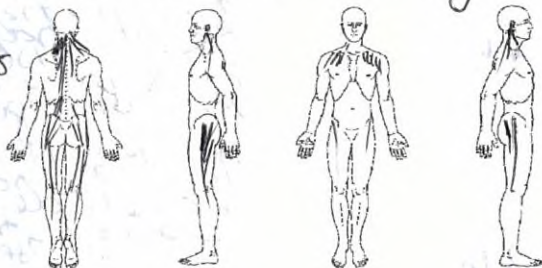
DATE: 27 03. 09.
TIME: FR 1430
PAID: 1hr \$60
REC: 108
A: 230C EMBOS
M: Tanni - minou
FACE CREST: Hipp.ountime
OIL BLEND: Relax
Nand / Tang
NEXT APPT:



O/A:
Incisor tight. Peris tendent/high
@ls shoot leg. Pin leg right
R tighter but much improved
Hams tight but better than p.c.
Rhomb region cong + tight
p.(stom) Heat. p. rhomb joined
ham/IB traps sinus. Ringed
saps bed on. Anso (p) st +
Sims + st + w. v. lops (p). Quiet
throughout - body relaxed,
sleepy, feeling better - ms

TREATMENT NO. 38

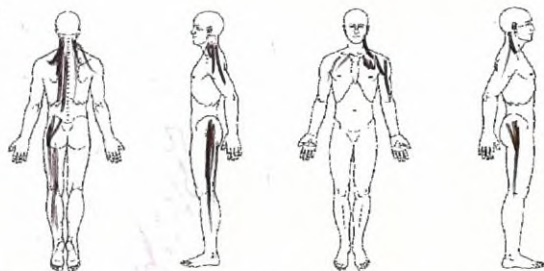
DATE: 29.04.09.
TIME: Weds 330
PAID: 1hr \$60 GMB
REC.No: 150 151
AIR TEMP: 230C
MUSIC: Afrika Bamba
FACE CREST: J. Jay.
OIL BLEND: Rain
Pepp Euc
NE PT:



O/A: Tender Tender foot
L/TB tighter R hams bulkier.
Traps on short. Als tight
L'scups tight. TB's tight
Detroids tight TB's tight
R hamp region cong/tight
FB (-stom) Heat TB hamp/g/neck
ham/TB traps/sinus/L'scap
F's same + C's/Als/detroids/GT
A/C. minged rump/older fms
⑤ St + ⑤ Ms + St + 4C. vllages ⑤
Quiet throughout - relaxed/
sleeps after


TREATMENT NO. 30

DATE: 19.05.09
TIME: 515 Tues - on time
PAID: 1hr 3 \$60
REC.No: 191 errors.
AIR TEMP: 23°C
MUSIC: Natural
FACE CREST: Lav
OIL BLEND: Paen
Lav / Tang
NEXT APPT:



1st right. 2nd right L. Cochlear
 ribs esp. 1. 2nd. L. med. cone
 2nd right esp. L. + L. right
 Rhomb. L. right esp. L. cone
 1st (stom) Heat. 1st rhomb. 1st med.
 1st ribs traps / sinus / 1st ap.
 mineral ox. 1st 5. + 1st
 + 1st. 1st 5. 1st 1st 1st
 Body responded well. 1st 1st
 + 1st Overall improvement

NEXT APPT: _____



+ Se. shoes (fl. silver lining)
+ body responded well - the leg
+ felt overall improvement

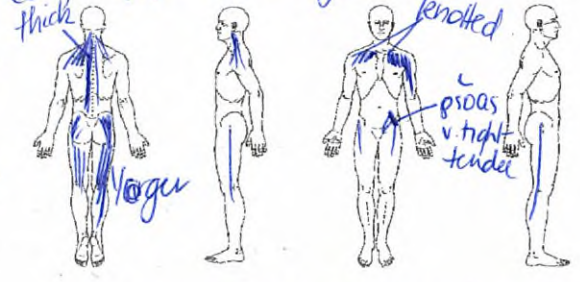
p = kevon tennis ball on both may look @ 1 game if
touch instead of 2 weekly

BDAY CARD

TREATMENT NO. 40

DATE: 16.06.09
TIME: Tues 5pm
PAID: 1hr \$60
REC.No: 244 CMB
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Sav
OIL BLEND: Relax 1/1
Tang / Mand
NEXT APPT:

COFW EUC
S= Client been feeling tight + cong in L
A/c - internal rotatn stiff + sore from driving +
flu - Euc 19 years



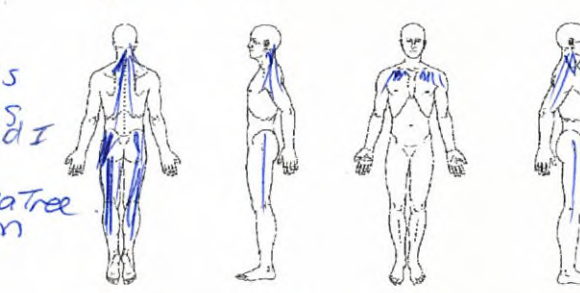
O/A: ITBS esp L tight
Hips both tender
Pin L tight, S med v. right
Q's tight, Ham R tight
Deltoids L esp v. cong
Rhomb region cong + tight L
TB (stom) Heat, TP rhomb/line
pin / L traps traps, mixed or
to same 4 ES / Q's / deltoids / trap
ocup / scalp, arms @ 5 + 5 ms / L
Quiet throughout, expanded
rest - relaxed / sleeping 3 hrs
v varied exp upper

P= Perom tennis ball on rhombs + heat on shoulders
per stretch when driving

TREATMENT NO. 41

DATE: 07.07.09
TIME: \$60 1hr
PAID: 330 Tues
REC.No: 286 s hols
AIR TEMP: 23°C
MUSIC: Indian CMBs
FACE CREST: Pepp
OIL BLEND: Pain
Lemon / May / Tea Tree
NEXT APPT: 31st @ 5pm

S= Client been feeling tight + cong in legs after
strong pump (been 18 months since)



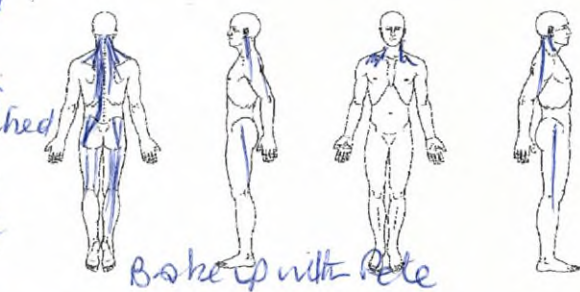
O/A: Pin tight esp L cong
+ no no tight 2 esp
Q's tight esp L, L traps tight
ES tight + cong esp L
Rhomb region cong esp L
TB (stom) Heat, TP rhomb/line
ham / traps / snus / trap
to same 4 ES / Q's / deltoids
mixed or arms @ 5 + 5 ms
5 + 5 ms / L
Relaxed 4 75% Rom / 15% pain only

P= Same to Dr Turner for cortisone inject + x-rays
of Ex / hips to find out what exactly is wrong

TREATMENT NO. 42

DATE: 07.08.09
TIME: \$60 1hr
PAID: 400 FR
REC.No: 358 356
AIR TEMP: 23°C
MUSIC: Chang - Lined
FACE CREST: Pepp
OIL BLEND: Pain
Lemon / May / Tea Tree
NEXT APPT:

S= Client been feeling tightness in neck after
mock-on (a touch of headache) - stiff / sore
shoulders



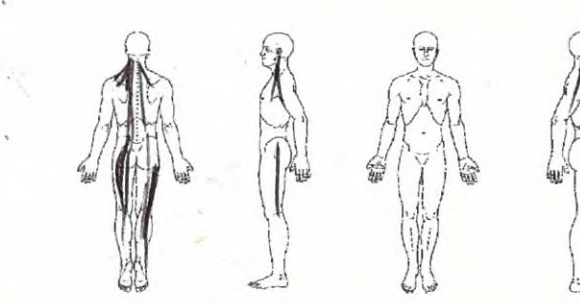
O/A: L traps tight, Pels chest
Recept, naps v. cong
Q's tight, Deltoids tight
ES tight + cong TC
Rhomb region cong + tight
TB (stom) Heat, TP rhomb/line
pin / traps / snus / trap
to same 4 ES / Q's / deltoids / trap
mixed or arms @ 5 + 5 ms
5 + 5 ms / L
v tender / stiff - watch recovery

P= Perom heat on neck to help soften guard's muscles
Hip / Lx feeling better, 1 game of touch now

TREATMENT NO. 43

DATE: 26.08.09
TIME: \$60 1hr
PAID: 400 CMB
REC.No: 370 370
AIR TEMP: 23°C
MUSIC: Indian Mix II
FACE CREST: Pepp
OIL BLEND: Relax
Pepp / a/c
NEXT APPT:

S= Client been feeling good after had cortisone
injection - no touch, seeing Dr. Money again in 2 weeks



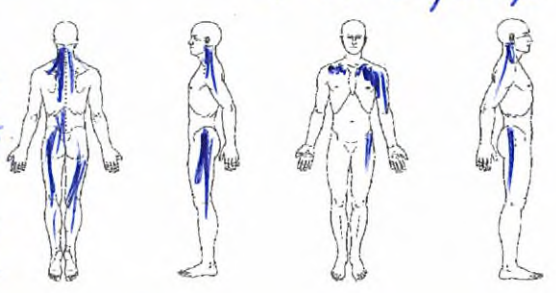
O/A: Traps right esp L
Stiff upper esp esp L start
Deltoids tight esp L
Pels short + tight R hamerf
Ham start + Pels cong
Rhomb cong + varied esp L
TB (stom) Heat, TP rhomb/line
pin / traps / ITBS / ham / pin / se
to same 4 occiput, quiet
throughout - relaxed - ms
+ feeling movement 7 ms
stiff after ms - upper

P= Perom client tho + should feel better Romne +
couple of days

HT. face / feet
Pepp Cm - feet

TREATMENT NO. 44 S= Client been feeling improvement with cortisone
45 needle - no ischial tuberosity - ran today Blue arrow
+ did pump clars yesterday. walking dog, relax 2 days

DATE: 22.09.09
TIME: 5pm 1hr
PAID: \$60 Tues
REC.No: 44 EFBS
AIR TEMP: 24°C
MUSIC: Music Mixed MS
FACE CREST: Pepp 15-30
SUPINE SCENT: Nil
OIL BLEND: Pain
HT: Rosemary/Basil/Pepp
EXTRA: Peppt Cream

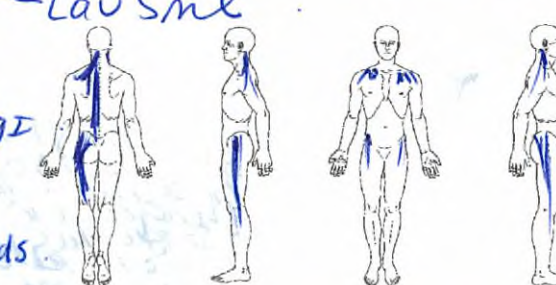


O/A: G med tight + cong
L trapezius - L trapezius tight - esp L
Deltoids tight esp L + tender
ES tight traps up tight esp L
Rhomb region cong esp L
FB(-stom) Heat TP rhomb/gine
ham/mb traps/scap/traps
Es same + ES/als/occup/mb
trapezius OK Arms @ S7 + @
MS + S7 - NO VILGO @ Quiet
throughout relaxed 7ms

NEXT APPT: 1
P= Discussed seeing pr for cortisone again if pain/muscles
persist. 1 game touch - on school holidays

TREATMENT NO. 45 S= Client been feeling tightness in L trap + in
46 ham (occas. - after touch - bring on.

DATE: 21.10.09
TIME: 5pm Weds
PAID: \$60 1hr
REC.No: 492 EFBS
AIR TEMP: 24°C
MUSIC: Indragay Chang I
FACE CREST: Pepp 15-30
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: Pepp




O/A: G med v cong / tight
L up trap v. knotted/cong
Deltoids tight L
ES tight esp L Trc. Qls L tight
Rhomb region cong + vaxed
FB(-stom) Heat TP rhomb/gine
ham/mb traps/sinus/scap
Es same + ES/als/deltoids
occup/scap/traps - winged ok
Arms @ S7 + @ MS + S7 + UK
V. sleepy 7ms

NEXT APPT: Informed \$65
P= Recom client use Lau for relaxat

TREATMENT NO. 46 S= Client been feeling tightness in ham R
47 Anchung Been v. busy with work.

DATE: 25.11.09
TIME: 5pm Thu Weds
PAID: \$65 EFBS
REC.No: 561
AIR TEMP: 23-24
MUSIC: Yanni
FACE CREST: Pepp
SUPINE SCENT: Pepp - reacted
OIL BLEND: Relax
HT: Face + feet
EXTRA: Pepp



O/A: Pers tight L. L lat v tight
Deltoids tight esp L. Qls L
Traps up tight esp L. Tigh
ES tight esp L. R G med cong
Rhomb region cong + vaxed
FB(-stom) Heat TP rhomb/gine
ham/mb traps/sinus/scap
Es same + ES/als/deltoids
L scaps winged ok Arms @
S7 + MS + UK 7ms
Quiet throughout - relaxed
7ms

NEXT APPT: P= Person client use heat on shoulders + see
client before 2 mas. b/w 2 aft focus on body

TREATMENT NO. 47 S= Client been feeling tightness in L shoulder
48 but course body feeling good

DATE: 15.12.09
TIME: Tues 4pm
PAID: 1hr \$65
REC.No: 606 EFBS
AIR TEMP: 23°C
MUSIC: Yanni - if there
FACE CREST: Pepp
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: Pepp



O/A: Traps tight/tender
G med tender both. Feet high
Deltoids tight L esp cong
ES tight congested + tight
Rhomb region cong + vaxed
FB(-stom) Heat TP rhomb/gine
ham/mb traps/sinus/scap
Es same + ES/als/deltoids
occup/scap/traps - winged ok
Arms @ S7 + MS + UK
+ 2 - 3 legs @

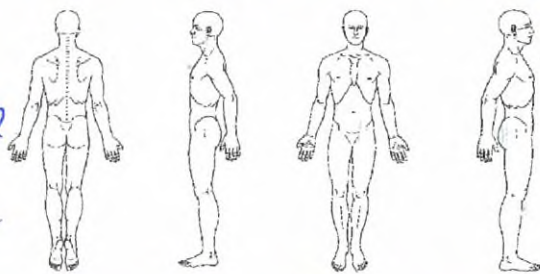
NEXT APPT: P= Dis used stretching more shoulders/neck for
better balance
Ad neutral
in case of allergy

BDAY 2010

2 MAS 09

TREATMENT NO. 48 S = client been feeling tightness in her r shoulder
OK in hip/butt > Injection

DATE: 13.01.10
TIME: 4pm weds
PAID: \$65
REC.No: 643
AIR TEMP: 23.6C
MUSIC: Mad Girls Israel
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA:

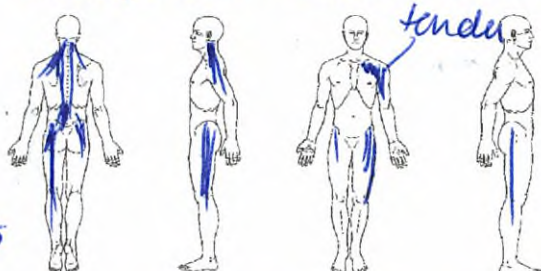


O/A: 4 med tayer, 4 but ok
Pso tight/short
Deltoids tight L esp
ES tight L
Rhomb region cong
FB(-stom) Heat TP rhomb/line
ham/mb/trap/sinus/scap
+ same + ES/accpt/AT/Alc
+ deltoids winged ok
Arms @ ST + @ MS + ST + VL

NEXT APPT: P = Playing two games of touch now

TREATMENT NO. 49 S = client been feeling tightness in her Left hip
just nagging. played touch x 2 games now dropping
back to one. Luxore > Sat nite in different bed

DATE: 16.02.10
TIME: 515 Tues
PAID: \$65 1hr
REC.No: 683 CMBs
AIR TEMP: 23.6C
MUSIC: Piano Tunes I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + hands
EXTRA:



O/A: 2 hams v. tight. LHF v.
Traps up tight + short
Deltoids tight L med tender
ES tight esp L low. Alsv. high
Rhomb region cong
FB(-stom) Heat TP rhomb/line
ham/mb/trap/sinus/scap
+ same + ES/accpt/AT/Alc
+ deltoids winged ok. Arms @ ST + @ MS
+ ST + VL. Alsv. @ ST + VL
Quiet. relaxed arms + felt
improvement

NEXT APPT: P = Person client use some heat on hips

TREATMENT NO. 50 S = client been feeling tightness in the region
+ in hips (h'sing OK since injection)

DATE: 12.03.10
TIME: 415
PAID: 1hr \$65
REC.No: 724 CMBs
AIR TEMP: 23.6C
MUSIC: Steve Noyen I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA:

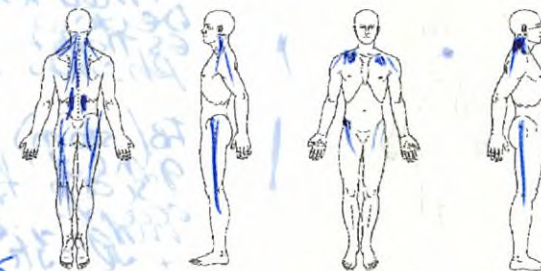


O/A: Deltoids taut. MBs tight
Traps up tight
Alsv. tight + tender esp L
ES tight esp
Rhomb region cong
FB(-stom) Heat TP rhomb/line
4 med/ham/mb/trap/sinus/scap
+ same + ES/accpt/AT/Alc
+ deltoids winged ok. Arms @ ST + @ MS
+ ST + VL. Alsv. @ ST + VL
Quiet + sleepy + v. relaxed
Feet improvement 7ms

NEXT APPT: P = Person see physio + chiro on Easter hol's

TREATMENT NO. 51 S = client's body v. sore & physio esp shoulder
+ the region been sore. Doms - quads - Pump

DATE: 07.04.10
TIME: 4pm weds
PAID: \$65 1hr
REC.No: 753 CMBs
AIR TEMP: 23.6C
MUSIC: Piano Tunes I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA:



O/A: Quads v. tight. MBs tight
Traps up tight esp
Deltoids tight esp
ES tight + short L
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/line
4 med/ham/mb/trap/sinus/scap
+ same + ES/accpt/AT/Alc
+ deltoids winged ok. Arms @ ST + @ MS
+ ST + VL. Alsv. @ ST + VL
Quiet + sleepy + v. relaxed
Feet improvement 7ms

NEXT APPT: P = Person client H2O

1 Ref Belinda Livingston Extra 10

TREATMENT NO. 52 S= Client been feeling tightness in her lx region -
 V shift after sleep? seeing chris Heron on 100's
 L shoulder more - pump

DATE: 16-06-10
 TIME: 5:15 Weds
 PAID: \$65 Inv CABS
 REC.No: 845
 AIR TEMP: 23°C
 MUSIC: Yanni - mirage
 FACE CREST: Jay
 SUPINE SCENT: demon time
 OIL BLEND: Relax

HT Feet + face Arms/ hands
 EXTRA

O/A: C med/ Pin Resp tight
 Peers tight. Devoids R tight
 Ols tight + enlarged R side
 ES tight + cong esp L
 Rhomb region cong esp L

Full Body STOMACH Hardest R psoas
 ARMS Prone Supine MS LEGS
 TP rhomb/ g med/ ham/ trs/ traps
 Fx occiput/ scap/ scalp/ ac/ 1st/ 7th
 Quiet Pelvic rock? Quiet Breathing
 ROM feet improvement
 FBACK V relaxed + tired 7 MS

NEXT APPT: P= Return client see chiro Use heat. Do s/c if pain
 continues next month

TREATMENT NO. 53 S= Client been feeling tightness in her
 R lx region. Improved shoulder
 V. none - last MS

DATE: 09-07-10
 TIME: 10:00 Thu
 PAID: \$65 CABS
 REC.No: 850
 AIR TEMP: 23°C
 MUSIC: Kenny G begins
 FACE CREST: Jay
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT Feet + face
 EXTRA

O/A: scms L tight
 Traps up right/ short L
 Devoids tight L
 ES tight R esp + R Ols solid
 rhomb region cong

Full Body STOMACH Hard proase esp
 ARMS Prone Supine MS LEGS
 TP rhomb/ g med/ ham/ trs/ traps
 Fx occiput/ scap/ scalp/ 1st/ 7th
 Quiet Breathing
 ROM Less pressure/ invasive shift release
 FBACK Relaxed + feels improvement well

NEXT APPT: P= Return client see chiro next week (booked)
 to help lx region - helped with after

TREATMENT NO. 54 S= Client been feeling tightness in her L TRS/ TFLs
 + some tightness in JH shoulder

DATE: 05-08-10
 TIME: 4:15 Fri
 PAID: \$65 Inv
 REC.No: 917 CABS
 AIR TEMP: 23°C
 MUSIC: Sister Sinfonia
 FACE CREST: Jay
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT Feet + face
 EXTRA

O/A: TFLs + ITBs L tight
 L Ols tight. LHF + g med/ pin tight
 Devoids tight. Peers tight L
 ES tight + short L esp
 Rhomb region cong + tight L

Full Body STOMACH ASIS fix over to level
 ARMS Prone Supine LEGS
 TP rhomb/ devoids/ traps
 Fx occiput/ scap/ 1st/ 7th
 Quiet Breathing
 ROM esp eased. Upward. Really enjoy
 FBACK Relaxed after

NEXT APPT: P= Return keep moving + discussed benefits of MS

TREATMENT NO. 55 S= Client been feeling tightness in Ols a little -
 of one good. NO other aches/pains

DATE: 27-08-10
 TIME: 2:30 Fri
 PAID: Inv \$65
 REC.No: 948 CABS
 AIR TEMP: 23°C
 MUSIC: Enya II
 FACE CREST: Jay
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT Feet + face
 EXTRA

O/A: g med L tighten
 Ham's tight esp R. L Ols V
 Ols esp V tight
 L ES tight esp R
 rhomb region cong + tight L

Full Body STOMACH
 ARMS Prone Supine LEGS
 TP rhomb/ g med/ ham/ trs/ traps
 Fx occiput/ scap/ 1st/ 7th
 Quiet Breathing
 ROM relaxed 7 MS. V tired 7 MS
 FBACK feeling better 7 MS

NEXT APPT: P= See in Sept. then on school hols. No touch @ mo

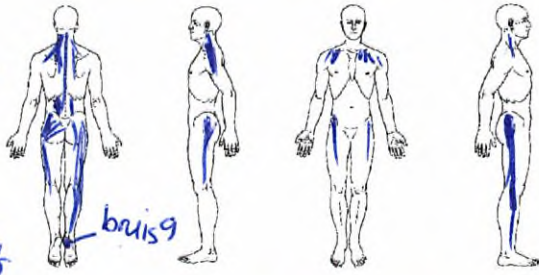
TREATMENT NO. 52

DATE: 28.04.10
TIME: Weds 5
PAID: \$65 inv
REC.No: 1096 CFBs
AIR TEMP: 23°C
MUSIC: Enya I
FACE CREST: 1/2
SUPINE SCENT: demon
OIL BLEND: 1/2
HT: Feet + Arms/hands
EXTRA:

S = client's Lx been sore - seeing Julie for Tx
Hurt R heel (stone bruise) 1 wk ago - whole R leg + Lx
been sore b/c
both as adhered esp L
g medts both v. short - L feels we
ES less v. tight
Rhomb region cong L

O/A: Peers tight
Detoids tight
ES tight
Rhomb region cong L

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/g med/L scap/pin
Fx occip/lat/atl/ES
☐ Talked ☐ Quiet Breathing
ROM softer tissues v. red rhomb
FBACK Relaxed + looser



NEXT APPT:

P = Reom Amia on R heel to help with bruising

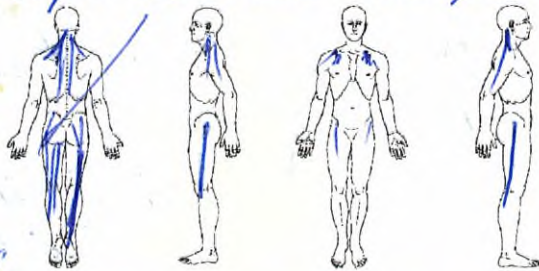
TREATMENT NO. 53

DATE: 19.05.10
TIME: Weds 515
PAID: \$65
P: 230C
M: 1/2
FACE CREST: 1/2
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:

S = client's LH shoulder been sore - aching
esp when wakes up
hip been ok - no pain

O/A: Rhomb tighter
Traps up tight L
Detoids tight
ES tight
Rhomb region cong L

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/ITB
Fx atl/ax/occip/ES/ITB
☐ Talked ☐ Quiet Breathing
ROM 1st after Ms
FBACK V. sleepy/relaxed day



NEXT APPT:

P = Reom client see Julie if pain continues + use heat on shoulders + use pillow to cuddle

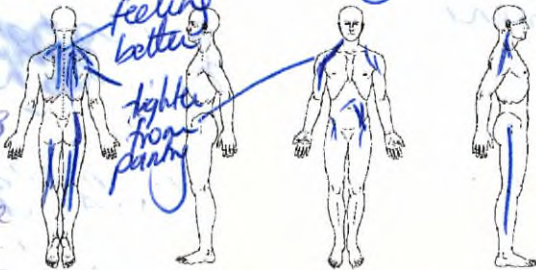
TREATMENT NO. 54

DATE: 23.09.10
TIME: Weds 4pm
PAID: \$65 inv
REC.No: 997 CFBs
AIR TEMP: 23°C
MUSIC: Thought mix 1-3
FACE CREST: 1/2
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = client been feeling tightness in her body
after painting
EXTRA TIME

O/A: both
Peers tight
Detoids tight
ES tight + ES tight
Rhomb region cong

Full Body ☐ STOMACH Extra time to work
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/ITB
Fx occip/atl/scap/ITB
☐ Talked ☐ Quiet Breathing
ROM 1st after Ms
FBACK Relaxed + felt better



NEXT APPT:

P = Reom client relax after Ms + enjoy 2nd
chocol hot's

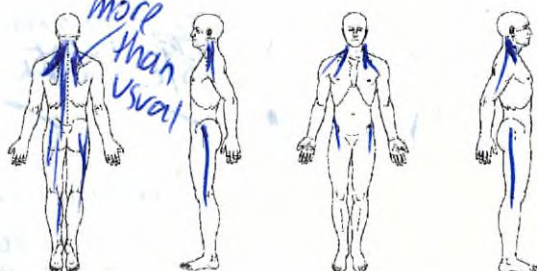
TREATMENT NO. 55

DATE: 01.12.10
TIME: Weds 515
PAID: 1hr \$65
REC.No: 1096 CFBs
AIR TEMP: 23°C
MUSIC: Paul Hen
FACE CREST: 1/2
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = client been feeling tightness in her L hip
+ same level of pain/prescription in R rhomb but
weird + sleep + tiny 'not right' - been sore

O/A: Traps up tight
Detoids tight
ES tight + short Peers tight
Rhomb region cong + tight

Full Body ☐ STOMACH some tender spots
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/g med/ham/ITB
Fx occip/atl/scap/ITB
☐ Talked ☐ Quiet Breathing
ROM 1st after Ms
FBACK Relaxed + felt better



NEXT APPT:

P = client been feeling tightness so reom her
physio for hip + physio for back spine

TREATMENT NO.

59

DATE: 22.10.10
 TIME: FRI 4:15
 PAID: \$65 Inv
 REC.No: 1051 CFBOS
 AIR TEMP: 23°C
 MUSIC: Ian Sam I
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

NEXT APPT:

FRI 4:15 on 12th

S = client been feeling tightness in L g'ned region -> balance claps, strained it



O/A: Pin + G'ned L + tight
 traps up tighter L
 deltoids tight L esp
 ES tight + short esp in
 Rhomb region tight L

☒ Full Body ☐ STOMACH AS is the our tone
 ARMS ☐ Prone ☒ Supine LEGS
 TP rhomb/g'ned/ham/TB
 Fx occip/scalep/tnv/Alc/gt
☐ Talked ☐ Quiet Breathing
 ROM softer / v. red / nice release
 FBACK Relaxed / felt improvement

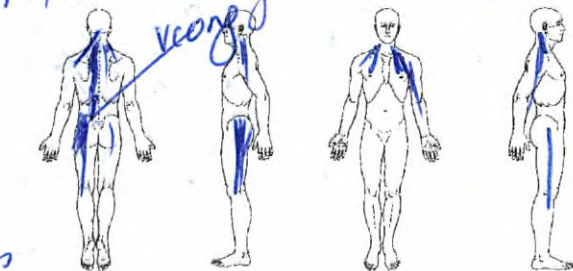
TREATMENT NO.

60

DATE: 12.11.10
 TIME: FRI 4:15
 PAID: \$65 Inv
 REC.No: 1090 CFBOS
 AIR TEMP: 23°C
 MUSIC: saxophone
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Arms / hands
 EXTRA:

NEXT APPT:

S = client been feeling tightness in back esp after exercise. no change (emo)
 P/fnut + Margo Moisturizer



O/A: Pers tant. Resp. L vamps R
 traps up tight Resp L tight
 ES tight + short
 Rhomb region compact

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g'ned/ham/TB
 Fx occip/scalep/
☐ Talked ☐ Quiet Breathing
 ROM use after MS on neck / shoulder
 FBACK - sleep - report. Uttered hmo

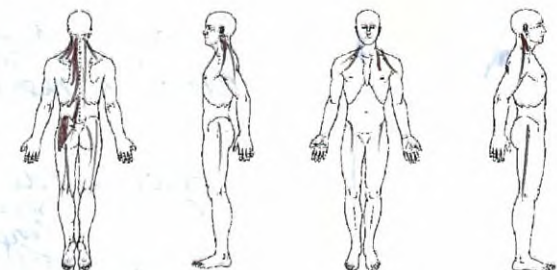
TREATMENT NO.

62

DATE: 06.01.11
 TIME: 230 THURS
 PAID: \$65 Inv
 REC.No: 1152 CFBOS
 AIR TEMP: 23°C
 MUSIC: Ken Davis
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

NEXT APPT:

S = client pulled muscle in L g'ned region - physio noted on, had xmas off but been busy (at home)
 P = Perom see physio g'ned for hip as it is inflamed, cong - poss g'ned tendonopathy



O/A: Pers tight. G'ned right MB stay
 deltoids tighter L
 ES tight esp L - not as bad as us
 Rhomb region long esp L

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g'ned/ham/TB
 Fx occip/scalep/tnv
☐ Talked ☐ Quiet Breathing
 ROM use after MS
 FBACK Relaxed > MS (relax) 500g gave chance for pulled

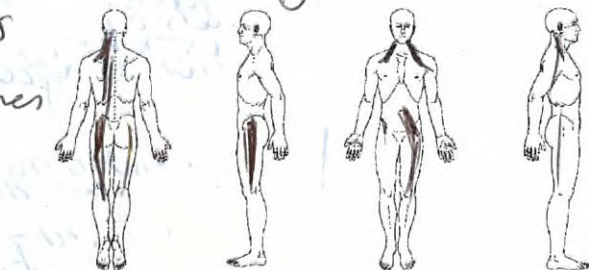
TREATMENT NO.

63

DATE: 28.01.11
 TIME: 4:15 THURS
 PAID: \$65 Inv
 REC.No: 1156 CFBOS
 AIR TEMP: 23°C
 MUSIC: Kenny G mover
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

NEXT APPT:

S = Client been feeling tightness in L hip + aching / stiff when sit for a while. shoulders + neck tight to touch but feel on
 P = Starting touch x 2 games per week this next week



O/A: traps up tight / short
 deltoids tight - upper
 ES tight - milder
 Rhomb region comp

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g'ned/ham/TB
 Fx occip/scalep/tnv
☐ Talked ☐ Quiet Breathing
 ROM use after MS - felt great
 FBACK Relaxed / felt great

P =

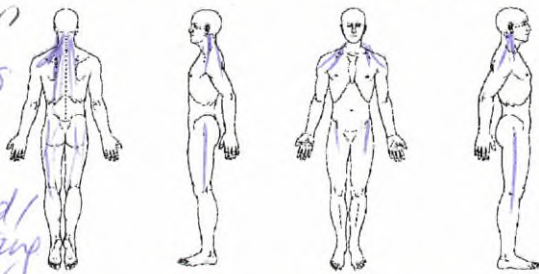
Seeing this next week

BDAY 11 + MOV 11

TREATMENT NO 62 ⁶⁵

S = Client been feeling tightness in her hip occas. shoulders OK. Busy with cyclohex prep Touch Tues. No other ed this week.

DATE: 18.02.11
TIME: 11.30-4pm
PAID: 1hr \$65
REC.No: 1105
AIR TEMP: 23.0C
MUSIC: Caravan
FACE CREST: Law
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA: Relax



O/A: Pels taut. SCMs traps tight nbs/trls esp L tight. ES + L lats tight/twisting. Rhomb region comp L esp 11.
☐ Full Body ☐ STOMACH ☐ Small time spent on
ARMS ☐ Prone ☐ Supine ☐ MS LEGS
TP rhomb/g med/l scap/trap
Fx scap/ACJ
☐ Talked ☐ Quiet ☐ Breathing
ROM Use after Ms self report
FBACK Relaxed -> MS

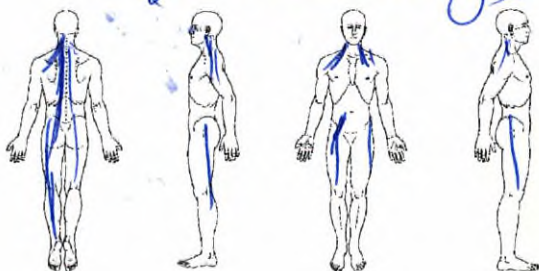
NEXT APPT: _____

P = Relom client relax & enjoy weekend to recover seeing Chris Hemm on Mon

TREATMENT NO 63 ⁶⁶

S = Client been feeling tightness in her Ols/Lx esp in morning when waking. Improves with movement for when driving.

DATE: 11.03.11
TIME: 10.30 FR
PAID: \$65 1hr
REC.No: 1212
AIR TEMP: 23.0C
MUSIC: Indian II
FACE CREST: Law
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA: Relax



O/A: Pels taut. nbs tight Deltoids tight. Traps high ES tight. Lats v. tight. Rhomb region comp + v. tight.
☐ Full Body ☐ STOMACH ☐ incl prog ☐ back
ARMS ☐ Prone ☐ Supine ☐ MS LEGS ☐ Rep tight
TP rhomb/g med/ham/nbs
Fx scap/ACJ
☐ Talked ☐ Quiet ☐ Breathing
ROM Use after MS
FBACK Relom see

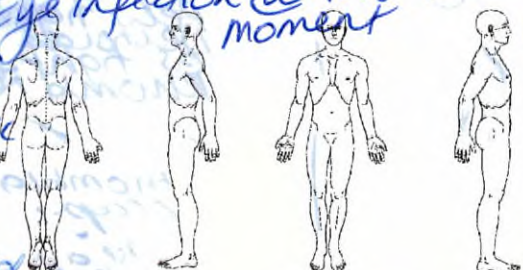
NEXT APPT: _____

P = in Lx region physio Julie if pain persists

TREATMENT NO 64 ⁶⁷

S = Client been feeling tightness in her Lx region still - when sitting for long periods, Eye infection @ RHS moment waking + when drop.

DATE: 01.04.11
TIME: FR
PAID: \$65 1hr
REC.No: 1246
AIR TEMP: 25.0C
MUSIC: Mixed MS Music
FACE CREST: Law
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Hands/hands
EXTRA: Relax



O/A: Traps tight. Ols v. tight. L med tighter. Rhomb region comp L esp.
☐ Full Body ☐ STOMACH ☐ R psoas v. tight
ARMS ☐ Prone ☐ Supine ☐ MS LEGS
TP rhomb/g med/trap
Fx ACJ
☐ Talked ☐ Quiet ☐ Breathing
ROM Use after MS except
FBACK Relaxed -> MS. Pels in hip eye larger/more swollen

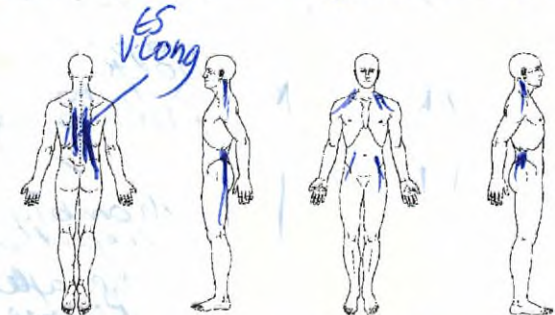
NEXT APPT: _____

P = Relom see physio soon b/c still v. stiff

TREATMENT NO 65 ⁶⁸

S = Client's Lx region sore > shovelling mulch. Hasn't been to physio or physio.

DATE: 20.04.11
TIME: Weds 2.30
PAID: 1hr \$65
REC.No: 1269
AIR TEMP: 25.8C
MUSIC: Tap it there
FACE CREST: Law
SUPINE SCENT: Lemon
OIL BLEND: Relax/Pain
HT: Feet + Arms/hands
EXTRA: Relax



O/A: Trls tight. Pels short. Trls tight. Dm tense. SL both Ols + ES esp.
☐ Full Body ☐ STOMACH ☐ ASIS Fx only + prog
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP rhomb/g med/ham/trap
Fx via ant neck/ASIS
☐ Talked ☐ Quiet ☐ Breathing
ROM Use softening of muscles -> MS
FBACK Feet improved

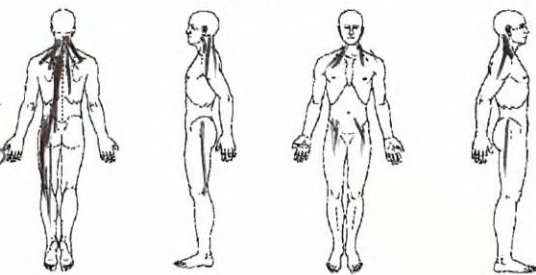
NEXT APPT: _____

P = Discussed how MS diff - focussed remedially on easing Lx/Gltes tightness. Legs/hips not as bad today

TREATMENT NO. 66

DATE: 2005.11
 TIME: Fri 4pm
 PAID: 1300
 REC.No: 1300
 AIR TEMP: 25°C
 MUSIC: Mixed Mst
 FACE CREST: 2x
 SUPINE SCENT: Lem 1530
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client's Lx region stiff + feeling tight in
 L hip. Did wheelchair run
 ARMS



O/A: Traps up tight, esp knt
 Dees tight
 Rhomboids / Ols / Pin / 9 med L
 RI Pin ↑ ↓ → ←

☐ Full Body ☐ STOMACH ☒ Over ASIS
 ARMS ☐ Prone ☒ Supine ☒ MS LEGS
 TP rhomb / 9 med / traps / scap
 Fx AC / GT
☐ Talked ☒ Quiet
 ROM Rise after MS - self report
 FBAC slept (w/ end) sleepy, eyes
 stretch

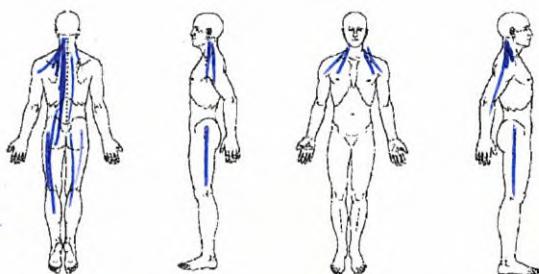
NEXT APPT:

P = Seen physio who helped Lx region. Reconn
 gate PAF stretch

TREATMENT NO. 67

DATE: 10.06.11
 TIME: 4pm Fri
 PAID: \$65 1hr
 REC.No: 1326
 AIR TEMP: 25°C
 MUSIC: 1326
 FACE CREST: 2x
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: Lem / 9 med / Tea Tree

S = Client been feeling tightness in Lx region



O/A: Pin + 9 med tight
 Psoas v. tight
 Left side weaker RT
 Ols v. tight esp
 Rhomb region tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb
 Fx occiput / scalp / TM
☐ Talked ☒ Quiet
 ROM Rise after MS
 FBAC felt better > MS v. tight

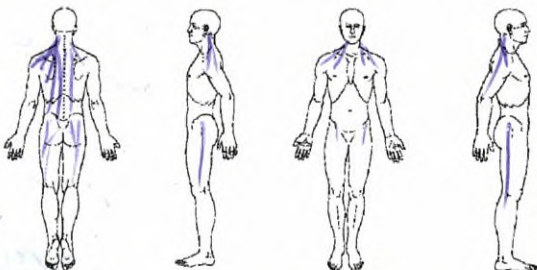
NEXT APPT:

P = Seeing physio for knee assess - reconv + play to
 until she feels ok or is strapped

TREATMENT NO. 68

DATE: 01.07.11
 TIME: 230 Fri
 PAID: \$65 1hr
 REC.No: 1326
 AIR TEMP: 25°C
 MUSIC: 1326
 FACE CREST: 2x
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: HST - 3 Lx
 CST - Face

S = Client been feeling tightness in Lx region



O/A: ITBs tight. TFLs tight
 Psoas tight
 9 tight. Pin tight
 Rhomb region comp tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb / 9 med / scap / traps
 Fx occiput / scalp / TM
☐ Talked ☒ Quiet
 ROM Relaxed > MS
 FBAC Feet grs - V bed box
 stones

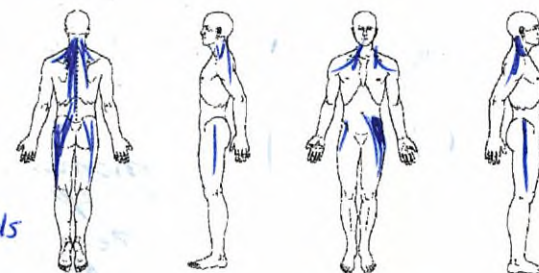
NEXT APPT:

P = Seeing physio + chiro

TREATMENT NO. 69

DATE: 30.07.11
 TIME: WEDS 4pm
 PAID: \$70 1hr
 REC.No: 1399
 AIR TEMP: 25°C
 MUSIC: Acker Birkold
 FACE CREST: 2x
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Arms/hands
 EXTRA: CST @ Face

S = Client's Lx been v. improved since HST used
 12 seen physio. L hip been a bit niggly Hams ok



O/A: 9 med + ITBs LHS esp tight
 Psoas + Psoas tight
 Rhomb tighter RHS. up traps
 Ols tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ MS LEGS
 TP rhomb / 9 med / traps / L scap
 Fx occiput / scalp / TM
☐ Talked ☒ Quiet
 ROM Rise after MS
 FBAC

NEXT APPT:

P = 2 more touch games, then some time off then
 + bigger in only 1 game per week
 hands
 with 2x shoulder MS

TREATMENT NO. 70

DATE: 05 08 11
 TIME: 5:30 PM
 PAID: \$70 Inv
 REC.No: 1421 EFIBS
 AIR TEMP: 25°C
 MUSIC: Saxophone
 FACE CREST: 8cm
 SUPINE SCENT: Lav
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: HST - 2x legs

NEXT APPT: 3x Lx - 2big/1small

TREATMENT NO. 71

DATE: 29 08 11
 TIME: 5:30 PM
 PAID: BDAY MS
 REC.No: 1460 EFIBS
 AIR TEMP: 26°C
 MUSIC: Ken Davis
 FACE CREST: 8cm
 SUPINE SCENT: Lav
 OIL BLEND: Relax
 HT: Feet + Arms/Hands
 EXTRA: CST Face

NEXT APPT: HST - 2x legs skinny

TREATMENT NO. 72

DATE: 23 09 11
 TIME: 2:30 PM
 PAID: \$70 Inv
 REC.No: 1481 EFIBS
 AIR TEMP: 26°C
 MUSIC: Sample
 FACE CREST: 8cm
 SUPINE SCENT: Lav
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: HST - 2x Lx x 2x back

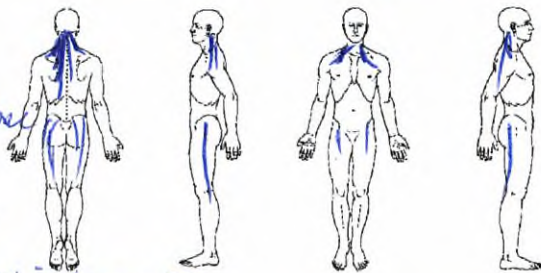
NEXT APPT: 2x Lx - 1small

TREATMENT NO. 73

DATE: 13 10 11
 TIME: THURS 10:30 AM
 PAID: Inv \$70
 REC.No: 1532 EFIBS
 AIR TEMP: 26°C
 MUSIC: Yanni - DARE DREAM
 FACE CREST: 8cm
 SUPINE SCENT: Lav
 OIL BLEND: Relax + Spots
 HT: Feet + Face Arms/Hands
 EXTRA: 2x back

NEXT APPT: 3x Lx - 1small

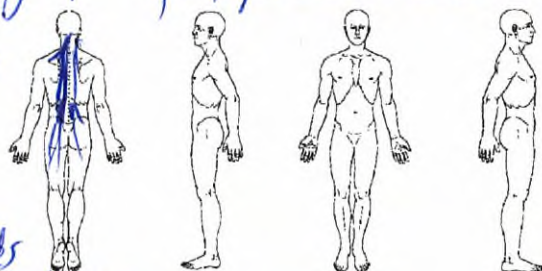
next time gift

S= Client been feeling soreness in her knee
Hamis tight 1 game of touch weekly now

O/A:

L shoulder + ght
 traps up R esp knotted
 Deltoids tight
 ES tight
 Rhomb region cong

Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/traps 1x trap
 Fx occiput/sadum 1x trap
☐ Talked ☐ Quiet Breathing
 ROM Use after Ms - self report
 FBAC

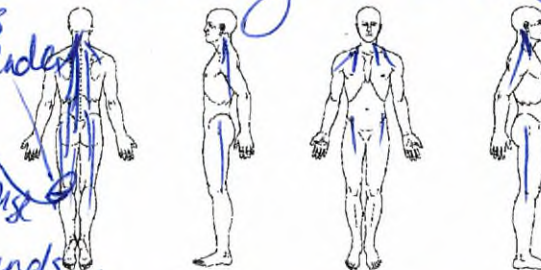
P= for back client's b'day coming up - less touch
now which will helpS= Client's Lx been sore + LHS traps tight/stiff
Had chro visit last week - good adjustment
Gift of Spiced Stud + Honey Bwash

O/A:

Traps up tight. Psoas
 Deltoids cong - tight
 ES Lx cong - tight
 Rhomb region

Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/ham/MS
 Fx
☐ Talked ☐ Quiet Breathing
 ROM Use after Ms
 FBAC Relaxed > MS

P= Person stretch out + enjoy 2 weeks off touch

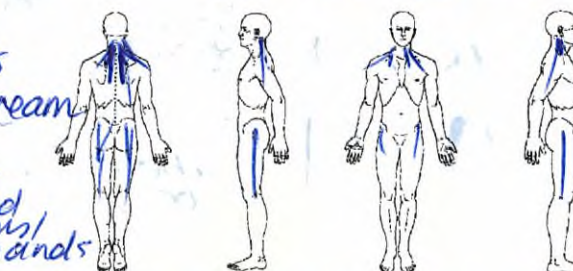
S= Client been feeling tightness in R
shoulder from sanding shed floor. Bruising +
marking in L hamstring. bruised @ popliteal area.

O/A:

Traps up cong + tight
 Deltoids tight Psoas tight
 ES tight + short
 Rhomb region cong both

Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP occiput/sadum/MS
 Fx rhomb/med/ham
☐ Talked ☐ Quiet Breathing
 ROM Use after Ms
 FBAC Relaxed + sleepy > MS

P= Person look after self. Seeing physio next week

S= Client been feeling tightness in her shoulder
esp R/S after doing lots of painting
Lx was sore when played touch but did no

O/A:

Psoas tight. traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong + tight

Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/deltoids/MS
 Fx occiput/sadum
☐ Talked ☐ Quiet Breathing
 ROM Use after Ms
 FBAC Relaxed + sleepy > MS

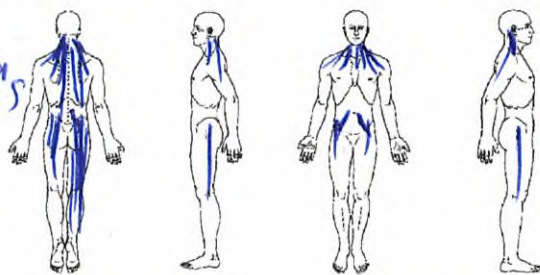
P= Person ant. stretch to help open shoulders/
chest w/up before painting

11/10/11
 Xmas 2011
 B'day 2012

TREATMENT NO. 74

DATE: 04.11.11
TIME: 350 PM
PAID: \$70
REC.No: 1576
AIR TEMP: 23°C
MUSIC: Baby Music
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x back
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body in hips + R knee



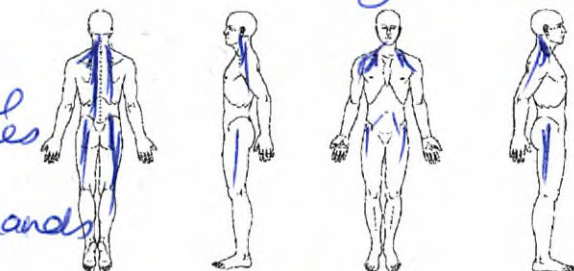
O/A: V. coup + tender body
traps up tight. Perv shoulder
Deltoids tight. Triceps
ES tight. Psoas V tight
Rhomb region cong
Full Body ☐ STOMACH ☐ Psoas tight
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/ITB
Fx occiput/scalp/mid
☐ Talked ☐ Quiet Breathing
ROM rest better > Ms
FBACK bed ROM + felt tired/pain

P = Perom see Julie re: knee swelling (with flexⁿ)

TREATMENT NO. 75

DATE: 21.11.11
TIME: 350 MON
PAID: \$70
REC.No: 1608
AIR TEMP: 25°C
MUSIC: Archer Birkreal
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms/hands
CST: (A) Face
HST: 2x back
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body
V. tired + R arm, sore from laptop use
Hammy/ITB sore > Julie worked on it - see her in 1 week



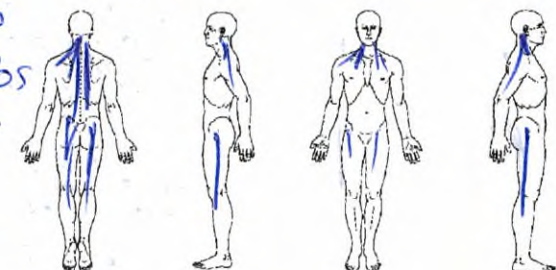
O/A: Traps up tight. Perv shoulder
Deltoids tight. Triceps
ES tight. Psoas V tight
Rhomb region cong
Full Body ☐ STOMACH ☐ Psoas tight
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/ITB
Fx occiput/scalp/mid
☐ Talked ☐ Quiet Breathing
ROM rest better > Ms
FBACK rest after Ms - felt relaxed + better

P = Perom client relax > Ms.

TREATMENT NO. 76

DATE: 07.12.11
TIME: FR WEDS 350
PAID: \$70
REC.No: 1644
AIR TEMP: 25°C
MUSIC: Ian Cam I
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x back
EXTRA:
NEXT APPT:

S = Client been feeling sore still with ham +
trap up feel not quite right on RHS



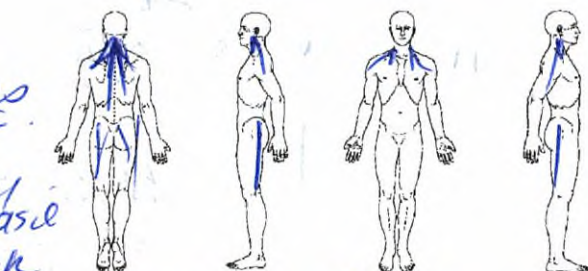
O/A: Ham/ITB tight. Perv shoulder
Deltoids tight. Triceps
ES tight. Psoas V tight
Rhomb region cong
Full Body ☐ STOMACH ☐ Psoas tight
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/ITB
Fx occiput/scalp/mid
☐ Talked ☐ Quiet Breathing
ROM rest after Ms - felt better
FBACK rest better V. relaxed

P = Perom client see chiro/physio on hol's
work 4 days @ home next year

TREATMENT NO. 77

DATE: 09.01.12
TIME: MON 230
PAID: 1hr \$70
REC.No: 1698
AIR TEMP: 25°C
MUSIC: Noan Jones I
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x back + 2x back
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body
in lx region + back > swim



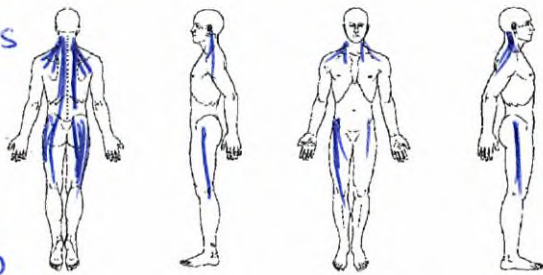
O/A: Deltoids tight. Perv shoulder
ES tight. Triceps
Rhomb region cong
Full Body ☐ STOMACH ☐ Psoas tight
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/med/ham/ITB
Fx occiput/scalp/mid
☐ Talked ☐ Quiet Breathing
ROM rest > Ms
FBACK rest V. sleepy tired

P = Perom 4 week with head up with freestyle
Dory 1km swim 500 back 500 front

TREATMENT NO. 7881

S = client's R ham been sore / stiff
Played touch. Lx been sore

DATE: 01.02.12
TIME: 9:30
PAID: \$1hr 75 CFBs
REC.No: 1725
AIR TEMP: 25°C
MUSIC: Kenny G at
FACE CREST: Lau last
SUPINE SCENT: dem
OIL BLEND: Relax
Manditane
HT: Feet + Arms
CST: (A) Face hands
HST: 2x Lx
2x back



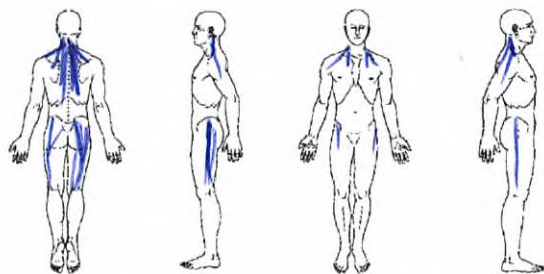
O/A: Pecs short / TBS + TMSV. Lg
Traps up taut
Lx tight
Rhomb region cong
Full Body ☒ STOMACH ☒ Tended
ARMS ☐ Prone ☐ Supine LEGS R tighter
TP rhomb / g med / ham / TBS
Fx occ / scalp / mt / traps
☐ Talked ☒ Quiet Quiet Breathing
ROM Used (self report)
FBACK tired but feels good

EXTRA P = Revoom client see chiro in next few weeks
NEXT APPT: physio next week

TREATMENT NO. 7982

S = client been feeling tightness in shoulders
from stren. body working well + not as sore
in Lx as

DATE: 23.02.12
TIME: 4:30 THURS
PAID: \$15 Lx
REC.No: 1757
AIR TEMP: 23°C
MUSIC: Tan Cam
FACE CREST: Lau
SUPINE SCENT: dem
OIL BLEND: Relax
Tea Tree / dem
HT: Arms / Feet
CST: (A) Face
HST: 2x Lx
2x back



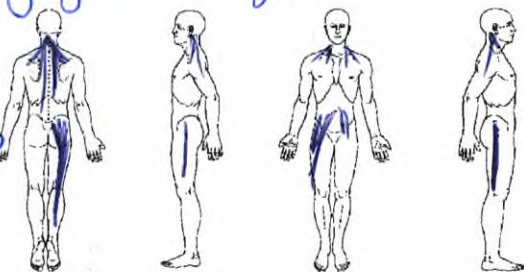
O/A: Hamus R tighter
Deltoids tight
Lx tight / med taut
Rhomb region cong
Full Body ☒ STOMACH ☒
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / Lx / traps
Fx occ / scalp / mt / TBS / g
☐ Talked ☒ Quiet Quiet Breathing
ROM Used - self report
FBACK Feet v. relaxed. Not as sore

EXTRA P = Revoom continue current regime - feel good
NEXT APPT:

TREATMENT NO. 8083

S = client been feeling tightness / sore > seen
physio after strong sore
white sugar + transpam

DATE: 14.03.12
TIME: Weds 1hr
PAID: \$75
REC.No: 1780
AIR TEMP: 23°C
MUSIC: Acker Bilk
FACE CREST: Lau / adies
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx
2x back



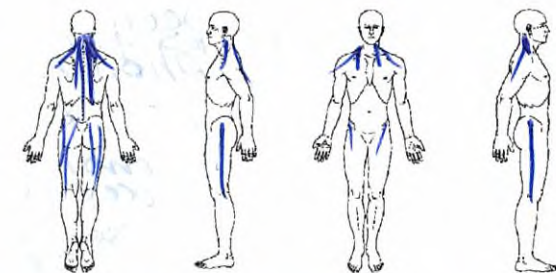
O/A: R side v-cong
Pecs taut
Deltoids tight. Pecs short
Lx tight / mt tense
Rhomb region cong
Full Body ☒ STOMACH ☒ S/L on R physio
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / TBS
Fx traps / scalp
☐ Talked ☒ Quiet Quiet Breathing
ROM Used after Ms
FBACK Felt better > Ms

EXTRA P = Revoom client get some heat for blood flow + stretch
NEXT APPT:

TREATMENT NO. 8184

S = client been feeling good - nothing
out of ordinary. stiff / tight R leg

DATE: 02.04.12
TIME: 3:50 Mon
PAID: \$75 1hr C
REC.No: 1829
AIR TEMP: 23°C
MUSIC: Don McLean
FACE CREST: Lau
SUPINE SCENT: dem
OIL BLEND: Relax 1 /
Manditane
HT: Feet + U
CST: (A) Face
HST: 2x Lx
2x back



O/A: Revo Tender neck
Pecs taut. Pecs taut
Deltoids tight
Lx tight - TBS tight
Rhomb region cong
Full Body ☒ STOMACH ☒ Balanced on
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / TBS
Fx occ / scalp / mt
☐ Talked ☒ Quiet Quiet Breathing
ROM Used > Ms
FBACK Felt better > Ms

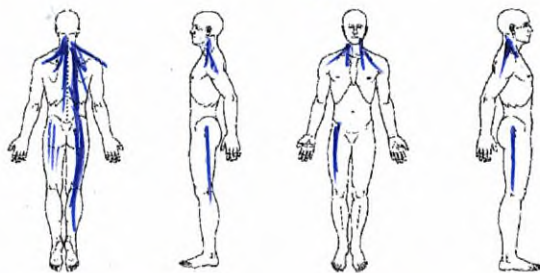
EXTRA P = Pump more ex + runs over hpl's
NEXT APPT: Revo chiro / physio over hpl's

82.04.12 Indian
\$75 1hr. \$75 C Panel / client feels better touch + yoga help's nakh stroke Lx
Lav dem - Relax Pecs Rhombos taut. Pecs taut
Face A/H + Feet 2x Lx 2x back
Relaxed > Ms + feet better
Mod Physio + chiro

TREATMENT NO. 83

S= Did wheelbarrow race on w/end & sore > day it
top DOMS legs

DATE: 21.05.12
TIME: 330 Mon
PAID: \$75 EFIBS
REC.No: 1901
AIR TEMP: 25
MUSIC: Tanam I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + A/H
CST: A Fall
HST: 2x Lx
2x back



O/A: Tris + bis taut
Dextoids tight. Pests short
ES tight. Tris tight
Rhomb region cong

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS flushed
TP rhomb/g med/traps
Fx o/s/scalp/GT/MS
☐ Talked ☐ Quiet Quiet Breathing
ROM Felt better - Ms
FBACK

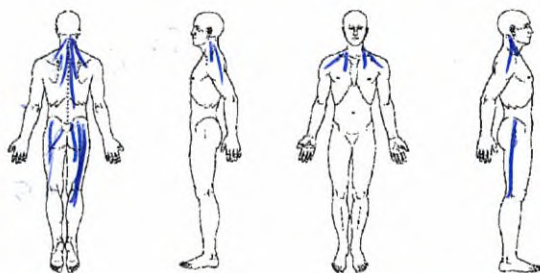
EXTRA
NEXT APPT:

P= Discussed recovery stretching / heat. See in 1 month

TREATMENT NO. 84

S= Client been feeling tightness - feel good
Postone really helped depth smg

DATE: 15.06.12
TIME: 5pm FR
PAID: \$75
REC.No: 1920 EF
AIR TEMP: 25
MUSIC: Steve Hupen I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + A/H
CST: A Fall
HST: 2x Lx
2x back



O/A: Traps taut but ok
Dextoids OK
ES tight. Pests tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/g med/ham
Fx traps/scalp
☐ Talked ☐ Quiet Quiet Breathing
ROM Used 7 Ms - felt improvement
FBACK Felt good - relaxed

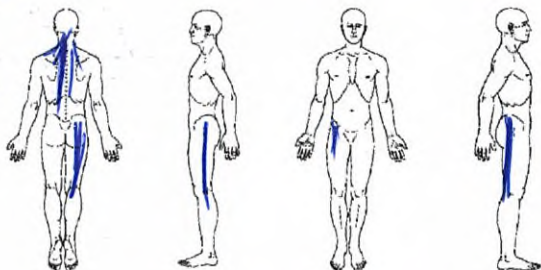
EXTRA
NEXT APPT:

P= Seeing again over school holidays

TREATMENT NO. 85

S= Client been feeling tightness in body - been good. Feet been paraesthetic

DATE: 06.07.12
TIME: 230 FR
PAID: \$75 LHV
REC.No: 1993
AIR TEMP: 26
MUSIC: Indian
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + A/H
CST: A Fall
HST: 2x Lx
2x back



O/A: Tris taut + feels cong
Dextoids tight. Pests taut
ES tight. Traps taut
Rhomb region

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP o/s/scalp/MS
Fx rhomb/traps/MS
☐ Talked ☐ Quiet Quiet Breathing
ROM Felt better - Ms
FBACK Relaxed + sleepy

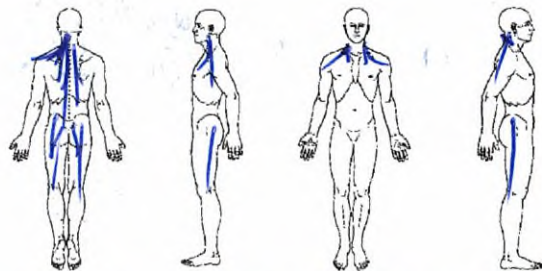
EXTRA
NEXT APPT:

P= Discussed how foot may be related to Lx region

TREATMENT NO. 86

S= Client feeling good - played netball game + pulled up ok

DATE: 27.07.12
TIME: 4pm FR
PAID: \$75 EFIBS
REC.No: 1993
AIR TEMP: 25 EF
MUSIC: Piano Music
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + A/H
CST: A Fall
HST: 2x Lx
2x back



O/A: Tender upper - traps relate
Dextoids tight. Pests taut
ES tight. Traps taut
Rhomb region cong

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/g med/ham/MS
Fx o/s/scalp/MS
☐ Talked ☐ Quiet Quiet Breathing
ROM Felt relaxed - Ms
FBACK

EXTRA
NEXT APPT:

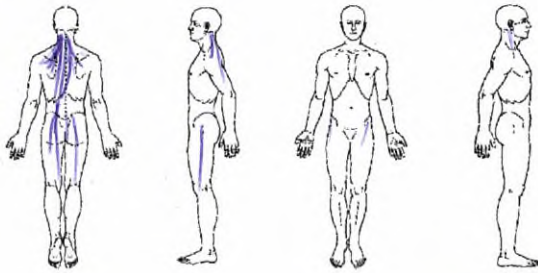
P= Reiron heat on body for tens

90

TREATMENT NO. 87

S = Client feeling good - on break from touch

DATE: 17.08.12
 TIME: 4PM Fri
 PAID: \$75 GST
 REC.No: 2032
 AIR TEMP: 25
 MUSIC: Yanni / there
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Pepp / Lav
 HT: Feet + A/H
 CST: ① Face
 HST: 2x Lx
 2x back



O/A: Pecs tight Traps up tight
 Deltoids tight ITB's tight
 ES tight
 Rhomb region comp

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb/g med/ham/ITB's
 Fx occ/scalp/TMT
☐ Talked ☐ Quiet ☐ Breathing
 ROM 7sed - self report
 FBACK Feet better - not

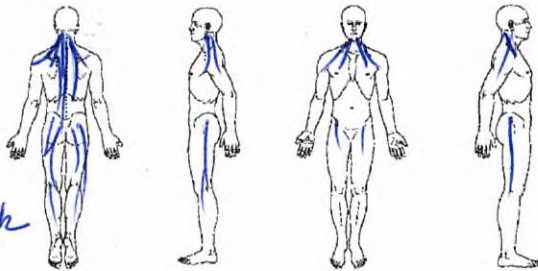
EXTRA
 NEXT APPT:

P = Reom enjoy touch break as one good balance

TREATMENT NO. 88

S = Client been feeling tightness

DATE: 12.09.12
 TIME: \$75 hr
 PAID: Weds 2
 REC.No: 2085
 AIR TEMP: 25 EF.
 MUSIC: Indian
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Pepp / Lav
 HT: 2x Lx + 2x back
 CST: ① Face
 HST: Face + A/H + Feet



O/A: Pecs shoot Traps tense
 Deltoids tight
 ES tight
 Rhomb region comp

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb/g med/ham/ITB's
 Fx
☐ Talked ☐ Quiet ☐ Breathing
 ROM 7sed > Ms
 FBACK Felt better 7 Ms

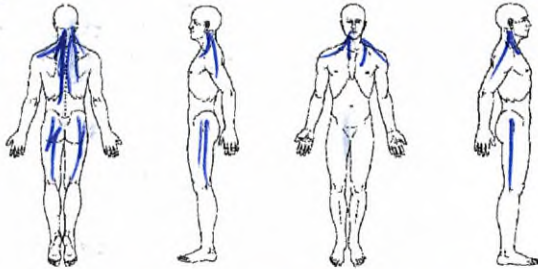
EXTRA
 NEXT APPT:

P = Reom enjoy hol's

TREATMENT NO. 89

S = Client been feeling tightness in her feet - swelling + long

DATE: 16.10.10
 TIME: 5PM THRS
 PAID: \$75
 REC.No: 2153 errors
 AIR TEMP: 25
 MUSIC: Miyagi I
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Mand / Tang
 HT: Feet + Face
 CST: ① Face
 HST: 2x Lx
 2x back



O/A: Traps up tight Pecs tight
 Deltoids tight
 ES tight + shoot
 Rhomb region comp

☐ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb/g med/ham/ITB's
 Fx occ/scalp/TMT
☐ Talked ☐ Quiet ☐ Breathing
 ROM 7sed > Ms
 FBACK Relaxed 7 Ms

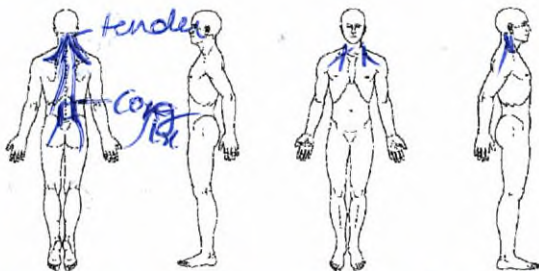
EXTRA
 NEXT APPT:

P = Reom client see physio re: feet

TREATMENT NO. 90

S = Client been feeling tightness in her body in her region

DATE: 13.11.12 gift time
 TIME: 445 TUES
 PAID: \$75 hr
 REC.No: 2205 E
 AIR TEMP: 25
 MUSIC: Indian
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Chamomile
 HT: 2x Lx + 2x back
 CST: ① Face
 HST: Feet + A/H



O/A: Traps up tender
 Deltoids tight Traps up tight
 ES tight
 Rhomb region comp

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb/traps/ITB's
 Fx occ/scalp/TMT
☐ Talked ☐ Quiet ☐ Breathing
 ROM felt better 7 Ms
 FBACK

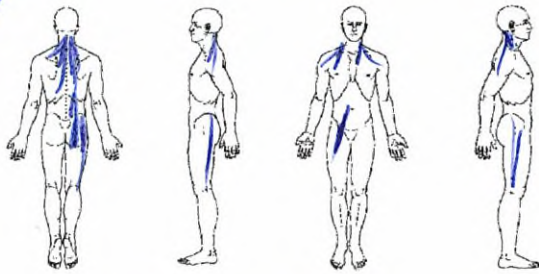
EXTRA
 NEXT APPT:

P = Down see chns for back 19.12.12 \$75/hr HST 2x Lx + 2x back
 Sandalwood & money - Mix M 51-55 FB-as normal
 Tender shoulders

91 Gift next time! - Client been feeling tightness in her body in her hips a little
 512.12 \$75 Client been feeling tightness in her body in her hips a little
 Acher Bnk 25 FB (+stom) - Heat. TP rhomb/g med/ham/ITB's traps ITB's
 10.11.12 dem 2x Lx + 2x back HST - A/H + Feet

TREATMENT NO. 92

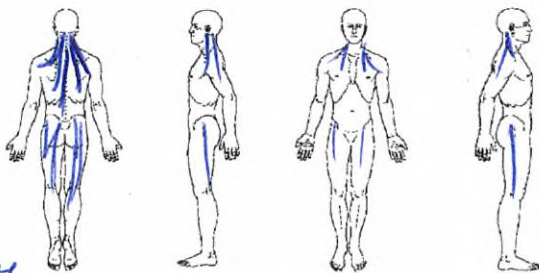
DATE: 9.12.12
 TIME: 5.15 hr
 PAID: 5pm
 REC.No: Ken
 AIR TEMP: Ken
 MUSIC: Ken
 FACE CREST: Ken
 SUPINE SCENT: Ken
 OIL BLEND: Ken
 HT: Feet + H/L
 CST: Face
 HST: 2 x back
 EXTRA: 2 x back
 NEXT APPT:



O/A: glutes R/S knotted + v. comp
Pers tight. M/S tense
Rhomb tight. DLS tight
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS MS
 TP 2 traps / rhomb / 1/2 trap
 Fx Rhomb / 1/2 trap / 1/2 trap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsed > ms
 FBACK Felt better

P = Reven client relax after MSTREATMENT NO. 93

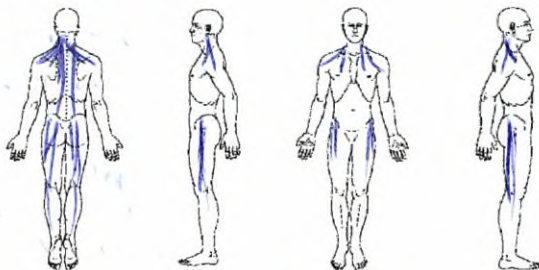
DATE: 28.02.13
 TIME: 5.15 hr
 PAID: 2399
 REC.No: 25
 AIR TEMP: Ken
 MUSIC: Ken
 FACE CREST: Ken
 SUPINE SCENT: Ken
 OIL BLEND: Ken
 HT: 2 x back
 CST: Face
 HST: 2 x back
 EXTRA: 2 x back
 NEXT APPT:



O/A: Shoulder R sore
R Alc v. tight + rhomb's
Deltoids tight
ES tight. Pers tight
Rhomb region comp + v. comp
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS MS
 TP Tsed > MS
 Fx - AC / 1/2 trap / 1/2 trap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Felt better
 FBACK

P = client felt difference not doing touch. will do netballTREATMENT NO. 94

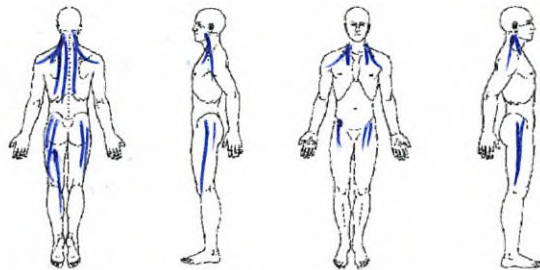
DATE: 27.03.13
 TIME: 5pm Thurs
 PAID: 5.15
 REC.No: 1hr
 AIR TEMP: 25
 MUSIC: Ken
 FACE CREST: Ken
 SUPINE SCENT: Ken
 OIL BLEND: Ken
 HT: Feet + face
 CST: Face
 HST: 2 x back
 EXTRA: 2 x back
 NEXT APPT:



O/A: Trap up tight
Deltoids tight
ES tight
Rhomb region comp
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS MS
 TP rhomb / 1/2 trap / 1/2 trap
 Fx trap / 1/2 trap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsed > MS
 FBACK Felt better

P = Reven client stretch out. enjoy hot breakTREATMENT NO. 95

DATE: 23.04.13
 TIME: 4pm Fri
 PAID: 5.15
 REC.No: 2.84
 AIR TEMP: 25
 MUSIC: Ken
 FACE CREST: Ken
 SUPINE SCENT: Ken
 OIL BLEND: Ken
 HT: Feet + face
 CST: Face
 HST: 2 x back
 EXTRA: 2 x back
 NEXT APPT:



O/A: lot of garden work
Deltoids tight. M/S tight
ES tight. Pers tight
Rhomb region comp
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS MS
 TP rhomb / 1/2 trap / 1/2 trap
 Fx trap / 1/2 trap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsed > MS
 FBACK Felt better > MS

P = Discussed balancing garden / stretch

TREATMENT NO. 104

DATE: 30.07.13

TIME: 06:45

PAID: NO

REC.No: Payment

AIR TEMP: 25

MUSIC: Channemy

FACE CREST: 10

SUPINE SCENT: Feet

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +

TREATMENT NO. 1025

DATE: 20.08.13

TIME: 5pm

PAID: \$75

REC.No: 10

AIR TEMP: 25

MUSIC: Acher Bilk

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +

TREATMENT NO. 1036

DATE: 12.09.13

TIME: 5pm

PAID: \$50

REC.No: 10

AIR TEMP: 25

MUSIC: Acher

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +

TREATMENT NO. 1047

DATE: 3.10.13

TIME: 2pm

PAID: \$95

REC.No: 10

AIR TEMP: 25

MUSIC: Ken Dams

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +

free MS for 100th

Client been feeling tightness all over



O/A:

Shoulders tight
ES tight
Rhomb region cong

Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g' med/ham/mb
Fx out/scalp/mr
ROM Tied > ms
FBACK Felt better > ms

P= Felt improvement > ms & discussed looking after body

TREATMENT NO. 1025 S= Client been feeling tightness in her body in shoulders

DATE: 20.08.13

TIME: 5pm

PAID: \$75

REC.No: 10

AIR TEMP: 25

MUSIC: Acher Bilk

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +



O/A:

Pelvic tight
ES tight
Rhomb region cong

Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g' med/ham
Fx out/scalp/mr
ROM Tied > ms
FBACK Felt better > ms

P= Reborn client stretch out

TREATMENT NO. 1036 S= Client been feeling tightness in her body in her + shoulders

DATE: 12.09.13

TIME: 5pm

PAID: \$50

REC.No: 10

AIR TEMP: 25

MUSIC: Acher

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +



O/A:

Traps up tight
Shoulders tight
ES tight
Rhomb region cong

Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g' med/ham/mb
Fx out/scalp/mr
ROM Tied > ms
FBACK Felt better > ms

P= Reborn client stretch out

TREATMENT NO. 1047 S= Client been feeling tightness in her body in her body + r hamstring

DATE: 3.10.13

TIME: 2pm

PAID: \$95

REC.No: 10

AIR TEMP: 25

MUSIC: Ken Dams

FACE CREST: 10

SUPINE SCENT: 10

OIL BLEND: 2xln 2xlv +

HT: 2xln 2xlv +

CST: 2xln 2xlv +

HST: 2xln 2xlv +

EXTRA: 2xln 2xlv +

NEXT APPT: 2xln 2xlv +



O/A:

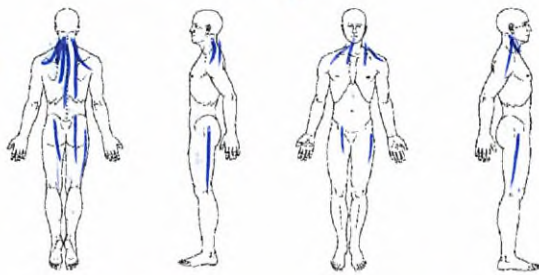
Pelvic tight
ES tight
Rhomb region cong

Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g' med/ham/mb
Fx out/scalp/mr
ROM Tied > ms
FBACK Felt better > ms

P= Reborn client keep eye on leg/back pain

TREATMENT NO. 105/8 S = client been feeling tightness in her body

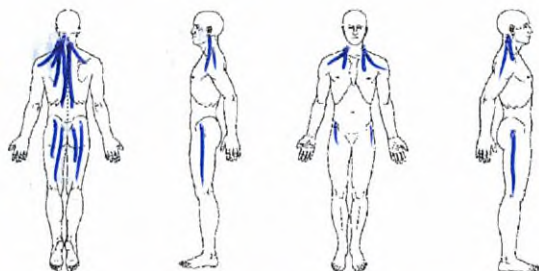
DATE: 17.10.13
TIME: 1hr
PAID: \$85
REC.No: 3081
AIR TEMP: 25
MUSIC: Ken Davis
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: ④ Face
HST: 2 x Lx
EXTRA: 2 x back
NEXT APPT:



O/A: Pecs tight Traps p tant
Deltoids tight
ES tight R ham v. comp
Rhomb region comp
Full Body STOMACH Res p tight prog
ARMS Prone Supine LEGS
TP rhomb/es/als/traps/G'med
Fx
Talked Quiet Breathing
ROM Used > ms
FBACK felt better > ms

TREATMENT NO. 106/9 S = client been feeling tightness in her body in Lx region + OR ham

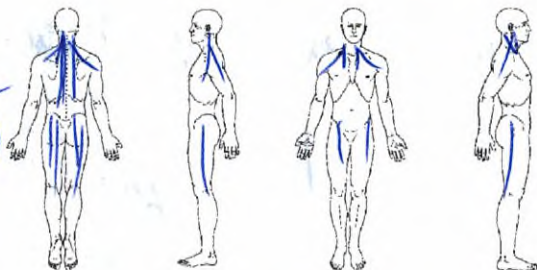
DATE: 24.10.13
TIME: 1hr
PAID: \$85
REC.No: 2882
AIR TEMP: 25
MUSIC: Ken Davis
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: ④ Face
HST: 2 x Lx
EXTRA: 2 x back
NEXT APPT:



O/A: Traps up tight
Deltoids tight
ES tight Pecs tight
Rhomb region comp
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/traps/G'med/ham
Fx occ/scalp/mt
Talked Quiet Breathing
ROM Used > ms
FBACK felt better > ms

TREATMENT NO. 107/10 S = client been feeling tightness in her body

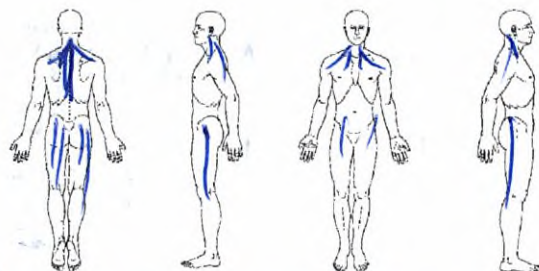
DATE: 20.11.13
TIME: 1hr
PAID: \$85
REC.No: 25
AIR TEMP: 25
MUSIC: Ken Davis
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: ④ Face
HST: 2 x Lx
EXTRA: 2 x back
NEXT APPT:



O/A: traps up tight. @trigh
Pecs tight
Deltoids tight
ES tight
Rhomb region comp
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/traps/G'med/ham
Fx occ/scalp/mt
Talked Quiet Breathing
ROM Used > ms
FBACK felt better > ms

TREATMENT NO. 108/11 S = client been feeling tightness in her body

DATE: 12.12.13
TIME: 1hr
PAID: \$85
REC.No: 3081
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: ④ Face
HST: 2 x Lx
EXTRA: 2 x back
NEXT APPT:



O/A: Deltoids tight G'med tight
ES tight Hamus tight
Rhomb region comp
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/G'med/ham/ABs
Fx occ/scalp/mt
Talked Quiet Breathing
ROM Used > ms
FBACK felt better > ms

109 \$85 1hr EFT. client struggling with RHS hip/hamus

1hr. Kere Helper FB(+stom). SL hip RHS. Traps/d traps/G'med/ABs/ALS TP
Jaw/dem 1st Rom > ms + v. tender. Psoas v. tight RHS - client
mand itang oil been getting some pain. Seeing physio
2 x Lx + 2 x back

TREATMENT NO. _____

DATE: 23.01.14
 TIME: 8.55
 PAID: 1hr
 REC.No: 1hr
 AIR TEMP:
 MUSIC: Low
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x Ln
 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. _____

DATE: 7.02.14
 TIME: 8.55
 PAID: 1hr
 REC.No: 3/44
 AIR TEMP: 25
 MUSIC: Equa
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Graphite
 CST: (A) Feet + Face
 HST: 2 x Ln
 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. _____

DATE: 28.02.14
 TIME: 1hr
 PAID: 8.55
 REC.No: 3123
 AIR TEMP: 25
 MUSIC: Kenny G I
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x Ln
 2 x back

EXTRA
 NEXT APPT:

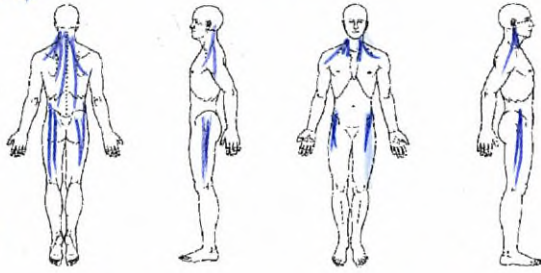
TREATMENT NO. _____

DATE: 20.03.14
 TIME: Thurs 5pm
 PAID: 1hr 8.55
 REC.No: 3222
 AIR TEMP: 25
 MUSIC: An Lam
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 2 x Ln + 2 x back
 CST: (A) Face
 HST: Feet + Face

EXTRA
 NEXT APPT:

S= 110/113

Client been feeling tightness in her body in 2 psas esp tender



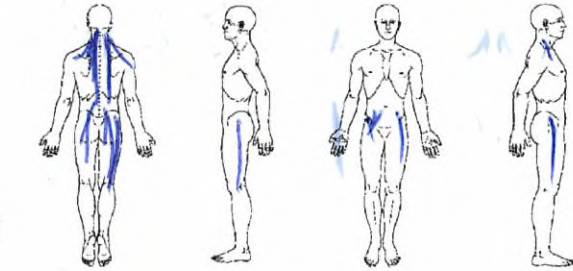
O/A:

Traps + ant. 2 psas tight
 Deltoids tight
 ES tight. Pecs tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP rhomb/s/med/ham
 Fx occ/scalp/mnt
☐ Talked ☒ Quiet ☒ Breathing
 ROM Used > ms
 FBACK felt better > ms

P= Reom client use broom + heat on tummy muscles

S= Client been feeling tightness still - physio been working on her body too. Improving slowly



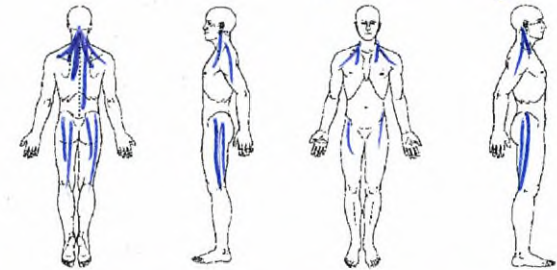
O/A:

Deltoids tight. Traps up to
 ES tight. Pecs tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP rhomb/s/med/ham/traps
 Fx occ/scalp/mnt
☐ Talked ☒ Quiet ☒ Breathing
 ROM Used > ms
 FBACK felt better > ms

P= client been feeling better > ms - discussed gradual return to running

S= Client been feeling tightness in her body improving gradually



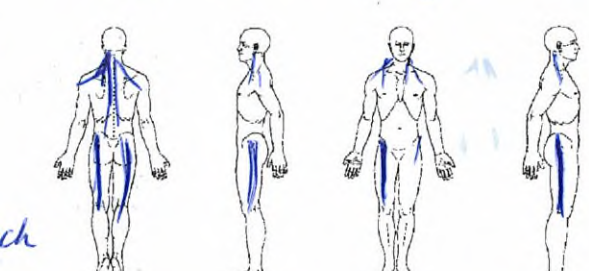
O/A:

Pecs tight
 Deltoids tight
 ES tight. Traps up tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP rhomb/s/med/ham/1785
 Fx occ/scalp/mnt
☐ Talked ☒ Quiet ☒ Breathing
 ROM Used > ms
 FBACK

P= Reom client continue with current stretching

S= Client been feeling tightness in her body improving. Less pain



O/A:

Pecs tight. Traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong

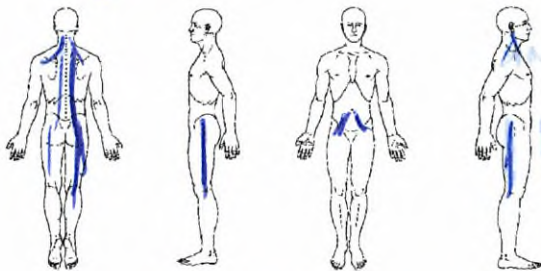
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP rhomb/s/med/ham/1785
 Fx occ/scalp/mnt
☐ Talked ☒ Quiet ☒ Breathing
 ROM Used > ms
 FBACK felt better > ms

P= Reom client continue with self care to help tightness

TREATMENT NO. 114

DATE: 02.05.14
 TIME: 8.30 PM
 PAID: \$85
 REC.No: 33/2
 AIR TEMP: 25
 MUSIC: Jan Lam I
 FACE CREST: Lan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2 x Lx
 EXTRA: 2 x back
 NEXT APPT:

S = Client been feeling tightness resp
 legs



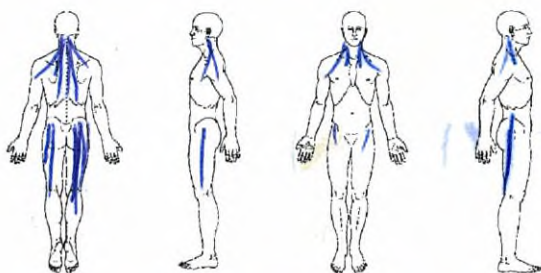
O/A: Traps up tight Trs taut
 Deltoids tight R ham
 ES tight Pels tight
 Rhomb region cong
☒ Full Body ☐ STOMACH ☐ LEGS
 ARMS ☐ Prone ☐ Supine
 TP rhomb / Trs / ham
 Fx occ / Trs / Pels
☐ Talked ☐ Quiet Breathing
 ROM Tsd 3 ms
 FBACK sore in stomach + R side

P = Discussed getting stretching done for lower 1/2

TREATMENT NO. 115

DATE: 24.05.14
 TIME: 6pm Thurs
 PAID: \$88 thr
 REC.No: 33/8
 AIR TEMP: 25
 MUSIC: Kenny G I
 FACE CREST: Lan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2 x Lx
 EXTRA: 2 x back
 NEXT APPT:

S = Client been feeling tightness in her R side
 but pain is ok



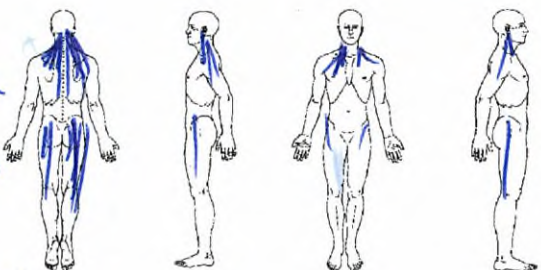
O/A: Med tight Trs R right
 Pels tight Trs R right
 ES tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / Trs / med / ham
 Fx occ / Trs / Trs
☐ Talked ☐ Quiet Breathing
 ROM Tsd after ms
 FBACK felt better 7 ms

P = Discussed how body is travelling well - continuing
 grunning @ moment as going ok

TREATMENT NO. 116

DATE: 19.06.14
 TIME: 5pm
 PAID: \$88 thr
 REC.No: 33/8
 AIR TEMP: 25
 MUSIC: Lan
 FACE CREST: Lem
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2 x Lx 2 x back
 EXTRA: 2 x back
 NEXT APPT:

S = Client feeling tightness in hips R esp - whole
 side even shoulder sore



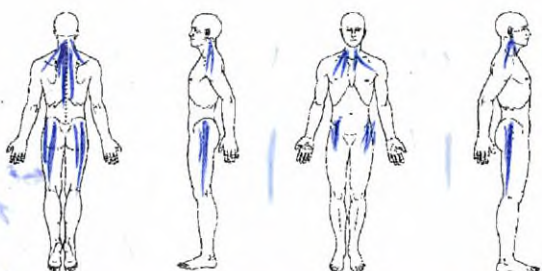
O/A: Tender traps Trs / Trs R
 Deltoids tight Pels taut
 ES tight Traps up tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / Trs / G med / ham
 Fx rhomb / Trs
☐ Talked ☐ Quiet Breathing
 ROM Test diff 7 ms
 FBACK tender shoulders

P = Discussed seeing chro on holiday

TREATMENT NO. 117

DATE: 11.07.14
 TIME: 5pm
 PAID: \$88 thr
 REC.No: 34/7
 AIR TEMP: 25
 MUSIC: David Merc I
 FACE CREST: Lan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 2 x Lx + 2 x back
 CST: (A) Face
 HST: Feet / Face
 EXTRA: 2 x back
 NEXT APPT:

S = Client been feeling tight in her
 body in her hips



O/A: Deltoids tight
 Pels tight Traps + Pels
 ES tight Traps tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / Trs / med / ham / Traps
 Fx occ / Trs / Trs
☐ Talked ☐ Quiet Breathing
 ROM Tsd 7 ms
 FBACK felt better 7 ms

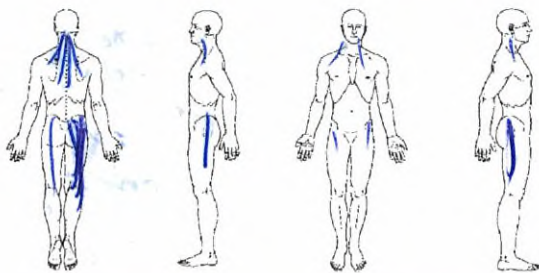
P = Reom client stretch out

118 30.07.14 \$88 thr. Client been feeling tightness in her R hips / ham.
 5pm FB (stom). Heat TP rhomb / Trs / med / ham / Traps
 2 x Lx 2 x back Fx same + ES / Trs / Deltoids / ham
 Feet / Face Mand / Quiet Throughout: relaxed 7 ms. Feet tenderness
 Tang in shoulders + in hip

TREATMENT NO. 119

DATE: 21.08.14.
 TIME: 5am Tel
 PAID: \$88
 REC.No: 1hr
 AIR TEMP: 25
 MUSIC: Janny G I
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Manditory
 HT: feet + face
 CST: A Face
 HST: 2x Lx
2x back

S = Client been feeling tightness in R hammy
Lx region been sore lately



O/A:

traps tender - traps + ham
DeTo do right
ES tight legs tight
Rhomb region comp

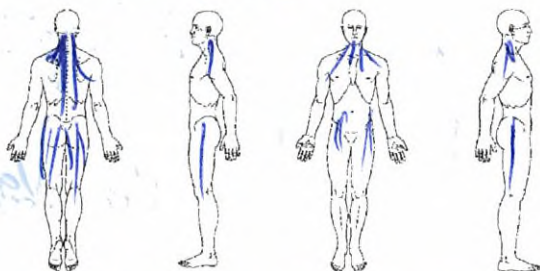
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/g/med/ham traps
 Fx LT/ham ITBS ITFL
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > MS
 FBACK felt better > MS

P = Recommend client stretch out to help with tension
Also back to yoga next week

TREATMENT NO. 120

DATE: 29.08.14.
 TIME: \$88
 PAID: 1hr
 REC.No: refer notes
 AIR TEMP: 25
 MUSIC: 1 low
 FACE CREST: dem
 SUPINE SCENT: dem
 OIL BLEND: Relax
feet + face
 HT: A Face
 CST: 2x Lx
2x back

S = Client been feeling tightness in her R
side
g/ft next time



O/A:

traps tight - traps taut
DeTo do right
ES tight
Rhomb region comp

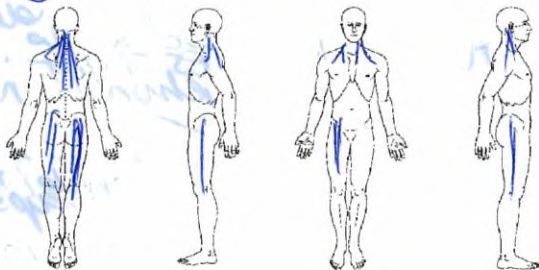
☒ Full Body ☒ STOMACH MS
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham traps
 Fx occ/sleep/MS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > MS
 FBACK felt better > MS

P = Recommend client stretch out & enjoy holidays

TREATMENT NO. 121

DATE: 30.10.14.
 TIME: 1hr
 PAID: \$88
 REC.No: 599
 AIR TEMP: 25
 MUSIC: Janny G I
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Manditory
 HT: feet + face
 CST: A Face
 HST: 2x Lx
2x back

S = Client been feeling tightness in her body
forgot g/ft - next time



O/A:

traps tight - traps taut
DeTo do right
ES tight - traps taut
Rhomb region comp

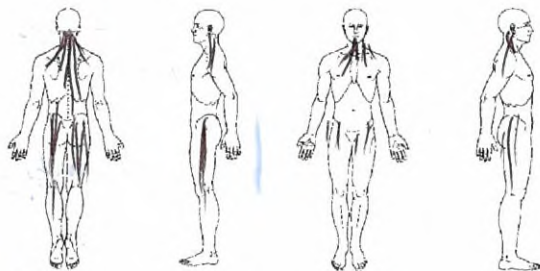
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham traps
 Fx occ/sleep/MS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > MS
 FBACK felt better > MS

P = Client felt good > MS

TREATMENT NO. 122

DATE: 14.01.15
 TIME: 10am
 PAID: \$88
 REC.No: 2738
 AIR TEMP: 25
 MUSIC: Janny G I
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Manditory
 HT: feet + face
 CST: A Face
 HST: Low/DEM
NO HST

S = Client been feeling tightness in her body
after Lx + R shoulder painting



O/A:

traps tight
DeTo do right
ES tight - traps tight
Rhomb region comp

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham traps
 Fx occ/sleep/MS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > MS
 FBACK felt better > MS

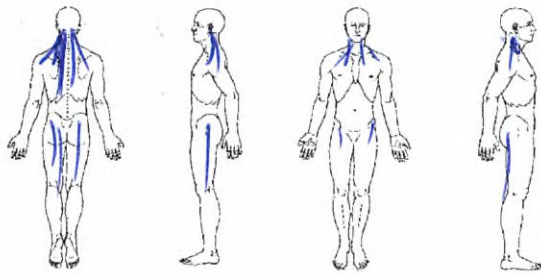
P = Recommend client stretch after ex to help balance

TREATMENT NO

DATE: 4.2.15
 TIME: 1hr
 PAID: \$88
 REC.No: Referrals
 AIR TEMP: 25
 MUSIC: Low
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND:
 HT: (A) Face
 CST: 2 x Lx
 HST: 2 x back
 Feet / Face
 EXTRA
 NEXT APPT:

S = Client been feeling
 since starting school

tightness in her body



O/A:

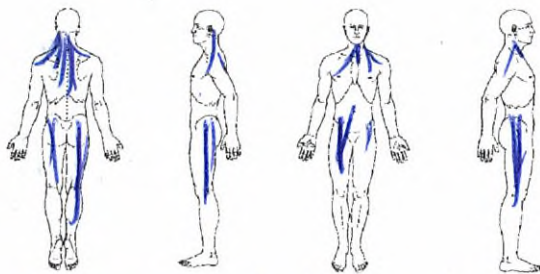
Feels tight, not tense
 Deltoids tight
 traps up tight
 17bs tense
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb/med/ham
 Fx occ/traps
☐ Talked ☐ Quiet
 ROM Pseud > MS
 FBACH
 Quiet Breathing
 felt better > MS
 mean pain
 tightness

P = Periom client stretch out & keep moving

TREATMENT NO

DATE: 26.02.15
 TIME: 1hr
 PAID: \$88
 REC.No: 378
 AIR TEMP: 25
 MUSIC: Low
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND: Manditory
 HT: (A) Face
 CST: 2 x Lx
 HST: 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 in her hips is improving



O/A:

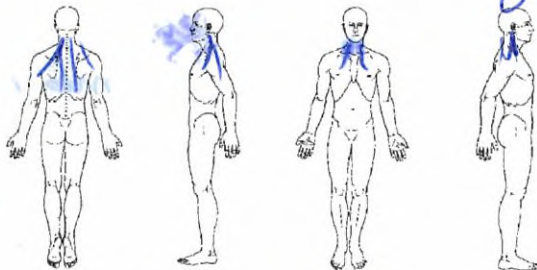
Deltoids tight
 Pecs tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb/med/ham/traps
 Fx occ/traps/L scap
☐ Talked ☐ Quiet
 ROM felt better > MS
 FBACH
 Quiet Breathing

P = Periom client stretch out for body

TREATMENT NO

DATE: 18.03.15
 TIME: \$88 1hr
 PAID: \$88
 REC.No: Referrals
 AIR TEMP: 25
 MUSIC: Nozoh
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2 x Lx
 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 since been breathing. Neck been stiff



O/A:

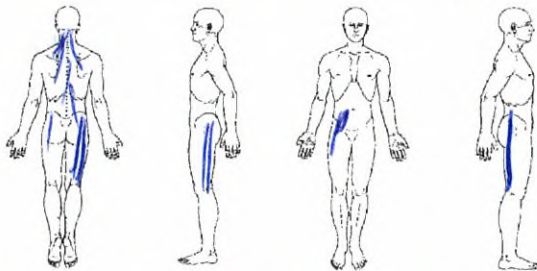
17bs tender & tight
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb/traps/ES/17bs
 Fx occ/traps/L med/17bs
☐ Talked ☐ Quiet
 ROM felt improvement
 FBACH
 used ROM

P = Periom client stretch out > MS
 felt better + discussed keeping moving

TREATMENT NO

DATE: 08.04.15
 TIME: \$88 1hr
 PAID: \$88
 REC.No: 25
 AIR TEMP: 25
 MUSIC: Mya & I
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2 x Lx
 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 in her R hamstring - pulling in her body
 pulling again. 17bs began referral



O/A:

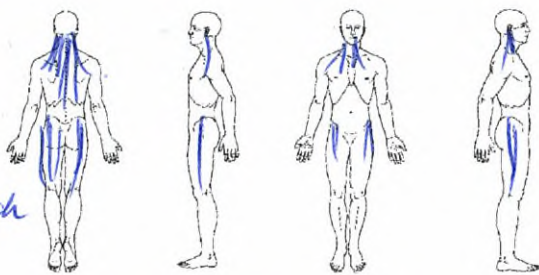
traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☒ LEGS
 TP rhomb/med/ham/traps
 Fx occ/traps/L scap
☐ Talked ☐ Quiet
 ROM Tseud > MS
 FBACH
 Quiet Breathing
 felt better

P = Periom client enjoy holidays

TREATMENT NO. 127

DATE: 29.04.15
 TIME: 8:00
 PAID: 1hr
 REC.No: 25
 AIR TEMP: Acher Bkt
 MUSIC: Lar
 FACE CREST: Lar
 SUPINE SCENT: dem
 OIL BLEND: Relax
 2 x lx + 2 x back
 HT: Feet / Fall
 CST: 1 Fall
 HST: 2 x lx
 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her hips



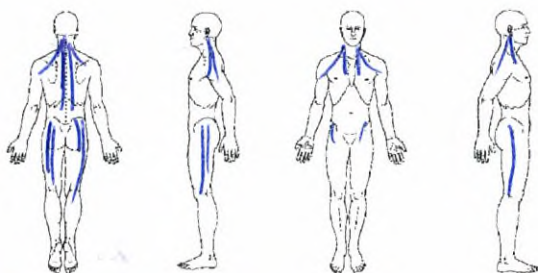
O/A: Pecs tight
 Deltoids tight
 ES tight
 Rhomb region clay
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/traps/lc traps
☐ Talked ☐ Quiet
 ROM Used > Ms
 FBACK felt better > Ms

P = Perom client see chin to help with hip pain

TREATMENT NO. 128

DATE: 13.05.15
 TIME: WEDS
 PAID: 1hr
 REC.No: 25
 AIR TEMP: Naraiah
 MUSIC: Lar
 FACE CREST: Lar
 SUPINE SCENT: dem
 OIL BLEND: Relax
 My / Base
 HT: A Fall
 CST: 2 x lx
 HST: 3 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her hip pain still the same Pump / Red Arrow - feels it



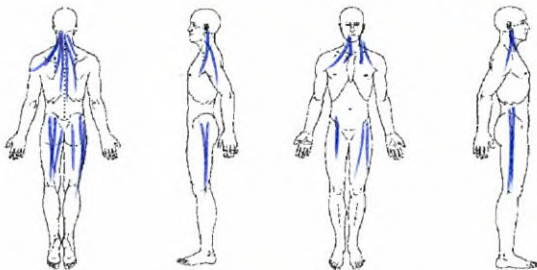
O/A: 90/90 OK
 Scas v. tight
 Deltoids tight
 ES tight
 Rhomb region clay
☒ Full Body ☐ STOMACH Ms s/lc rhip/tp
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/traps/lc traps
 Fx occ/traps
☐ Talked ☐ Quiet
 ROM Used > Ms
 FBACK felt better > Ms

P = Discussed balance in hips
 seeing chiro tomorrow

TREATMENT NO. 129

DATE: 3.6.15
 TIME: 8:00
 PAID: 1hr
 REC.No: 25
 AIR TEMP: 1
 MUSIC: Lar
 FACE CREST: Lar
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Feet / Fall
 CST: 2 x lx
 HST: 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her R/L region



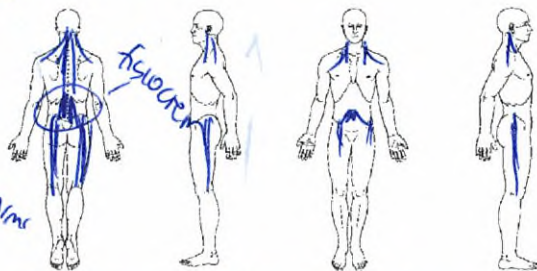
O/A: Pecs tight + tender
 Deltoids tight
 ES tight
 Rhomb region clay
☒ Full Body ☐ STOMACH ST
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g med/ham/traps
 Fx occ/traps
☐ Talked ☐ Quiet
 ROM Used
 FBACK felt better > Ms

P = Perom client focus on moving/stretching to help body

TREATMENT NO. 130

DATE: 18.06.15
 TIME: 8:00
 PAID: 1hr
 REC.No: 25
 AIR TEMP: 23C
 MUSIC: Lar
 FACE CREST: Lar
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Feet / Fall
 CST: 2 x lx
 HST: 2 x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her Lx region - v. cong + sore forgot gift



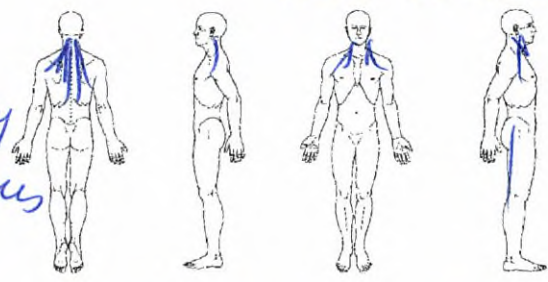
O/A: Lx region tight
 Deltoids tight
 ES tight
 Rhomb region clay
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/traps
☐ Talked ☐ Quiet
 ROM Used > Ms
 FBACK felt better > Ms

P = Perom client relax + work on stretching out back

134
131 - forgot #130 gift - next time

TREATMENT NO. 137
DATE: 2.7.15
TIME: 1hr
PAID: \$88
REC.No:
AIR TEMP: 25
MUSIC: *Michael Kenny*
FACE CREST: *low*
SUPINE SCENT: *dem momus*
OIL BLEND: *Relax*
HT: *feet / face*
CST: *2 x ln*
HST: *2 x back*
EXTRA
NEXT APPT:

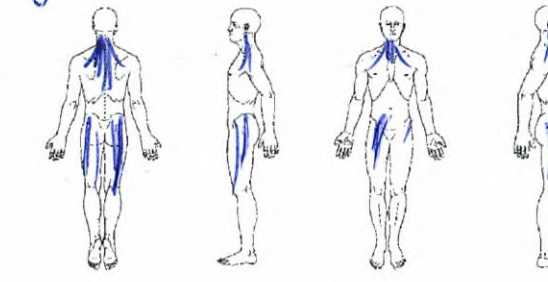
S = Client been feeling tightness in her hip RHS + back been sore
Ran R Arrow x 3 yesterday



O/A:
Pels tight Traps up tight
Deltoids tight
ES tight esp RHS
S hip - RHS Lx + TBs / Qls / glutes
Full Body STOMACH V. tight / tender
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham traps
Fx TBs / TBs / ES / TBs
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK felt better > ms

TREATMENT NO. 132
DATE: 22.07.15
TIME: 1hr
PAID: \$88
REC.No:
AIR TEMP: 25
MUSIC: *low*
FACE CREST: *dem*
SUPINE SCENT: *Relax*
OIL BLEND: *low / dem*
HT: *feet / face*
CST: *2 x ln*
HST: *2 x back*
EXTRA
NEXT APPT:

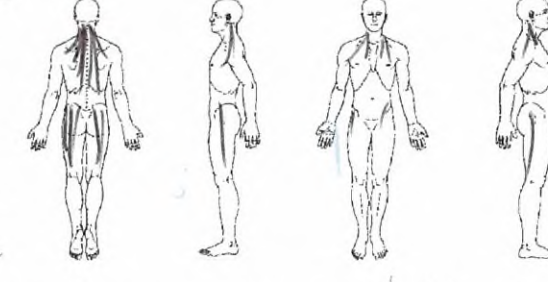
S = Client been feeling tightness in her body in her R hip improving
Forgot gift!



O/A:
Traps up tight
Deltoids tight
ES tight Pels tight
Rhomb region cong
Full Body STOMACH Ms
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb / g med / ham traps
Fx occ traps / traps
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK Rhomb's tight but improved

TREATMENT NO. 133
DATE: 05.08.15
TIME: 1hr
PAID: \$88
REC.No:
AIR TEMP: 25
MUSIC: *low*
FACE CREST: *dem*
SUPINE SCENT: *Relax*
OIL BLEND: *Mand / Tang*
HT: *feet / face*
CST: *2 x ln*
HST: *2 x back*
EXTRA
NEXT APPT:

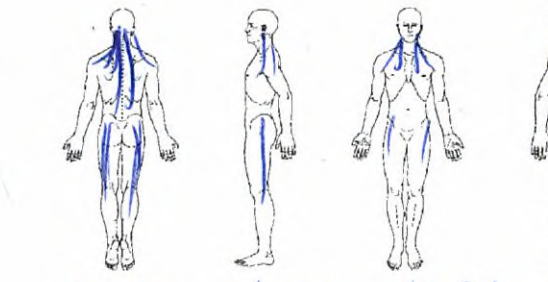
S = Client been feeling tightness in her body
Forgot gift!



O/A:
Traps up tight - not tense
Deltoids tight
ES tight Pels tight
Rhomb region cong
Full Body STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb / g med / ham traps
Fx occ traps / traps
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK felt better > ms

TREATMENT NO. 134
DATE: 27.08.15
TIME: 1hr
PAID: \$88
REC.No:
AIR TEMP: 25
MUSIC: *Enya*
FACE CREST: *low*
SUPINE SCENT: *dem*
OIL BLEND: *Relax*
HT: *feet / face*
CST: *2 x ln*
HST: *2 x back*
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body in her Lx region



O/A:
Traps up tight
Deltoids tight
ES tight Pels tight
Rhomb region cong
Full Body STOMACH Ms
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb / g med / ham traps
Fx occ traps / traps
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK felt better > ms

135. 16.09.15
138

P = Perom client stretch out + look after back

1hr \$88 HT - feet / face - HST - 2 x ln + 2 x back
Feet + stom + S L hip @ V cong RHS - upper body tight
feet better > ms - tender esp stomach upper + lower quad
Ham R shoulder + glutes

TREATMENT NO. 136

S =

Client been feeling tightness in her body in her hips esp R/L. Back been sore

DATE: 01/10/15

TIME: 5:30pm

PAID: \$88

REC.No: 1hr

AIR TEMP: 25

MUSIC: Noatak

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Relax

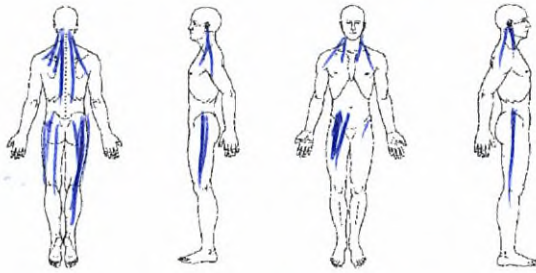
HT: Feet / Fair

CST: 1 tail

HST: 2 x ln

EXTRA: 2 x back

NEXT APPT:



O/A:

Hams + lbs tight
Deltoids tight per start
Es tight traps up right
Rhomb region comp

☒ Full Body ☐ STOMACH
☒ ARMS ☐ Prone ☒ Supine ☐ MS ☐ LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/ATAC/lbs
☒ Talked ☐ Quiet ☐ Breathing
 ROM 2 sec 2 ms
 FBAC felt better with Ms

P =

Back to school next week

TREATMENT NO. 137

S =

Client been feeling tightness in her body in R side still. Lx pain is improving

DATE: 23.10.15

TIME: 5:30pm

PAID: \$88

REC.No: 1hr

AIR TEMP: 25

MUSIC: Mix music

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Relax

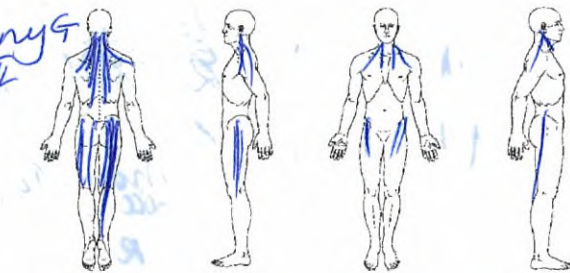
HT: Feet / Fair

CST: 1 tail

HST: 2 x ln

EXTRA: 2 x back

NEXT APPT:



O/A:

R side hams v. tight
Deltoids tight traps tight
Es tight per start
Rhomb region comp

☒ Full Body ☐ STOMACH
☒ ARMS ☐ Prone ☒ Supine ☐ MS ☐ LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps/GT
☐ Talked ☒ Quiet ☐ Breathing
 ROM 2 sec 2 ms
 FBAC felt better with Tr

P =

Perom client stretch out with Ms

TREATMENT NO. 138

S =

Client been feeling tightness in her body is OIC. Lx been sore

DATE: 12.11.15

TIME: 5:30pm

PAID: \$88

REC.No: 1hr

AIR TEMP: 25

MUSIC: Noatak

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Relax

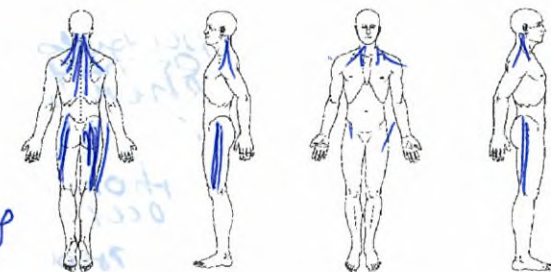
HT: Feet / Fair

CST: 1 tail

HST: 2 x ln

EXTRA: 2 x back

NEXT APPT:



O/A:

Both hips sore esp
Deltoids + traps tight
Es tight + short
Rhomb region comp

☒ Full Body ☐ STOMACH
☒ ARMS ☐ Prone ☒ Supine ☐ MS ☐ LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps
☐ Talked ☒ Quiet ☐ Breathing
 ROM 2 sec 2 ms
 FBAC felt tender spot

P =

Perom client stretch out legs / hips + help Lx region

TREATMENT NO. 139

S =

Client been feeling tightness in her body is going ok - hips / Lx been tight sore but better than previous

DATE: 3.12.15

TIME: 5:30pm

PAID: \$88

REC.No: 1hr

AIR TEMP: 25

MUSIC: Noatak

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Relax

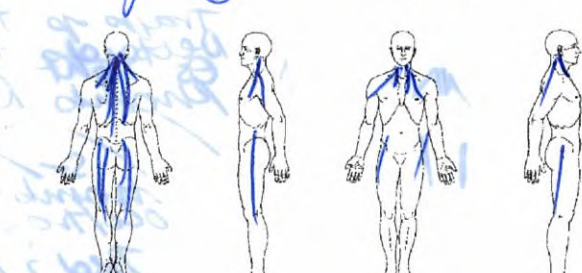
HT: Feet / Fair

CST: 1 tail

HST: 2 x ln

EXTRA: 2 x back

NEXT APPT:



O/A:

Hips tight. Felt tightness in
Deltoids + traps
Es + Qls
Rhomb region

☒ Full Body ☐ STOMACH
☒ ARMS ☐ Prone ☒ Supine ☐ MS ☐ LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps/traps
☐ Talked ☒ Quiet ☐ Breathing
 ROM 2 sec 2 ms
 FBAC felt better 2ms

P =

Perom client stretch out with body

TREATMENT NO. 140

DATE: 16.12.15

TIME: WEDS

PAID: 1hr

REC.No: 25

AIR TEMP: 25

MUSIC: 1/25

FACE CREST: 1/25

SUPINE SCENT: 1/25

OIL BLEND: 1/25

HT: 1/25

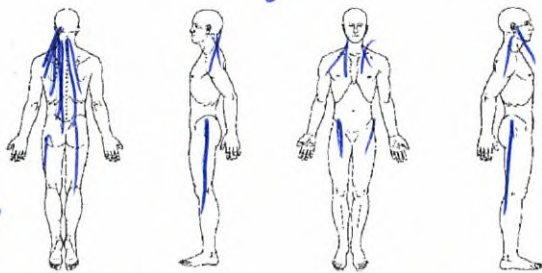
CST: 1/25

HST: 1/25

EXTRA: 1/25

NEXT APPT: 1/25

S = Client been feeling tightness has improved
some tightness in her Lx region - no bumps
O/A: Been swimming today



ES tight
Rhomb region long

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ham traps
Fx out traps / 1/2 claps
☐ Talked ☐ Quiet Breathing
ROM Toed > ms
FBACK felt better > ms

P = Reom move well over hol's

TREATMENT NO. 141

DATE: 6.1.16

TIME: \$88

PAID: 1hr

REC.No: 25

AIR TEMP: 25

MUSIC: 1/25

FACE CREST: 1/25

SUPINE SCENT: 1/25

OIL BLEND: 1/25

HT: 1/25

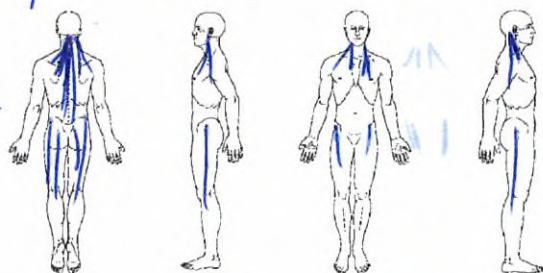
CST: 1/25

HST: 1/25

EXTRA: 1/25

NEXT APPT: 1/25

S = Client been feeling tightness in her Lx region
get off b' mark
O/A: Been painting + doing yoga, swim.



O/A: Pelv + ant. Traps up tight
Deltoids tight
ES tight + short
Rhomb region long

☐ Full Body ☐ STOMACH s/c legs + hips + Lx
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ham traps
Fx out / 1/2 claps / 1/2 claps
☐ Talked ☐ Quiet Breathing
ROM R v. diff + to left with hip not a
FBACK

P = Reom client stretch out with Tr + Lx regions

TREATMENT NO. 142

DATE: 19.1.16

TIME: \$88/hr

PAID: 1hr

REC.No: 25

AIR TEMP: 25

MUSIC: 1/25

FACE CREST: 1/25

SUPINE SCENT: 1/25

OIL BLEND: 1/25

HT: 1/25

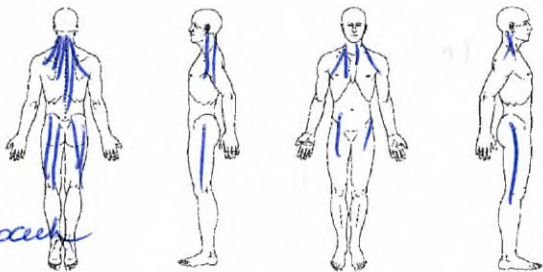
CST: 1/25

HST: 1/25

EXTRA: 1/25

NEXT APPT: 1/25

S = Client been feeling tightness in her body in
her Lx region ap rns. Minimal pain



O/A: Deltoids tight
ES tight
Rhomb region long

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ham traps
Fx out traps / 1/2 claps
☐ Talked ☐ Quiet Breathing
ROM Toed > ms
FBACK felt better > ms

P = Reom client stretch out to help ms

TREATMENT NO. 143

DATE: 17.2.16

TIME: \$88/hr

PAID: 1hr

REC.No: 25

AIR TEMP: 25

MUSIC: 1/25

FACE CREST: 1/25

SUPINE SCENT: 1/25

OIL BLEND: 1/25

HT: 1/25

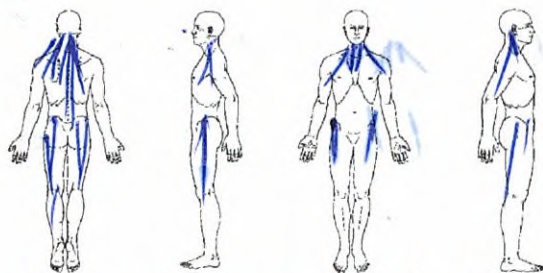
CST: 1/25

HST: 1/25

EXTRA: 1/25

NEXT APPT: 1/25

S = Client been feeling tightness in her body in
her hyp / Lx region



O/A: Traps up tight
Deltoids tight
ES tight
Rhomb region long

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ham traps
Fx out traps / 1/2 claps
☐ Talked ☐ Quiet Breathing
ROM Toed > ms
FBACK felt better > ms

P = Reom client stretch out with body

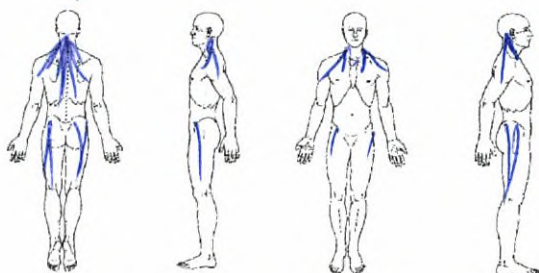
TREATMENT NO. 147

S = client been feeling tightness in her body in her hips

DATE: 10.03.16
 TIME: 10:30
 PAID: \$88
 REC.No: 147
 AIR TEMP: 10.03.16
 MUSIC: 10.03.16
 FACE CREST: 10.03.16
 SUPINE SCENT: 10.03.16
 OIL BLEND: 10.03.16

HT: 10.03.16
 CST: 10.03.16
 HST: 10.03.16

EXTRA: 10.03.16
 NEXT APPT: 10.03.16



O/A:

mt tense
 traps up tight
 es right + short
 rhomb region long

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps/scap
☐ Talked ☐ Quiet Breathing
 ROM Tsd > ms
 FBAC felt better > ms

P = Would though a lot of side-lying tenderness

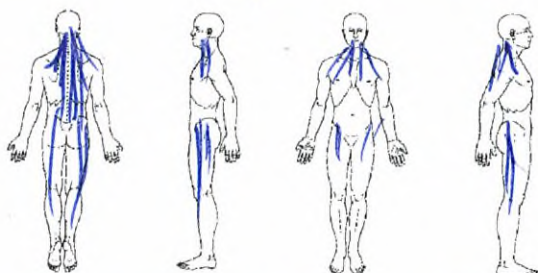
TREATMENT NO. 148

S = client been feeling tightness in her body in her hips/back been sore feels jammed up

DATE: 30.03.16
 TIME: 10:30
 PAID: \$88
 REC.No: 148
 AIR TEMP: 10.03.16
 MUSIC: 10.03.16
 FACE CREST: 10.03.16
 SUPINE SCENT: 10.03.16
 OIL BLEND: 10.03.16

HT: 10.03.16
 CST: 10.03.16
 HST: 10.03.16

EXTRA: 10.03.16
 NEXT APPT: 10.03.16



O/A:

pers tight
 traps up tight
 es right
 rhomb region long

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP occ/traps/scap
 Fx traps/g/med/scap
☐ Talked ☐ Quiet Breathing
 ROM Tsd > ms
 FBAC felt better > ms

P = Review client stretch out. See

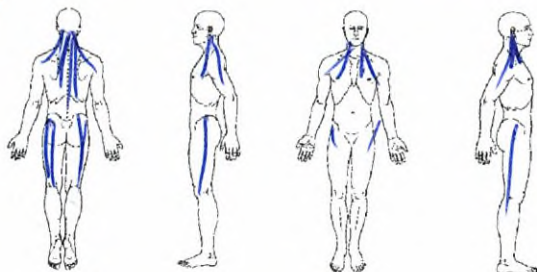
TREATMENT NO. 149

S = client been feeling tightness in her region + in her back been sore

DATE: 26.04.16
 TIME: 10:30
 PAID: \$88
 REC.No: 149
 AIR TEMP: 10.03.16
 MUSIC: 10.03.16
 FACE CREST: 10.03.16
 SUPINE SCENT: 10.03.16
 OIL BLEND: 10.03.16

HT: 10.03.16
 CST: 10.03.16
 HST: 10.03.16

EXTRA: 10.03.16
 NEXT APPT: 10.03.16



O/A:

traps up tight
 traps up tight
 es right
 rhomb region long

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps/scap
☐ Talked ☐ Quiet Breathing
 ROM Tsd > ms
 FBAC felt better with ms

P = Seen chiro, working on posture @ msc

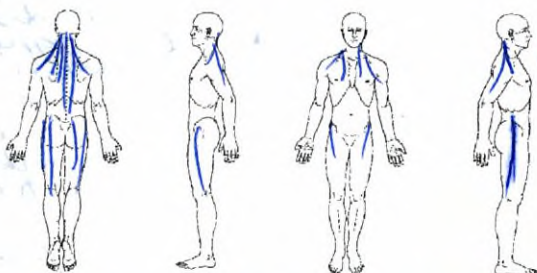
TREATMENT NO. 150

S = client been feeling tightness in her hips + shoulders tense

DATE: 25.05.16
 TIME: 10:30
 PAID: \$88
 REC.No: 150
 AIR TEMP: 10.03.16
 MUSIC: 10.03.16
 FACE CREST: 10.03.16
 SUPINE SCENT: 10.03.16
 OIL BLEND: 10.03.16

HT: 10.03.16
 CST: 10.03.16
 HST: 10.03.16

EXTRA: 10.03.16
 NEXT APPT: 10.03.16



O/A:

traps up tight
 traps up tight
 es right + short
 rhomb region long

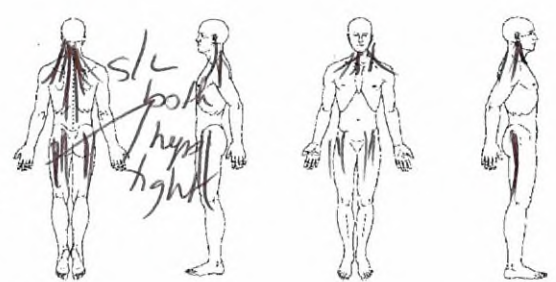
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/traps
 Fx occ/traps/scap
☐ Talked ☐ Quiet Breathing
 ROM Tsd > ms
 FBAC felt better > ms

P = Review client stretch out with body

151
TREATMENT NO. 148

S = Client been feeling tightness in her

DATE: 6.6.16
TIME: \$80
PAID: \$80
REC.No: 25
AIR TEMP: low
MUSIC: dom
FACE CREST: Relom
SUPINE SCENT: Relom
OIL BLEND: Feet 1/4
HT: 2 x in
CST: 2 x back
HST: client felt better
EXTRA: lemon
NEXT APPT:



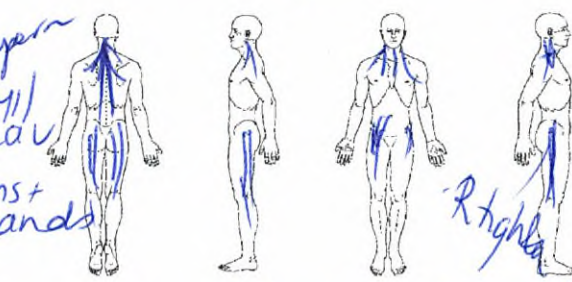
O/A: Pecs tight - Hams tight
Deltoids tight
ES tight - tight in shoulder
Rhomb region comp too
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP: occ traps / traps
Fx: rhomb / traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM: Tied > m. Quiet
FBACK: felt better > m.

P = Reiom client stretch out on bak ballo

TREATMENT NO. 149

S = Client been feeling tightness in her body in her hips / shoulders improving

DATE: 5.07.16
TIME: \$80
PAID: \$80
REC.No: 25
AIR TEMP: low
MUSIC: 4/4 / low
FACE CREST: dom
SUPINE SCENT: Relom
OIL BLEND: Feet 1/4 Arms + hands
HT: 2 x in
CST: 2 x back
HST: 2 x back
EXTRA:
NEXT APPT:



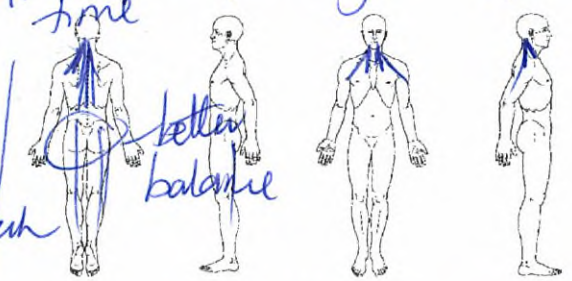
O/A: Dts tight - Pecs taut
Deltoids tense
ES tight + short
Rhomb region comp
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP: rhomb / g med / ham / trap
Fx: occ traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM: Tied > m. feels impro
FBACK: felt some spots less tender

P = Seen Julie x 2 for physio. Discussed improvement

TREATMENT NO. 150

S = Client been feeling tightness in her body improving. Upper tight from gardening (mattress)

DATE: 26.07.16
TIME: \$80
PAID: \$80
REC.No: 25
AIR TEMP: low
MUSIC: low
FACE CREST: dom
SUPINE SCENT: Relom
OIL BLEND: Mand / 1/4
HT: 2 x in
CST: 2 x back
HST: 2 x back
EXTRA:
NEXT APPT:



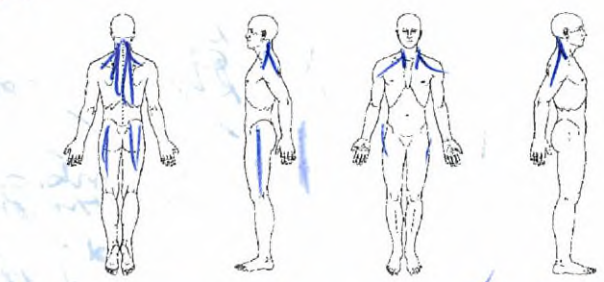
O/A: Pecs taut, trap up tigh
Deltoids tight
ES tight - feels better
Rhomb region comp
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP: rhomb / g med / ham
Fx: occ traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM: felt better > m
FBACK: stretching to help hips stay suppl

P = Seeing physio monthly now

TREATMENT NO. 151

S = Client been feeling tightness in her low region - ham + been doing too much with ex 5 this week

DATE: 18.08.16
TIME: \$80
PAID: \$80
REC.No: 25
AIR TEMP: low
MUSIC: low
FACE CREST: dom
SUPINE SCENT: Relom
OIL BLEND: Feet 1/4
HT: 2 x in
CST: 2 x back
HST: 2 x back
EXTRA:
NEXT APPT:



O/A: Traps tight
Pecs taut
Deltoids tight
ES tight - V. long still in the region
Rhomb region comp
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP: rhomb / g med / ham / trap
Fx: occ traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM: Tied > m
FBACK: felt better > m

P = Reiom client stretch out with body

TREATMENT NO. 152

DATE: 7.9.16
 TIME: \$98/hr
 PAID:
 REC.No:
 AIR TEMP: 25
 MUSIC: Ken Davis
 FACE CREST: Jay
 SUPINE SCENT: Lem
 OIL BLEND: Kelan
 HT: Feet / Face
 CST: @ Face
 HST: 2 x in
 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. 153

DATE: 29.09.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Mix Ms Eton
 FACE CREST: Jay
 SUPINE SCENT: Lem
 OIL BLEND: Kelan
 HT: Feet / Face
 CST: @ Face
 HST: 2 x in
 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. 154

DATE: 19.10.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Mix Ms 1-20
 FACE CREST: Jay
 SUPINE SCENT: Lem
 OIL BLEND: Kelan
 HT: Feet / Face
 CST: @ Face
 HST: 2 x in + 2 x back

EXTRA
 NEXT APPT:

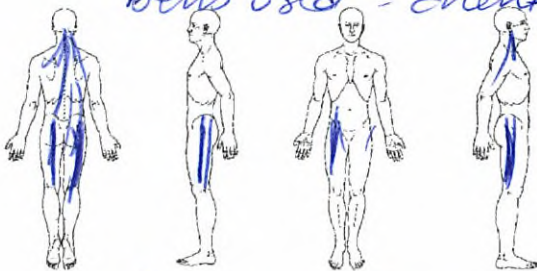
TREATMENT NO. 155

DATE: \$88
 TIME: 1hr
 PAID: 25
 REC.No:
 AIR TEMP: Jay
 MUSIC: Lem
 FACE CREST: Kelan
 SUPINE SCENT: 2 x in + 2 x back
 OIL BLEND: @ Face
 HT: Feet / Face
 CST: Feet / Face
 HST:

EXTRA
 NEXT APPT:

155 gift of Ms Oll

Client been feeling tightness in her
 hips still. Melbourne for hol's
 Bells used - client more alert today
 Hips tight



Rhomboids taut

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / g med / ham / traps
 Fx occ / traps / d / occ / traps
☐ Talked ☐ Quiet Breathing
 ROM Tsd > ms
 FBACK felt better > ms

EXTRA
 NEXT APPT:

TREATMENT NO. 153

DATE: 29.09.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Mix Ms Eton
 FACE CREST: Jay
 SUPINE SCENT: Lem
 OIL BLEND: Kelan
 HT: Feet / Face
 CST: @ Face
 HST: 2 x in
 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. 154

DATE: 19.10.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Mix Ms 1-20
 FACE CREST: Jay
 SUPINE SCENT: Lem
 OIL BLEND: Kelan
 HT: Feet / Face
 CST: @ Face
 HST: 2 x in + 2 x back

EXTRA
 NEXT APPT:

TREATMENT NO. 155

DATE: \$88
 TIME: 1hr
 PAID: 25
 REC.No:
 AIR TEMP: Jay
 MUSIC: Lem
 FACE CREST: Kelan
 SUPINE SCENT: 2 x in + 2 x back
 OIL BLEND: @ Face
 HT: Feet / Face
 CST: Feet / Face
 HST:

EXTRA
 NEXT APPT:

P=

S=

O/A:

P=

S=

O/A:

P=

S=

O/A:

P=

S=

O/A:

P=

S=

O/A:

P=

S=

O/A:

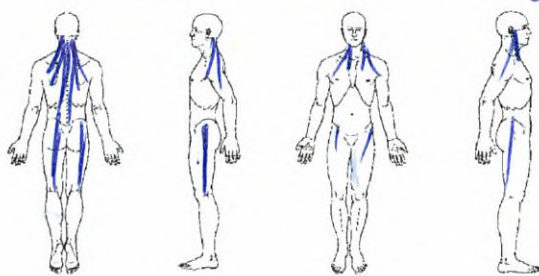
P=

S=

O/A:

159
156
TREATMENT NO. 156
DATE: 03.11.16
TIME: 9:30 hr.
PAID: \$88/hr.
REC.No: 25
AIR TEMP: 25
MUSIC: Low
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Below
HT: Feet 1 Fall
CST: ① Fall
HST: 2 x in
EXTRA: 2 x bath
NEXT APPT:

S = client been feeling tightness in her body in the upper & shoulders



Q/A:

Dependent right
right left
rhomb right comp

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP Rhomboid / neck / hand /
Fx overcap / discap
☐ Talked ☐ Quiet Breathing
ROM red > no
FBACK not better - me

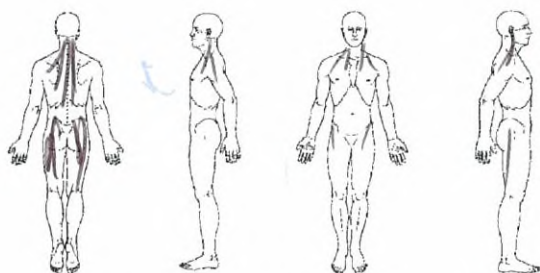
DATE: _____
NEXT APPT: _____

TREATMENT NO. 157 S = _____

DATE: 15.12.16
TIME: 8:30
PAID: 1hr
REC.No: 210
AIR TEMP: 25
MUSIC: Mix Ms
FACE CREST: day
SUPINE SCENT: lem
OIL BLEND: Belau
Agard Heng
HT 1 Fair
CST 2 x m
HST 2 x wash

EXTRA _____ P = _____
NEXT APPT: _____

S = Client been feeling tightness in her body in her shoulders / hips / arch



Q/A:

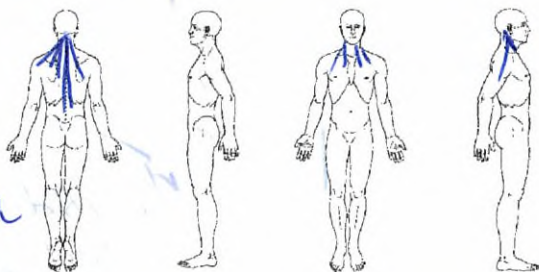
Pers tant happy ph
 es kndes hgt
 Phoms nron col

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP none to med then
 Fx trap/ribs
☐ Talked ☐ Quiet Breathing
 ROM bad 2 ms
 FBAC but better 3 ms

TREATMENT NO. 158

DATE: 17 01 17
TIME: TUES 230
PAID: 1hr.
REC.No:
AIR TEMP:
MUSIC: *Wu-fur Eton*
FACE CREST: *LOW*
SUPINE SCENT: *lem*
OIL BLEND: *palan*
2 x 1h + 2 x 60
HT: *Face*
CST:
HST: *feet / face*
EXTRA:
NEXT APPT: 162

S = Client been feeling tighter in her body in her shoulders. Back feeling OK 7 holds



O/A:

traps tight - slutes taut
 fets taut mbs taut
 traps up taut
 rhombs tight

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ ST ☐ Supine LEGS
 TP *hombg med trap*
 Fx *occ / sleep / est / mjt*
☒ Talked ☐ Quiet *ing*
 ROM *head to my neck*
 FBACK *Test tried bit*

TREATMENT NO. 159

DATE: 23.11

TIME: 5:55/hr

PAID: _____

REC.No: _____

AIR TEMP: 25

MUSIC: Mandarin

FACE CREST: See

SUPINE SCENT: Jem

OIL BLEND: Poloni

HT 2x6u + 2x6u

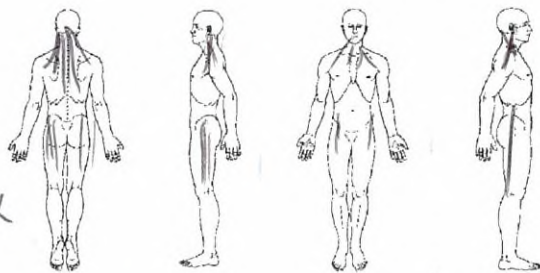
CST A Four

HST _____

EXTRA _____

NEXT APPT: _____

S= Client been feeling tightness in her body on her hips/shoulders been ok



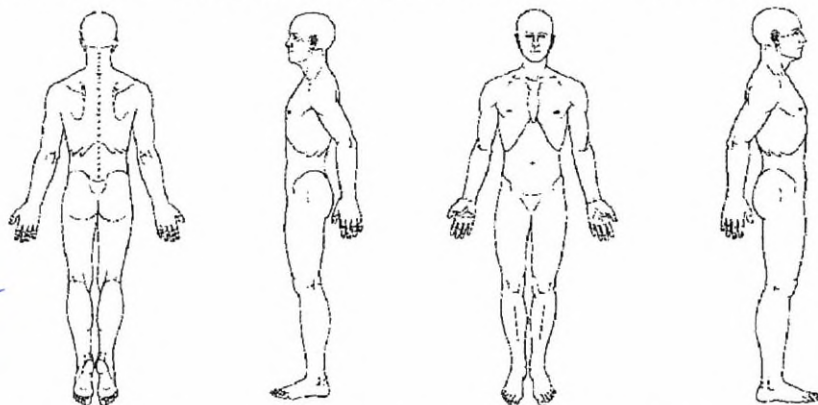
O/A:

When Ms. Wender +
Perotant: right back
Rhombus right ~~trapezoid~~ right

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP *rhomboid med / ham*
 Fx *trap / trap*
☐ Talked ☒ Quiet *Quiet* Breathing
 ROM *flex > ms*
 FBACK *feet better > ms*

p = Perom client stretch out with body

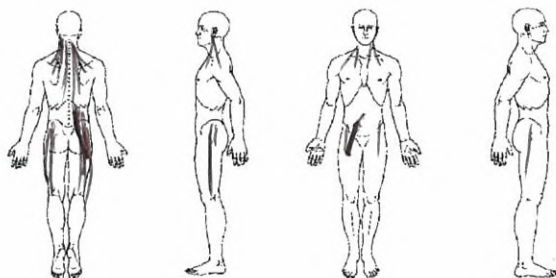
P = SUBJECTIVE (clients states) OBJECTIVE (therapist observations, treatment) ANALYSIS (what worked, didn't) PLAN (plans for next session, advice, goals)
 TOT. S = TALK (history/area/symptoms) OBSERVE (signs) TOUCH (Palpate) ACTIVE Movement (Client's ROM) PASSIVE Movement SKILLS Test (client co-ordination)
 Head (chin/ears) Trunk (spine) Shoulder (height/pro-retract) Arms (elbows/forearms/wrist/fingers) Hips (tilt) Knees (level) Ankles (toes/in-evert).
 Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion



OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

TREATMENT NO. 163 S = Client been feeling tightness in her body in her low region lately

DATE: 15.03.17
 TIME: 10:00
 PAID: \$88
 REC.No: 1hr. 25c
 AIR TEMP: 25c
 MUSIC:
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT Feet / Face
 CST (A) Face
 HST 2x low
 2x back
 EXTRA
 NEXT APPT:

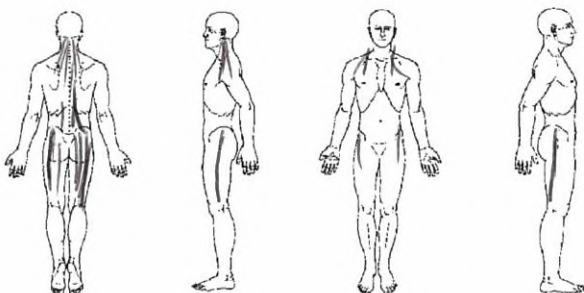


O/A:
 Pels tight. Traps up tight
 Dis tight. Hams tight
 ES tight + short.
☒ Full Body ☒ STOMACH Ms - psoas tight
 ARMS ☒ Prone ☒ Supine LEGS
 TP rhomb region / cong hips/hams
 Fx occ traps / traps / pels
☒ Talked ☒ Quiet Quiet Breathing
 ROM Bed > ms with movement
 FBACK feet better > ms

P = Client to keep stretching for ham / mbs / GLs

TREATMENT NO. 161 S = Client been feeling tightness in her low still - seeing physio for this

DATE: 29.03.17
 TIME: 10:00
 PAID: \$88
 REC.No: 1hr.
 AIR TEMP: 25c
 MUSIC:
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT Feet / Face
 CST (A) Face
 HST 2x low
 2x back
 EXTRA
 NEXT APPT:

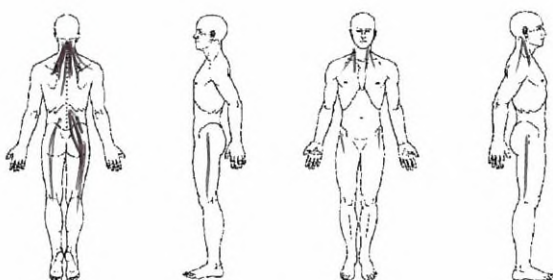


O/A:
 Glutes tight still. Boas tight
 Deltoids tight mbs tender
 ES tight Pels tight
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb / traps / glutes / mbs
 Fx occ traps / traps / pels
☒ Talked ☒ Quiet Quiet Breathing
 ROM Bed > ms
 FBACK stiff getting up

P = Reom client use fsiacrem on back

TREATMENT NO. 165 S = Client been feeling good after seeing chiro + physio shoulder bits off.

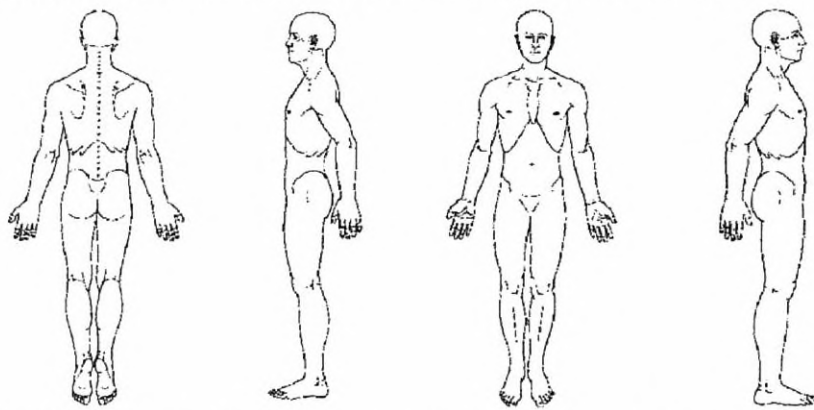
DATE: 11.04.17
 TIME: 10:00
 PAID: \$88 1hr
 REC.No: 25
 AIR TEMP: 25
 MUSIC:
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT Feet / Face
 CST (A) Face
 HST 2x low
 2x back
 EXTRA
 NEXT APPT:



O/A:
 Traps up tight. Pels tight
 Deltoids tight
 ES tight Pels tight
 Rhomb region cong + varado
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb / med / ham / traps
 Fx occ traps / traps
☒ Talked ☒ Quiet Quiet Breathing
 ROM Feeling ok
 FBACK Body moving ok > ms

P = Body responding well - discussed using heat on shoulders

SOAP **SUBJECTIVE** (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTALS = **TALK** (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)
Head (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion

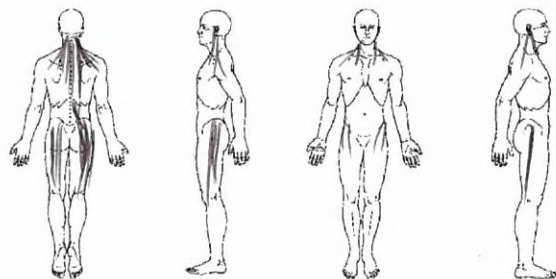


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

22/06/17 - Client been feeling good - body travelling well.
 FB (+ stom) Heat. TP rhomboids med/ham traps/SCs
 felt better > ms - softened muscles with ms
 moving + feeling quite well

TREATMENT NO. 166 S = Client's back been stiff + sore lately - peeing physio

DATE: 03.05.17
 TIME: 8:00
 PAID: \$88
 REC.No: 1hr
 AIR TEMP: 25°C
 MUSIC: 100
 FACE CREST: 100
 SUPINE SCENT: Lem
 OIL BLEND: kelson
 manditang
 HT: felt 1 face
 CST: 1 face
 HST: 2 x back

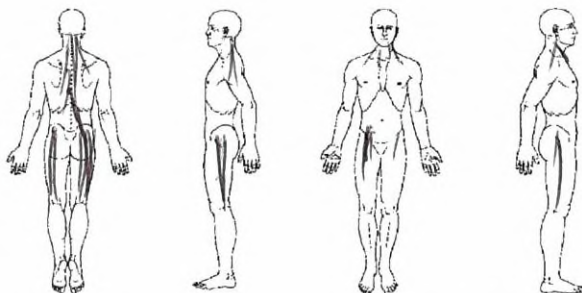


O/A:
 peris fault. Traps up tight
 ES tight. TRS tight
 Rhombos tight. Hams tight
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/traps/SCs
 Fx occ/traps/ES/als/ham
☐ Talked ☐ Quiet Breath
 ROM red > ms
 FBAC felt bit stiff > ms but
 red QLS/glide
 note

EXTRA
 NEXT APPT: P = Discussed using heat + stretching

TREATMENT NO. 167 S = Client's back + shoulder both been sore lately

DATE: 17.05.17
 TIME: 8:00
 PAID: \$88
 REC.No: Zen linam + too
 AIR TEMP: 25
 MUSIC: 100
 FACE CREST: 100
 SUPINE SCENT: Lem
 OIL BLEND: kelson
 HT: 2 x lu + 2 x back
 CST: 1 face
 HST: 1 face

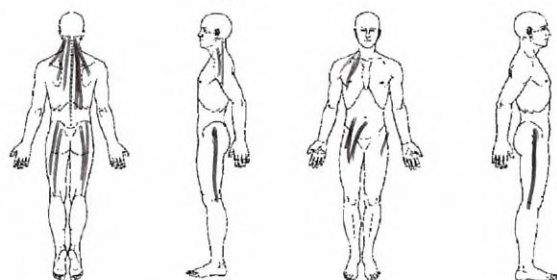


O/A:
 ES tight. TRS tight
 Traps up tight
 peris fault + SCs tight
 Rhombos tight + vased
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/gined/ham/traps
 Fx lues/TRS/ES/als
☐ Talked ☐ Quiet Breath
 ROM red > ms
 FBAC felt better > ms

EXTRA
 NEXT APPT: P = Review client stretch out + use zen

TREATMENT NO. 168 S = Client been feeling tightness in her body in her in region.

DATE: 31.05.17
 TIME: 8:00
 PAID: \$88/hr
 REC.No: 1hr
 AIR TEMP: 25°C
 MUSIC: 100
 FACE CREST: 100
 SUPINE SCENT: Lem
 OIL BLEND: kelson-manditang
 HT: felt 1 face
 CST: 1 face
 HST: 2 x back



O/A:
 Traps up tight + short
 Deltoids tight Hams tight
 ES tight peris fault
 Rhomb Neuron cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/gined/ham/traps
 Fx traps/SCs
☐ Talked ☐ Quiet Breath
 ROM red - back feeling
 FBAC better + moving better

EXTRA
 NEXT APPT: P = Review client stretch out with body

KIRI

169

S = client been feeling tenderness in hips

TREATMENT NO. 165

Office: ☐ Scanned & filed

DATE: 5.7.17

TIME:

AIR TEMP: 25°C

MUSIC: Norah J

FACE CREST: Lav

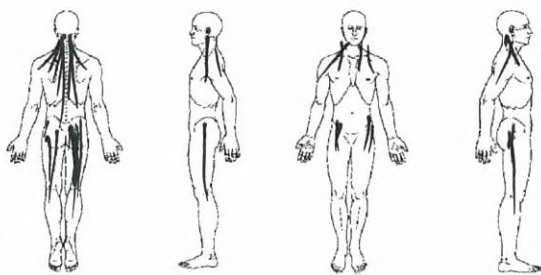
SUPINE SCENT: Lem

OIL BLEND: Relax

Hot Towel: Mandi / Tang

Cold Stones: Feet / Face

Hot Stones: 2x Lu



O/A:

Mams / traps tight
 Traps up tight
 Pecs tight
 Rhombs tight
 ASIS tight
 connections

Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb / g / med / ham / traps
 Fx occ / traps / l'scaps
☐ Talked ☐ Quiet
 ROM Used to help
 FBACK Feet better > Ms

P = Relax client stretch body

TREATMENT NO.

S = client been feeling tightness in her shoulders + hips

TREATMENT NO. 170

Office: ☐ Scanned & filed

DATE: 27/7/17

TIME: 4pm THURS

AIR TEMP: 25°C

MUSIC: Steve Harper

FACE CREST: Lav

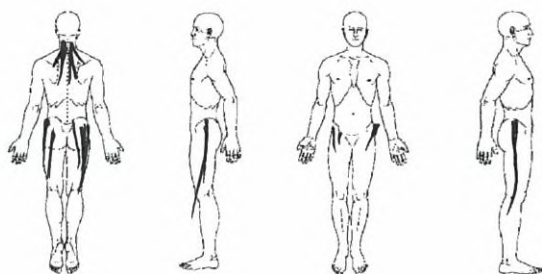
SUPINE SCENT: Lem

OIL BLEND: Relax

Hot Towel: Mandi / Tang

Cold Stones: Feet / ALH

Hot Stones: 2x Lu



O/A:

Traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong
 Pecs taut
 ITBs tender

Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb / g / med / ham / ITBs
 Fx occ / Pecs / l'scaps / ITBs
☐ Talked ☐ Quiet
 ROM occ / traps tight - discussed stretch
 FBACK Improved ROM

P = client to see physio re: Tx for hips.

TREATMENT NO.

S = client been feeling sore in her shoulders lately from school work. Hip managing ok with my physio

TREATMENT NO. 171

Office: ☐ Scanned & filed

DATE: 9.8.17

TIME: 4pm WEDS

AIR TEMP: 24°C

MUSIC: Don mcl

FACE CREST: Lav

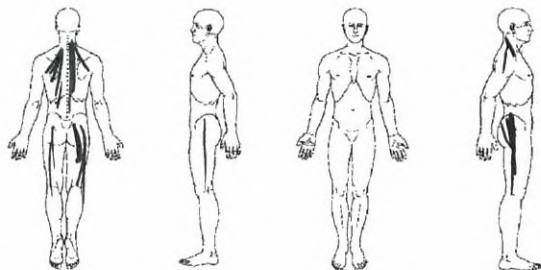
SUPINE SCENT: Lem

OIL BLEND: Relax

Hot Towel: Mandi / Tang

Cold Stones: Feet / Face

Hot Stones: Feet / Face



O/A:

S/L hips
 Deltoids tight
 ES tight
 Rhomb region cong
 ITBs tight
 Pecs tight
 psoas tight

Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb / g / med / ham / traps
 Fx occ / traps / ES / Wls
☐ Talked ☐ Quiet
 ROM Used > Ms
 FBACK Feet better with Tx

P = Discussed getting reg physio combined with Ms

TREATMENT NO. 172

S = client feeling good - glad H's "massage day" R Leg sore in hamstring still

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: 26.9.17

TIME: 2pm

AIR TEMP: TUES

MUSIC: Massage tunes

FACE CREST: Lav

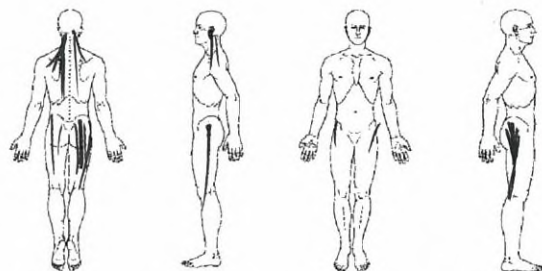
SUPINE SCENT: Lem

OIL BLEND: Relax

Hot Towel: Mandi / Tang

Cold Stones: Feet / Face

Hot Stones: 2x Lu



O/A:

S/L hips - mbs / TPLs / Wls tight
 Traps tight
 Rhombs taut
 ES tight
 ASIS taut

Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP ITBs / TPLs / Wls
 Fx occ / traps / achilles / H's
☐ Talked ☐ Quiet
 ROM traps
 FBACK Feet sore but "good pain" Relieved with Ms

P = Discussed reg Tx benefits

TREATMENT NO. 173

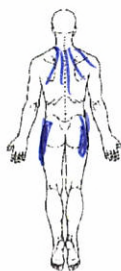
S = 7 hips General Maint. back going well.

DATE: 13/11/17
TIME: 4.30
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: Girls
FACE CREST: _____
SUPINE SCENT: Lemon
OIL BLEND: 1/L

HT 5'2 feet, 2 chest
CST _____
HST Lx & back

EXTRA _____
NEXT APPT: 11/12/17

Kiri Clark



O/A: Glutes etc ↑ QL ↑
scaps, traps, ↑
side lying hips.

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒
TP _____
Fx _____
☐ Talked ☒ Quiet quiet Breathing
ROM _____
FBACK _____

P = * try cupping u. back & glutes / ITB next visit with permission.

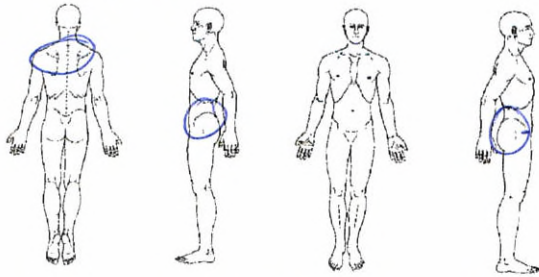
174

TREATMENT NO. 167

S = hips & v. back / shoulders.

Kiri Clark

DATE: 11/12/17
 TIME: 11-30
 PAID: 888
 REC.No: 880
 AIR TEMP: 22
 MUSIC: Mass lang
 FACE CREST:
 SUPINE SCENT: lemon.
 OIL BLEND: 1/1 Almond
 HT: Feet chest
 CST:
 HST: -



O/A: glutes etc ↑
 v-traps ↑

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS lateral, prior
 TP v-traps. etc.
 Fx
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK enjoyed cupping ITB, err sp

EXTRA cupping
 NEXT APPT:

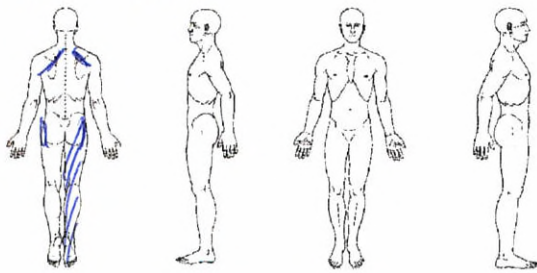
P = (lateral also for hips.) use roller at home.

TREATMENT NO. 168

S = ② side glutes to calf. Vossing

Kiri Clark

DATE: 9/2/18
 TIME: 3:40 pm 1hr
 PAID:
 REC.No:
 AIR TEMP: 23
 MUSIC: mass tunes
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND:
 HT: Feet, chest
 CST:
 HST: glutes, v. back



O/A: ② glutes ↑ working
 for ②. ② hammy ↑

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS prone & lateral
 TP
 Fx
☐ Talked ☒ Quiet calm Breathing
 ROM
 FBACK enjoyed cupping

EXTRA
 NEXT APPT: 9th March

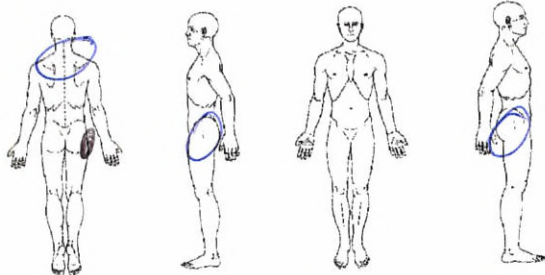
P = NO orange E-oil. * Try cupping with permission lateral, v

TREATMENT NO. 168

S = ② hip. New orthotics - seeing it affects hip

Kiri

DATE: 7/13/18
 TIME: 5 pm 1hr
 PAID: 888
 REC.No:
 AIR TEMP: 23
 MUSIC: Dido
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND: 1/1
 HT:
 CST:
 HST:



O/A: ① glutes & calf ↑
 ② v good.

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS ✓
 TP glutes
 Fx
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK

EXTRA
 NEXT APPT:

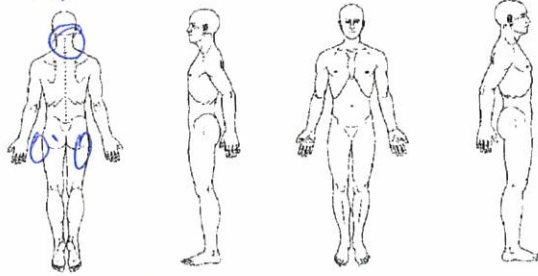
P = lateral for hips. cupping-offer ITB etc D-T

TREATMENT NO. 177

S = orthotics - feeling good.

DATE: 4/4/18
 TIME: 10:20am
 PAID: _____
 REC.No: _____
 AIR TEMP: 23
 MUSIC: All
 FACE CREST: _____
 SUPINE SCENT: lemon
 OIL BLEND: _____
 HT x2
 CST _____
 HST x4
 EXTRA _____
 NEXT APPT: _____

Kiri C



O/A: v-back & neck T
err spin. T.
h.p. & QL a little
☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS back & lat
 TP _____
 Fx _____
☐ Talked ☒ Quiet _____ Brea
 ROM _____
 FBACK _____

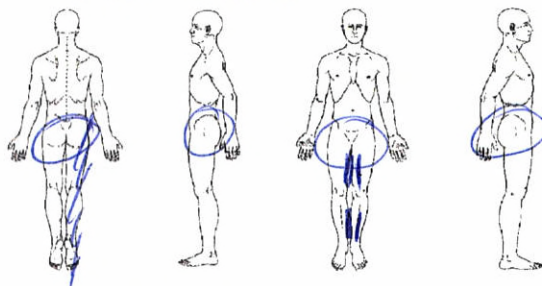
P = DT lateral ? cups on scaps / v traps.

TREATMENT NO. 178

S = inner legs & hips

DATE: 11/4/18
 TIME: 10am
 PAID: \$85
 REC.No: _____
 AIR TEMP: 24 *
 MUSIC: Don Mc G
 FACE CREST: _____
 SUPINE SCENT: lemon
 OIL BLEND: _____
 HT x2
 CST _____
 HST x4
 EXTRA _____
 NEXT APPT: May 2016

Kiri Clark



O/A: no lateral today -
extra on inner legs.

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS ☒
 TP _____
 Fx mid traps.
☐ Talked ☒ Quiet _____ Breat
 ROM _____
 FBACK _____

P = lateral also usually.
feels the cold

Kiri Clark

DOB

Occupation

31 Aug 1972

Teacher/ Guidance Officer

Appointments

Date	Time	Type	Practitioner
7 Sep 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
10 Aug 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
27 Jul 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
30 Jun 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
1 Jun 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
18 May 2025	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
21 Apr 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
26 Mar 2025	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Mar 2025	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Feb 2025	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jan 2025	2:45PM – 3:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Jan 2025	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Dec 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Nov 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Nov 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Oct 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
23 Sep 2024	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Aug 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jul 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Jul 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
19 May 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
5 May 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
21 Apr 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Apr 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Mar 2024	1:30PM – 2:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
24 Feb 2024	1:30PM – 2:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
20 Jan 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jan 2024	12:45PM – 1:45PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
29 Sep 2023	2:20PM – 3:20PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Sep 2023	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Jul 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
3 Apr 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Mar 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Aug 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jul 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
4 Jun 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
17 Jan 2022	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Sep 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jul 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jun 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Apr 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Mar 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
6 Feb 2021	11:00AM – 12:00PM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
16 Jan 2021	10:30AM – 11:30AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
5 Dec 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
14 Mar 2020	10:00AM – 11:00AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
8 Feb 2020	10:00AM – 11:00AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
6 Jan 2020	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
17 Dec 2019	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
6 Nov 2019	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
23 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
21 Aug 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke

Date	Time	Type	Practitioner
5 Jul 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
5 Jul 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke
27 Mar 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
27 Feb 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
23 Jan 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
7 Nov 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
31 Oct 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
26 Sep 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 Aug 2018	3:50PM – 4:50PM	60 minute Massage	Marina Franke
18 Jul 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
13 Jun 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
29 Mar 2017	3:30PM – 4:30PM	60 minute Massage	Christine Jervis
15 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
7 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 10 Aug 2025, 3:00PM</p> <p>Created: 10 Aug 2025, 4:26PM</p> <p>Last updated: 10 Aug 2025, 4:27PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip

history or client info)	sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Ken Davis and Ian Cam</p> <p>Aromatherapy - lab peppermint</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>5 extra minutes of massage added.</p> <p>Much better than previous visit.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Tightness in ITBs, back and shoulders still plus R side hammy still tight but better than previous
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 1 month
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 27 Jul 2025, 1:30PM</p> <p>Created: 27 Jul 2025, 2:44PM</p> <p>Last updated: 27 Jul 2025, 2:57PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - enya</p> <p>Aromatherapy - lab peppermint</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>5 extra minutes of massage added.</p> <p>Also especially jammed up</p>

What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Tightness in ITBs, back and shoulders still plus R side hammy still tight.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some more regular massage for sore R hip
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 2025, 3:00PM
Created: 30 Jun 2025, 5:33PM
Last updated: 30 Jun 2025, 5:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back

	Hot Wet Towels - Face and feet
	Topical Treatment - Fisiocrem on shoulders
	Music - enya
	Aromatherapy - relax tincture
	FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.
	5 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Tightness in ITBs, back and shoulders still plus R side hammy still tight.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis	
Appointment: 1 Jun 2025, 4:30PM	
Created: 1 Jun 2025, 5:38PM	
Last updated: 5 Jul 2025, 9:05PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, doing more exercise. R ITB and hip sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e.	

conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Indian mix</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>5 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Tightness in ITBs, back and shoulders still plus R side hammy.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching out with exercise
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 May 2025, 2:30PM
Created: 18 May 2025, 5:22PM
Last updated: 18 May 2025, 5:23PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's body feeling tight, doing more exercise. Low back and R ITB and hip sore still.

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders
Music - Ian Cam Smith 2
Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLs and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

5 extra minutes of massage added.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy.

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

Discussed how massage helps

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Apr 2025, 4:00PM
Created: 21 Apr 2025, 5:24PM
Last updated: 21 Apr 2025, 5:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's body feeling tight, doing more exercise and house jobs on holidays. Low back and R ITB and hip sore.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders
Music - Mod Girls KD lang
Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

5 extra minutes of massage added.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck /

Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage helps
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 26 Mar 2025, 4:00PM Created: 26 Mar 2025, 5:46PM Last updated: 26 Mar 2025, 5:47PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, doing more exercise. Low back and R ITB and hand sore.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet

	Topical Treatment - Fisiocrem on shoulders Music - Ian Cam 2 Aromatherapy - extreme pain blend FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today. 5 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed rolling out on RHS ITBs
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 9 Mar 2025, 2:30PM Created: 9 Mar 2025, 3:54PM Last updated: 9 Mar 2025, 3:56PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, doing more exercise. Low back sore. Broke up with partner this month.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Acker Bilk oldies</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLs and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>5 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders still.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 3 weeks, would like a holiday massage too
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 Feb 2025, 2:30PM
Created: 9 Feb 2025, 3:37PM
Last updated: 18 Mar 2025, 9:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, doing exercise. Low back sore.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Acker Bilk oldies</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>10 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed exercise.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 2 Jan 2025, 3:00PM**Created:** 17 Jan 2025, 10:57PM**Last updated:** 17 Jan 2025, 10:58PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's body feeling tight, doing exercise on holidays.

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Medication or relevant procedures / info identified that may affect the massage.**

Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - R side tighter.

Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders

Music - Acker Bilk oldies

Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

10 extra minutes of massage added.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays and increasing exercise load.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Jan 2025, 2:45PM Created: 16 Jan 2025, 3:53PM Last updated: 16 Jan 2025, 3:55PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, lots of exercise done lately
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders Music - Ken Davis and Ian Cam Smith Aromatherapy - extreme pain blend

	FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.
	7 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Dec 2024, 3:00PM Created: 13 Dec 2024, 4:27PM Last updated: 13 Dec 2024, 4:30PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tightness is ok. Been doing no exercise, home sick with a minor cold. Bali was great. Still sniffing. Sick again. Cold returned when she got home this week.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter.

	Any precautions / Red Flags - no.
	Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Enna</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>10 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tenderness in ITBs and hops especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see after New Years
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 20 Nov 2024, 4:00PM</p> <p>Created: 20 Nov 2024, 5:26PM</p> <p>Last updated: 20 Nov 2024, 5:28PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tightness is ok. Been doing no exercise, home sick with a minor cold. Still sniffing.

Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Mod Gorls KD Lang</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tenderness in ITBs.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see after Bali holiday.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 3 Nov 2024, 1:30PM Created: 3 Nov 2024, 3:15PM Last updated: 3 Nov 2024, 3:17PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight in usual areas. Been doing pump and step classes
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders Music - Enja Aromatherapy - extreme pain blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas. 10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks on a Weds.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 9 Oct 2024, 4:00PM Created: 10 Oct 2024, 7:21PM Last updated: 10 Oct 2024, 7:24PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff. Needing a massage today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders Music - Yanni 2 Aromatherapy - extreme pain blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.

	10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks on a Sunday again.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Sep 2024, 10:30AM Created: 23 Sep 2024, 12:39PM Last updated: 23 Sep 2024, 1:51PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff. Needing a massage
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Yanni 2</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Much stiffer this week and needing treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks during the week. Back doing more exercise - tried step class.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 8 Sep 2024, 1:00PM</p> <p>Created: 8 Sep 2024, 2:07PM</p> <p>Last updated: 8 Sep 2024, 2:31PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders Music - Yanni 2 Aromatherapy - relax blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas. 10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Much stiffer this week.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Jul 2024, 1:00PM Created: 28 Jul 2024, 3:50PM	

Last updated: 28 Jul 2024, 3:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's body sore and feeling tight in lower back and R hip

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - R side tighter.

Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders

Music - Ken Davis

Aromatherapy - pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.

10 extra minutes of massage added.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Loved massage. Moving much better

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Enjoying treatment - see in 2 weeks

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Jun 2024, 1:00PM
Created: 14 Jul 2024, 10:16PM
Last updated: 14 Jul 2024, 10:17PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's body sore

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders
Music - Enya
Aromatherapy - lavender relax blend

FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.

10 extra minutes of massage added.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Jul 2024, 1:00PM Created: 14 Jul 2024, 3:50PM Last updated: 14 Jul 2024, 3:52PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's still feeling some tension
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders

	Music - Yanni if there Aromatherapy - lavender relax blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas. 10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really great
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	feeling better than last week, see again in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 3 Jul 2024, 4:00PM Created: 4 Jul 2024, 8:30AM Last updated: 4 Jul 2024, 8:31AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's feeling some tension since her last massage. Still all body feeling a bit stiff and sore. Needing a massage. Painting fence today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained.

	ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders Music - Ken Davis Aromatherapy - lavender relax blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas. 10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really great
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 1 week on Sunday for some more work as she is feeling sore at the moment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 2 Jun 2024, 1:00PM Created: 2 Jun 2024, 2:34PM Last updated: 2 Jun 2024, 2:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client's feeling some tension since her last massage. Still all body

history or client info)	feeling a bit stiff and sore. Did Yoga this morning
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Ken Davis</p> <p>Aromatherapy - lavender relax blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in another 2 weeks - she is really enjoying how much regular treatment is helping.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 5 May 2024, 12:45PM**Created:** 5 May 2024, 2:23PM**Last updated:** 5 May 2024, 2:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's feeling some tension since her last massage. Really sore knees lately and all body feeling a bit stiff

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Medication or relevant procedures / info identified that may affect the massage.**

Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.
 ROM - checked today. r esp restricted
 Covid compliance checked.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders
 Music - Enya
 Aromatherapy - lavender relax blend

FB remedial - ITBs/TFLs and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.

5 extra minutes of massage added.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart	
Feedback after treatment -	Felt really good afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in another 2 weeks - she is really enjoying her treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 21 Apr 2024, 12:45PM Created: 21 Apr 2024, 4:28PM Last updated: 21 Apr 2024, 4:29PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's feeling some tension since her last massage. Really sore L side from holiday work
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. r esp restricted Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet Topical Treatment - Fisiocrem on shoulders

	Music - Ian Can smith Aromatherapy - lavender relax blend FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas. 5 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing her again in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 3 Apr 2024, 3:00PM Created: 3 Apr 2024, 4:23PM Last updated: 3 Apr 2024, 4:26PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's feeling some tension since her last massage.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. r esp restricted

	<p>Covid compliance checked.</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - tunes</p> <p>Aromatherapy - h20 lavender relax blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.</p> <p>15 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great especially with more extra time
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing her again soon
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 9 Mar 2024, 1:30PM</p> <p>Created: 9 Mar 2024, 2:47PM</p> <p>Last updated: 10 Mar 2024, 2:24PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client's still been feeling good since her last massage. Usual

history or client info)	tension areas. Checked rom neck
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - checked today. r esp restricted</p> <p>Covid compliance checked.</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4.</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Ian Can Smith</p> <p>Aromatherapy - h20 lavender relax blend</p> <p>FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.</p> <p>15 extra minutes of massage added.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great especially with more extra time
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how much she found the regular massage helpful
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Feb 2024, 1:30PM
Created: 24 Feb 2024, 1:27PM
Last updated: 24 Feb 2024, 5:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's still been feeling better since her last massage

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders
Music - Saxophone music
Aromatherapy - h20 lavender relax blend

FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.

15 extra minutes of massage added.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Felt great especially with extra time .
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how much she found the regular massage helpful
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Jan 2024, 1:30PM
Created: 20 Jan 2024, 3:08PM
Last updated: 20 Jan 2024, 3:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's been feeling better since her last massage

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders
Music - Carl Chang and don mcg
Aromatherapy - h20 lavender relax blend

FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal

abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.

15 extra minutes of massage added.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt really good! Client really enjoyed the massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed how much she found the massage helpful and she would like more regular treatment again.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 5 Jan 2024, 12:45PM

Created: 6 Jan 2024, 5:27AM

Last updated: 6 Jan 2024, 5:29AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's knees still hurting with squatting, back been sore from gardening. Sunburnt.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client	Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet. Topical Treatment - Fisiocrem on shoulders Music - Yanni if there Aromatherapy - h20 lavender relax blend FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas. 15 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good! Client really enjoyed the massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	All moved in now. Pool in the new place - discussed using that to move and seeing Physio to check about knee pain. Suggested free Sauna next time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Sep 2023, 2:20PM
Created: 30 Sep 2023, 2:27PM
Last updated: 30 Sep 2023, 2:27PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight. Feeling better after last week's massage

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

Medication or relevant procedures / info Injury

identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet. Topical Treatment - Fisiocrem on shoulders Music - Mod Girls Mix Aromatherapy - h20 lavender relax blend FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good!
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed moving - using removalists
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Sep 2023, 2:30PM
Created: 22 Sep 2023, 4:54PM
Last updated: 22 Sep 2023, 4:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's hip and shoulders tight. Selling/buying a house so lots happening. Busy in the garden

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders
Music - Mod Girls Mix
Aromatherapy - h2o lavender relax blend

FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt really great :-)

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

Discussed moving

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 7 Jul 2023, 1:00PM**Created:** 7 Jul 2023, 2:47PM**Last updated:** 7 Jul 2023, 2:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's hip and shoulders tight. Been a long time since treatment

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Medication or relevant procedures / info identified that may affect the massage.**

Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.
 ROM - not checked today.
 Covid compliance checked.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders
 Music - Yanni if there
 Aromatherapy - h20 sports

FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart**Feedback after treatment -**

Felt really good after treatment :-)

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

Discussed getting some regular treatment

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Apr 2023, 1:00PM

Created: 3 Apr 2023, 2:11PM

Last updated: 3 Apr 2023, 2:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's hip and shoulders tight.

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders
Music - Yanni if there
Aromatherapy - h20 sports

FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on traps - v.cong still.

	Sports oil very strong on face.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed enjoying holiday break
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Mar 2023, 1:00PM
Created: 12 Mar 2023, 4:03PM
Last updated: 12 Mar 2023, 4:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4.

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders

Music - Yanni if there

Aromatherapy - Cream

FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on traps - v.cong still.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt great after massage :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Client enjoyed getting some remedial treatment again

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 8 Sep 2022, 12:45PM

Created: 8 Sep 2022, 4:04PM

Last updated: 8 Sep 2022, 4:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight. Neck and R shoulder been sore bit better than last visit. Enjoying 4 weeks off.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - not checked today.
 Covid compliance checked.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders

Music - Yanni if there

Aromatherapy - Cream

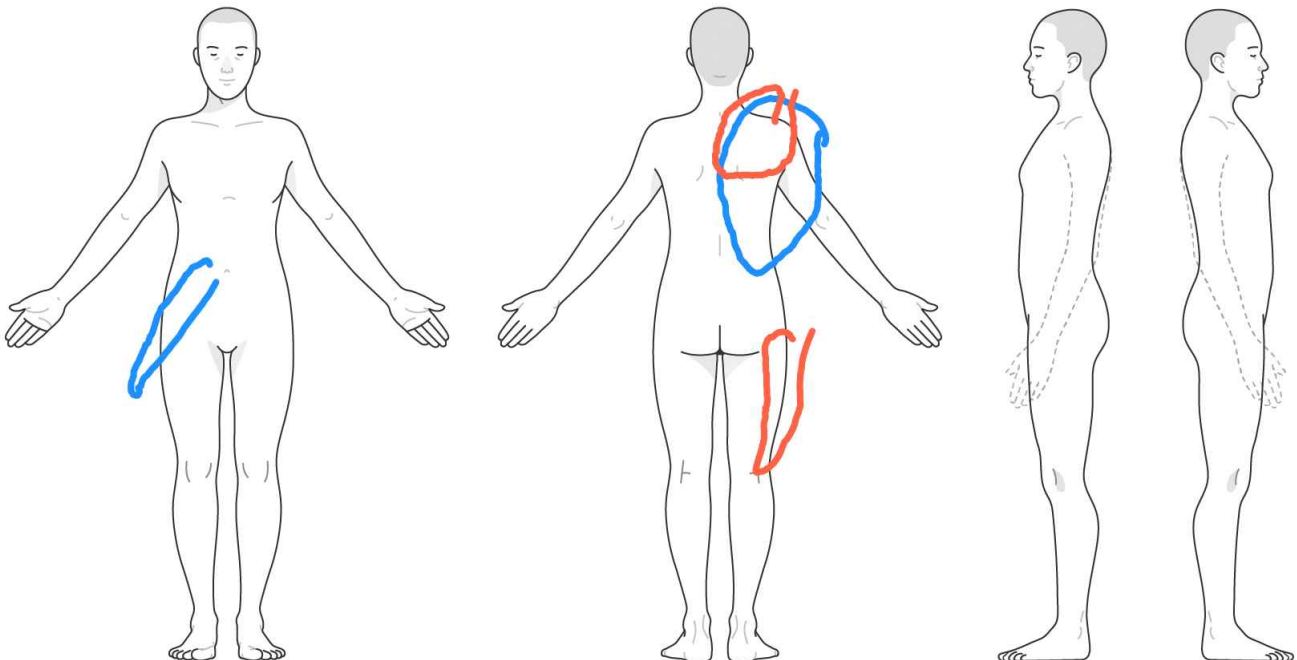
FB remedial - ITBs/TFLs and Qld/piriformis released RHS side lying and minimal abdominal work done. Extra work on R up trap - v.cong still.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart**Feedback after treatment -**

Felt great after - many sore spots today :-)

Plan for future results / treatment /

Discussed seeing physio if shoulder continues. Will be good to have a break with her

progress / homework (including
discussion with client, advice, stretches)

holidays and 4 weeks off.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 6 Aug 2022, 10:20AM

Created: 10 Aug 2022, 4:51AM

Last updated: 10 Aug 2022, 4:52AM

Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical
history or client info)**

What's going on now - client's hip and shoulders tight. Neck and R shoulder been sore.

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

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

Injury

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

**Assessment / Testing done (including
ROM) / Observations**

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

**Treatment details - what was done today
to help the client**

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.
Music - Ian Cam Smith 2
Aromatherapy - Cream Peppermint

Same as last time -

FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment RHS to help with her back and hips and legs. Extra work on R up trap - v.cong.

What parts of the body were massaged?	Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after - many sore spots today :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing physio regarding shoulder as it's really jammed up.

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

Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Jul 2022, 10:20AM
Created: 16 Jul 2022, 11:38AM
Last updated: 16 Jul 2022, 11:39AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight. Long time since last massage!
 Had chiro in holidays. Neck and R shoulder been sore.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - not checked today.
 Covid compliance checked.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.
 Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4.
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.

Music - Ian Cam Smith 2

Aromatherapy - Cream Peppermint

Same as last time -

FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment RHS to help with her back and hips and legs. Extra work on R up trap - v.cong.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt great after massage :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some more regular treatment again.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 4 Jun 2022, 10:20AM

Created: 4 Jun 2022, 11:40AM

Last updated: 4 Jun 2022, 11:41AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight. Long time since last massage!

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

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

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

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on hips. Music - Ian Cam Smith 2 Aromatherapy - Cream Peppermint</p> <p>Same as last time - FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more regular treatment again.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Jan 2022, 1:00PM
Created: 18 Jan 2022, 6:15AM
Last updated: 18 Jan 2022, 6:16AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip and shoulders tight. Long time since last massage.

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

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on hips. Music - Ian Cam Smith Aromatherapy - Mand/Tang. Spray - Jasmine.</p> <p>FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed new schedule for new year ahead.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Sep 2021, 1:00PM
Created: 8 Oct 2021, 11:23AM
Last updated: 8 Oct 2021, 11:24AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's hip still sore. Seen podiatrist to help with feet. Busy cleaning on holidays.

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.
Music - Ian Cam Smith
Aromatherapy - Mand/Tang.
Spray - Jasmine.

FB remedial - ITBs/TFLs released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt improvement after treatment :-)

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

Talked about podiatrist.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 28 Jun 2021, 2:30PM

Created: 30 Jul 2021, 10:45AM

Last updated: 30 Jul 2021, 10:47AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip still sore. Been busy during school term and ready for holidays now.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.
Music - Ian Cam Smith
Aromatherapy - Mand/Tang.
Spray - Jasmine.

FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt improvement :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Talked about physio exercises.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 5 Jul 2021, 2:30PM**Created:** 30 Jul 2021, 10:42AM**Last updated:** 30 Jul 2021, 10:44AM**Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info) What's going on now - client's hip still sore but feeling ok on holiday break.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Zen on shoulders
Music - Yanni if there.
Aromatherapy - Mand/Tang.
Spray - Jasmine.

FB remedial - ITBs/TFLs released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Felt good :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular massage again - puppy school is finished.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Apr 2021, 1:00PM
Created: 23 Apr 2021, 10:33AM
Last updated: 23 Apr 2021, 10:35AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip been very sore still. Seen physio for treatment.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Zen on shoulders
Music - Yanni if there.
Aromatherapy - Mand/Tang.
Spray - Jasmine.

No side-lying today. FB remedial - ITBs/TFLS released from supine work today.
Abdominal work done. Mask on for Covid.

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs

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

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt good with treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Seen physio. Puppy school starting so not sure when she'll be back for further treatment.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 6 Mar 2021, 10:30AM

Created: 14 Mar 2021, 8:28AM

Last updated: 14 Mar 2021, 8:29AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip been very sore still. Seen chiro but still sore.

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Zen on shoulders
Music - Yanni if there.

Aromatherapy - Mand/Tang.
Spray - Neroli

Side-lying today. FB remedial - ITBs/TFLS released from supine work today. Abdominal work done.

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt good with treatment. Enjoyed side-lying treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed seeing physio if hip troubles continue.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 16 Jan 2021, 10:30AM

Created: 4 Mar 2021, 12:04AM

Last updated: 4 Mar 2021, 12:05AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip been very sore over hols.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Covid compliance checked.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

Treatment details - what was done today to help the client	Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet. Topical Treatment - Fisiocrem on shoulders Music - Modern Music - Tunes - Acker Bilk Aromatherapy - Mand/Tang. Spray - Jasmine No side-lying today. FB remedial - ITBs/TFLs released from supine work today. Abdominal work done.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good with treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing chiro soon on the holidays.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Feb 2021, 11:00AM
Created: 3 Mar 2021, 11:56PM
Last updated: 3 Mar 2021, 11:57PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's hip been very sore. Off to chiro soon.

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

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

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

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on shoulders Music - Modern Music - Tunes - Acker Bilk Aromatherapy - Mand/Tang. Spray - Jasmine</p> <p>No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Working on body balance - seeing chiro again soon.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Dec 2020, 10:45AM
Created: 6 Dec 2020, 7:45AM
Last updated: 6 Dec 2020, 7:47AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client had a busy school term. Hips and knees been sore. No physio appointments booked - hasn't had massage in ages.

Details of Medications / Red Flags etc (i.e.

conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.</p>
Treatment details - what was done today to help the client	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on shoulders Music - Modern Music - Tunes - Acker Bilk Aromatherapy - Mand/Tang. Spray - not used today.</p> <p>No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment. Some tenderness. Been a while since massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See on the school holidays for some more work on her body balance. Home for holidays.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 14 Mar 2020, 10:00AM
Created: 15 Mar 2020, 4:36AM
Last updated: 15 Mar 2020, 4:38AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client had a busy school term. Hips been a bit sore. Knee is resolving - just needs to stretch more to help. No physio appointments booked - seeing regular Massage and Chiro.

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips
Music - Modern Music - Doc McGreggor
Aromatherapy - Mand/Tang.
Spray - Orange

No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt good after treatment.

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

See on the school holidays for some more work on her body balance. Quiet holidays coming up.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 8 Feb 2020, 10:00AM

Created: 8 Feb 2020, 9:55AM

Last updated: 8 Feb 2020, 11:20AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - mulching in garden - very sore. Back twinged after that.
Feedback from previous treatment - still getting regular Tx at chiro and physio. Glad she has a massage on today.

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips
Music - Modern Music - norah jones
Aromatherapy - Mand/Tang.
Spray - Lavender.

Lots of lower body work. Lx side-lying and ITBs, piriformis v tight.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt good after treatment. Worked especially on hips/back today.

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

See what physio diagnoses for knee.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 6 Jan 2020, 4:00PM**Created:** 6 Jan 2020, 3:57PM**Last updated:** 8 Feb 2020, 11:17AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - Knee pain - crunching. Physio Julie said coming from knee.
 Feedback from previous treatment - getting regular Tx at chiro and physio and massage/hair place.

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Medication or relevant procedures / info identified that may affect the massage.**

Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.
 ROM - checked today.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

Treatment details - what was done today to help the client

Pressure used - Firm 3-4.
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips
 Music - Modern Music - boy mix.
 Aromatherapy - Mand/Tang.

Lots of lower body work.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Felt good after treatment. Worked all over to help relax. Remedial in various places (hips/knees/shoulders).
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Physio diagnosis - management of muscular tightness.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Dec 2019, 2:30PM
Created: 17 Dec 2019, 3:56PM
Last updated: 18 Dec 2019, 4:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Knee pain - crunching. Seeing physio Julie Friday.
Feedback from previous treatment - getting regular Tx at chiro and physio.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - checked today.
Anything noteworthy - R side tighter.
Any precautions / Red Flags - no.
Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

Treatment details - what was done today to help the client Pressure used - Firm 3-4.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Face and feet.
Topical Treatment - Fisiocrem on hips
Music - Modern Music - boy mix.
Aromatherapy - Mand/Tang.
Lots of lower body work.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment. Worked all over to help relax. Remedial in various places (hips/knees/shoulders).
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See what physio diagnoses. See in the New Year before she leaves for Sydney Holiday.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Nov 2019, 4:00PM
Created: 6 Nov 2019, 5:00PM
Last updated: 6 Nov 2019, 5:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - R shoulder pain. R hip.
 Feedback from previous treatment - getting regular Tx at chiro and physio.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - didn't check today.
 Anything noteworthy - R side tighter.
 Any precautions / Red Flags - no.
 Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client Pressure used - Firm 3-4.
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Face and feet.
 Topical Treatment - Fisiocrem on hips
 Music - Yanni if there
 Aromatherapy - Mand/Tang.

	Legs - R leg side lying massage.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment. ITBs were tender. Discussed seeing her on the holidays.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed balance in the body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Sep 2019, 2:30PM
Created: 23 Sep 2019, 2:27PM
Last updated: 23 Sep 2019, 4:02PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -, shoulders=weights, not too bad today, R hip P ongoing (foot P=bone issue/ankle)
 Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -
 Any precautions / Red Flags -
 Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client Pressure used -hard
 Hot Stones -4

Hot Wet Towels -2
 Cupping area -(R hip), upper back
 Topical Treatment - fisiocrem upper back
 Music - Ian CS mix
 Aromatherapy - pep euc/rosemary

What parts of the body were massaged? Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone;
 Legs - Supine; Legs - side-lying; Feet; Head / scalp

Where any specific trigger points used? Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) keep stretching , pecs and psoas off side of bed
 and lev scaps, upper trap= started weights for upper body

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Aug 2019, 4:00PM
Created: 21 Aug 2019, 5:11PM
Last updated: 23 Aug 2019, 9:20AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, shoulders=weights, really sore today
 (foot P=bone issue/ankle)
 Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -
 Any precautions / Red Flags -
 Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -(R hip), upper back Topical Treatment - fisiocrem upper back Music Enya mix Aromatherapy - pep euc/rosemary
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs and psoas off side of bed and lev scaps, upper trap= started weights for upper body
Infra-Red Sauna	
Time in Sauna (minutes) -	20
Feedback after treatment -	did yogic breathing. enjoyed more than she thought she would

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Jul 2019, 2:30PM
Created: 5 Jul 2019, 2:19PM
Last updated: 5 Jul 2019, 3:37PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, (foot P=bone issue/ankle) shoulders=weights
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -(R hip), upper back Topical Treatment - fisiocrem upper back Music -lan CS mix Aromatherapy - pep euc/rosemary
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs and psoas off side of bed and lev scaps, upper trap= started weights for upper body
Infra-Red Sauna	
Time in Sauna (minutes) -	20
Feedback after treatment -	did yogic breathing. enjoyed more than she thought she would

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 Mar 2019, 4:00PM
Created: 27 Mar 2019, 4:20PM
Last updated: 27 Mar 2019, 5:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, (foot P=bone issue/ankle) shoulders=weights
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

	Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -R hip, upper back Topical Treatment - Music -nature Aromatherapy -tangerine/mandarin
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	didn't massage front legs due to reduced time as Kiri was late due to meeting
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs!! and lev scaps, upper trap= started weights for upper body
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 Feb 2019, 4:00PM
Created: 27 Feb 2019, 3:53PM
Last updated: 27 Feb 2019, 5:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, foot P=bone issue/ankle
 Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -

	Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -R hip, upper back Topical Treatment - Music -instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	really enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs!! and lev scaps, upper trap= started weights for upper body
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Jan 2019, 2:30PM
Created: 23 Jan 2019, 5:02PM
Last updated: 23 Jan 2019, 5:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, foot P=bone issue/ankle
 Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -R hip, upper back Topical Treatment - Music -instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	really enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs!!
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 7 Nov 2018, 4:00PM
Created: 7 Nov 2018, 5:01PM
Last updated: 7 Nov 2018, 5:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -R hip P, foot P=bone issue Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	podiatrist today=rock tape on L outer shin & under foot
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -R hip, upper back Topical Treatment - Music -instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	really enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching , pecs!!
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 31 Oct 2018, 4:00PM
Created: 31 Oct 2018, 5:11PM
Last updated: 2 Nov 2018, 12:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip P, foot P=bone issue
Feedback from previous treatment - :)

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

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

Details of Medications / Red Flags etc (i.e.

conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area - hips, upper back Topical Treatment - Music -uplifting Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	really enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	keep stretching
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 26 Sep 2018, 1:00PM
Created: 26 Sep 2018, 2:06PM
Last updated: 26 Sep 2018, 2:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - top of R foot-arthritis and bone splinter, cortisone 3/52 but hasn't lasted. R hip a little sore, shoulders also Feedback from previous treatment :-)
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Allergies
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM -

	Anything noteworthy - Any precautions / Red Flags - No orange essential oil*
Treatment details - what was done today to help the client	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - fisiocrem R foot, R upper back Music -Ian CS Aromatherapy - tangerine (no orange spray)
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; ITBs; Glutes
Feedback after treatment -	feels looser & relaxed (side lying treatment sometimes)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	continue physio stretches
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 24 Aug 2018, 3:50PM
Created: 24 Aug 2018, 3:34PM
Last updated: 24 Aug 2018, 5:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - top of R foot-arthritis and bone splinter, cortisone 3/52 but hasn't lasted. R hip a little sore Feedback from previous treatment -:-)
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Allergies
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - No orange essential oil*
Treatment details - what was done today to help the client	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2

	Cupping area - Topical Treatment - fisiocrem R foot, R upper back Music -Ian CS Aromatherapy - tangerine (no orange spray)
What parts of the body were massaged?	Full Body Treatment; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - side-lying; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; ITBs; Glutes
Feedback after treatment -	feels looser & relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	continue physio stretches
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 18 Jul 2018, 4:00PM
Created: 18 Jul 2018, 12:38PM
Last updated: 18 Jul 2018, 5:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - top of R foot-arthritis and bone splinter Feedback from previous treatment -
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Allergies
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - No orange essential oil
Treatment details - what was done today to help the client	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -Ian CS Aromatherapy - mandarin (no orange spay)
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Face / sinuses

Where any specific trigger points used?	Upper Traps; Lev Scaps; SCMs; ITBs; Glutes
Feedback after treatment -	feels looser & relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	continue physio stretches
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 13 Jun 2018, 4:00PM
Created: 13 Jun 2018, 12:57PM
Last updated: 20 Jun 2018, 1:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - ankle and calf P Feedback from previous treatment -
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Allergies
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - No orange essential oil
Treatment details - what was done today to help the client	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -Paul M Aromatherapy - Tangerine (no orange spay)
What parts of the body were massaged?	Full Body Treatment
Where any specific trigger points used?	
Feedback after treatment -	feels looser & relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	continue physio stretches

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

There are no patient forms for Kiri Clark.