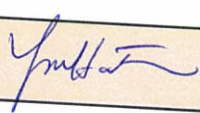




| Personal Information | | | |
|--|-----------------|---|--|
| Full Name Gail Hastie | | Occupation RETIRED | |
| Postal Address 7 SCENIC ST BAYVIEW HTS | | | |
| Home Phone 40543805 | Work Phone — | Mobile 0415652510 | |
| Email Address eghastie@bigpond.net.au | | | |
| Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage) <div> <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 </div> | | | |
| Emergency Contact Details: Name and Number MR ED HASTIE 0488876522 | | Relationship to you (e.g. Partner). HUSBAND | |
| Is it ok to email you massage tax invoices? YES | | Please circle if you use any of the following: <input checked="" type="radio"/> Facebook / <input type="radio"/> Twitter / <input type="radio"/> Instagram / <input type="radio"/> Pinterest / <input type="radio"/> Linked In | |
| Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print) | | | |
| Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) | | | |
| Client Signature  | | Date 12/3/18 | |

☐ Office - Please tick after updated information is electronically entered

Full Name GAIL MARGARET HASTIE D.O.B 14-11-56 Gender F.

Address 7 SLENIC ST DAYVIEW HTS

Home Phone 40543805 Work 40315726 Mobile 0415652510

Email Address eghastie@bigpond.net.au

Emergency Contact Details - Name and Number MR. EDWARD HASTIE 0407652510

Current Doctor DR. CATHERINE SWANSON Referred By ELLEN HASTIE (DAUGHTER)

Occupation and How long TEACHER AIDE 13 yrs.

Physical Activities/Hobbies/Exercise WALKING + GYM

Past Medical History (major operations/conditions) _____

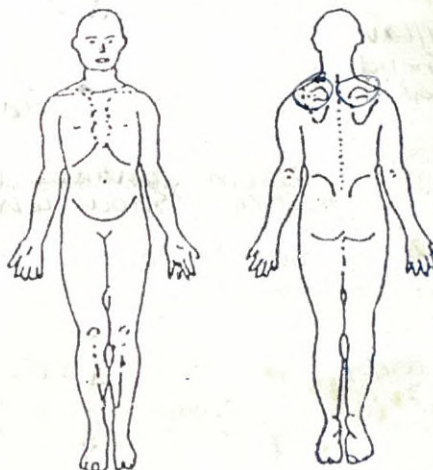
Medications - Prescribed or Natural: VITAMINS ZIN VIT 250 PHARMA DAY MULTI

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

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

Details regarding above selections:

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



Amount of Pain (1-10): _____

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

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

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

I agree to the Massage of: GAIL HASTIE (insert name of person being Massaged)

Signature: [Signature] Date: 18/3/06

Client Record

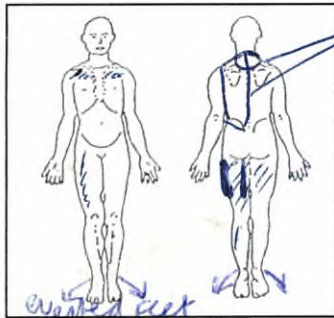
SOAP = SUBJECTIVE: clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

PLEASE NOTE FOR FUTURE REFERENCE:

bruises easily, light-mid pressure, often has cold feet
Finds it hard to drink H₂O - only couple glasses/day; has to force herself

TREATMENT NO. 1

DATE: 18.03.06
TIME: 8:30 Sat - on time
PAID: \$45 CASH
REC.No: 3
AIR TEMP: 22°C
MUSIC: Ian Cam Smith
FACE CREST: Pepp
OIL BLEND: Relax
Lav / ced / ora
NEXT APPT: 27th @ 8:30 (weds)

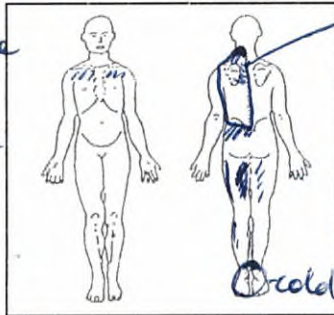


O/A: Traps v. congested esp @ lev scap, splines p/stg
L move dominant side, Pcs taut - rhomboids v.
L lev spinaes cong. A tight too
L gluteals taut.
L ITB + medial hamstrings + calves tighter, more congest
a hamstrings taut. Bruising on legs
Skin - sun damaged v. dry & dehydrated
FB (stomach) heat used. Triggers rhomboids/occiput/gluteals
ITB/pecs/hamstrings (sciatica). Arms prone. Scalp to
winged nerve stretch + calves + hip + ankle.
Client quiet throughout. More mint in muscles esp b/c
client thought massage 'beautiful', enjoyed, feeling better

Gave client info + massage sheet

TREATMENT NO. 2

DATE: 29.03.06
TIME: 8:30 Weds - on time
PAID: \$45 CASH
REC.No: 400
AIR TEMP: 22°C
MUSIC: Yanni - If there
FACE CREST: Pepp
OIL BLEND: Relax
Ced / Lav / W/Lav
Rock AC for friend
NEXT APPT: 8:30 Weds

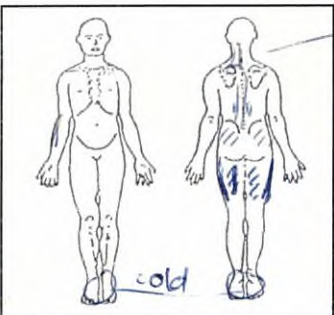


O/A: Occiputs tight a little congest, SMT taut
L move dominant side - erect spinaes + rhombi
v. tight, traps both congested + tight
Pcs taut, R arm tighter - less when winged
L gluteals tighter, trigger tenders.
Medial hamstrings tight, calves taut.
Skin - dry / white / some sun damage + 'red cherry' mole
FB (stomach) - Heat used. Triggers rhomboids/occiput/
gluteals/ITB/pecs Arms prone. Winged nerve stretch
tail + hip + ankle stretches. Scalp release + hip joint
release. Lots flowing strokes to encourage relax.
Client went to sleep a couple of hours.

P = Recom continue heat therapy if sore still, see 2-3 wks. Discussed posture - 'shoulders down' during work day

TREATMENT NO. 3

DATE: 19.04.06
TIME: 8:30 Wed - 5 early
PAID: \$45 EFTPOS
REC.No: 424
AIR TEMP: 23°C
MUSIC: Enya 1-16
FACE CREST: Pepp
OIL BLEND: Relax
ced / Lav / Y / Y
NEXT APPT: 8:30 Weds 19th May

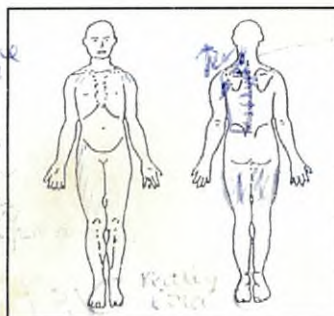


O/A: lev scap + trap insert v. long. L scap tighter
L traps v. shortened Pcs taut esp L. L occiput tight
erect spinaes esp L v. tight + cong. Both traps cong
Hamms tight esp L medially, ITB tight esp R
gluteals + b/s tight. Rhomboids esp L tight
Skin - clammy. Some bits cool to touch - lumbar
FB (stomach) heat used. Triggers rhomboids/occiput/
gluteals/ITB/pecs Arms prone. Winged nerve stretch
tail + hip + ankle stretches. Scalp release + hip joint
release. Client quiet throughout. Used deeper pressure today - worked everything a bit
harder than previous visits. Explained why muscles
are sore/tight after they have been shortened.

P = Recom heat on shoulder, gentle neck stretching to elongate shortened traps (not cuff muscles). See scapula & things flt + too bad. Watch for niggles + when they begin to start - massage.

TREATMENT NO. 4

DATE: 17.05.06
TIME: 8:30 Weds - on time
PAID: \$45 CASH - inv.
REC.No: 485
AIR TEMP: 22°C
MUSIC: Yanni - If there
FACE CREST: Pepp
OIL BLEND: Relax
ced / Lav / Y / Y
NEXT APPT: 24th June



O/A: Traps v. congested esp @ lev scap, splines p/stg
L move dominant side, Pcs taut - rhomboids v.
L lev spinaes cong. A tight too
L gluteals taut.
L ITB + medial hamstrings + calves tighter, more congest
a hamstrings taut. Bruising on legs
Skin - sun damaged v. dry & dehydrated
FB (stomach) heat used. Triggers rhomboids/occiput/gluteals
ITB/pecs/hamstrings (sciatica). Arms prone. Scalp to
winged nerve stretch + calves + hip + ankle.
Client quiet throughout. More mint in muscles esp b/c
client thought massage 'beautiful', enjoyed, feeling better

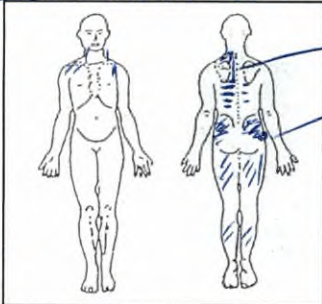
P = Recom continue heat therapy if sore still, see 2-3 wks. Discussed posture - 'shoulders down' during work day

TREATMENT NO. 5

DATE: 10.07.06
TIME: 5pm July 10th
PAID: \$45 CASH 1hr
REC.No: 568
AIR TEMP: 24°C - 23°C
MUSIC: Yanni - tribute
FACE CREST: Pepp
OIL BLEND: Sports
Gang/Ora

NEXT APPT: Tues 5pm 18th

S = 2 hip hurts too. Client went to physio - strapped shoulder. Last visit 2 weeks ago she felt it was aggravating her problem. (C) rot cuff v. sore. Scan shown arthritis in (C) - (R) shoulder - arm starting to hurt.



O/A: Traps cong + tight both. Deltoids rot cuff sore. Hamstrings tight. Left cong L esp - more dominant ES side. Rhomboids L v. cong. R ES straining + gluteals + QLS taut esp R. Skin - v. vasodilation.

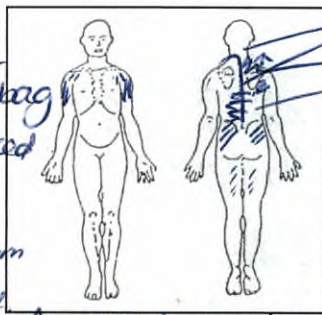
FB(-stom) Heat used. Triggers rhomboids/occipital/gluteals/ITBs/hamstrings (striae). Winged nerve. Scap + calf + hip - ankle + arm - ground. Scap + Thru. Client felt immediate difference in body tension + soreness. Discussed heat + stretch gently + gradual return to recovery - not over. Client feels better & is looking less pained after visit.

P = Recom see physio Julie again for re-assessment of progress + get acupuncture (going 3rd July) - discussed how it could help (facing Dr Leung).

TREATMENT NO. 6

DATE: 18.07.06
TIME: 5pm Tues 1hr
PAID: \$45 CASH + \$25
REC.No: 578
AIR TEMP: 23°C
MUSIC: Ken Davis - liked
FACE CREST: Jaw
OIL BLEND: Rain -
Ora / Basil / Lav.

NEXT APPT: Weds 830am
26th July



O/A: Occipitals cong + tight. R Triceps v. tight. L slightly higher but better than 1st. R traps slightly higher, v. shortened + cong. Rhomboids ES taut esp L. QLS + gluteals taut. Pecs taut. Deltoids cong. Skin - some vasodilation esp back.

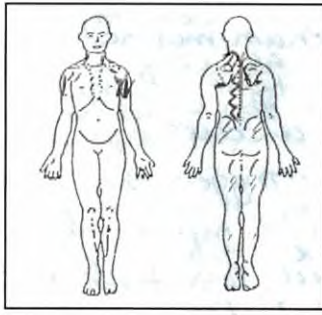
FB(-stom) Heat used. Triggers rhomboids/occipital/traps/scap/ITBs/hamstrings. Winged nerve. Scap + calf + hip - ankle stretch. Scap + Thru release. Arms supine. Client felt better - almost asleep - after but R arm still hurt + she's holding it higher.

Suggested continue massage while pain continues + until diagnosis. P = Client v. worried > shoulders - feels she may have cancer. Tried to allay her fears - referred her to Julie (physio) for further diagnosis + testing.

TREATMENT NO. 7

DATE: 26.07.06
TIME: 830 Weds
PAID: \$45 - on time
REC.No: 589
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Pepp
OIL BLEND: Sports
Rev / Grape

NEXT APPT: bpm Tues
1st Aug
cancelled.



O/A: Rhomboids tight + adhered esp L. Traps tense. Triceps tight esp L. Traps cong + tight. Sup spine tight. When supine, L arm felt v. heavy/tense @ deltoid. ES cong. L slightly higher than R but better than 8. Skin - some vasodilation esp back.

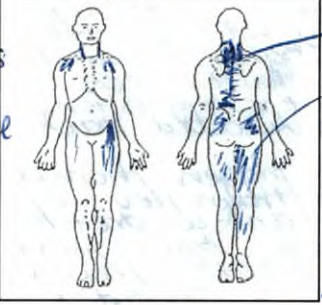
FB(-stom) Heat used. Triggers rhomboids/traps/occipital/gluteals/ITBs/hamstrings. Winged nerve. Scap + calf + hip - ground stretch. Arms supine. Client felt v. relaxed after - assured her it is gradually getting better. She feels it will never get any worse or better - she thought it may be for probs or cancer.

P = Seeing Acupuncturist Leung on Mon for 1st - v. nervous about it - discussed alternative therapies + how they can help. Client has acupuncture book.

TREATMENT NO. 8

DATE: 07.08.06
TIME: 430 Mon - on time
PAID: \$45 - 1hr. EFTPOS
REC.No: 613
AIR TEMP: 23°C
MUSIC: Anthony Michael
FACE CREST: Lav.
OIL BLEND: Relax
Lav / Lav / Petit

NEXT APPT: Weds 8am



O/A: L slightly more dominant but gradually even? sides. QLS taut. Rhomboids tight + v. short. Scap v. tight. Gluteals taut esp piriformis. SCMs + peccs tight. Hamstrings tighter. More cong. L HF v. tight. Skin - some vasodilation esp back. Feet cold. Neck v. any.

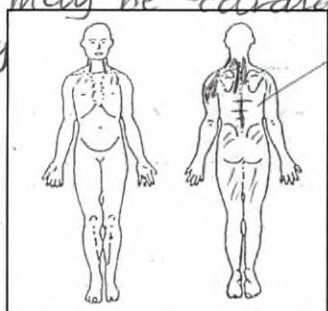
FB(-stom) Heat. Triggers rhomboids/occipital/gluteals/ITBs/hamstrings. Winged nerve. Scap + calf + hip - ankle + neutral arms stretch. Scap + Thru release. Arms prone. Client feeling v. relaxed + ready for bed - been away out of town for 5 days + v. tired from travel + late nights.

P = Recom watch posture - keep shoulders down throughout day. Heavily slapping v. hard. Recom continue heat. Seeing Dr Leung Weds (Course of 7 treatments).

TREATMENT NO. 9

DATE: 16.08.06
TIME: 8am Weds - Early
PAID: \$45 CASH
REC.No: 625
AIR TEMP: 22°C
MUSIC: Modern Girls 33-50
FACE CREST: Low
OIL BLEND: Pain
es/1B/Roxm
NEXT APPT: 5pm Mon

S = client's L arm/shoulder been sore - pain radiat^s into arm continuing acupuncture. voiced concern over whether pain may be cardiac - worrying about it.



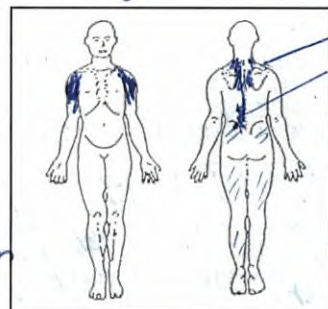
O/A: ES-taut but not more even - L slightly bigger Deltoids v. tight esp L. scms taut. Rhombos taut and cong esp L. Calves taut Traps feel tense + taut esp L. Glads taut Skin - some vasodilatⁿ. Feet cool.

FB(stom) Heat triggers rhomboids/occiputs/glutes/ITBs/hammies/traps/lev scap. Winged arm bene + calf + hip → ankle stretches. Arms prone - passive worked L side + triggers deltoid/bicep. Happy that client's shoulders/neck not more even but I'm a little concerned that shoulders still tense + pain still present.

P = Reconc heat on shoulders - continue + work on keep^s shoulders down.

TREATMENT NO. 10

DATE: 21.08.06
TIME: 5pm Mon
PAID: \$45 EFTPOS
REC.No: 634
AIR TEMP: 22°C
MUSIC: Engg II
FACE CREST: Low
OIL BLEND: Pain
Frank/Lav/ BP
NEXT APPT: Thurs 5:5pm



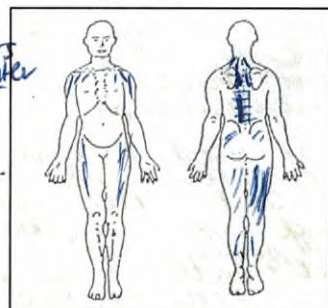
O/A: Pecs taut. Scms tight esp origins. Lx attaching R side upper traps more tense than usual. Qls tight + mid^h high. ES cong esp L v. tight. Rhomboids tight. Hammies taut. Skin - some vasodilatⁿ esp back. Traps cong.

FB(stom) Heat triggers rhomboids/occiputs/glutes/ITBs/hammies/traps/lev scaps. Winged scap + calf + hip → ankle stretches. Scalp + myofascial arms prone and supine massaged. Client's arms v. tense suffering from shoulder attachments. esp deltoid and client felt better after massage - explained that it can sometimes take long time for pain to A

P = Acupuncture appt next Weds (this week) Reconc self-manage on deltoid + Ruff ant muscles. Heat - continue (when sore)

TREATMENT NO. 11

DATE: 21.08.06
TIME: 5:15 - 5 early Thurs
PAID: \$40 - W/for daughter
REC.No: 650 + \$45
AIR TEMP: 22°C
MUSIC: Guitar Tunes -
FACE CREST: Low. Med.
OIL BLEND: Pain
Frank/BP/Lav
NEXT APPT: Will ring
06/09 @
1030



O/A: Sup Spin tight. Pecs taut. Qls taut. Rhombos tight. Calves taut. Deltoids not as cong as previous. Traps cong + tight. Humeral insert^s v. tight/tender. Rhombos taut esp L. ES cong + tight. Skin - some vasodilatⁿ esp back. Rhomboid cured after.

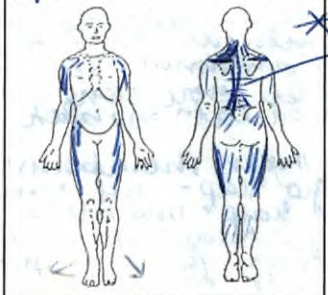
FB(stom) Heat triggers rhomboids/occiputs/glutes/ITBs/hammies/traps/lev scaps. Winged scap on back. Neural arms + calves + hip → ankle stretches. Scalp + myofascial. Arms supine. Client feeling overall less tense + cong - I'm happy with progress + pain improvement.

P = Client to continue acupuncture - 2xs next week.

TREATMENT NO. 12

DATE: 06.09.06
TIME: 1030 - 5 early
PAID: \$45 EFTPOS
REC.No: 659. Inv.
AIR TEMP: 23°C
MUSIC: Acher Bill
FACE CREST: Pepp
OIL BLEND: Sports
Ser/1B
NEXT APPT: Weds 1030
13th

S = client been feeling okay - no pain anywhere. Acupuncture this morning went well. Feels tired + not in the mood for amateurs even though is member - not going.



O/A: Qls taut esp L. L lev scaps tight + sup spin tight. Overall, body sit^s less tense + cong. L ES v. cong tight. Rhomboids tight. Arms taut. Traps esp L taut. Pecs taut. Scms taut esp L. Deltoids taut + origins tender - both sides. Skin - v. vasodilated back. Feet cool.

FB(stom) Heat triggers rhomboids/occiputs/glutes/ITBs/hammies/traps/lev scaps. Winged scap on back. Calf + hip → ankle stretches. Scalp + Arms stretched prone. Arms massaged supine. Client 'ready for bed' after massage. Easy day to relax. Feet v. relaxed + body more dominant but everything improv^s gradually.

P = Progressing well. Continue. Current th^o watch speed of client currently counsell^s best friend who's mother dying of cancer in 6 wks!

kont
ham
/ sketz

v. allergic skin
fascia behind knee is
blood flow - menstrual excess; Marina inserted.
- struggles with allergies wearing feminine products

S = Client went for pedicure yesterday, today L intercostal under/below scap - sharp pain to touch. Gym this morn^g includ^s lat pull downs

O/A: L intercostals tender - slight lump over 1 rib
L QLs tight and ES Lx tight
Rhomb's L taut. Traps shortened &
large contusion - did not see & client # know
about it til I mentioned it - it's just "been sore"
Skin - V vasodilated back - # manage bruise
FB (-stem) Heat. Triggers rhomb/occiputs/glutes/ITB's/hamme
traps/lev scap winged scap ok. Neutral arm + calf
thru ankle stretches. Traps + TMJ release
firm. mostly massaged ~~prone~~ supine, stretches
prone. client's tender L spot improved - still sore
after manage but did disperse to feel better

P= Dr said blood test was good - 12mths another. Recom client specu to Dr if still worried about bruising - light on legs + big one butt

S = Bloods good, client's L arm started hurting and she's been keeping up with her ex @ gym + road walks (5 sess^{ns} / week)
Lat pain settled in 2 days

O/A: ^{2 days} edited feeling ^{pink} tight
Hammer esp ^{taut} taut, calves taut
hips esp upper taut with some shortening
Rhombos taut and conc esp L. subscapularis
Skin - v. vasodilated. Lats still taut L @ intercostal
etc.
Eg (stom). Heat, ing rhomboids/occiputs/gluers/ITBs/Hammer
Annis supine (prone stretched only). Calves cream
+ stretch. Scalp + TMJ release + Jan + neck work
Everything loosened nicely - feels better
*Noticeable diff with tens slightly tingling client
+ get massage last week. Brushing down from
last week + client feeling ok after

P = Continue acupuncture/stretching + ex. Body going well. Leaves in 3 weeks for overseas trip & is not ready yet.

S = Client been feeling good with shoulder, energy v. ↓ & "feeling off". Dr said may be stress catching up now she's stopped.

O/A:
 L more dominant esp FS L raised \rightarrow Lx - Tx.
 Cx L v. tight occiput - splin caps / SCM's tight
 traps upper esp L tight. Rhombos taut L
 hammies taut. Capres taut - An cong. Nob n/ys
 skin - v. vasculat^{ed} back. Cool to touch.

Fa/- (stom). Heat. Ing rhomb/foreglute med + piril/hamm.
traps/lev scap. winged scaps - drop elbow lots.
Calf + hip → ankle + arm stretches scap + trms
release. arms prone massage. At when ant neck
fract^{ns} neck/sacrum/rhomb. Client talked through
Client felt relaxed - really worked scap + ~~light~~
massage light + upbeat - uplifting

P = Feeling stressed doing holiday overseas prep. Return tho-
release good endorphins help cope?

S = (Client's chest (sternum) been experiencing sharp pain, acupuncture yesterday said stress. going away for inpr & she's stretching)

O/A: No bruis^g. Jimmy v. tight. Boos v. tight +
R rhombs v. tight + cong. both rhomb v. adherent
+ es v. cong + raised. Gills expt. taut
Hairs taut. Calves taut esp R. Pecs taut.
Skin - v. vasodilated. cool to touch - warm v. cold to

FB (t-tom) - Heat - mg rhomb/quat med/pin/ham/trap/
key strap - Arms prone - stretched arms/feet/hips/ank
Facing occiput/cx. No ant neck side to side work
He did Jimmy Ant legs quickly - Client 2nd Jimmy
work - was feeling big difference after
discussed mangrove stress for traps pack's extra
supplies (medical) in case fallers overexposed

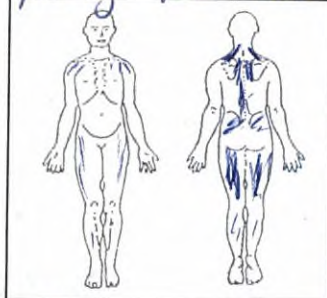
P = Back 10th Nov. Recom. deep breath? continue ex + showed Jimmy manage to keep awareness + tension of abdoms

TREATMENT NO. 17

DATE: 21.11.06
TIME: 1030
PAID: \$45 EFTPOS
REC.No: 776
AIR TEMP: 23°C
MUSIC: Ian Cam End
FACE CREST: Lau
OIL BLEND: Relax
Patch Lemon

NEXT APPT:

S = client's ds trip went well - Lx been sore but shoulder
OK - sore throat w/ no "everything happening" - 50yr
party for her (surprise) on weekend. Bre trip - Fri.



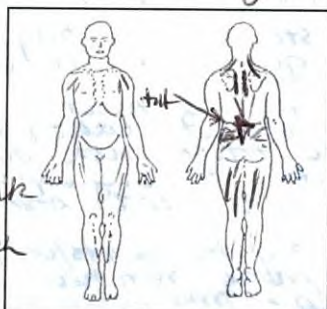
O/A: Rhomboids tight. Glutes tight. Lev scaps tight esp L
ES tight. Glute esp L v. tight. Traps esp upper trap
Hams tight - more than usual. Pecs tight esp
Pins tight esp L - cong. Scute med's tight
Shen - v. vasodilated. Heels - bruised/callused
FB(-stom) Heat TP rhomb/traps - ant/post/hams/hips
pin winged scaps ok - bit stiff to vine but flex
one winged. Preb + release scap. Traps sacrum
rhomb (sawed/cff). Client felt "so good"
after. Used lots of flowing strokes & Tempo
encourage SNS dominant

TREATMENT NO. 18

DATE: 04.12.06
TIME: 9am Mon
PAID: \$45 EFTPOS
REC.No: 805
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: Lau
OIL BLEND: Berg Frank

NEXT APPT: 545 THUR 14th

S = client's mps @ been sore - Keengarden? all weekend
& feeling tight + sore from doing that



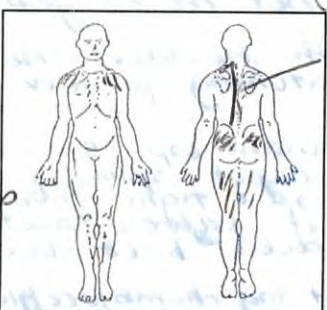
O/A: Pecs short. Deltoids tight
Retruct tilt - Hams tight. Traps esp upper trap
ES cong + tight. Thighs tight
L glute med v. short. Glutes tight. Pin tight
Rhomboids tight. R side tight to L v. cong
Shen - sunburnt upper area from garden
FB(-stom) Heat TP rhomb/occiput/scute med
pin/hams/hips/traps/lev scap winged scaps
calf + hip - ankle + INE @ pin + hams @
Traps med (glute) + sacrum + rhomb
client quiet throughout. Body feels lean
esp upper, her glutes v. tight

TREATMENT NO. 19

DATE: 12.12.06
TIME: 915 on time
PAID: hr \$45
REC.No: 833
AIR TEMP: 23°C
MUSIC: Enya I
FACE CREST: Pepp
OIL BLEND: Cofha-Pepp

NEXT APPT:

S = client's L shoulder been v. sore & hip been v. sore
still. work in garden. Lots of digging



O/A: Glutes tight. Right rotator of hips present
L Lev scap v. cong + tight + tender
ES v. enlarged + tight. Deltoids tight. Pecs short
Rhomboids v. tight esp L. Deltoid tib v. cong
Shen v. vasodilated. Qis tight esp L
Back peeling a little. Skin dry
FB(-stom) Heat TP rhomb/glute med/pin/hams/
traps/lev scaps winged scaps ok. Arms prone
scap + mps + sacrum + rhomb mps
sawed rhomboids - interscap responded v. fine
client quiet for most - body loosened
but L shoulder still v. tense

E 13.12.06 CNL

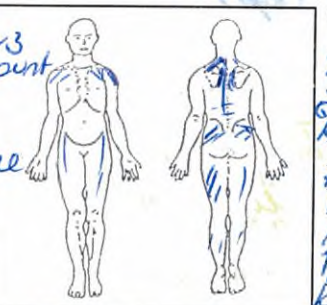
+ PNL
gave
+ 5ml Lau

TREATMENT NO. 20

DATE: 04.01.07
TIME: 9am - 5pm, hr 3
PAID: \$20 - 10th discount
REC.No: 838
AIR TEMP: 23°C
MUSIC: Yanni - mps
FACE CREST: Lau
OIL BLEND: Berg Frank

NEXT APPT: 3rd 9am
Wed

S = client been feeling good - had a quiet xmas/new year
& feeling good. Husband going for hernia op this month



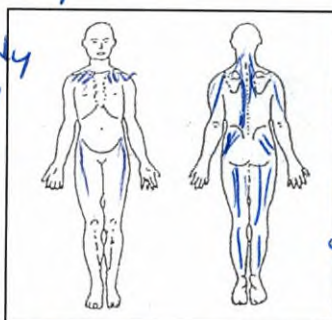
O/A: Pecs tight
Hams tight esp SM. Feet v. everted - stress
glute med's tight. Calves tight
Shen - v. vasodilated + tight. Lev scaps esp L
Pins tight esp L. ES tight esp L cong. Traps tight
Rhomboids tight esp L. Hips fairly even
FB(-stom) Heat TP rhomb/glutes/hams/traps/
lev scaps winged scaps ok. Arms prone
scap + mps + occiput + sacrum + rhomb x-fibre
friction. Arms prone managed + stretched
client talked a little, "almost asleep"
by end. Body feeling best it's felt in a
while - not as tense as usual.

P = Kerom client continue do all she's doing to enjoy
time off. Back 25th JAN

TREATMENT NO. 25

DATE: 14.06.07
TIME: 11:00 - 1hr early
PAID: \$55 4pm
REC.No: 1061 CASH
AIR TEMP: 23°C
MUSIC: Ian Sam Smith
FACE CREST: clay
OIL BLEND: clay / +
Cphapep neck
NEXT APPT:

S = client been feeling better since last morn
hip not 100% but improved



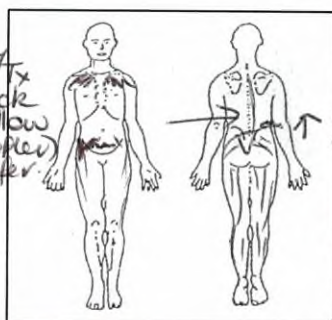
O/A: Overall still's looser than usual esp
Calves taut, ITBs taut
Hams taut. LES raised higher
Traps esp upper taut. Gl's taut. Skin dry
Rhombos tight. Beltbands taut esp L. Pains thro
Rhomb region v. vasod + ES Tx. Skin warm
FB (-stom) Heat TP rhomb/glute med R/ham/ITBs
Ex ES/rhomb/cel/ITB. Iglutes. Sacrum + rhomb
mus prone tms prone/m's supine. Client
quiet throughout - sleeping by end
v relaxed. Body responded well -
loose + supple

P = 2 wks holiday from 2nd June (school hols)

TREATMENT NO. 26

5th 55
DATE: 25.06.07
TIME: 10:30 Mon - 10early
PAID: 1hr 5 + 5mins
REC.No: 1077 EFTBs
AIR TEMP: 23°C
MUSIC: Adele Billie (softer)
FACE CREST: clay
OIL BLEND: BP/Cap/
Frank
NEXT APPT:

S = client has had a sore R hip still sore + troubling he
Neck sore today + for a couple of days



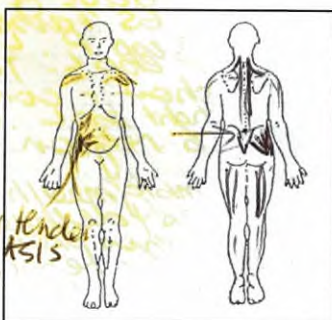
O/A: Hip twisting + rotats to Lant m's taut
Pels v. short + tight. Glutes tight esp med
Apes + hams taut. ASIS v. tender + tight
LES raised + cong. Roads v. tight + short
Rhombos cong + tight esp L. Pains thro
Skin - v. vasod rhomb region. Cool pat temp
- antilego
FB (-stom) Heat TP rhomb/ham/ITB/g med/lam
+ ES/rhomb/glutes/sacrum/sinus. Iglutes
@ms 3x1 firm pressure used around glutes
rhomb/trap region - everything much softer
v imbalanced client feels more comfortable
standing with one hand on hip + pressure on hip

P = Dr appt tomorrow. Reconn see Chris Hemm or Julie for
hip alignment help + skeletal help. Reconn stretch
+ use + ball on butt fo

TREATMENT NO. 27

DATE: 05.07.07
TIME: 9am Thurs
PAID: 1hr \$55
REC.No: 1097 CASH
AIR TEMP: 23°C
MUSIC: Mixed tunes
FACE CREST: clay
OIL BLEND: Relax
Palm/geri 91 91
NEXT APPT: 16th 5pm Mon

S = client been feeling sore esp R hip
just had acupuncture this morning (monthly visit)



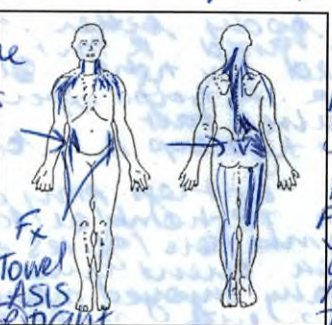
O/A: ES taut. R tighter than usual shoulder
Rotat of hips. Hams esp R v tight
R psoas v tight. Pels short. Rhombos taut/v. co
R Pin short. R g med v tight + short
R tummy tight. R Gl's taut. Ham/attachm
Skin - some vasod ES + rhomb region. Dry
- antilego
FB (-stom) Heat TP rhomb/pin/med glute/sinus
wired slaps bed OK. Arms @ms + 5
Jl legs/lamb (P). Ex ES/rhomb/sacrum/glutes/s
lower g med R/F stretch. Client quiet for
most. Hips not even - imbalance causing

P = Reconn see Julie b/c stretch hammies (fascia tight)
+ for hip alignment help

TREATMENT NO. 28

DATE: 16.07.07
TIME: 5:15pm Mon - ontime
AID: 1hr \$55
EC.No: 2057 EFTBs
AIR TEMP: 23°C
MUSIC: Cafe de Mex
FACE CREST: Popp
OIL BLEND: BP/Can
EXT APPT:

S = client been feeling good @ work. Hip still sore @
(worn - hip replacement). Neck been stiff + out



O/A: LES raised + cong. Pels short/tight
L SCM v. short. Upper traps v. cong
Rotat of hips to Lant. A Gl's v. tight
P's v. tight. ITBs tight. Hams (R) tight
P's taut esp R short. R g med v. tight/short
Skin - dry, rhomb region tight + red
FB (-stom) Heat TP rhomb/med pin/ham/trap/
Ex ES/rhomb/ITB/traps/Ex. wired slaps bed
Jl legs/lamb (P). wired bed 5x1 @ms + 5
Client quiet for most. Discussed hip
position + how it affects muscle patterns
med to ease fears about hip replacement

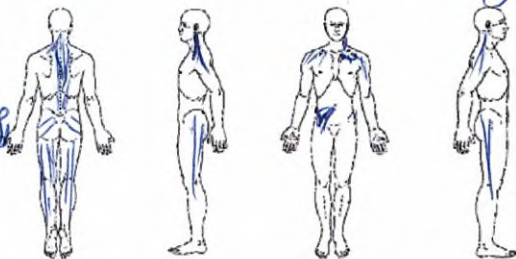
P = Physio next week. Reconn client stand naked in
front of mirror + check body position

TREATMENT NO. 29

DATE: 26.07.07
TIME: 5:55 PM
PAID: Thurs 1hr
REC.No: 2042
AIR TEMP: 23°C
MUSIC: Hallelujah, Koolhaas
FACE CREST: Jay
OIL BLEND: Palm & Lav

NEXT APPT:

S = Client went to physio who said may be poss. Lx nerve referral. Hips adjusted OK. Flex given. Walks still. Pain improved (not gone) yet.



O/A: Upper traps taut. R. Pecs short. R. Psoas + iliacus tight. Calves taut. V. Psoas short. Rhomb region taut. S. med. tight. Skin - v. vascular. Rhomb region - ant. leg. FB (stom) Heat. TP rhomb/med. ITB/ham/traps/sinus. Fx ES/rhomb/sacrum/scap. Mixed traps. Bell ok. Arms/hips. J. legs prone. Client quiet throughout. Hips more even.

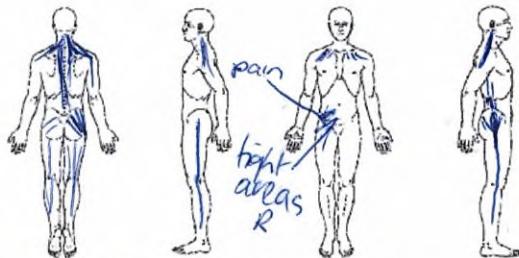
P = Review client watch posture esp hips. See physio next week, ms following week. Dr referral for scans + pain persist.

TREATMENT NO. 30

DATE: 06.08.07
TIME: Mon 1hr 345
PAID: \$55 CASH
No: 2076
TEMP: 23°C
MUSIC: Don McLean II
FACE CREST: Jay
OIL BLEND: Olive oil
R/Lav

NEXT APPT:

S = Client been feeling v. stiff and sore all over + has flu. Been coughing a lot.



O/A: Upper traps short tight. Pecs short. Upper traps esp R knotted. ES taut esp L. R. Pecs tight. Ham. taut. Calves taut. Rhombs Cong + tight. Skin - v. vascular. Rhomb region - ant. leg. FB (stom) Heat. TP rhomb/ham. Mixed traps bed ok. Repetent bac. Arms/hips + legs. Client quiet throughout. Upper R tighter than usual. Client looked fresher + felt better.

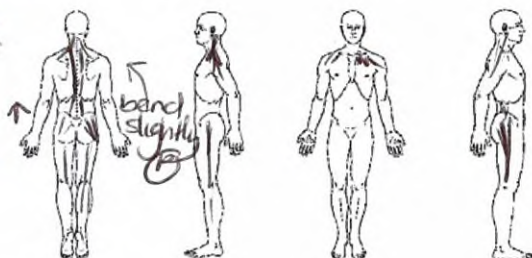
P = Physio appt next week. Dr booked - see soon lds pain now in tummy (poss. Lx involvement or kidneys?).

TREATMENT NO. 31

DATE: 15.08.07
TIME: Weds 4.15pm
PAID: \$55 CASH
REC.No: 2093
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Jay
OIL BLEND: Lav
Relax Lav

NEXT APPT:

S = Client been feeling sore occurs in hip pain in tummy + for this week. Ultrasound cleared some internal organs.



O/A: Pecs short esp L. R. med. v. tight. Cong. LES raised to taut. R. Pecs tight. L. v. trap knotted. Pecs taut. Rhombs Cong + tight esp L. Skin - v. vascular. Rhomb region - ant. leg. FB (stom) Heat. TP rhomb/ham. R. med. ham/sinus. Fx ES/rhomb/glutes/sacrum. J. legs/arms. Client quiet throughout. Calmer after ms.

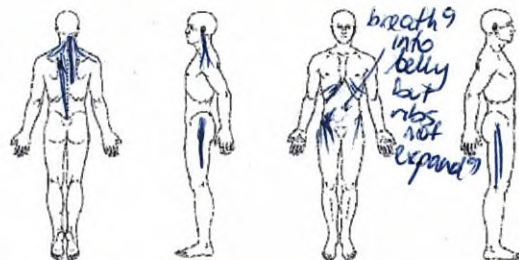
P = blood tests + scans next week. Ultrasound done. Review see how results come out.

TREATMENT NO. 32

DATE: 27.08.07
TIME: Fri 1hr 10
PAID: 31.08.07 CASH
REC.No: 4pm Fri 1hr
AIR TEMP: 23°C 1134
MUSIC: Med Girls 15-30
FACE CREST: Jay
OIL BLEND: Lav
Relax Lav

NEXT APPT:

S = Client been busy @ work. Hips 'like usual' + pains now under ribcage - aching. Feels muscular.



O/A: Client v. tired - speak with LES raised + tight. R. traps short tight. Some deep. Upper traps esp R v. Cong + tense. Rhombs tight + Cong. Skin - v. vascular. Rhomb region - ant. leg. FB (stom) Heat. TP rhomb/ham. ITB/traps/sinus. Mixed traps bed. Arms/hips + S. + J. legs. Fx ES/rhomb/glutes/sacrum. Upper tense - relaxed over stomach. Client a lot ms.

P = client calmer when left. Review 3-4 mins deep breath particularly focusing on ribcage expansion.

Colonoscopy - reflux burn on upper oesophagus
otherwise ok

TREATMENT NO. 33

DATE: 14 09.07
TIME: 3pm Fri - ar time
PAID: \$55 EFTPOS
REC.No: 1152 INR
AIR TEMP: 23°C
MUSIC: Mod vint late
FACE CREST: Lav. Mura
OIL BLEND: Relax
y 411 Frank Mand
NEXT APPT: _____

S = client been feeling 'good' but hip/Lx still giving her pain. Had fall on R/g troch. V. large bruise. Fell on @ shoulder + hand. Neck sore though. Traps short. Bruise deep purple. Arms tight! Pelv short. Rhombi cong + tight. Skin - V. vascular rhomb region.
FB (-stom) Heat. TP rhomb/ham/ITB/g med. Fe same + sacrum/mid wing d traps bed ok. Arms m. Jumps @. Client talked for some felt better after esp hip + mood. Gentle pressure legs b/c DVT risk. Hip esp - pain moved/ eased with pressure.

P = Reom go get some Arma for bruise. Reom see Julie for Lx pain pressure.

TREATMENT NO. 34

DATE: 24 09.07
TIME: 1030 Mon
PAID: INR \$55
REC.No: 1199 CASH
AIR TEMP: 23°C
MUSIC: Mirror on time
FACE CREST: Pepp. Vann
OIL BLEND: B. K. S. Lett
pain Blend.
NEXT APPT: Tues 9am

S = client been feeling sore in @ knee (hurts bend, swollen) + @ hip sore. No nb/stom pain. Shoulder been 'not right' trouble turning - "catch" when turns body R/g med con. ITBs tight. Swollen + detroids tight. Pelv short mms tight. Eesp L raised. R locked sh. Rhombi cong + adhered. Skin - vascular rhomb reg.
FB (-stom) Heat. TP rhomb/g med. ham/ITB/traps/sinus. winged trap bed ok. Arms @ mms + ST + JL. Eesp L rhomb/L scap/ITB/tb no refer. Client felt calmer + "heaps" better after. Body loosened nicely. Reom.

P = Reom client RICE knee + see physio for knee/Lx shoulder work/ex.

TREATMENT NO. 35

DATE: 02 10.07
TIME: 9am Tues
PAID: \$55 EFTPOS
REC.No: 1198
AIR TEMP: 23°C
MUSIC: saxophone
FACE CREST: Pepp. Pepp
OIL BLEND: gel (CS) Lett
NEXT APPT: _____

S = client's knee been sore + swollen - physio says muscular (hams/ITBs tight).
OIA: Rhombi tight both, retracts, inn taut. Pelv short. Traps up right esp R bulky. R med. Hams/corres short. Pelv tight esp R. Eesp L tight trunk. Vascular rhomb.
FB (-stom) Heat. TP rhomb/g med. ham/ITB/traps/sinus. winged traps bed ok. Arms @ mms + ST + JL. NO sugars. Eleva R legs. Client tired after. Whole side tight (improved).

P = Reom pathe in H2O for knee - RICER tx seeing physio tomorrow

TREATMENT NO. 36

DATE: 26 10.07
TIME: Fri 2pm
PAID: \$55 EFTPOS
REC.No: 1239
AIR TEMP: 23°C
MUSIC: Steve Ralpen
FACE CREST: Zander
OIL BLEND: Relax
led Lav. Frank
NEXT APPT: _____

S = client been feeling sore in knee - improvement swelling down but not 100% better. No blood clot for. arthritis.
OIA: Up traps taut. ITBs tight esp. Detroids taut. @s tight esp. Pelv short + tight - R higher. S med R tighter. R post tight. Hams/ITBs tight esp R. Rhomb region cong.
FB (-stom) Heat. TP rhomb/ham/ITB/g med ham/traps/sinus. Fe same + ES/L scap/Asistore. winged traps bed ok. Arms @ mms + ST + JL. Legs JL - R knee sticky. Client tired after. "relaxed" after.

P = Reom see physio for help re: knee. Goal - to walk hills again + go back to gym. Reom wear knee brace @ work/walks still

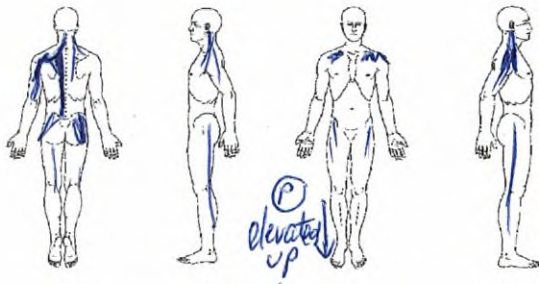
8 11.07
Thurs 5pm
INR \$55
23°C
Puffaue
Reom
Surg Patch
Vetner
Client went Sydney, climbed bridge. Bruised leg + shins. Back work.
FB (-stom) Heat. TP rhomb/traps/sinus. Fe same + ES/sacrum/scap. winged ok. Arms @ mms. Hams/corres tight. S med taut esp R. Rhombi taut. Up traps taut. ES high.
Reom client relax today. Hydrate he saw dry

E XNL 08/12/07 + GAVE 13/12/07

TREATMENT NO. 38

S = client been feeling tight & sore in L arm (deltoid) / rhomb + @ knee swollen

DATE: 27 11.07
TIME: Tues 4pm
PAID: 1hr
REC.No: \$55 1293
AIR TEMP: 22°C
MUSIC: Tunes mixed
FACE CREST: Relax
OIL BLEND: 1/4 Relax / 3/4 Rosewood / Lav
NEXT APPT:



O/A: @ - shoulder hurting
Traps up bulky + short
R tender AC / deltoid / Pers sh
L med tight @ R Lats tight
Ham / calves tight esp @ - swell
Rhomb region tight knee

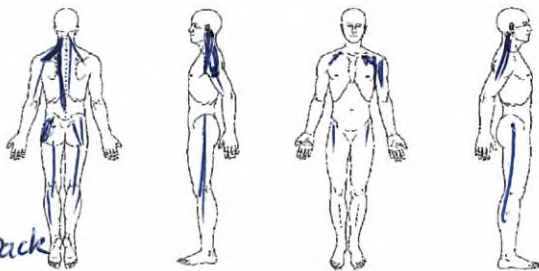
FB (stom) Heat TP rhomb / g / med
ham / ITB / traps / sinus
fx same + deltoid / AC / esp R
ITB / ES / @. mixed traps du
Arms @ MS + ST + AL. R @
Client talked @ - v. tender
shoulder - red after work

P = Reiom RICER for knee / shoulder. Heat on shoulder in a couple of days. See Dr (knee)

TREATMENT NO. 39

S = client been feeling sore in L deltoid + @ knee been swollen lately. finished work today. back @ 29th

DATE: 13 12.07
TIME: Thurs 5pm
PAID: 1hr \$55
REC.No: 1326 EATOS
MP: 22°C
MUSIC: Tunes guitar
FACE CREST: Relax
OIL BLEND: 1/4 Relax / 3/4 Rosewood / Lav
NEXT APPT:



Pers ph out / tight. Traps up short
Ham / calves tight. Deltoid + bulky
S / med tight. Pa. tight
LES tight + cong. ALS L tight
Rhomb region cong + tight esp L

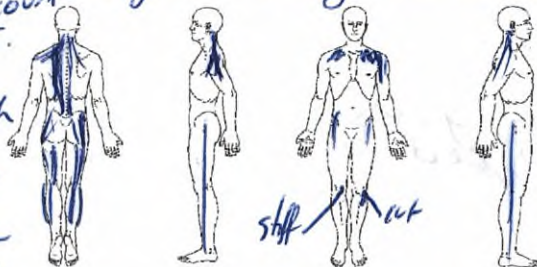
FB (stom) Heat TP rhomb / g / med
ham / ITB / traps / sinus
fx same + deltoid / AC / esp R
ITB / ES / @. mixed traps du
Arms @ MS + ST + AL. R @
Client been feeling tight
but responded well
for x-mas. See Dr f

P = Reiom client break pain continues in knee.

TREATMENT NO. 40

S = client been feeling sore after a fall - scraped knee scabbed over. knee @ hurts every couple of days - using voltaren

DATE: 07.01.08
TIME: 9am Mon
PAID: 1hr \$55
REC.No: 2336 CAS-1
AIR TEMP: 23°C
MUSIC: Fan Lam Smith
FACE CREST: Relax
OIL BLEND: 1/4 Relax / 3/4 Rosewood / Lav
NEXT APPT: 2/1 @ 9am Mon



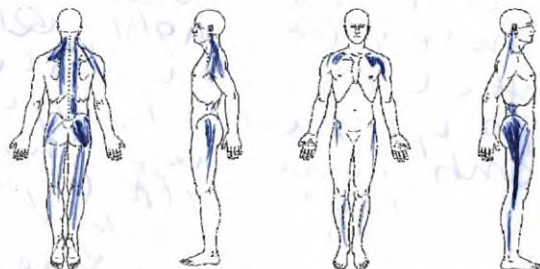
O/A: PERS short. Knees tight
Traps tight. Traps bulky +
Ham / calves tight. shute
L med tight. Traps tight. Ham /
ES tight + raised. ALS tight
Rhomb region cong right
FB (stom) Heat TP rhomb / g / med
ham / ITB / traps / sinus
fx same + deltoid / AC / esp R
ITB / ES / @. mixed traps du
Arms @ MS + ST + AL. R @
Client been feeling better
after - less tense.

P = Reiom client lav on cut knee. Watch progress on knee (R) + hip.

TREATMENT NO. 41

S = client been feeling v. sore in R hip esp - deep in hip. Been gardening. Sore 2 days - deep lav healed scar v. well on knee. ache

DATE: 21.01.08
TIME: 1hr 9am Mon
PAID: \$60 1hr EATOS
REC.No: 1347 Sexta
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Relax
OIL BLEND: 1/4 Relax / 3/4 Rosewood / Lav
NEXT APPT: 30th 4pm



O/A: R g med v. tight. ITB v. tight
R on v. congest short
Traps up short. Traps tight
shute v. short. PERS short
Rhomb region tight esp L

FB (stom) Heat TP rhomb / g / med
ham / ITB / traps / sinus
fx same + ALS / ES. mixed traps
bed on Arms @ MS + ST + AL
Arms @ esp R. 4R SLY legs +
Int. Neck. Sorely. less cong
after. Still painful after

P = Reiom ice Lx + @ hip for next 48 hours then heat & see physio if pain persists

\$1980 15/10/08

42

ES tight. d'scap short + tight. TMV tight. Reus short. Rhombs cong + tight + varodd. Pin tight @ ASIS + psoas tight

30.01.08

FB(tstom) Heat TP rhomb/g'ned/ham/ITB/traps/sinus

\$60 1hr

Fix ES/rhomb/d'scap/als/ITBs/ASIS. Winged scaps bed ok. Arms @ms + St + JL. Jilleg @ Client been feeling "brilliant" after - "needed it". V relaxed

1357

Client's hip @ + Lx @ Been sore on/off. Been feeling unwell for 2 weeks (pregnancy-like nausea/symptoms) Roas sore prone > ms but shed ms of Tummy symptoms

20°C

Ken Davis

Law

Relax

7171 R'wood

43

15.02.08

\$60 1hr

1372

22°C

Yanni

Dare Dream

Sports

Gel/Scap/1

Lune

Law face

Law face

Law face

Law face

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

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44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

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ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

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ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

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ed/lav/Reymond

ed/lav/Reymond

44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

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ed/lav/Reymond

44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

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ed/lav/Reymond

ed/lav/Reymond

44

29.02.08

FRI 1hr. \$60

Rect# 1392

Law face

Yanni - if there

23°C ERLOS

Blend

Relax

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

ed/lav/Reymond

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ed/lav/Reymond

ed/lav/Reymond

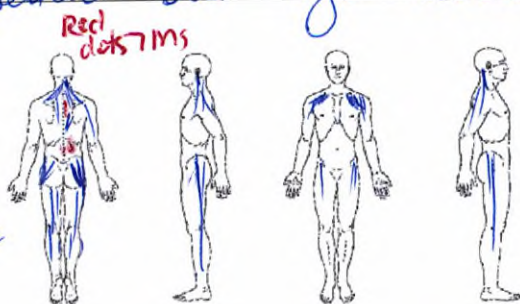
ed/lav/Reymond

ed/lav/Re

TREATMENT NO. 46

DATE: 09.04.08
 TIME: Wed 9am
 PAID: \$60/14105
 REC.No: 1426
 AIR TEMP: 14°C
 MUSIC: Kenny G
 FACE CREST: Sal
 OIL BLEND: Spots
Ger (Squeef) / Lume
 NEXT APPT: _____

after gym session
 S = client been feeling good with lx/hip region -
 "settled" but light-headed today + mole end (R)



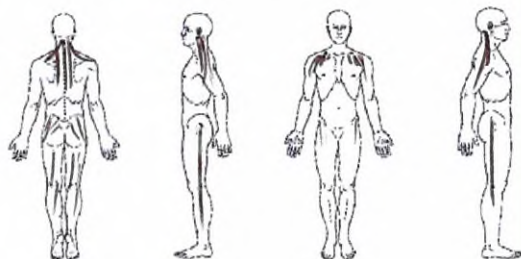
O/A: trap up bulky short worried
 Deltoids tight L
 Quads tight. ITBs tight (R) Res. right
 Gl's R esp v. tight
 Ham's tight esp (R) L. shd, esp (R)
 Rhomb region cong + tight
 FB (stom) Heat. TP rhomb/g med/
 ham/ITB trap/sinus. for same +
 es/ls. mixed scaps bed on
 Arms @ ms + S + mid legs @
 Client quiet throughout -
 body relaxed after sleep
 some cong esp upper (R) shoulder
 back.

P = Perom client see physio doctor for mole
 + light-headedness since then today

TREATMENT NO. 47

DATE: 14.04.08
 TIME: Mon 5:50pm
 ID: 1hr \$60
 C.No: 1435 EPTBS
 A TEMP: 23°C
 MUSIC: Various Tunes 1-15
 FACE CREST: Pepp - Piano
 OIL BLEND: Relax
Y Y / Rosewood
 NEXT APPT: _____

S = client's BPOK. client developed skin rash
 getting mole removed tomorrow. V. stressed out



O/A: V. tense upper body
 trap up tight
 S. med fast (R) R hammy tighter
 Gl's tight. Quads tight esp (R)
 ES tight + cong. Minor red back esp
 Rhomb region cong + tight waist
 FB (stom) Heat. TP rhomb/g med then
 ITB trap. mixed scaps bed on
 Arms @ + Arms @ ms + S + mid
 legs @ + Rhomb/ais / L scap / sinus /
 Client quiet throughout. Body
 responded well - less tense

P = Perom client rest after mole removal

TREATMENT NO. 48

DATE: 25.04.08
 TIME: 10:30 AM
 PAID: 1hr \$60
 REC.No: 1451
 AIR TEMP: 23°C
 MUSIC: lan cam II
 FACE CREST: Pepp
 OIL BLEND: spots
Ger (Squeef) / Lume
 AT APPT: _____

S = client been feeling sore in lx region esp. client's
 house getting tiled - shifted all the furniture.



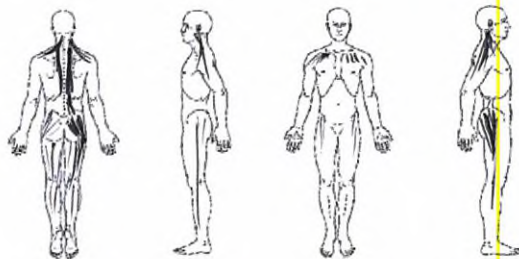
O/A: Hips v. tight flexors
 Deltoids tight. Quads tight
 Trap up short + cong
 ES tighter L. Res short + tight
 Righter. T. med fast
 Rhomb region cong + adhered
 FB (stom) Heat. TP rhomb/g med
 ham/ITB / L scap. mixed scaps
 bed on Arms @ ms + S + mid legs
 (R) Elevated to R (S)
 Client quiet throughout -
 body responded well + sleep
 + relaxed after

P = Perom client elevate leg (R) for healing esp while
 stitches are in.

TREATMENT NO. 49

DATE: 16.05.08
 TIME: FRI 10:30
 PAID: 1hr EPTBS
 REC.No: 1469
 AIR TEMP: 23°C
 MUSIC: Acker Bilk II
 FACE CREST: Pepp
 OIL BLEND: Relax
Y Y / Rosewood
 NEXT APPT: _____

S = client been feeling sore esp rhomb region - both sides
 V. stressed out + feeling tired / fatigued



O/A: g. med tight
 Res short + tight esp mid
 ES tight + cong + pecked shd
 Trap up short + tight (M)
 Quads tight ITBs tight. tight
 Rhomb region esp R V. cong
 FB (stom) Heat. TP rhomb/g med
 ham/ITB. mixed scaps bed on
 Arms @ ms + S + mid legs (R)
 ES to med / pin / 2 scaps /
 Client felt better after -
 relaxed + more grounded

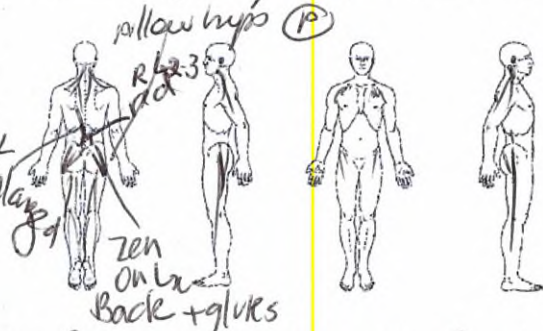
P = perom client use some heat on shoulders.

TREATMENT NO. 50

DATE: 06.06.08
TIME: 9am - on time
PAID: \$60.00
REC.No: 1977 CFBs
AIR TEMP: 23°C
MUSIC: Paul Men II
FACE CREST: Paul
OIL BLEND: honey / rose

NEXT APPT: _____

S = client been v. are with lx pain, Rlog has numbers but L Qls, spasm when extended or hyperextended



O/A: Rhomboid tight + short. Triceps
medial + long. Ant. right
traps up short + tight
Lats enlarged + long esp upper
2/3s short - vascular, connective
tissues tight. Hams short + tight
FB (stom) Heat. TP rhomboid
ham/1/3 traps/sinus. For same +
ast. Lats 1st 2/3 up, urged traps bed
ok. Arms 1/2 ms + 5 + 6. L. shoulder
+ gaiter. 1/2 most comp. 1/2 per
front feet better after hrs

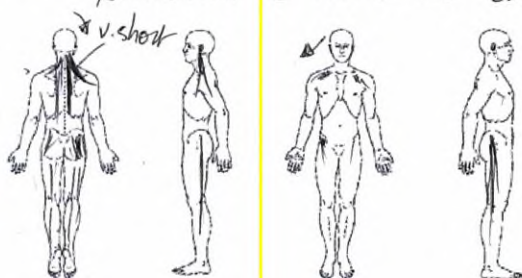
P = Return client see physio next week - see for MS in 2 weeks. Discussed pelvic rocking, using ice

TREATMENT NO. 51

DATE: 19.06.08
TIME: 1030 FR1
PAID: 1hu 150 W/100s
REC.No: 150
AIR TEMP: 239c
MUSIC: Steve Naylor
FACE CREST: plain
OIL BLEND: Plain
mint / BP/dume

NEXT APPT: 2 weeks
School holidays

S = client been feeling tight in Lx region but much improved from previous physio 2x's last week
"strained 3 muscles" Lx.



O/A:
 MBs tight. Anus (2). 2 trap R short
 deltoids right esp L. Pecs short
 trap up short + tight. 9 neck
 rhombus region esp R cont. 9
 ham esp R tight. 10 is tight 4
 FB (stom) Heat. TP, rhomb/g med / ham /
 TB traps / 2 trap. For same + ES / R 11, 15
 caught winged traps bed ok. Anus 15,
 Pms + ST + WD. 2 trap (2) Client quiet
 throughout. Body relaxed + 10 is
 tense after. Sleepy after

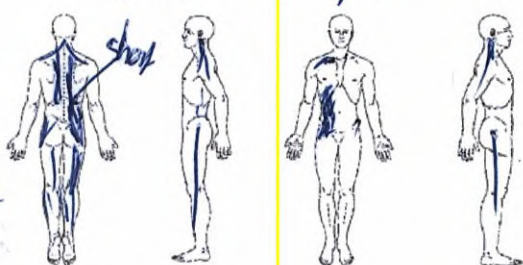
P = Went to see physio Karen Hinkworth on Tues

TREATMENT NO. 52

DATE: 02.07.08
TIME: Tues 11u
PAID: 9am \$60
REC.No: 1520 EMBs
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: Pepp
OIL BLEND: Sports
Wint / Rose / Lime

NEXT APPT:

S = Client been feeling tightness in her R hip + R
Stomach - lower R Quadrant (feels like a stitch)
Had the flu
O/A: R hip short. DM to m. Trans.



O/A: Ribs short. TM term. Traps taut
intercostals R tight + above R tight
latiss taut. Els tight + R
hamstrings taut esp R - totln
thoracic region cong + tight + hyperflex
FB (tstom) Heat. R + thumb (in)
psoas/ham/IB/hips/indis
Es same + ES/QL/2 head
in need. Raps lead on
hips (MS + R + VL - vlog)
Client talked through it
No pain in R stomach after

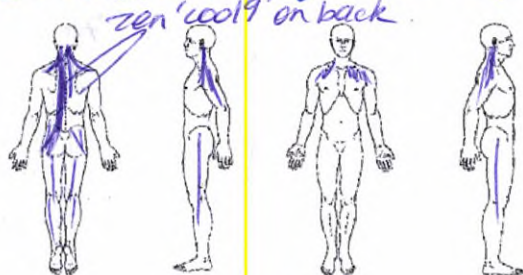
P = Person client stand tall + breathe deeply to help stomach / ribs

TREATMENT NO. 53

DATE: 16 07 08 216
TIME: weds 4pm
PAID: 1hr 500
REC.No: 1542
AIR TEMP: 23°C
MUSIC: Sample Music
FACE CREST: Pepp
OIL BLEND: Pepp/Enc

NEXT APPT: _____

S = Client been feeling tight - been 2 months since
last MS - sore in right shoulder - referred pain down arm
on/08 - NO SHOW. Daughter in Hospital O/A: Abnormal short - tight



O/A: ~~Thrap's short - tight~~
 Trapped both short/tight
 Deltoideus right esp L
 Lev v. short esp L
 Abs tight esp L enlarged / esp L
 Rhomboid region congest/tight
 Ant-legs
 Foot (some) Head TP-horn/bimed/ham/
 mp/trap/sinus. Ex same + ES/OL
 Thrap. mixed traps bed on
 Ant (sp) ms + Str. all esp (L)
 client quiet throughout - body
 responded well

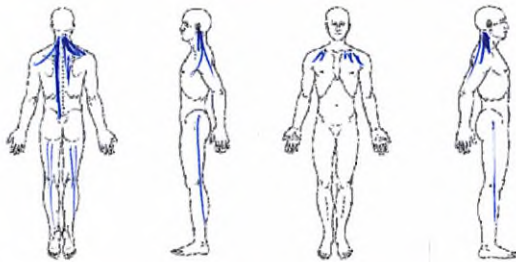
$P =$ Renom Ho. See soon for Tu

TREATMENT NO. 54

DATE: 10.10.08
TIME: FRI 11:45
PAID: 1hr \$60
REC.No: 1626 EFBOS
AIR TEMP: 23°C
MUSIC: Steve Nicks
FACE CREST: Pepp
OIL BLEND: Pepp
w/ Pepp

NEXT APPT: _____

S = client been feeling tight in Lx occas + shoulders/neck
V-tired & stressed



O/A: pers shout + tight
Detoids Resp cong - mjd tight
Traps up both short + bulky esp R
ES tight esp L - Pers v short + tight
Harms tight. Calves tight. Abs tight
Rhomb region cong + tight esp R
FB(-stom) Heat TP rhomb/g/med/scap/
pin/ham/ITB/traps - 5x same + ES/OIS/
diap/ocaput/sdown. mixed traps bed
on. Arms @ ms. S + L. Client slept
throughout - v relaxed + improved
shoulders from previous visit
but still some cong

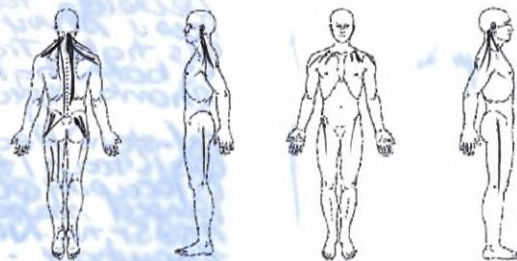
P = Perom client stretch hamms daily with (S) towel
to help flex flexibility + use in pain/tightness in hamms

TREATMENT NO. 55

DATE: 16.10.08
TIME: Thurs 4pm
PAID: 1hr \$60 15 mins
No: 1325 EFBOS
AIR TEMP: 23°C
MUSIC: Mixed Ms Music
FACE CREST: Pepp
OIL BLEND: Relax
oral/ced/Vanilla

NEXT APPT: _____

S = client been feeling tight in shoulders/neck > cough
lots. In bed flu/mon, Tues, Weds



O/A: Up traps v. bulky + tight esp R
Detoids tight. Throat tight
OIS tight traps up short + tight
ES tight + cong. Pers v short
Rhomb region cong + tight

FB(-stom) Heat TP rhomb/g/med/
ham/ITB/traps/sinus 5x same + ES/
OIS/L/scap/traps/ocaput/scalp
Tap tent back - coughed after
felt she needed it. V legs @ Arms
@ ms + S + L. 30 mins @ - v red
fling over. Flu improved - cong

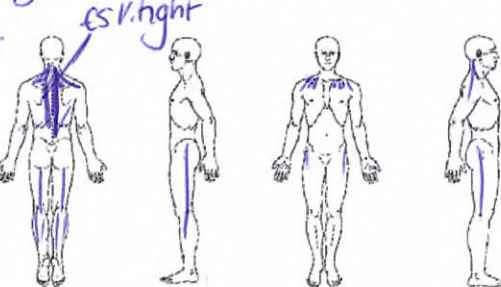
P = Perom client stretch out + focus on recovery from flu

TREATMENT NO. 56

DATE: 31.10.08
TIME: 1hr 9:30 EFBOS
PAID: FRI \$60
REC.No: 1640
AIR TEMP: 23°C
MUSIC: Prator Jones
FACE CREST: Pepp Eton
OIL BLEND: Pepp 37.
Almond Oil

NEXT APPT: _____

S = client been feeling tight here/pinching in R hip
region (ant). thinks its Lx related



O/A: V. var odd ES + rhomb + glutes R
Harms tight esp R. V. cong traps
+ glutes short + tight.
OIS short + tight esp R
Harms tight + cong esp R
Rhomb region cong + tight

FB(-stom) Heat TP rhomb/g/med/
ham/L/scap/traps/sinus. 5x same
+ ES/L/S/L/ocaput/scalp/L/T
mixed traps bed on. Arms
@ ms + S + L. quickly - most time
on Lx region/back. VSL R ITB +

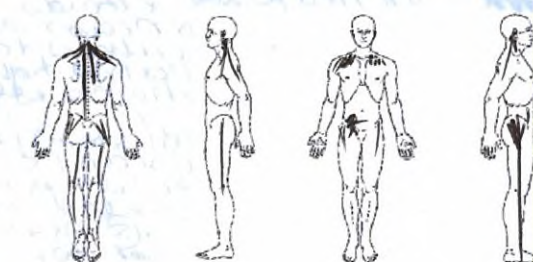
P = Perom client rock on bed daily to help Lx prostate

TREATMENT NO. 57

DATE: 18.11.08
TIME: 1hr 4pm 1hr
PAID: \$60 EFBOS
REC.No: 1650
AIR TEMP: 23°C
MUSIC: Orchestra
FACE CREST: Pepp
OIL BLEND: Wint/Pepp
Sports 37.

NEXT APPT: _____

S = client been feeling tightness in Lx region. Hurts (aches
lyg @) but didn't want pillow under hips @



O/A: ITBs tight. Hamms esp R right
pin tight. R psoas + iliacus tight
Detoids tight esp R
OIS R v. short + tight
ES tight. Resp Tx/Tb term
Rhomb region cong + tight + R

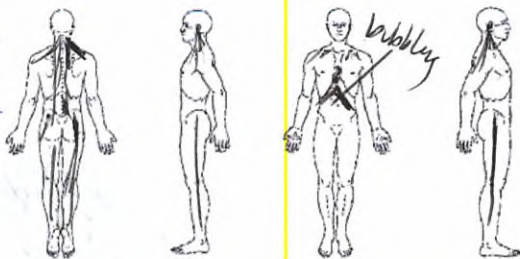
FB(-stom) Heat TP rhomb/g/med/
ham/ITB/OIS/L/scap/ron
5x same + ES/ocaput/scalp/ITB/L
mixed traps bed on. Arms @ ms
+ S + L. Really worked Lx
deep + hips + stomach. Still cong
7 NB in Lx region but

P = Discussed seeing Julie for anen if Lx pain continues

TREATMENT NO. 58

DATE: 28.11.08
TIME: 10:30 FRI
PAID: \$60 (hr) ERBS
REC.No: 1674
AIR TEMP: 230C
MUSIC: Kenningmales
FACE CREST: Pepp
OIL BLEND: S.Ross
Belging Ave.
NEXT APPT:

S= Client has had soreness in chest region - sternum
Car got hit 4 1/2 grand damage, so body/stressed no exercise



O/A: Rhammies
Traps up short R.
Cals short R. mtn + ant
CS tight + cong R. Pees tight
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/gined/ham
LBS d trap. winged traps bed
on. Arms (short) S + U. J. J. J. J.
Sc ALC GT/sternum/LBS/neck/face
Quiet + sleeping throughout P
relaxed after + ready for
bed but things to do.

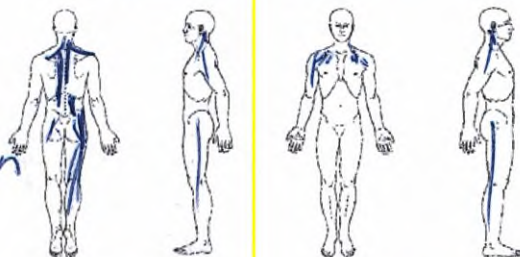
PCNL d12/08

P= Reiom client get moving soon (ex) on holidays -
6 weeks off

TREATMENT NO. 59

DATE: 09.12.08
TIME: 12:15 hr
PAID: \$60 ERBS
REC.No: 1691
AIR TEMP: 230C
MUSIC: Appandann
FACE CREST: Hekeralk
OIL BLEND: Fair evergreen
Peppave
NEXT APPT:

S= Client been feeling tight in neck get h's aches/migraine
Feel v.v. tired + ran down chest improved. Ex been good
Feels sick too - 1 week



O/A: d' traps tight + short R.
Detreida tight
Pees short + tight
Cals tight Traps up short + tight
CS both tight esp L.
Rhomb region cong + tight esp R
FB(-stom) Heat TP rhomb/gined/
LBS d trap. winged traps bed
on. Arms (short) S + U. J. J. J. J.
Sc ALC GT/sternum/LBS/neck/face
Quiet + sleeping throughout P
relaxed after + ready for
bed but things to do.

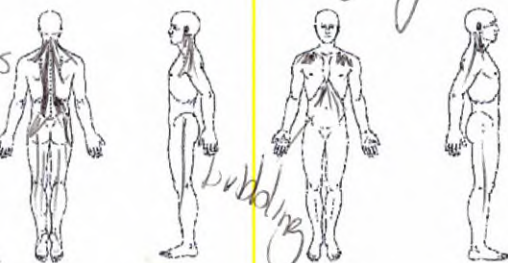
22.12.08
\$312.0

P= Reiom client get into ex gently with pool ex before
get back into gym fast walk (Reiom see Dr for tests
to rule out glandular fever etc)

TREATMENT NO. 60

DATE: 29.01.09
TIME: 11:15.2pm
PAID: hrs \$60
REC.No: 0029 ERBS
AIR TEMP: 230C
MUSIC: Indian
FACE CREST: Pepp
OIL BLEND: Rain
Pepp/B/Pasie
NEXT APPT:

S= Client been sick with pneumonia for 3 weeks
bacterial infection. Unhappy - Ex both sore from
cough/bed rest



O/A: sternum tender
Pees short, traps up tight
Hams tight. Calves tight
Cals tight. coughed a little
CS tight + cong esp L.
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/gined/
LBS d trap. winged traps bed
on. Arms (short) S + U. J. J. J. J.
Sc ALC GT/sternum/LBS/neck/face
Quiet + sleeping throughout P
relaxed after + ready for
bed but things to do.

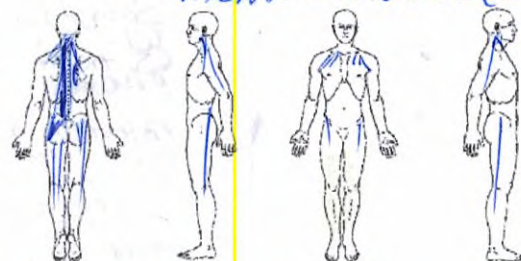
Forgot to
give
Organic
lav spray

P= Reiom rub/tapotement heat + back + reiom
soak in tub for chest relief

TREATMENT NO. 61

DATE: 06.02.09
TIME: FRI 10:30
PAID: 1hr \$60
REC.No: 00
AIR TEMP: 230C
MUSIC: My way
FACE CREST: Pepp
OIL BLEND: Relax
Rettigram/jeal
NEXT APPT:

S= Client been feeling sore esp neck/shoulders L
getting h's aches (dull ache) in morning when waking
Stomach under ribs tender but worse on
v. tense + stressed work



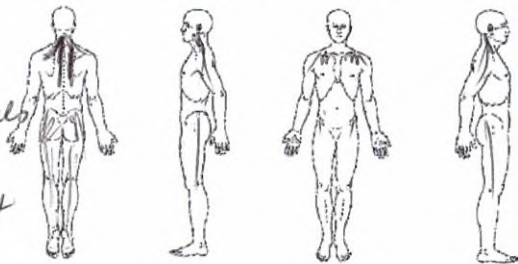
O/A: detroids tight esp ant.
Cals short + tight
Calves tight. Pees short + tight
Hams tight. mtn tense
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/gined/
LBS d trap. winged traps bed
on. Arms (short) S + U. J. J. J. J.
Sc ALC GT/sternum/LBS/neck/face
Quiet + sleeping throughout P
relaxed after + ready for
bed but things to do.

P= Reiom heat on shoulder discussed how Ms could help

TREATMENT NO. 62

DATE: 20.02.09
TIME: FR 1 9AM
PAID: 1hr \$60
REC.No: 57 Fhmt
AIR TEMP: 23°C
MUSIC: Kenny G instrumental
FACE CREST: Jay
OIL BLEND: Jay / 9/1
Relax
NEXT APPT: Gerl grapefruit

S= Client been feeling sick with another dose of flu
Rhomb been both get's painful + aching sharply
Dr said could be muscular



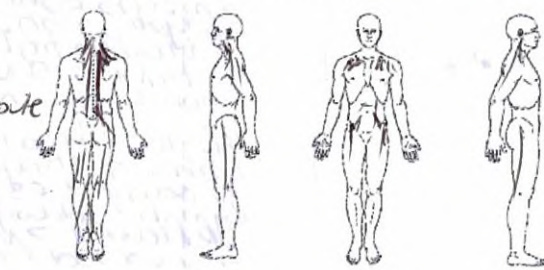
O/A: Deltoids region worked hard +
TMs tight. Hams R tight. V. aching
Traps up bulky + short
Deltoids tight + cong. Stomach
feels short + tight. Rhomb region V. tight + cong
B(+stom) Heat TP rhomb/med/ham/1B/traps/sinus/Lscap
+ same + ES/Ls/deltoids/scalp
acapt. winged traps bed ok
Anns (P) S + (S) ms + B + JL. Tsc Rom
+ Ms feeling calm + "better"

P= Going to Bre tomorrow for bridge climb. Recom Vit C +
Discussed get's back to ex to get healthy Rest on plane

TREATMENT NO. 63

DATE: 10.03.09
TIME: 5:15pm Tues
PAID: \$60 CASH
REC.No: 90 CFBBS
AIR TEMP: 23°C
MUSIC: Bar Yanni - tribute
FACE CREST: Papp
OIL BLEND: Relax
Mand/Tang
NEXT APPT:

S= Client been feeling tight in R shoulder region
Same as previous. Had heart trouble - racing heart
ECG ok. V. tired still



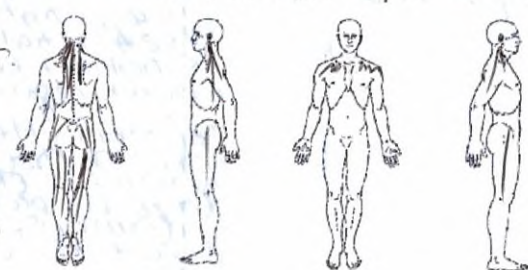
O/A: Pecs short + tight.
Deltoids tight. Stomach tight.
Traps up short + tight. TMs tight
als short. Traps up short + tight
ES tight + cong + feel's short
Rhomb region cong + tight
B(+stom) Heat. TP rhomb/med/ham/1B/traps/sinus
+ same + ES/Lscap/acapt/Alc/s
winged traps bed ok. Anns (P)
+ MS + JL + (S) Quiet + deep breaths
throughout. Unrelaxed TMs.

P= Discussed using some head hydrati + carefully exercising
again. In 3mths see heart specialist for trial of
Gmonitor.

TREATMENT NO. 64

DATE: 20.03.09
TIME: 2:30 hr
PAID: \$60 CFBBS
REC.No: 97
AIR TEMP: 23°C
MUSIC: Pete Murray
FACE CREST: Jay
OIL BLEND: Basil/Seal
Orange
NEXT APPT: FR 10:30am

S= Client having BP probs (too T). V stressed +
seeing Dr next week. Nurofen migraine x 2 tabs
V anxious bc BP so high



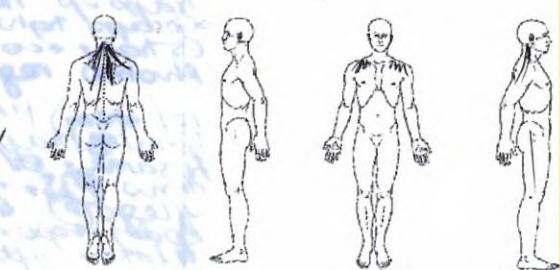
O/A: ES tight + short.
Deltoids tight. Traps tight.
als short. Pecs short + tight.
Hams tight esp R. Traps tight.
Rhomb region cong + tight
B(+stom) Heat. TP rhomb/med/ham/1B/traps/sinus/Lscap
+ same + ES/Lscap/acapt/Alc/s
Nalplrm. H ache dulled but
still present. Winged traps bed
ok. Anns (P) S + (S) ms + B + JL
JLlego (P) Extra attn on shoulder/
neck/Trm region.

P= Person do one nice thing ea day for herself - bath
with oils, heat on shoulders + breathe deep

TREATMENT NO. 65

DATE: 27.03.09
TIME: FR 1 1030
PAID: 1hr \$60
REC.No: 105 CASH
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Jay
OIL BLEND: Relax - Mand/
8th April Tang
NEXT APPT:

S= Client been exercising in 40min walk daily. BP been
good this week. And bit stressed



O/A: Pecs tight.
Lscap tight + short.
Rhomb tight + short esp R
Deltoids tight + short
als tight. Pecs R
Traps up short + tight + tender
B(+stom) Heat. TP rhomb/med/ham/1B/traps/sinus/Lscap
+ same + ES/Lscap/deltoids
Quiet throughout. Body
responded well - relaxed + traps
more. Resp tight upper
upper upper

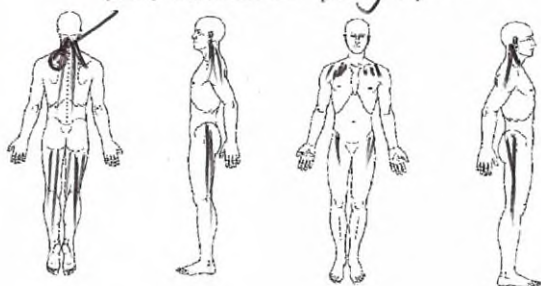
P= Bre next week for Chicago, 3 weeks from 20th April
for Louise's hand op. Recom heat
Discussed why trap get sore

Client has pain behind eye (L) - sinus Busy week
Engagement + her dad was in hospital
To (stom) Heat TP rhomboid / med / ham / L scap / traps. For same -
scap / Tr rom neck. Arms (P) S₁ + (S) M₁ S₁ + JL J legs (P)
Quiet / sleep throughout. rhomboids v. conc / up traps v. belly / sh
Recom steam inhalatⁿ + Euc + heat shoulder - v. conc /

TREATMENT NO. 71

DATE: 23.07.09
TIME: 1hr \$60
PAID: 50m Thurs
REC No: 319 embs
AIR TEMP: 23°C
MUSIC: Mixed Indian
FACE CREST: 23°C
OIL BLEND: Relax
Berg/Rose/Sea
NEXT APPT:

S= Client been feeling soreness in ltr region. Dr said has 'leaky' valve in - short of breath due to stress
BCC removed Aug 14th



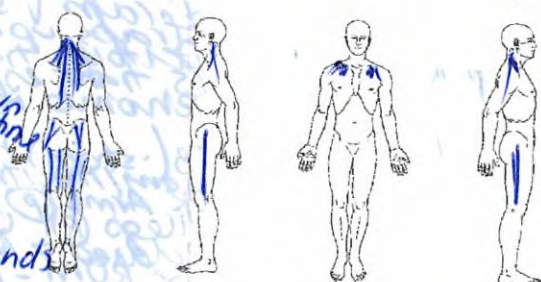
O/A:
Pecs taut. Traps up tight
L traps tight. Pressure with ms
qls tight + mbs taut = tender
ES tight + v. a/c. P. n. tight
Rhomb region Cong + tight
FB (stom) Heat. TP rhomb/med
ham/mb/traps/sin/lt scap
+ same + ES/qls/deltoids
Quiet throughout - body
responded well and feeling
better ms. Slept through

N/C 10/09 = Rejoin walk to get health benefits & help with

TREATMENT NO. 72

DATE: 13.11.09
TIME: 1030 1hr
PAID: \$65 embs
REC No: 532
AIR TEMP: 24°C
MUSIC: Yanni - mixed low
FACE CREST: Pav demortin
OIL BLEND: Relax
Lav/Berg/Trank
NEXT APPT:

S= Client been feeling tightness in body & v. stressed
depressed + lots happening in his life



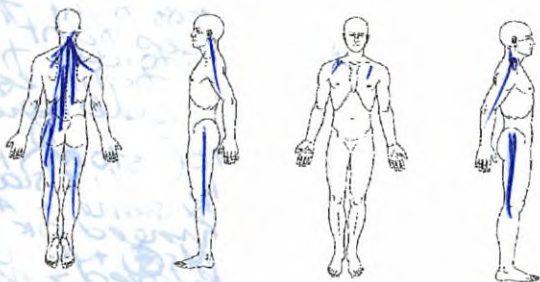
O/A:
Pecs tight. m. p. n.
Deltoids taut. Traps up taut
ES tight - both + v. a/c.
Rhomb region Cong + tight
FB (stom) Heat. TP rhomb/med
ham/mb/traps/lt scap. + same
+ ES/qls/deltoids. Winged on
arms @ 5 + 5 ms + 5 + 5
Quiet throughout
Relaxed - ms + feeling better

HT - feet + Arms/hands
BDAY - 30ml = Discussed how reg ms could help with stress
mangobitten

TREATMENT NO. 73

DATE: 20.11.09
TIME: 1030 FRI
PAID: \$65 1hr
REC No: 548 CASH
AIR TEMP: 24°C
MUSIC: Mad Gits
FACE CREST: Pepp
OIL BLEND: Relax Lav
Lav/Grapel/Kang
NEXT APPT:

S= Client been feeling tightness in ltr region - pinching
① after weds - picked up disabled boy



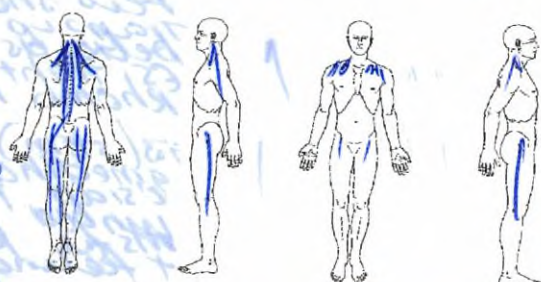
O/A:
Traps up tight + Cong
Deltoids tight + med right
ES tight. Lsc - qls tight esp
Up stressed - v. tense + Cong
FB (stom) Heat. TP rhomb/med
ham/mb/traps/lt scap. + same
+ ES/qls/deltoids. Winged on
arms @ 5 + 5 ms + 5 + 5
Quiet throughout
Relaxed - ms + feeling better

P= Rejoin client use heat when sore
use butter for skin

TREATMENT NO. 74

DATE: 27.11.09
TIME: FRI 1030
PAID: 1hr \$65
REC No: 566 CASH
AIR TEMP: 24°C
MUSIC: Enya II
FACE CREST: Lav
OIL BLEND: Relax
Pepp/Lav/Mand/Kang
NEXT APPT: HT -

S= Client been feeling tightness in ltr region



O/A: Shoulder tense - stress
Deltoids taut
qls tight - Traps up taut/right
ES tight + Cong esp in
Rhomb region Cong - v. tense
FB (stom) Heat. TP rhomb/med
scap/hams/mb/sin. + same
+ ES/qls/deltoids. Winged on
arms @ 5 + 5 ms + 5 + 5
Quiet throughout
Relaxed - ms + feeling good

P= leaving on 11th Back on 20th. Rejoin see

BDAY 2010

MMAS 09

TREATMENT NO. 75

S = client been feeling tightness in Lx region
Overs shopping today for wedding

DATE: 04/12/09

TIME: FR 1:30 PM

PAID: 1hr \$65

REC.No: 516

AIR TEMP: 23°C

MUSIC: Kenny G movie

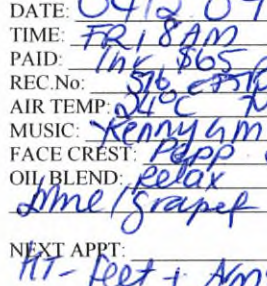
FACE CREST: Papp demon

OIL BLEND: Relax

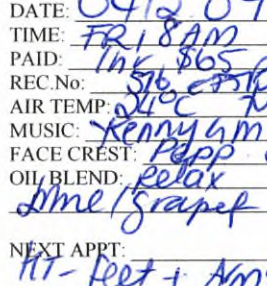
NEXT APPT: HT - feet + Arms/hands

Time / Grape

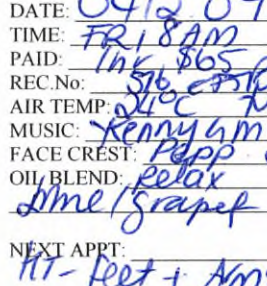
P = See in New Year.



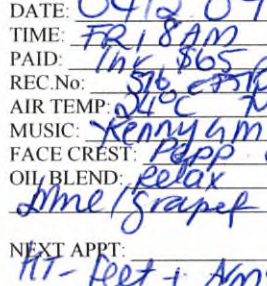
P = See in New Year.



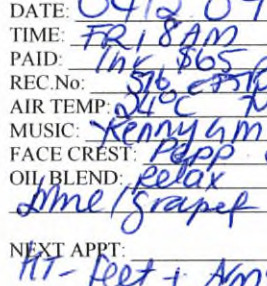
P = See in New Year.



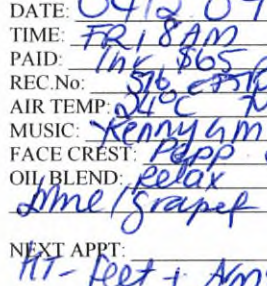
P = See in New Year.



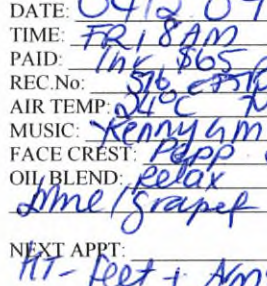
P = See in New Year.



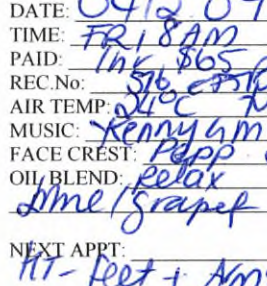
P = See in New Year.



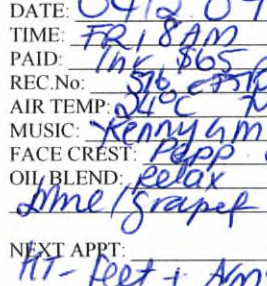
P = See in New Year.



P = See in New Year.



P = See in New Year.



P = See in New Year.

TREATMENT NO. 79

DATE: 05.02.10
 TIME: 8:05 AM
 PAID: 9 AM FRIDAY
 REC. No: 672 CFBs
 AIR TEMP: 23°C
 MUSIC: Miyagi
 FACE CREST: 2/4
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet +
 EXTRA:

NEXT APPT:

S = Client been feeling tightness in lx area (R)
 v. sharp pain. Bladder feels full. Hip R v. tight
 Not UTI - Dr # out.



O/A:

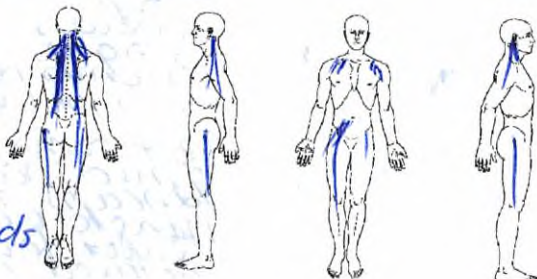
Pers short. Lined R esp. tight
 Dls tight. Hip R v. tight
 Deltoids tight. Traps up tight
 ES tight + short. Psoas R v. tender
 Rhomb region cong + tight
 - ant arms
 T/B (stom) Heat. TP rhomb/lineal
 ham/IBs/traps/IL scaps. R same
 + ES/Dls/deltoids winged OK
 Arms @ 5 + 15 + IL. J/Caps (R) esp.
 Quiet throughout - relaxed 7/10

TREATMENT NO. 80

DATE: 19.02.10
 TIME: FRIDAY 9 AM
 PAID: 1 hr \$65
 REC. No: 691 CFBs
 AIR TEMP: 23°C
 MUSIC: Miyagi
 FACE CREST: 2/4
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Arms/hands
 EXTRA:

NEXT APPT:

P = Review client continue to seek Dr's diagnosis. Discussed poss. seeing Julie for physio to help pelvic control / lx pain.
 S = Client been feeling tightness in lx area. Pain improved but still there with her stomach/uterus/signo.



O/A:

Traps 'sterned' - right
 Pers tight. Traps up tight
 Deltoids tight. Pers tight
 ES tight + cong + tight
 Rhomb region cong + vascular.
 T/B (stom) Heat. TP rhomb/lineal
 ham/IBs/traps/sinus/IL scap
 R same + ES/Dls/deltoids
 winged OK. Arms @ 5 + 15
 Still. J/Caps @. Quiet
 Relaxed - arms + feeling better

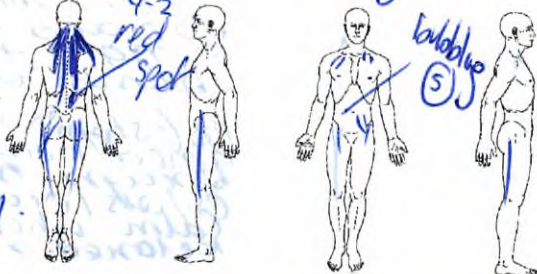
80th Gift - Altering

TREATMENT NO. 81

DATE: 12.03.10
 TIME: FRIDAY 9 AM
 PAID: 1 hr \$65
 REC. No: 781 CFBs
 AIR TEMP: 23°C
 MUSIC: Steve Hesperant
 FACE CREST: 2/4
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + face
 EXTRA:

NEXT APPT:

P = Discussed continuing yoga/walks. Seeing gynae
 S = Client been feeling tightness in her body in lx region. Dr scan + dye used



O/A:

Anica on latus 9
 tightness in lx region
 Hams tighter R. Deltoids tight
 ES tight + short
 Rhomb region cong
 T/B (stom) Heat. TP rhomb/lineal
 a med/dscaps/traps. R same
 + ES/Dls/deltoids winged OK
 Arms @ 5 + 15. J/Caps @. Quiet
 Throughout & relaxed 7/10

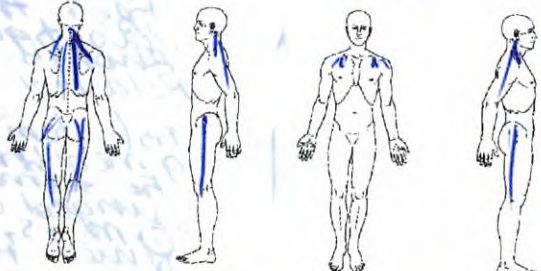
P = Review client continue yoga/walks. More tests next week

TREATMENT NO. 82

DATE: 26.03.10
 TIME: FRIDAY 1 hr
 PAID: 865 CFBs
 REC. No: 7
 AIR TEMP: 23°C
 MUSIC: Diamond Dust
 FACE CREST: 2/4
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + face
 EXTRA:

EXT APPT:

S = Client's "UTI" back feels worse feeling good.



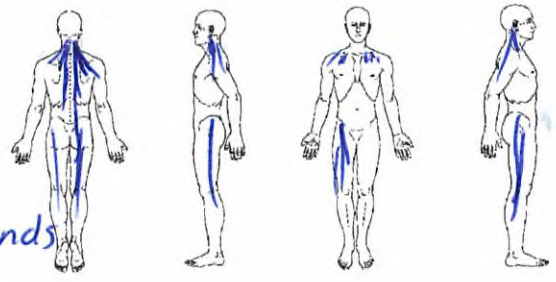
O/A:

IL scaps tight
 Traps up tight + short R
 Deltoids tight
 ES tight esp tx
 Rhomb region cong
 T/B (stom) Heat. TP rhomb/lineal
 ham/IBs/traps/sinus/IL scap
 R same + ES/Dls/deltoids
 winged OK. Arms @ 5 + 15
 J/Caps @. Quiet throughout

P = Review client speak to Dr re: bladder probs

TREATMENT NO. 83 S= client been feeling tightness in her hip + R knee after ex

DATE: 05.06.10
TIME: 9.15 AM
PAID: \$65
REC.No: 151
AIR TEMP: 23°C
MUSIC: Tan Cam I
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



O/A: Traps up tight
Deltoids tight
ES tight + traps tight
O/S tight + short esp R
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/ging
ham/ITB/traps. Fr same + me
ES/ocut + scales 1 ml
winged ok Arms ⑤ St +
⑤ MS + S + J.C. legs ⑤ - ankle
Quiet. Relaxed ⑤ MS
Sore hips + shoulders -
bulk Tx on back, no
stim

NEXT APPT: 16th @ 9am

P= Recommend client use heat for shoulders/hips + ice on knee

TREATMENT NO. 84 S= Client been feeling tightness in her body after starting gym program

DATE: 23.04.10
TIME: 9.15 AM
PAID: \$65
REC.No: 152
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



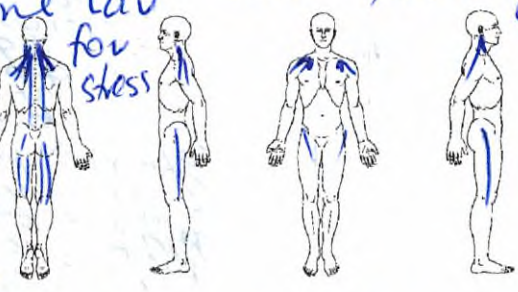
Goal - 5 push ups. Get fit. Lose 5kg for wedding
O/A: Traps up tight
Deltoids tight
ES tight + Hamns tight
Rhomb region cong
Pec short. Traps tight
FB(-stom) Heat TP rhomb/ging
ham/ITB/traps. Fr same + me
ES/ocut + scales 1 ml
winged ok Arms ⑤ St +
⑤ MS + S + J.C. legs ⑤ - ankle
Quiet for most
Relaxed 7 MS

NEXT APPT: 14th May @ 9am

P= discussed how Ms can help ex + doing weights correctly. Has PT sessions to help technique

TREATMENT NO. 85 S= Client been feeling tightness in her body - stressed with wedding

DATE: 21.05.10
TIME: 9am
PAID: \$65
REC.No: 153
AIR TEMP: 23°C
MUSIC: Janni - minor
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



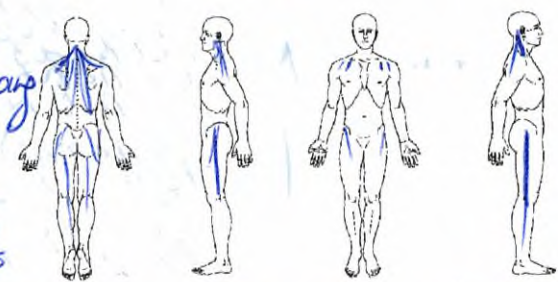
O/A: Pecs tight + short
up traps esp v tight
ES tight + short
rhombs cong + tight + shk
FB(-stom) Heat TP rhomb/ging
ham/ITB/traps. Fr same + me
ES/ocut + scales 1 ml
winged ok Arms ⑤ St +
⑤ MS + S + J.C. legs ⑤ - ankle
Quiet when she left
Relaxed 7 MS

NEXT APPT: 1st June @ 9.30

P= Recommend active recovery with ex + stretch out

TREATMENT NO. 86 S= client been feeling tightness in her whole body + stiffen. Gym 4-5 x 5 p week

DATE: 25.06.10
TIME: 9.15 AM
PAID: \$65
REC.No: 154
AIR TEMP: 23°C
MUSIC: Lau
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



O/A: Traps up tight
MS + Traps tight
Pec tight + short
Rhomb tight
Relaxed 7 MS + feeling better
FB(-stom) Heat TP rhomb/ging
ham/ITB/traps. Fr same + me
ES/ocut + scales 1 ml
winged ok Arms ⑤ St +
⑤ MS + S + J.C. legs ⑤ - ankle
Quiet + throughout

NEXT APPT:

P= Fitness Trainer wants her to see Jared @ Spotlight Physio Place. Thinks her feet/ankles is the probs with hips

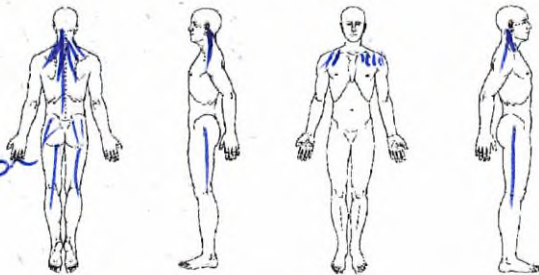
Xmas 2010
NL 5/10

TREATMENT NO. 87

DATE: 08/10 Weds
 TIME: 2:30 pm
 PAID: \$65 Inv
 REC.No: 512
 AIR TEMP: 23°C
 MUSIC: Ken Davis
 FACE CREST: 5
 SUPINE SCENT: lav/ lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

NEXT APPT:

S= Client been feeling tightness in R hip + R psoas region tenderness



O/A:

Neck short. TMJ tense
Traps up tight. C. med R tight
Neck tight
Rhomboids tight + vased

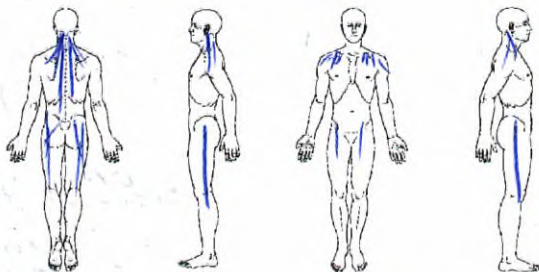
☒ Full Body ☐ STOMACH Notices diff with
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/ g/ med/ L/ scap
 Fx Sinus/ ALC/ GT/ psoas/ ribs
☐ Talked ☒ Quiet mostly Breathing
 ROM Use > ms / felt softer
 FBACK Relaxed (released nicely)

TREATMENT NO. 88

DATE: 16.07.10
 TIME: FRI 9AM
 PAID: \$65 Inv
 REC.No: 892 EMS
 AIR TEMP: 23°C
 MUSIC: African I
 FACE CREST: 230C
 SUPINE SCENT: lav
 OIL BLEND: Relax - mand/ tang
 HT: Feet + Face
 EXTRA:

NEXT APPT:

S= Client been feeling tightness in shoulders
Had prenatal yesterday (suicide) + v. stressed / sad



O/A:

Pin + L' med R tighter
Deltoids tight. Traps up tight
ES tight + short / + bhaltr
Rhomb region cong resp

☒ Full Body ☒ STOMACH - released nicely
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/ g/ med/ ham/ TRS
 Fx Occiput/ scap/
☐ Talked ☒ Quiet mostly Breathing
 ROM Feet better after ms
 FBACK Relaxed > ms

NEXT APPT:

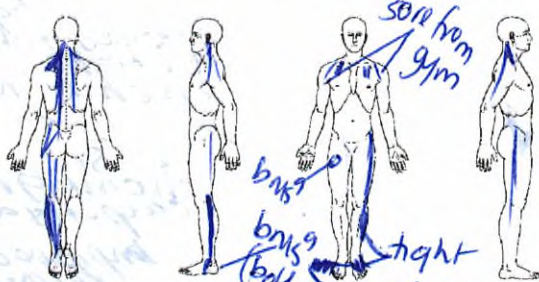
P= Discussed suicide / life / then relaxed during Ms

TREATMENT NO. 89

DATE: 30.07.10
 TIME: Thurs. \$65
 PAID: Am rel
 REC.No: 909 EMS
 AIR TEMP: 23°C
 MUSIC: Saxophone
 FACE CREST: lav
 SUPINE SCENT: lemon
 OIL BLEND: Relax
 HT: lav/ orange
 EXTRA: Feet + face
ten + Arnia

NEXT APPT:

S= Client been feeling tightness in her L ankle / cast after rolling ankle 1wk ago



O/A:

Traps up tight. ribs tight
Deltoids tight. Traps up tight
ES tight + short / esp
Rhomb region cong + tight

☒ Full Body ☐ STOMACH Bubbling with Ms
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/ traps/ scap/ ham/ TRS
 Fx Occiput/ ankle / L/ scap/ rhomb
☐ Talked ☒ Quiet Quiet Breathing
 ROM Use after Ms with ankle
 FBACK Feet calm > ms Rom

NEXT APPT:

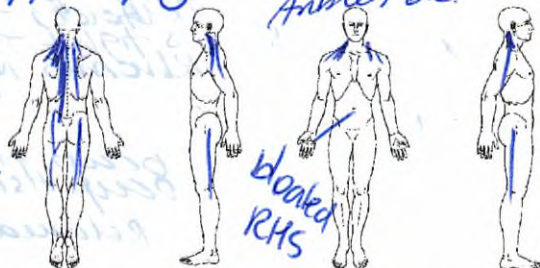
P= Working on heels tonight - v. stressed about events on

TREATMENT NO. 90

DATE: 10.09.09
 TIME: FRI 9AM
 PAID: 1hr \$65
 REC.No: 971 LABS
 AIR TEMP: 23°C
 MUSIC: lav
 FACE CREST: lemon
 SUPINE SCENT: Relax
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

NEXT APPT:

S= Client been feeling tightness in her
tummy + shoulders / chest after coughing lot
Peppt Spizer 50mg
Ankles ok.



O/A:

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

☒ Full Body ☒ STOMACH Really worked
 ARMS ☐ Prone ☐ Supine LEGS
 TP scap/ traps/ rhomb/
 Fx rhomb/ occiput/ ALC/ TRS
☐ Talked ☒ Quiet Quiet Breathing
 ROM Use > Ms - self report
 FBACK

NEXT APPT:

P= Relax client relax today + look after self
(no ex while recovering bronchitis)

TREATMENT NO. 91

DATE: 01/09/10

TIME: FRI 1hr

PAID: \$65

REC.No: 1018

AIR TEMP: 23°C

MUSIC: Twilight Mix 1.3

FACE CREST: Jdv

SUPINE SCENT: Lemon

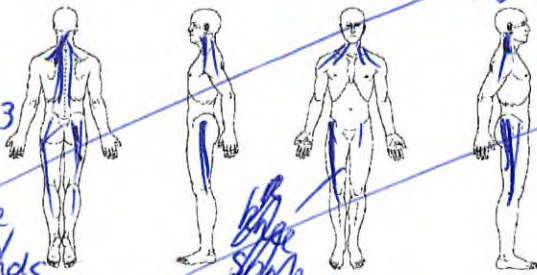
OIL BLEND: Relome

HT: Feet + Arms

EXTRA: Oils

NEXT APPT: OOPS client

S = Client been feeling tightness in her legs after walk. Didn't get to physio yesterday b/c stuck on walk



O/A:

Traps up tight + short
Deltoids tight
ES tight
Rhomb region comp

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/lrbs
Fx occiput/scalp/mv
☐ Talked ☐ Quiet Breathing
ROM Relaxed 7ms
FBACK

TREATMENT NO. 91

DATE: 01/01/10

TIME: FRI 1hr

PAID: \$65

REC.No: 1018

AIR TEMP: 23°C

MUSIC: Twilight Mix 1.3

FACE CREST: Jdv

SUPINE SCENT: Lemon

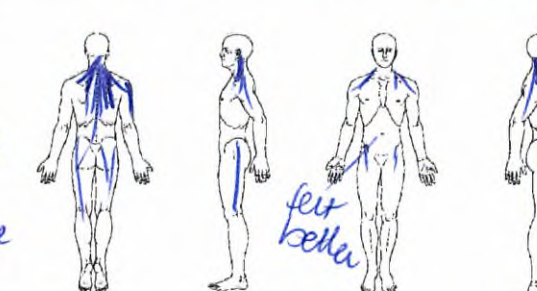
OIL BLEND: Relome

HT: Feet + Arms

EXTRA: Oils

NEXT APPT:

S = client been feeling tightness in her body in shoulders + tr - Delt pinchng but generally on



O/A:

Deltoids tighter PHS
Pec short. mnt tense
Traps up tight Resp
Rhomb region comp Resp

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/lrbs
Fx occiput/scalp/mv
☐ Talked ☐ Quiet Breathing
ROM Relaxed 7ms - feeling better
FBACK use relaxation + ROM

TREATMENT NO. 92

DATE: 08/10/10

TIME: FRI 1hr

PAID: \$65

REC.No: 1029

AIR TEMP: 23°C

MUSIC: Indian I

FACE CREST: Jdv

SUPINE SCENT: Lemon

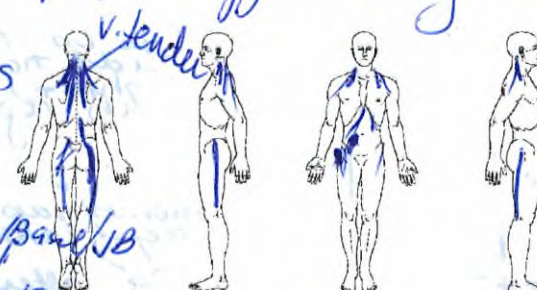
OIL BLEND: Relome

HT: Feet + Arms

EXTRA: Oils

NEXT APPT: 7pm @ 9AM

S = client been feeling tightness in hr region Resp hip from gym - doing weighted splits



O/A:

Traps up tight Pec short
Deltoids tight. mnt tense
Traps up tight
Rhomb region comp

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/lrbs
Fx occiput/scalp/mv
☐ Talked ☐ Quiet Breathing
ROM Relaxed 7ms - V. red/stay
FBACK Relaxed

TREATMENT NO. 93

DATE: 29/10/10

TIME: 9AM FRI

PAID: \$65

REC.No: 1030

AIR TEMP: 23°C

MUSIC: After Bilk I (old)

FACE CREST: Jdv

SUPINE SCENT: Lemon

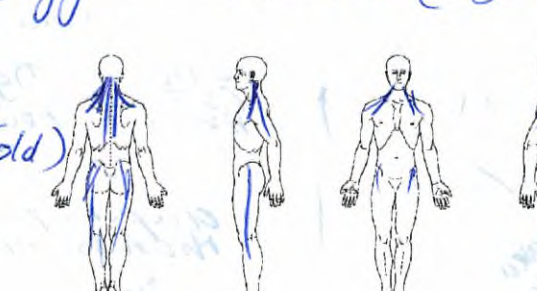
OIL BLEND: Relome

HT: Feet + Arms

EXTRA: Oils

NEXT APPT:

S = client been feeling tightness - body feels good @ gym. started a good though



O/A:

Traps up tight/short
Deltoids tight
ES tight
Rhomb region comp + v. red

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/lrbs
Fx occiput/scalp
☐ Talked ☐ Quiet Breathing
ROM Relaxed after ms
FBACK

TREATMENT NO. 94

DATE: 19/11/10

TIME: 1hr

PAID: \$65

REC.No: 1031

AIR TEMP: 23°C

MUSIC: After Bilk I (old)

FACE CREST: Jdv

SUPINE SCENT: Lemon

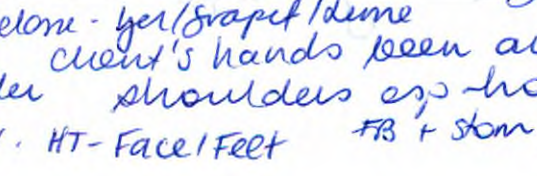
OIL BLEND: Relome

HT: Feet + Arms

EXTRA: Oils

NEXT APPT:

S = client been feeling tightness - body feels good @ gym. started a good though



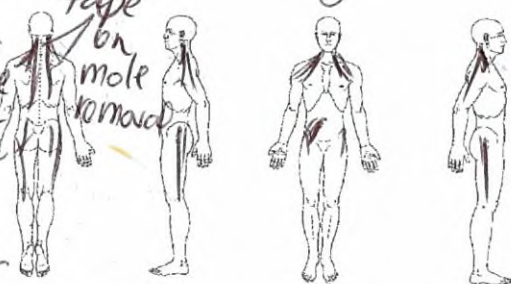
O/A:

Traps up tight/short
Deltoids tight
ES tight
Rhomb region comp + v. red

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/lrbs
Fx occiput/scalp
☐ Talked ☐ Quiet Breathing
ROM Relaxed after ms
FBACK

TREATMENT NO. 94 S= client been feeling pinching l/hip after doing cleaning

DATE: 16/2.10
TIME: 8:55 hr
PAID: 9AM THURS
REC.No: 1163
AIR TEMP: 23.5
MUSIC: Ennio Morricone
FACE CREST: lav
SUPINE SCENT: Relax
OIL BLEND: Hand + Face
HT: Hand
EXTRA: Hand

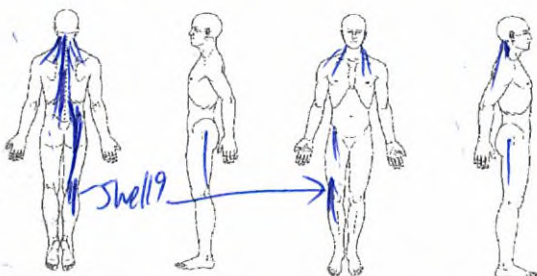


O/A: Upper cong / tense R/psa
Perv tight. ITBs tight
Deltoids tight. Traps up
ES tight + short
Rhomb region cong + tight
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/med/ham/ITBs
Fx occiput/scalp/ITBs
☒ Talked ☒ Quiet ☒ Breathing
ROM 1st after Ms - self report
FBACK Calm after Ms

NEXT APPT: P= Client relaxed - Ms - See in New Year - Rmas

TREATMENT NO. 95 S= client been feeling tightness in hip R + R knee swollen + occas sharp pains. Been putting heat on

DATE: 05.12.11
TIME: 19:5 WEDS
PAID: \$65 hr
REC.No: 2306
AIR TEMP: 23.0C
MUSIC: Ennio Morricone
FACE CREST: lav
SUPINE SCENT: Relax
OIL BLEND: Hand + Face
HT: Hand
EXTRA: Hand

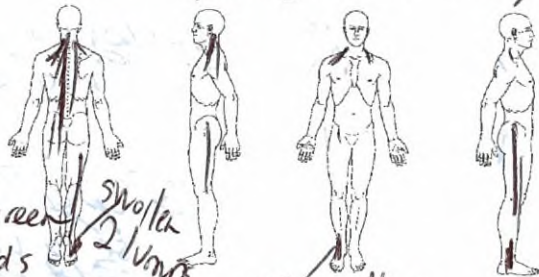


O/A: Traps up tight. Perv tight
Deltoids tight. Traps up
ES tight + short
Rhomb region cong + tight
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/traps/deltoids
Fx occiput/scalp/ITBs
☒ Talked ☒ Quiet ☒ Breathing
ROM 1st after Ms. V. relaxed
FBACK Relaxed

NEXT APPT: P= Person see physio if knee pain continues

TREATMENT NO. 96 S= Client's hips sore. Had weakness in legs - feet / back / hips + bent over last week. Had fall @ the hospital - swollen ankle, then followed in week

DATE: 09.02.11
TIME: 11:05 AM
PAID: \$65 hr
REC.No: 1165
AIR TEMP: 23.0C
MUSIC: Ennio Morricone
FACE CREST: lav
SUPINE SCENT: Relax
OIL BLEND: Hand + Face
HT: Hand
EXTRA: Hand

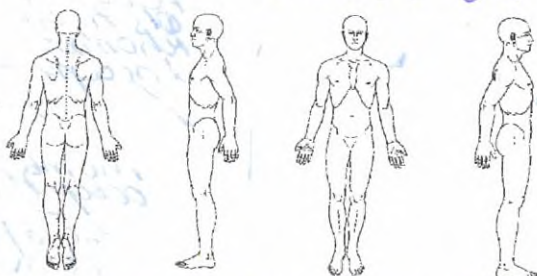


O/A: Traps up tight / short
Deltoids tight
ES tight + short
Rhomb region cong + tense
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP occiput/scalp/ITBs
Fx occiput/scalp/ITBs
☒ Talked ☒ Quiet ☒ Breathing
ROM 1st after Ms
FBACK Relaxed + feel better

NEXT APPT: P= Under a lot of stress @ moment

TREATMENT NO. 97 S= Client been feeling tightness in her body esp stomach after doing back @ gym. Mamma out of (1 week ago)

DATE: 13.02.10
TIME: 2:30 PM
PAID: \$65 hr
REC.No: 1164
AIR TEMP: 23.0C
MUSIC: Ennio Morricone
FACE CREST: lav
SUPINE SCENT: Relax
OIL BLEND: Hand + Face
HT: Hand
EXTRA: Hand

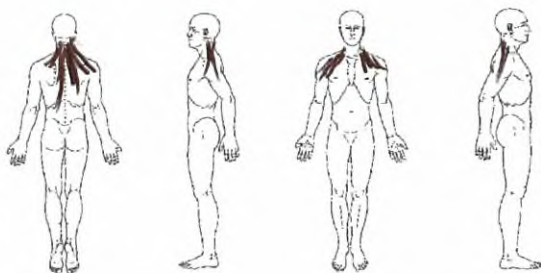


O/A: Traps up tight. Perv tight
Deltoids tight. Traps up
ES tight + short
Rhomb region cong + tense
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/med/ham/ITBs
Fx occiput/scalp/ITBs
☒ Talked ☒ Quiet ☒ Breathing
ROM 1st after Ms - self report
FBACK Feet improvement

NEXT APPT: P= Client relaxed - Ms - person relax today
Daughter @ 13 wks pregnant

104 \$65 1hr. 28/11 - knees been sore. ran over 1000
 EUCITree Feet + Face. FB (+stom) Heat. TP rhomb/med/ham/IBS. Arms ⑤ Ms + St
 MOLT + BDAY 11 Kennedy there Relaxed 7 Ms. Shoulders Resp + Rhomb tighter / tender
 TREATMENT NO. 98 Client had h'ache behind eyelid for 3 days
 V. stressed

DATE: 25.02.11
 TIME: FRI 9AM
 PAID: 1hr \$65
 REC.No: 1194 EFABs
 AIR TEMP: 24°C
 MUSIC: ENJOY I
 FACE CREST: SLAV
 SUPINE SCENT: Lemon
 OIL BLEND: Relaxing
 Mandi Tangi
 HT Feet + Face
 EXTRA

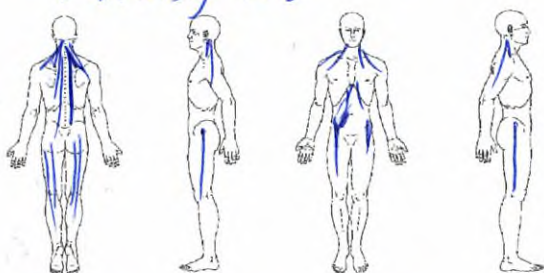


O/A: 2 traps short / tight Pecs
 Traps up solid + tight
 ES V. cong upper Trx
 Rhomb V. cong / V. add
 Full Body STOMACH
 ARMS Prone St Supine Ms LEGS
 TP rhomb/traps / L'scapes
 Fx occipit/scalp/Trm
 Quiet Talking Quiet Breathing
 ROM Still some stiffness 7 Ms
 FBACH Still h'ache 7 Ms

NEXT APPT: P= Perom client may need to see chiro/physio as
 upper V. cong

TREATMENT NO. 100 S= Client's mid Trx pain + rib pain present
 otherwise good - L's occas hurt @ gym
 V. noisy Ms

DATE: 07 03.11
 TIME: Mon 5:15
 PAID: 1hr \$65
 REC.No: free Manage
 AIR TEMP: 25°C
 MUSIC: Indian I
 FACE CREST: SLAV
 SUPINE SCENT: demon
 OIL BLEND: Relaxing
 Mandi Tangi
 HT Feet + Face
 EXTRA

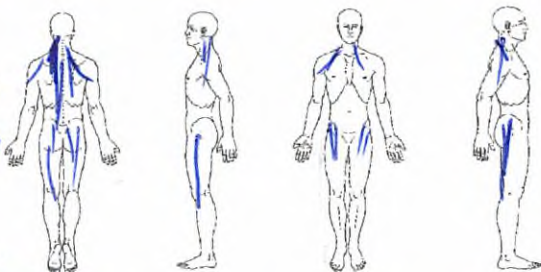


O/A: tender esp LHS
 Deltoids taut
 ES tight + Pecs tighter
 Rhomb region cong +
 Full Body STOMACH tight
 ARMS Prone Supine Ms LEGS
 TP rhomb/med / L'scapes / Trx
 Fx occipit/scalp/Trm / Trm / Trm
 Quiet Talking Quiet Breathing
 ROM V. relaxed 7 Ms
 FBACH

NEXT APPT: P= Perom relax after Ms

TREATMENT NO. 101 S= Client began feeling tightness in her body as
 usual with strong work. Ms V. tight esp

DATE: 24 03.11
 TIME: THURS
 PAID: \$65 1hr
 REC.No: 123 EFABs
 AIR TEMP: 24°C
 MUSIC: Yoga Piano
 FACE CREST: SLAV
 SUPINE SCENT: Lemon
 OIL BLEND: Relaxing
 HT Feet + Arms / Hands
 EXTRA



O/A: when squats / low
 Deltoids tight L's
 ES tight + Pecs short
 Rhomb cong + tight
 Full Body STOMACH Quick
 ARMS Prone Supine Ms LEGS
 TP rhomb / Ms / traps / L'scapes
 Fx occipit/scalp/Trm / Trm / Trm
 Quiet Talking Quiet Breathing
 ROM 7 Ms - self report
 FBACH Feet better

NEXT APPT: P= Perom relax tonight

TREATMENT NO. 102 S= Client been feeling tightness in feet/hands
 mid arthritis + windy weather. V. stressed
 + up @ night

DATE: 07 04.11
 TIME: 5:20 THURS
 PAID: \$65 1hr
 REC.No: 125 EFABs
 AIR TEMP: 25°C
 MUSIC: Pianos Pianos
 FACE CREST: SLAV
 SUPINE SCENT: Lemon
 OIL BLEND: Relaxing
 Mandi Tangi / V.8 /
 HT Feet + Face gel
 EXTRA



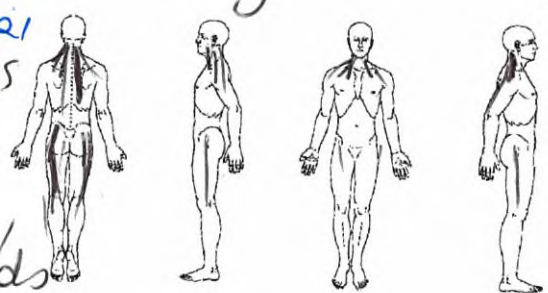
O/A: Pecs tight Traps up cong
 L's tight
 Rhomb cong esp LHS
 Traps tight. sleeping
 Full Body STOMACH
 ARMS Prone Supine Ms LEGS
 TP rhomb/traps
 Fx occipit/scalp/Trm
 Quiet Talking Quiet Breathing
 ROM 7 Ms after Ms + feeling better
 FBACH Relaxed

NEXT APPT: P= Perom relax + H2O. Getting computer man why
 not help with stress
 103 \$65 1hr
 #1263 GAMTRES
 Tea Tree / Euc. Pain
 Yanni - if there -
 Feet + Face
 client feeling good Nothing sore on h'd's. Tex. th
 FB (+stom) Heat. TP rhomb/traps / L'scapes. Fx ES/Trx were
 Arms ⑤ Ms. Quiet throughout. Pecs / traps / rhombos
 cong/tight. R pscas + L's taut
 Resp tight.
 going to Palm Cove for Easter to relax

TREATMENT NO. 104
03 05
16 05 11

S = Client been feeling tightness in her L
MB medially + had hypoglossal + trap up

DATE: 16 05 11
TIME: 5:15 Mon FRI
PAID: \$500
REC.No: 1096 CTRPS
AIR TEMP: 25.5
MUSIC: Don McLean
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms / hands
EXTRA: hands



O/A: Traps tight. Gr tender esp
Deltoids tight. Traps up
ES tight. Pecs tight
Rhomb region cong

☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP rhomb / g med / pin / trap / trap
Fx trap / trap / trap / trap / trap / trap / trap / trap
☒ Talked ☒ Quiet
ROM Tr after MS. Feet so relax
FBACK relaxed -> MS

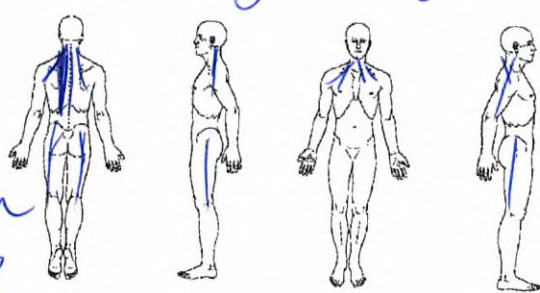
NEXT APPT: FRI 1030

P = Perom continue @ gym

TREATMENT NO. 105
10 06 11
FRI 9AM

S = Client's shoulders + deltoid v. sore esp LHS -
hurts lifting to get dressed

DATE: 10 06 11
TIME: FRI 9AM
PAID: 1hr
REC.No: 1325 CTRPS
AIR TEMP: 25.5
MUSIC: Ian Dury
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Tea Tree / euc / Lem
HT: Feet + Arms / hands
EXTRA: hands



O/A: Traps up tight. Pecs short
Deltoids tight
Rhomb cong + tight
Snusy @

☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP rhomb / g med / pin / trap / trap
Fx trap / trap / trap / trap / trap / trap / trap / trap
☒ Talked ☒ Quiet
ROM Tr after MS
FBACK v. relaxed -> MS

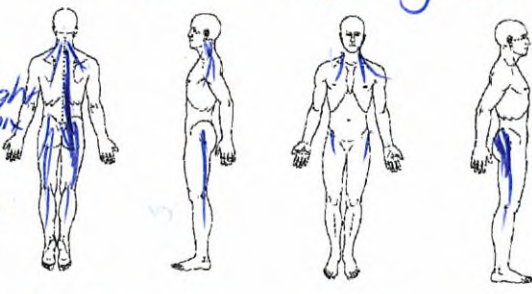
NEXT APPT:

P = Perom see physio if pain persists

TREATMENT NO. 106
27 06 11
Mon 1030

S = Acute low back pain with sciatic impingement RHS
Had urge to go to toilet -> back spasmed
when leaning over to put washing on

DATE: 27 06 11
TIME: Mon 1030
PAID: \$65 1hr
REC.No: 1350 CTRPS
AIR TEMP: 25.5
MUSIC: Mod Guit
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Lem / Tea Tree
HT: Feet + Face
EXTRA: CST face



O/A: R pin + g med v. cong
R LHS v. cong
Rhomb region cong both
s/c both hips

☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine LEGS
TP rhomb / g med / ham / trap
Fx trap / trap / trap / trap / trap / trap / trap / trap
☒ Talked ☒ Quiet
ROM Tr shoulders / neck. Still low
FBACK esp with mmt

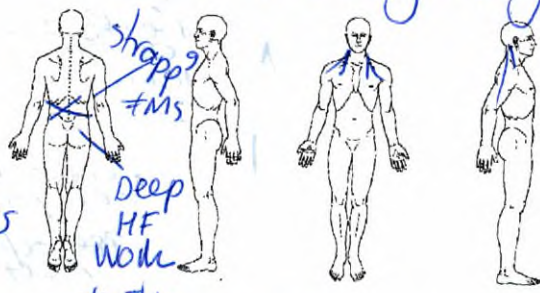
NEXT APPT:

P = Perom see physio asap for shapping

TREATMENT NO. 107
01 07 11
FRI 9AM

S = Client been feeling tightness in her low region
still - trouble moving but improved. Still acute but
better than Monday. Physio MS + Strapped

DATE: 01 07 11
TIME: FRI 9AM
PAID: 1hr \$65
REC.No: 1361 CTRPS
AIR TEMP: 25.5
MUSIC: Guitar Tunes
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms / hands
EXTRA: CST Face



O/A: Traps up tight. Pecs short
Deltoids tight. Traps up
ES tight
Rhomb region cong

☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine LEGS
TP rhomb / g med / trap / pin / trap
Fx trap / trap / trap / trap / trap / trap / trap / trap
☒ Talked ☒ Quiet
ROM Tr relaxation + feet good
FBACK but still sore

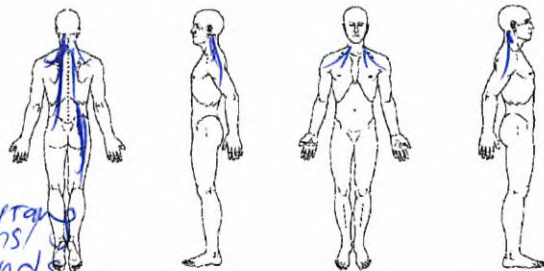
NEXT APPT:

P = Discussed how it's a gradual response to normal

TREATMENT NO. 108

S = client feeling v. stressed today but lrx v. improving
no pain canceled physio this week

DATE: 07.07.11
TIME: 1030 THURS
PAID: \$65 Inv
REC.No: 1375 CASH
AIR TEMP: 25°C
MUSIC: Pan Cam I
FACE CREST:
SUPINE SCENT: Lav dem
OIL BLEND: Relax
HT Feet + Face Arms
EXTRA hands



O/A:

Deltoids tight + traps tight
ES tight - R side tighter
Rhomb region cong + vascod

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP occiput/scalp/arms
Fx rhomb/9 med/als/drops
☐ Talked ☐ Quiet Breathing
ROM used > Ms
FBACK Relaxed & felt huge diff

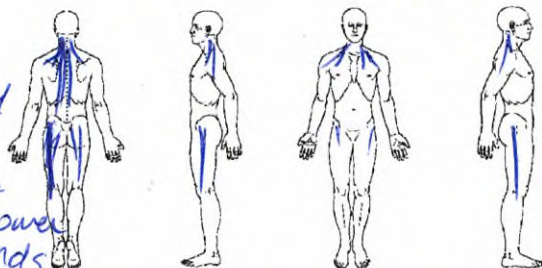
NEXT APPT: CST - (M) Med

P = client felt great > Ms. - no sten + med HST

TREATMENT NO. 109

S = Client been feeling tightness in her ltrbs & esp
Back/hip bit tingly going to gym as usual

DATE: 20.07.11
TIME: Weds 5:15
PAID: 1hr \$70
REC.No: 1400 CASH
AIR TEMP: 25°C
MUSIC: Acker Bilk old
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax Ara +
Manditang 5 flower
HT Feet + Arms/hands
EXTRA CST @ Face



O/A:

shoulders tense
als tight
ES tight - ltrbs & esp tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP occiput/scalp/arms
Fx rhomb/9 med/ham/ltrbs
☐ Talked ☐ Quiet Breathing
ROM felt better > Ms
FBACK

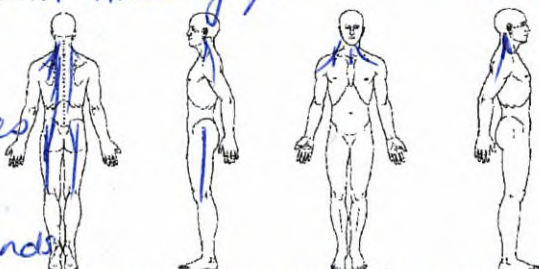
NEXT APPT: HST - ltr x 2

P = Discussed how severe/acute pain was only
a couple of weeks ago + why ltrbs maybe
sore

TREATMENT NO. 110

S = Client been feeling tightness + soreness in
elbow (shift too) for 3-3 weeks
next time gift ltr region sore + pso9s

DATE: 04.08.11
TIME: Thurs 4pm
PAID: \$70 Inv
REC.No: 1422 CASH
AIR TEMP: 25°C
MUSIC: Saxophone Tunes
FACE CREST: Adv
SUPINE SCENT: Lem
OIL BLEND: Relax 1/1
Manditang
HT Feet + Arms/hands
EXTRA CST @ Face



Deltoids tight esp
ES tight
Rhomb region cong + tight
R tighter

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP occiput/scalp/arms
Fx rhomb/9 med/ham/ltrbs
☐ Talked ☐ Quiet Breathing
ROM Felt improvement
FBACK Relaxed > Ms

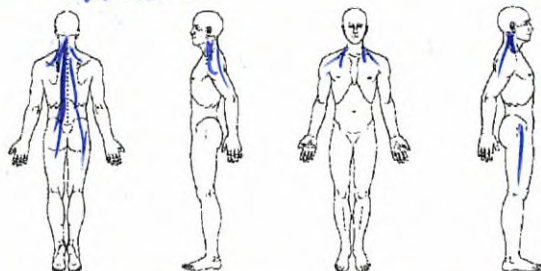
NEXT APPT: HST x 3 ltr

P = Perom see physio for elbow if pain persists
Explained how body is still recovering from
acute ltr pain few weeks ago

TREATMENT NO. 111

S = Client's neck sore + tight - v. stressed with
kids + work gym
Cent. body wash

DATE: 19.08.11
TIME: Fri 9am
PAID: 1hr \$70
REC.No: 1444 CASH
AIR TEMP: 25°C
MUSIC: Adrian +
FACE CREST: Adv
SUPINE SCENT: dem
OIL BLEND: Relax
Peppi Lav
HT Feet + Face
EXTRA



O/A: Pels tart
Traps tight - Pels tart
Deltoids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/9 med/ham/ltrbs
Fx occiput/scalp/arms
☐ Talked ☐ Quiet Breathing
ROM Use after Ms
FBACK Felt improvement

NEXT APPT:

P = Perom client relax. Next Ms day before
baby granddud due

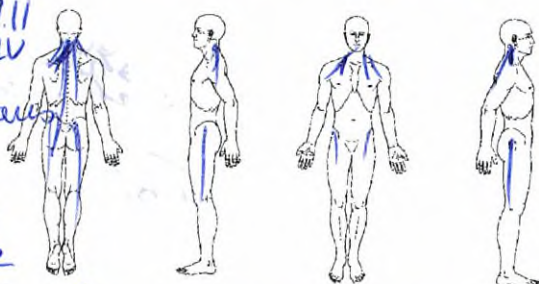
mas 2011
Baby 2012
N/L 09/11

TREATMENT NO. 112

S=

Client been feeling tightness / soreness in hands / wrists

DATE: 11/2
 TIME: 01.09.11
 PAID: \$70.00
 REC.No: MURRIS
 AIR TEMP: 14.8
 MUSIC: Kendal
 FACE CREST: Jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax 1/ Mandi / Tang
 HT: HST 2x 1/2
 CST: 2x back
 HST: CST 1/2 Face
 EXTRA:



O/A:

Trap up cong alstar
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g med / ham
 Fx occiput / scalp / TMJ
☐ Talked ☐ Quiet mostly Quiet Breathing
 ROM felt important in body
 FBAC hands v. sore though

NEXT APPT:

P=

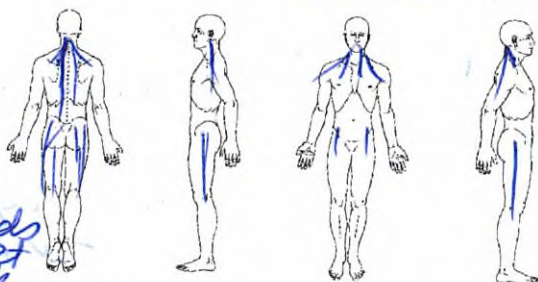
Recom client relax after Ms

TREATMENT NO. 113

S=

Client been feeling tightness in her body in shoulders & esp. Detached retina - still recover with vision

DATE: 26.09.11
 TIME: 9am Mon
 PAID: \$70.00
 REC.No: 113
 AIR TEMP: 24.0C
 MUSIC: sampler
 FACE CREST: Jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Mandi / Tang
 CST: (M) Face + feet
 HST: 2x 1/2 + 2x back
 EXTRA:



O/A:

Reco short
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g med / ham / 178s
 Fx occiput / scalp / TMJ
☐ Talked ☐ Quiet Quiet Breathing
 ROM 7se after Ms
 FBAC Quiet throughout Ms

NEXT APPT:

P=

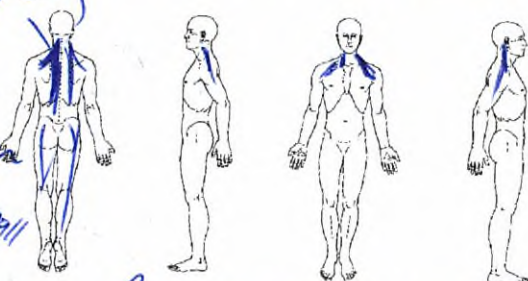
Recom client look after shoulder posture when holding baby

TREATMENT NO. 114

S=

Client's husband getting some of lower removed - stressed. Not eat / sleep. Minimal ex

DATE: 13.10.11
 TIME: 8.30 AM
 PAID: \$70.00
 REC.No: 114
 AIR TEMP: 25.0C
 MUSIC: 10min - dare
 FACE CREST: Jaw dream
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Mandi / Tang & small
 CST: 2x back 3x 1/2
 HST: Feet + Face
 EXTRA:



O/A:

Reco short
 Deltoids tight
 ES tight
 Rhomb region cong + traps
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g med / ham / 178s
 Fx occiput / scalp / TMJ
☐ Talked ☐ Quiet Quiet Breathing
 ROM felt better
 FBAC Relaxed - Ms

NEXT APPT:

P=

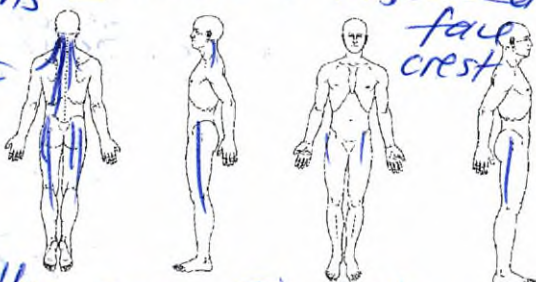
Recom see physio f 178s shoulder pain persists for hubby / daughter. Time off work.

TREATMENT NO. 115

S=

Client been feeling v. sore / stiff in neck esp. LHS from detached retina surgery

DATE: 21.12.12
 TIME: 8.30 AM - 45 mins
 PAID: \$70.00
 REC.No: 115
 AIR TEMP: 25.0C
 MUSIC: Iya I
 FACE CREST: Jaw Nil
 SUPINE SCENT: Lem Nil
 OIL BLEND: Relax
 HT: Mandi / Tang
 CST: Feet + back
 HST: 2x 1/2 2x back
 EXTRA:



O/A:

Reco short
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g med / ham / 178s
 Fx occiput / scalp / TMJ
☐ Talked ☐ Quiet Quiet Breathing
 ROM felt better
 FBAC Relaxed - Ms

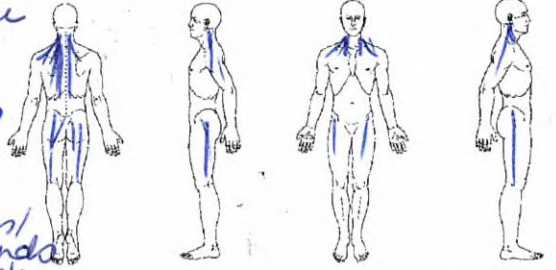
NEXT APPT:

P=

Has own @ pillow supports until Easter - no work

TREATMENT NO. 116 S= Client been feeling tightness in her hip
+ Cerebrum esp

DATE: 17.01.12
 TIME: Amasouchen
 PAID: \$70 PAID
 REC.No: 170
 AIR TEMP: 25°C
 MUSIC: Guitar Tunes
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax 17
Mand / Tang
 HT: Feet + Fore Arms
 CST: Face hands
 HST: 2x1x + 2 back
 EXTRA: _____



O/A: Traps up tight
Deixids tight
ES tight Pees tight
Rhomb region cong

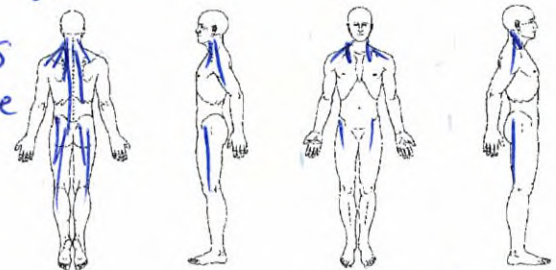
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / traps / Dls / MBS
 Fx occ / scalp / mt / occ / scap / Breathing
☐ Talked ☐ Quiet
 ROM Tsed > Ms
 FBAC Feet relaxed

P= Revom client watch on for front tummy
activation + posture

NEXT APPT: _____

TREATMENT NO. 117 S= Client been feeling sharp pain in Te
region - not sure what it is

DATE: 06.03.12
 TIME: 515 RES HV
 PAID: \$75
 REC.No: 178
 AIR TEMP: 25°C
 MUSIC: Tanni if there
 FACE CREST: Dem 5
 SUPINE SCENT: Lau 5
 OIL BLEND: Relax
Mand / Tang
 HT: Feet +
 CST: Face
 HST: 2x1x
 EXTRA: 2x back



O/A: Traps up tight + short
Deixids tight - Pees tight
ES tight + short
Rhomb region cong

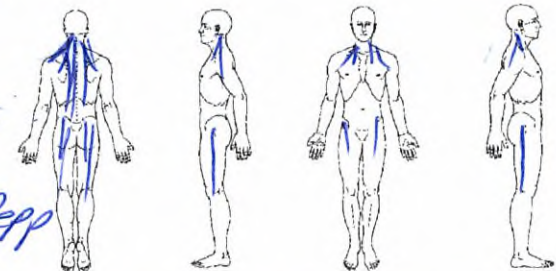
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / med / ham / MBS
 Fx occ / scalp / mt
☐ Talked ☐ Quiet Quiet Breathing
 ROM Feet v. relaxed & Ms
 FBAC _____

P= Revom see Dr / osteo / physio or chiro for
check of spine for sharp pain in Te

NEXT APPT: _____

TREATMENT NO. 118 S= Client still struggling with health - depress

DATE: 03.04.12
 TIME: 1hr \$75
 PAID: EPBS
 REC.No: 175
 AIR TEMP: 25
 MUSIC: Don't of I
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
Man Basu / Pepp
 HT: Feet + A/H
 CST: Face
 HST: 2x1x
 EXTRA: 2x back



O/A: Dls tight - Pees short
Traps up cong
Deixids tight
Rhomb tight


☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine M LEGS
 TP rhomb / traps / scaps
 Fx occ / scalp / mt
☐ Talked ☐ Quiet
 ROM Tsed > Ms
 FBAC Feet better

P= Client to do some self care to help
body - discussed how Ms can help

NEXT APPT: _____

TREATMENT NO. 119 S= client been feeling tightness in her body

DATE: 24.08.12
 TIME: FRI 1hr
 PAID: \$75 EPI
 REC.No: 204b
 AIR TEMP: 25
 MUSIC: Piano music
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax 17
Mand / Tang
 HT: Feet + A/H
 CST: Face
 HST: 2x1x
 EXTRA: _____



O/A: Traps up tight
Deixids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / med / ham / MBS
 Fx occ / scalp / mt
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsed > Ms
 FBAC Feet better > Ms
Bigger leg lift

P= Revom see physio if pain continues

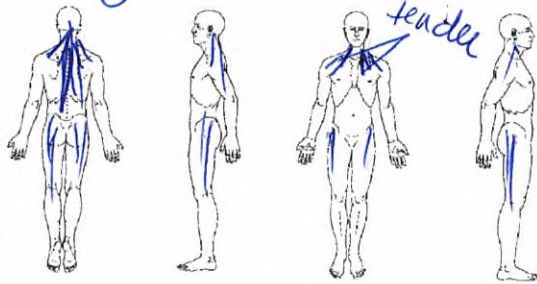
NEXT APPT: _____

g. ft next time

TREATMENT NO. 120

S = client been feeling tightness in her body in hip R. stopped @ mo

DATE: 07.08.12
TIME: FRI 1645
PAID: 1hr \$75
REC.No: 2030
AIR TEMP: 25
MUSIC: EMMAI
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Pepp/Lav
HT: Feet + FH/H
CST: @ Face
HST: 2xLx
2x back



O/A: Pecs tight trappus tight
Deltoids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/g/med/ham/ITBs
Fx: occ/salp/mt
☐ Talked ☐ Quiet Breathing
ROM: used > ms
FBACK: feet better 7ms

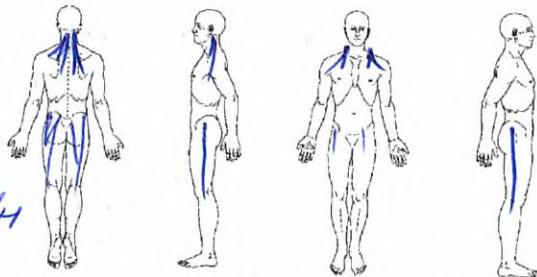
EXTRA
NEXT APPT:

P = Reom client stretch out > ms

TREATMENT NO. 121

S = client been feeling tightness in her neck upon

DATE: 03.10.12
TIME: \$75 EFT
PAID: 1hr
REC.No: 2012 E
A: 25
MU: Indian
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Mand/Tran
HT: Feet + Face A/H
CST: @ Face
HST: 2xLx
2x back



O/A: Pecs tight
Deltoids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/g/med/ham/ITBs
Fx: occ/salp/mt
☐ Talked ☐ Quiet Breathing
ROM: used > ms
FBACK: Reom client relax after

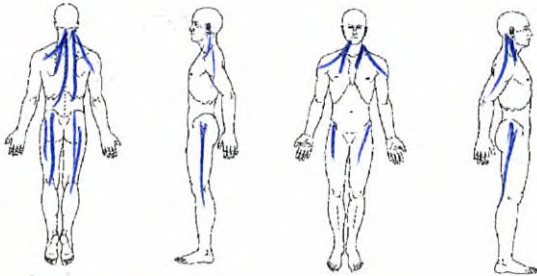
EXTRA
NEXT APPT:

P = Reom client feel slowly into new job 12 mths away

TREATMENT NO. 122

S = client been feeling tightness in her body & N. stomach @ moment - neck/hip/face ball sore

DATE: 19.11.13
TIME: 345 TUES
PAID: 1hr 885
REC.No: 1hr 885
AIR TEMP: 25
MUSIC: Natch
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Mand/Tran
HT: Feet + Face
CST: @ Face
HST: 2xLx
2x back



O/A: trappus tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/g/med/trapp/d/ncap
Fx: occ/salp/mt
☐ Talked ☐ Quiet Breathing
ROM: used > ms
FBACK: feet better > ms

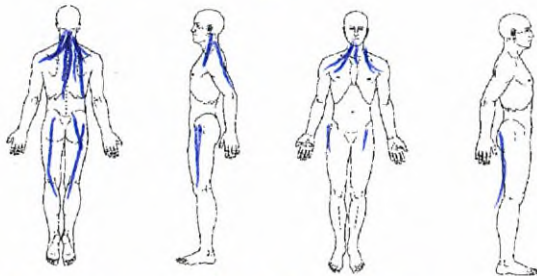
EXTRA
NEXT APPT:

P = Reom client look after body while so big

TREATMENT NO. 123

S = client been to Dr & been told hip pain may be arthritis or strain of tendon

DATE: 29.11.13
TIME: \$85 1hr
PAID: 3005
REC.No: 3005
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: dau
SUPINE SCENT: dem
OIL BLEND: Relax
Basil/Pepp
HT: Feet + Side
CST: @ Face
HST: 2xLx
2x back



O/A: trappus tight Pecs tight
Deltoids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: als/ES/GT/AC
Fx: rhomb/g/med/ham/AC/pond
☐ Talked ☐ Quiet Breathing
ROM: used > ms
FBACK: feet better > ms

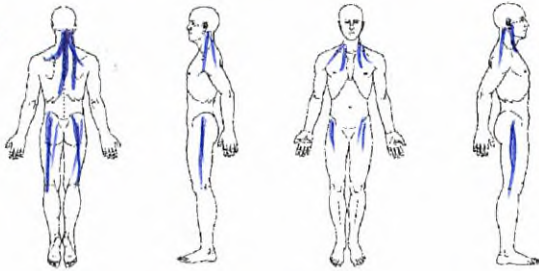
EXTRA
NEXT APPT:

P = Reom client & run & see how hip pain goes

TREATMENT NO. 124

DATE: 28.02.14
 TIME: 11:00 AM
 PAID: \$85
 REC.No: 3122
 AIR TEMP: 25
 MUSIC: Kenny G
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: 1 Face
 HST: 2x Lx
 2x back

S= client been feeling sore in her body with shoulders / back / hips - esp hips



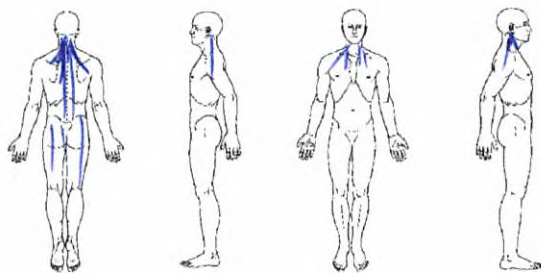
O/A:
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g/med/ham/MS
 Fx occ/scap/MS
☐ Talked ☒ Quiet Breathing
 ROM 75ed 7 MS
 FBACK Feet better > MS

TREATMENT NO. 125

DATE: 14.03.14
 TIME: 12:00 PM
 PAID: \$85
 REC.No: 3196
 AIR TEMP: 25
 MUSIC: Kenny G
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: 1 Face
 HST: 2x Lx
 2x back

P= Perom client stretch out & look after hips
 See physio for asst

S= client been feeling tightness in neck/shoulders
 Had 2 migraines feeling some soreness in hips & o

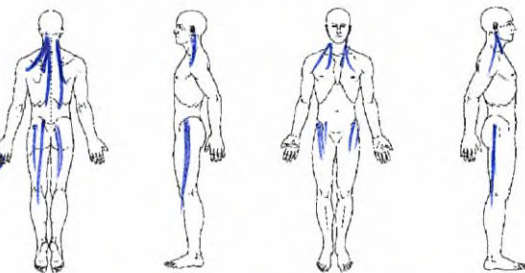


O/A:
 Rhombs v. tight + tender
 DLS tight. scap. taut
 Traps up tight. upper trapezius
 DLS better than previously
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g/med/ham/MS
 Fx occ/scap/MS
☐ Talked ☒ Quiet Breathing
 ROM 75ed > MS
 FBACK Feet better > MS

TREATMENT NO. 126

DATE: 28.03.14
 TIME: 2:00 PM
 PAID: \$85
 REC.No: 3266
 AIR TEMP: 25
 MUSIC: Ian CamI
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: 1 Face
 HST: 2x Lx
 2x back

S= client been feeling tightness in her body in hip esp.



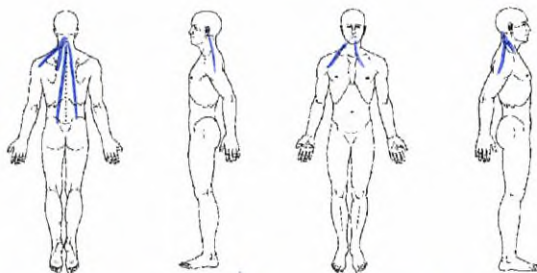
O/A:
 Deltoids tight. Traps up tender
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g/med/ham/MS
 Fx occ/scap/MS
☐ Talked ☒ Quiet Breathing
 ROM 75ed > MS
 FBACK Feet better > MS

TREATMENT NO. 127

DATE: 15.04.14
 TIME: 9:05 AM
 PAID: \$85
 REC.No: 3266
 AIR TEMP: 25
 MUSIC: Ian CamI
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: 1 Face
 HST: 2x Lx
 2x back

P= Perom client see physio for hip asst.

S= client been feeling sore in hip (RH)



O/A:
 Deltoids tight V. tight RH
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine MS LEGS
 TP rhomb/g/med/ham/MS
 Fx occ/scap/MS
☐ Talked ☒ Quiet Breathing
 ROM 75ed > MS
 FBACK Feet better > MS

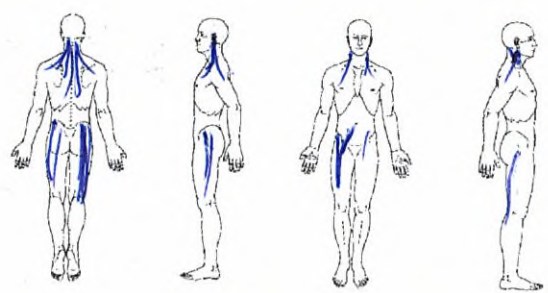
128 2.05.14 client been feeling v. stressed. Pain in hip still v/sclt.
 130 Feet FB(-stom) Heat TP rhomb/g/med/ham/traps/Lx/caps
 1hr. \$85 Face Quiet throughout & feeling better > MS. big diff with
 2x Lx + 2x back Relax
 Perom see physio for assess Ian CamI

TREATMENT NO. 129

DATE: 23.05.14
TIME: 4:30 PM FR
PAID: \$85
REC.No: 5396
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax

HT: ① Face
CST: 2 x Ln +
HST: 2 x bach
Feet / Face
EXTRA
NEXT APPT:

S = Client's been feeling v. sore in hip



O/A: S/L legs esp 2
Smed right
traps tender
traps / rhomb tight
Rhomb region.

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/traps/gmed
Fx: psoas/clmed '06/17
☐ Talked ☐ Quiet Breathing
ROM: Tsd 7ms
FBACK

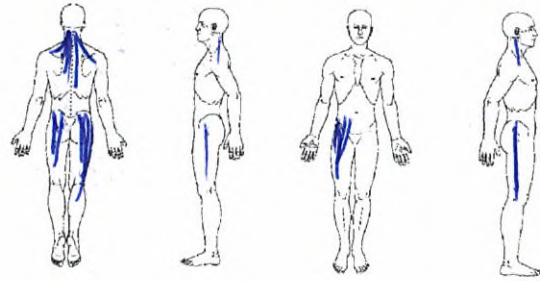
P = Perom client use balls (singular) @ night + discussed seeing Julie

TREATMENT NO. 130

DATE: 20.05.14
TIME: 4:30 PM FR
PAID: 1hr \$98
REC.No: 5398
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
Mand ITan

HT: ① Face
CST: 2 x Ln
HST: 2 x bach
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body improved with ms focused on hip
Sift next time



O/A: Lined v. tight + ITA/ras
Deltoids tight v. tight
ES tight traps up tight
Rhomb region cong

☐ Full Body ☐ STOMACH S/L on rhyp/leg
ARMS ☐ Prone ☐ Supine LEGS
TP: traps / Rhomb / Smed / Pin
Fx: lat / mds / Tdc / AC / psoas
☐ Talked ☐ Quiet Breathing
ROM: Tsd > ms
FBACK: felt improvement

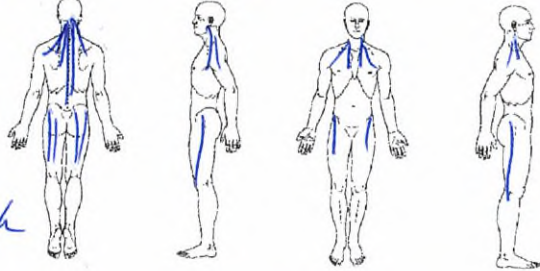
P = trying physocrem

TREATMENT NO. 131

DATE: 20.06.14
TIME: 8:00 PM
PAID: 1hr
REC.No: 3388
AIR TEMP: 25
MUSIC: guitar tunes
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
2 x Ln + 2 x bach

HT: ① Face
CST: 2 x Ln + 2 x bach
HST: Feet / Face
EXTRA
NEXT APPT:

S = Yed physocrem. Client's neck stiff + feeling sore with Lx since lifted. Big improvement > last session
Glt next time



O/A: Deltoids tight traps up tight
ES tight psoas tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb / gmed / ham / traps
Fx: ES / Q / traps / psoas
☐ Talked ☐ Quiet Breathing
ROM: feet better > ms
FBACK: Tsd > ms

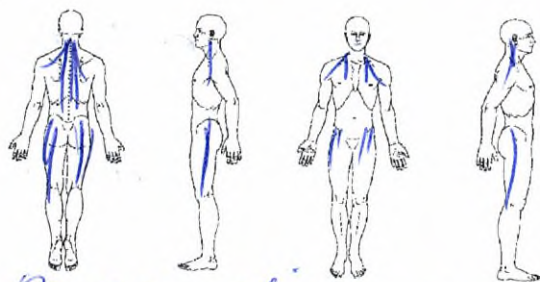
P = Perom client feel heat on neck + use cream to help with stiffness

TREATMENT NO. 132

DATE: 17.07.14
TIME: 4:30 PM
PAID: \$88 1hr
REC.No: Reflexology
AIR TEMP: 25
MUSIC: David Hest
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax

HT: 2 x Ln + 2 x bach
CST: ① Face
HST: Feet / Face
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body improved but shoulders tense



O/A: Psoas tight. traps up tight
Deltoids tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb / gmed / ham / traps
Fx: ES / Q / traps / psoas
☐ Talked ☐ Quiet Breathing
ROM: Tsd > ms
FBACK: feet better > ms

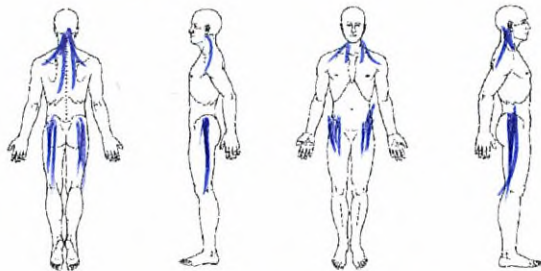
P = Perom client stretch out

TREATMENT NO. 133

DATE: 12.08.14
 TIME: 10:00
 PAID: \$98 hr
 REC.No: 3713
 AIR TEMP: 25
 MUSIC: Low
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND: Relax
 HT: 2x Lx + back
 CST: (A) Face
 HST: Feet / Face

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 hips



O/A:
 Pecs tight, traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb / g med / ham / traps
 Fx Tied > ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM feet better > ms
 FBAC

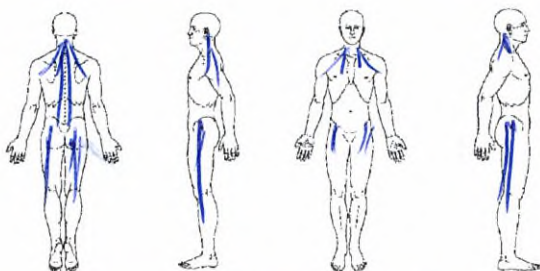
P = Perom client stretch out & feel relaxation
 to help with stress

TREATMENT NO. 134

DATE: 23.09.14
 TIME: 10:00
 PAID: \$98 hr
 REC.No: 3713
 AIR TEMP: 25
 MUSIC: Kenny G I
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Day / Lem
 HT: 2x Lx + back
 CST: (A) Face
 HST: 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 all over. Lx been sore again



O/A:
 Pecs tight. Per tendons
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb / g med / ham / traps
 Fx Tied > ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM feet better > ms
 FBAC

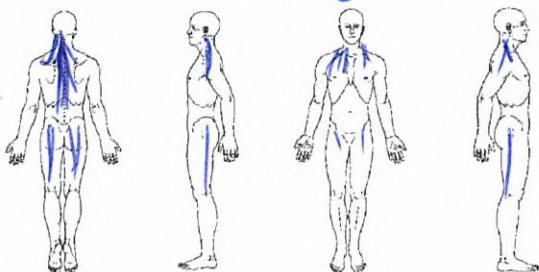
P = Perom client feel better by moving

TREATMENT NO. 135

DATE: 5.12.14
 TIME: 10:00
 PAID: \$98 hr
 REC.No: 3713
 AIR TEMP: 25
 MUSIC: Music Mixed 1-5
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 2x Lx + back
 CST: (A) Face
 HST: 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her hips / back
 lots happening



O/A:
 Pecs tight. traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb / g med / ham / traps
 Fx ocel / traps / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM feet better > ms
 FBAC

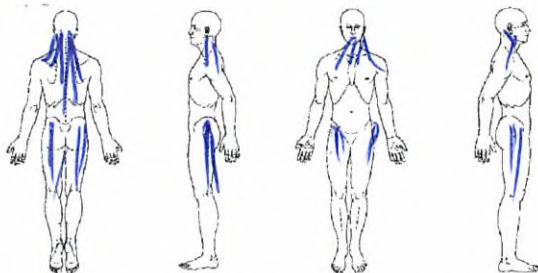
P = Client feeling better > ms

TREATMENT NO. 136

DATE: 11.12.14
 TIME: 10:00
 PAID: \$98 hr
 REC.No: 3713
 AIR TEMP: 25
 MUSIC: Kenny G
 FACE CREST: Low
 SUPINE SCENT: Relax
 OIL BLEND: Relax
 HT: 2x Lx + back
 CST: (A) Face
 HST: 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her R hip exp
 Lx improved



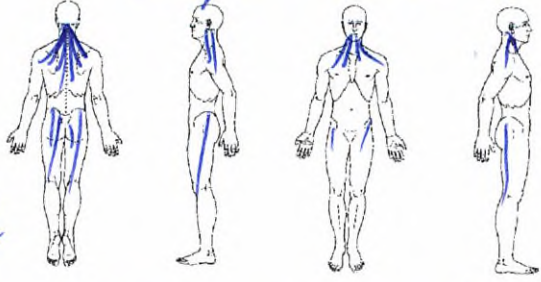
O/A:
 traps up tight
 Deltoids tight
 ES tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb / g med / ham / traps
 Fx ocel / traps / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM feet better > ms
 FBAC

P = Perom client stretch out for body

TREATMENT NO. 137

DATE: 26.05.15
TIME: \$88
PAID: Inv
REC.No: 25
AIR TEMP: 25
MUSIC: Ken Davis
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2xLn + 2x back
CST: (A) Face
HST: Feet

S= Arent been feeling tightness in her neck muscles. Been feeling unwell & off. Occup area v. tight. Dr suggested Ms.



O/A: Deltoids tight. Pecs tight. Traps up v. tight. Rhomb v. tight. upper v. con + tight

Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS ☐
TP occ/traps / L'scap / scap / Ms
Fx occ / ES / rhomb / trap / Ms
☐ Talked ☐ Quiet ☐ Breathing
ROM Felt diff 7 ms
FBACK Tender but feet good

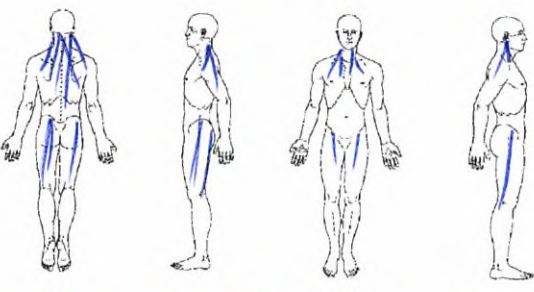
EXTRA
NEXT APPT:

P= Relom client stretch out & use heat with Ms shoulders, ice on occiput

TREATMENT NO. 138

DATE: 02.04.15
TIME: \$88 thr.
PAID: 25
REC.No: 25
AIR TEMP: 25
MUSIC: Jan
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2xLn + 2x back
CST: (A) Face
HST: Feet / Face

S= Client been feeling tightness



O/A: Traps up tight. Deltoids tight. ES tight. Traps up tight. Rhomb upper con

Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ LEGS ☐
TP rhomb / med / traps
Fx occ / traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM 7 sed 7 ms
FBACK feet improvement

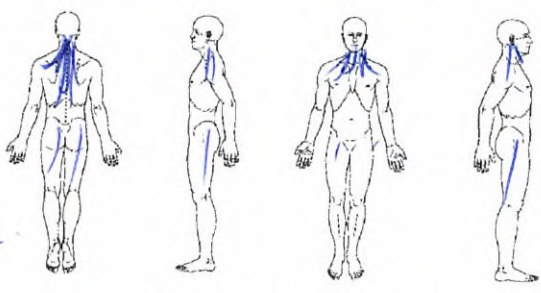
EXTRA
NEXT APPT:

P= Discussed seeing Kate chiro @ CWS Central 2x next week

TREATMENT NO. 139

DATE: 07.04.15
TIME: 2xLSDs
PAID: Inv
REC.No: 388
AIR TEMP: 25
MUSIC: Niyaga I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2xLn + 2x back
CST: (A) Face
HST: Feet / Face

S= Client been feeling dizziness this morning went to acupuncturist Ling Pan



O/A: Deltoids tight. ES tight. Traps up tight. Rhomb upper con

Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS ☐
TP rhomb / med / traps
Fx 7 sed 7 ms
☐ Talked ☐ Quiet ☐ Breathing
ROM feet better 7 ms
FBACK still tight / lumpy in neck

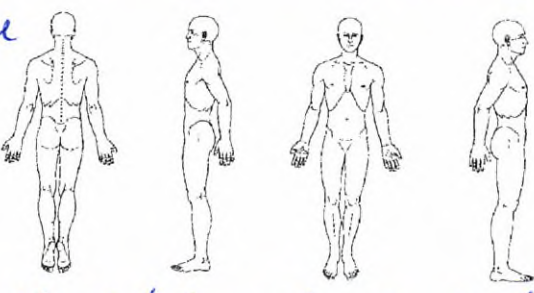
EXTRA
NEXT APPT:

P= Relom see Chris Henson next week

TREATMENT NO. 140

DATE: 15.04.15
TIME: \$88
PAID: 3839
REC.No: 3839
AIR TEMP: 25
MUSIC: Niyaga I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2xLn + 2x back
CST: (A) Face
HST: Feet / Face

S= Client been feeling tightness in her body is improving with neck. Hip been sore



O/A: Pecs short. Deltoids tight. ES tight. Traps up tight

Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS ☐
TP rhomb / med / ham / traps
Fx quiet throughout
☐ Talked ☐ Quiet ☐ Breathing
ROM 7 sed 7 ms
FBACK feet better 7 ms

EXTRA
NEXT APPT:

P= Had lots of Tx to help looking forward to hol's

140th Gift

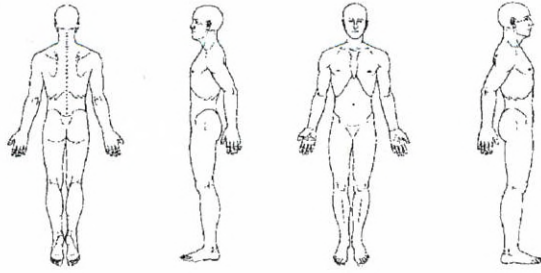
TREATMENT NO. _____

S = _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____

HT _____
CST _____
HST _____

EXTRA _____
NEXT APPT: _____



O/A: _____

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

P = _____

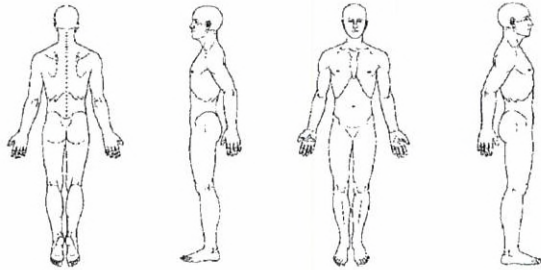
TREATMENT NO. _____

S = _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____

HT _____
CST _____
HST _____

EXTRA _____
NEXT APPT: _____



O/A: _____

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

P = _____

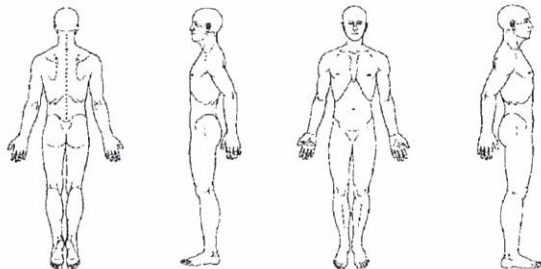
TREATMENT NO. _____

S = _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____

HT _____
CST _____
HST _____

EXTRA _____
NEXT APPT: _____



O/A: _____

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

P = _____

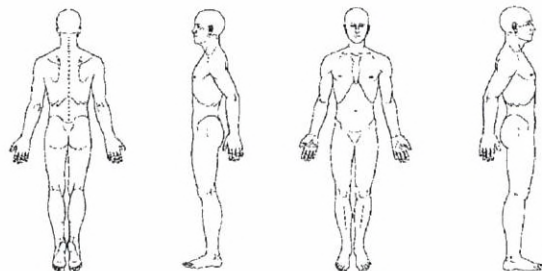
TREATMENT NO. _____

S = _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____

HT _____
CST _____
HST _____

EXTRA _____
NEXT APPT: _____



O/A: _____

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

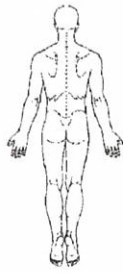
P = _____

TREATMENT NO. 141

S=

DATE: 26/2/18.
TIME: 4-30
PAID: _____
REC.No: _____
AIR TEMP: 23
MUSIC: guitar sax
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: mand / tang.
HT _____
CST _____
HST _____
EXTRA _____
NEXT APPT: _____

tail



O/A: _____

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

P = Bruising? light-med press. (cold feet), firmer ok new.

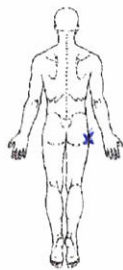
TREATMENT NO. 

DATE: 12/3/18
TIME: 3pm
PAID: ☒
REC.No:
AIR TEMP: 23
MUSIC: Ian Cam Smith
FACE CREST:
SUPINE SCENT: Lemon
OIL BLEND:
m/r
HT
CST
HST

EXTRA
NEXT APPT: will ph.

S = ② Hip Mostly.

Gail



O/A:

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒
TP
Fx
☒ Talked ☒ Quiet Breathing
ROM
FBACK felt better.

P = Firm pressure.

MERRY CHRISTMAS!



focus on  **movement**

To: *GAIL MAES*



Your Gift is a 60 minute Remedial Massage
with Aromatherapy and Hot Towels

From: *E. xxx*



PHONE: 0439 775 003
EMAIL: relax@focusonmovement.com.au
CLINIC: 51 Lyndel Drive Woree 4868
WEB: www.focusonmovement.com.au

Gail Hastie

DOB14 Nov 1956
OccupationTeachers Aide

Appointments

| Date | Time | Type | Practitioner |
|-------------|-------------------|-------------------------------|------------------|
| 18 Jul 2025 | 11:15AM – 12:15PM | 75 minute Remedial Massage | Christine Jervis |
| 4 Jul 2025 | 10:30AM – 11:30AM | 75 minute Remedial Massage | Christine Jervis |
| 28 Jun 2025 | 11:00AM – 12:00PM | 75 minute Remedial Massage | Christine Jervis |
| 24 Mar 2025 | 11:00AM – 12:00PM | 75 minute Remedial Massage | Christine Jervis |
| 7 Mar 2025 | 9:15AM – 10:15AM | 75 minute Remedial Massage | Christine Jervis |
| 27 Feb 2025 | 9:15AM – 10:15AM | 75 minute Remedial Massage | Christine Jervis |
| 18 Feb 2025 | 12:00PM – 1:00PM | 75 minute Remedial Massage | Christine Jervis |
| 17 Jan 2025 | 9:15AM – 10:15AM | 75 minute Remedial Massage | Christine Jervis |
| 10 Oct 2024 | 8:45AM – 10:15AM | 90 minute Massage | Christine Jervis |
| 26 Sep 2024 | 9:30AM – 11:00AM | 90 minute Massage | Christine Jervis |
| 12 Sep 2024 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 16 Aug 2024 | 12:45PM – 1:45PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 23 Jul 2024 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 11 Jul 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 20 Jun 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 6 Jun 2024 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 18 May 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 2 May 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 21 Mar 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 10 Mar 2024 | 1:00PM – 2:00PM | REBOOKING - 60 minute Massage | Christine Jervis |

| Date | Time | Type | Practitioner |
|-------------|-------------------|---|------------------|
| 8 Feb 2024 | 9:30AM – 10:30AM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 6 Jan 2024 | 11:00AM – 12:00PM | HOLIDAY SPECIAL - February 2024 - Rebooking Clients | Christine Jervis |
| 2 Nov 2023 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 19 Oct 2023 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 11 Sep 2023 | 1:00PM – 2:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 10 Aug 2023 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 17 Jul 2023 | 1:00PM – 2:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 15 Jun 2023 | 12:45PM – 1:45PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 19 Apr 2023 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 30 Mar 2023 | 12:45PM – 1:45PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 16 Mar 2023 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 10 Nov 2022 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 17 Mar 2022 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 16 Feb 2022 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 15 Nov 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 6 Sep 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 16 Aug 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 21 Jul 2021 | 10:00AM – 11:00AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 5 Jul 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 23 Jun 2021 | 10:00AM – 11:00AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 7 Jun 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 29 Mar 2021 | 10:30AM – 11:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 10 Mar 2021 | 10:00AM – 11:00AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 24 Feb 2021 | 9:30AM – 10:30AM | Massage COMPREHENSIVE Consultation REBOOK | Christine Jervis |
| 10 Feb 2021 | 11:30AM – 12:30PM | Massage COMPREHENSIVE Consultation REBOOK | Christine Jervis |

| Date | Time | Type | Practitioner |
|-------------|-------------------|---|------------------|
| 13 Jan 2021 | 11:45AM – 12:45PM | Massage COMPREHENSIVE Consultation REBOOK | Christine Jervis |
| 16 Dec 2020 | 10:00AM – 11:00AM | Massage COMPREHENSIVE Consultation REBOOK | Christine Jervis |
| 2 Dec 2020 | 10:00AM – 11:00AM | 60 minute Massage | Christine Jervis |
| 29 Apr 2019 | 9:30AM – 10:30AM | 60 minute Massage | Marina Franke |
| 12 Dec 2018 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 21 Nov 2018 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |

Treatment Notes

| Standard Consultation - Remedial Massage | |
|--|--|
| Practitioner: Christine Jervis Appointment: 18 Jul 2025, 11:15AM Created: 29 Jul 2025, 7:30PM Last updated: 29 Jul 2025, 7:35PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - yanni if there Aromatherapy Massage oil - pain blend |

FB treatment with abdominal work. Gentle.

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

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs

Body Chart

Feedback after treatment - Felt good after massage

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 18 Jul 2025, 11:15AM

Created: 29 Jul 2025, 7:29PM

Last updated: 29 Jul 2025, 7:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - feeling soreness.

Medication or relevant procedures / info identified that may affect the massage. Prescription Medication; Injury; Illness; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Lymph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp.

Treatment details - what was done today Pressure used - 2 gentle firm.

| | |
|--|--|
| to help the client | <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Music - yanni if there</p> <p>Aromatherapy Massage oil - pain blend</p> <p>FB treatment with abdominal work. Gentle.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed self care. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Mar 2025, 11:00AM
Created: 24 Mar 2025, 1:46PM
Last updated: 24 Mar 2025, 1:47PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis. Esp L knee pain, trouble moving (seizing up) after laying still. r hip pinching and aching yesterday. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | <p>Lmph nodes removed R hip.</p> <p>Does not like massaging lumps herself</p> <p>Client on medication to help anxiety.</p> <p>Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish</p> |
| Assessment / Testing done (including | |

| | |
|--|---|
| ROM) / Observations | <p>Verbal consent obtained. Covid compliance checked.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2 gentle firm.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Music - yanni if there</p> <p>Aromatherapy Massage oil - pain blend</p> <p>FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight. Extra time esp legs and back plus side lying legs.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage -wished it wouldn't end |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Looking after grandchildren still. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Mar 2025, 9:15AM
Created: 7 Mar 2025, 10:32AM
Last updated: 7 Mar 2025, 11:11AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - feeling soreness all over, very bad arthritis. Esp L knee pain, trouble moving (seizing up) after laying still

Medication or relevant procedures / info Prescription Medication; Injury; Illness; Red Flags

identified that may affect the massage.

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - saxophone tunes
Aromatherapy Massage oil - pain blend

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.
ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight. Extra time esp legs and back.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs

Body Chart

Feedback after treatment -

Felt good after massage -wished it wouldn't end

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

Looking after grandchildren, see how she goes next week.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 18 Feb 2025, 12:00PM

Created: 18 Feb 2025, 2:12PM
Last updated: 18 Feb 2025, 2:13PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis. Esp L knee pain, trouble moving (seizing up) after laying still |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Acker Bilk Aromatherapy Massage oil - pain blend FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight. Extra time esp legs and back. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage -wished it wouldn't end |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See next week |

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 17 Jan 2025, 9:15AM**Created:** 17 Jan 2025, 10:52AM**Last updated:** 17 Jan 2025, 1:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling soreness all over, very bad arthritis. Esp L knee pain, operated Oct 15 if need to remove a lymph node

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Yanni 2
Aromatherapy Massage oil - lav blend

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.
ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight. Extra time esp legs and back.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs

Body Chart

| | |
|--|---|
| Feedback after treatment - | Felt good after massage -wished it wouldn't end |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Away til 3rd feb from Jan 29 |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Oct 2024, 8:45AM
Created: 10 Oct 2024, 7:27PM
Last updated: 10 Oct 2024, 7:30PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis. Esp R hip pain. pscan done yesterday so trouble sleeping, may operate Oct 15 if need to remove a lymph node |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Yanni 2 Aromatherapy Massage oil - lav blend FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight |

| | |
|--|--|
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage - |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed the stress and helping to manage that |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Sep 2024, 9:30AM
Created: 12 Sep 2024, 10:48AM
Last updated: 12 Sep 2024, 10:51AM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis. Esp R hip pain. Doctor doing pet scan Oct 14 and will operate Oct 15 if need to remove a lymph node |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | <p>Lmph nodes removed R hip.</p> <p>Does not like massaging lumps herself</p> <p>Client on medication to help anxiety.</p> <p>Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish</p> |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained. Covid compliance checked.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp.</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2 gentle firm.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> |

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| | <p>Hot Pack - Upper Body</p> <p>Music - Yanni 2</p> <p>Aromatherapy Massage oil - lav blend</p> <p>FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage - |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed the stress and helping to manage that |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Aug 2024, 12:45PM
Created: 16 Aug 2024, 2:04PM
Last updated: 16 Aug 2024, 2:06PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis. Esp R hip pain. Lately bothering her |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | <p>Lmph nodes removed R hip.</p> <p>Does not like massaging lumps herself</p> <p>Client on medication to help anxiety.</p> <p>Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish</p> |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. |

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| | ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Kenny G Aromatherapy Massage oil - lav blend FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. R side very tight |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage - esp loved side lying massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See after Brisbane trip next week - 4 days away, titanic exhibition and Tina turner show and whale watching |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 23 Jul 2024, 9:30AM Created: 23 Jul 2024, 10:53AM Last updated: 23 Jul 2024, 10:55AM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - feeling soreness all over, very bad arthritis |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / | Lmph nodes removed R hip. |

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| Precautions needed etc (i.e. conditions listed above)- | Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. Lymph drainage on R leg esp. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - piano tunes Aromatherapy Massage oil - sports blend FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender. Very tight shoulders/back/hips. Tender ITBs. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good after massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed managing stress |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Jun 2024, 9:30AM
Created: 14 Jul 2024, 10:27PM
Last updated: 14 Jul 2024, 10:28PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - feeling sore. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | <p>Lmph nodes removed R hip.</p> <p>Does not like massaging lumps herself</p> <p>Client on medication to help anxiety.</p> <p>Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish</p> |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained. Covid compliance checked.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - 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 - 2 gentle firm.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - relax lavender</p> <p>FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.</p> <p>ITBs very tender. Very tight shoulders/back/hips. Tender ITBs.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good, many sore spots. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed heat. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Jul 2024, 11:00AM
Created: 14 Jul 2024, 8:37PM
Last updated: 14 Jul 2024, 8:38PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - feeling sore and stressed. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | <p>Lmph nodes removed R hip.</p> <p>Does not like massaging lumps herself</p> <p>Client on medication to help anxiety.</p> <p>Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish</p> |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained. Covid compliance checked.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - 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 - 2 gentle firm.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - relax lavender</p> <p>FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.</p> <p>ITBs very tender. Very tight shoulders/back/hips. Tender ITBs.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt good but very sore. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed getting some treatment to help. |

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 20 Jun 2024, 11:00AM**Created:** 20 Jun 2024, 12:09PM**Last updated:** 20 Jun 2024, 12:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling a bit better with everything at the moment.

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

Prescription Medication; Injury; Illness; Red Flags

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

Lymph nodes removed R hip.

Does not like massaging lumps herself

Client on medication to help anxiety.

Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.

ROM - not checked today.

Anything noteworthy - no.

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

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Arms & Hands

Hot Pack - Upper Body

Music - Ian Can Smith 2

Aromatherapy Massage oil - relax lavender

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.

ITBs very tender

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs

Body Chart**Feedback after treatment -**

Felt great after Massage - really enjoyed her treatment

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

See again soon on holidays

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 2024, 11:00AM

Created: 18 May 2024, 12:39PM

Last updated: 18 May 2024, 12:53PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling a bit better but shoulder still aching esp R side and L side thumb and fingers numb, knee pain improved. Seeing physio who has given her exercises to do. Has hand brace still

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Ian Can Smith
Aromatherapy Massage oil - relax

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially.
ITBs very tender

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| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt great after Massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See 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: 2 May 2024, 11:00AM
Created: 2 May 2024, 12:41PM
Last updated: 2 May 2024, 12:42PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - shoulder still aching esp R side and L side thumb and fingers numb, knee pain improved. Seeing physio who has given her exercises to do. Has hand brace for LHS |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders |

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| | Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Ian Can Smith Aromatherapy Massage oil - relax FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt great after Massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Neck still a bit sore afterwards, from sleeping in different beds? |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 21 Mar 2024, 11:00AM Created: 22 Mar 2024, 6:06PM Last updated: 22 Mar 2024, 6:08PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - shoulder still aching esp R side and L side thumb and fingers numb, knee pain improved. Seeing physio who has given her exercises to do |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Assessment / Testing done (including | |

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| ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - yanni if there Aromatherapy Massage oil - relax FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt great |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Felt big improvement afterwards |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Mar 2024, 1:00PM
Created: 10 Mar 2024, 2:24PM
Last updated: 10 Mar 2024, 2:26PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - shoulder still aching esp R side and L side thumb and fingers numb, knee pain improved. Enjoyed her holiday. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Medication or relevant procedures / info | Prescription Medication; Injury; Illness; Red Flags |

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| identified that may affect the massage. | |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lymph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Ken David and Miyagi Aromatherapy Massage oil - relax FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt great after massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Really enjoyed treatment and felt big improvement |
| 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 2024, 9:30AM
Created: 8 Feb 2024, 9:20AM
Last updated: 8 Feb 2024, 11:32AM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - shoulder still aching esp R side rotator cuff area and L knee sharp pain. Seeing physio Julie. Osteo helping with knee tears Dr Hilary Cornish |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Acker Bill Aromatherapy Massage oil - relax FB treatment with abdominal work. Gentle. Flushed through legs and hips especially. ITBs very tender |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs |
| Body Chart | |
| Feedback after treatment - | Felt great after massage and sauna. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed looking after knee to avoid surgery, may require cortisone in knee for tear |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | 22 |
| Feedback after treatment - | Sweat a lot. Enjoyed it. |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 6 Jan 2024, 11:00AM**Created:** 6 Jan 2024, 12:26PM**Last updated:** 6 Jan 2024, 2:01PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulder still aching esp R side rotator cuff area and L knee sharp pain. Seeing physio Julie. Hip still sore. Looking brighter - daughter pregnant 20 weeks so excited. Good family time for Christmas and New Year

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Ken Davis
Aromatherapy Massage oil - relax

Some slight swelling in abdominal area today.

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension. ITBs very tender

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs

Body Chart

Feedback after treatment -

Felt good after massage.

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

Discussed how some regular work can help

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 2 Nov 2023, 11:00AM

Created: 3 Nov 2023, 9:15AM

Last updated: 3 Nov 2023, 9:18AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulder still aching esp R side rotator cuff area. Seeing physio Julie. Hip sore. Looking brighter - daughter pregnant so excited.

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - yanni
Aromatherapy Massage oil - relax

Some slight swelling in abdominal area today.

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps

Body Chart**Feedback after treatment -**

Felt improvement after massage.

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

Discussed all the things to help retaining fluid.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 11 Sep 2023, 1:00PM**Created:** 11 Sep 2023, 2:23PM**Last updated:** 11 Sep 2023, 2:26PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - Knee still sore. Seeing physio Julie. Hip been sore and feeling lots on with stress still.

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.

Does not like massaging lumps herself

Client on medication to help anxiety.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.

ROM - not checked today.

Anything noteworthy - no.

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

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Arms & Hands

Hot Pack - Upper Body

Music - mod girls mix hallelujah

Aromatherapy Massage oil - relax

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension.

| | |
|--|---|
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt improvement after massage. Enjoyed treatment. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Heading away to Brisbane in 2 weeks for ed's treatment, not sure how long she will be away for. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Aug 2023, 9:30AM
Created: 11 Aug 2023, 10:54AM
Last updated: 11 Aug 2023, 11:00AM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - did fun marathon run with yesterday so very sore still on her Knee. R Shoulder been hurting and restricted movement still. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety. |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - mod girls mix hallelujah |

| | |
|--|---|
| | Aromatherapy Massage oil - relax |
| | FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt improvement after massage. Very tight R neck and shoulder and knee still tight with hips too |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed seeing physio |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Jul 2023, 1:00PM
Created: 17 Jul 2023, 2:16PM
Last updated: 17 Jul 2023, 2:19PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - did fun marathon run with yesterday so very sore. R Shoulder been hurting and restricted movement. Very stressed - son sick but not sure why, mum dizzy, husband waiting to go to Brisbane for treatment. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. |

| | |
|--|---|
| | Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | <p>Pressure used - 2 gentle firm.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - cream</p> <p>FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt improvement after massage. Very tight R neck and shoulder. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed how massage and osteo can help with her shoulder and neck restriction. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Jun 2023, 12:45PM

Created: 15 Jun 2023, 2:51PM

Last updated: 15 Jun 2023, 2:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - been away on holidays and back now, leg swelling.

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.

Does not like massaging lumps herself

Client on medication to help anxiety

| | |
|--|--|
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Yanni if there Aromatherapy Massage oil - cream FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt improvement after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talked about doing some work on her body again soon to help swelling. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 19 Apr 2023, 10:30AM

Created: 24 Apr 2023, 9:21AM

Last updated: 24 Apr 2023, 9:22AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - sore on R hip and intercostals very sharp pains. Numbness and restriction with RHS surgery scars.

Medication or relevant procedures / info

Prescription Medication; Injury; Illness; Red Flags

| | |
|--|--|
| identified that may affect the massage. | |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lymph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Yanni if there Aromatherapy Massage oil - cream FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt big improvement after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talked about seeing physio for mobilisation work if pain continues with ribs. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 30 Mar 2023, 12:45PM

Created: 1 Apr 2023, 6:38AM

Last updated: 1 Apr 2023, 6:39AM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - sore on R hip after fell from ladder cleaning fans. May have broken bone floating around in her rib. Pain and soreness. Numbness and restriction with RHS surgery scars. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | Lmph nodes removed R hip. Does not like massaging lumps herself Client on medication to help anxiety |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Music - Yanni if there Aromatherapy Massage oil - cream FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps |
| Body Chart | |
| Feedback after treatment - | Felt much better after massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talked about recovery |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Mar 2023, 9:30AM
Created: 19 Mar 2023, 6:01AM
Last updated: 19 Mar 2023, 6:03AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - sore on R hip after fell from ladder cleaning fans. Numbness and restriction with RHS surgery scars.

Medication or relevant procedures / info identified that may affect the massage. Prescription Medication; Injury; Illness; Red Flags

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Lymph nodes removed R hip.
 Does not like massaging lumps herself
 Client on medication to help anxiety

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Covid compliance checked.
 ROM - not checked today.
 Anything noteworthy - no.
 Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client Pressure used - 2 gentle firm.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Arms & Hands
 Hot Pack - Upper Body
 Music - Yanni if there
 Aromatherapy Massage oil - cream

 FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension.

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

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps

Body Chart

Feedback after treatment - Felt really good

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed how massage helps especially with lymph and nerve sensations for leg

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 10 Nov 2022, 9:30AM**Created:** 10 Nov 2022, 10:41AM**Last updated:** 10 Nov 2022, 10:46AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - cancer 6months ago and lymph nodes removed. L arm - canular pain. Had nurse visit for 6 weeks daily

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

Prescription Medication; Injury; Illness; Red Flags

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

Lmph nodes removed R hip.
Does not like massaging lumps herself
Client on medication to help anxiety

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Ian Can Smith
Aromatherapy Massage oil - lavender h2o oil

FB treatment with abdominal work. Gentle. Flushed through legs and hips especially, worked on back tension.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps

Body Chart**Feedback after treatment -**

Much calmer :-) Enjoyed treatment.

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

Discussed regular massage to help

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 17 Mar 2022, 9:30AM**Created:** 17 Mar 2022, 10:51AM**Last updated:** 17 Mar 2022, 1:20PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - still tender and sore all over. Lots going on - getting scans done to see if she has a growth on her back as there is a raised bit.

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

Prescription Medication; Illness

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no**Treatment details - what was done today to help the client**Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Ian Can Smith
Aromatherapy Massage oil -Mand/Tang

FB treatment with abdominal work. Remedial massage techniques on hips and legs and shoulders.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart**Feedback after treatment -**

Much calmer :-) Discussed that her back hasn't changed shape but it's a good idea to investigate the lump.

Plan for future results / treatment / progress / homework (including

Discussed regular massage to help as her hips and shoulders and neck are all sore. Sauna next time?

discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 16 Feb 2022, 9:30AM**Created:** 16 Feb 2022, 11:13AM**Last updated:** 16 Feb 2022, 11:15AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - still tender and sore all over. Lots going on - very stressed and emotional when talking about life stresses.

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

Prescription Medication; Illness

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no**Treatment details - what was done today to help the client**Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Ian Can Smith
Aromatherapy Massage oil -Mand/Tang

FB treatment with abdominal work. Remedial massage techniques on hips and legs and shoulders.**What parts of the body were massaged?**

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart**Feedback after treatment -**

Felt great after massage. Much calmer :-)

Plan for future results / treatment / progress / homework (including

Discussed regular massage to help with her body and stress

discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 15 Nov 2021, 10:30AM**Created:** 15 Nov 2021, 2:00PM**Last updated:** 15 Nov 2021, 2:02PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - still tender and sore and now pain in her lower Cx high Thoracic region. Lots going on - very stressed and emotional. Husband had major surgery

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

Prescription Medication; Illness

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained. Covid compliance checked.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no**Treatment details - what was done today to help the client**Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Yanni
Aromatherapy Massage oil -Mand/Tang

FB treatment with abdominal work. Remedial massage techniques on hips and legs and shoulders.**What parts of the body were massaged?**

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart**Feedback after treatment -**

Felt great after massage. Very tender traps :-)

Plan for future results / treatment / progress / homework (including

Discussed using a hot pack and topical cream to help. Next time check how she went with the physio for TMJ work with a glove.

discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 6 Sep 2021, 10:30AM**Created:** 7 Sep 2021, 3:42AM**Last updated:** 7 Sep 2021, 3:43AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - still tender and sore and now pain in her mouth. Having scans at the moment too.

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

Prescription Medication; Illness

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained. Covid compliance checked.
ROM - stiff today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no**Treatment details - what was done today to help the client**Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Music - Yanni
Aromatherapy Massage oil -Mand/Tang
Spritzer - Jasmine.

FB treatment with abdominal work. Remedial work on hips and legs and shoulders.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart**Feedback after treatment -**

Felt great after massage :-)

Plan for future results / treatment / progress / homework (including

Discussed seeing physio for TMJ work with a glove if the pain persists and they can't see any reason for it.

discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 16 Aug 2021, 10:30AM**Created:** 23 Aug 2021, 4:19PM**Last updated:** 23 Aug 2021, 4:36PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - still tender and sore especially in hip.

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

Prescription Medication; Illness

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

Verbal consent obtained. Covid compliance checked.
 ROM - stiff today.
 Anything noteworthy - no.
 Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Arms & Hands
 Hot Pack - Lower Body.
 Topical Treatment - Fisiocrem shoulders
 Music - Yanni
 Aromatherapy Massage oil - Mand/Tang
 Spritzer - Neroli

FB treatment with abdominal work. Remedial work on hips and legs and shoulders.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart**Feedback after treatment -**

Felt great after massage :-)

Plan for future results / treatment /

Discussed using heat and getting more massage...

progress / homework (including
discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 23 Jun 2021, 10:00AM

Created: 30 Jul 2021, 10:44AM

Last updated: 30 Jul 2021, 10:45AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - feeling sore and needing massage.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Covid compliance checked.
ROM - neck very stiff today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Lower Body.
Topical Treatment - Fisiocrem shoulders
Music - Ian Cam Smith.
Aromatherapy Massage oil -Mand/Tang
Spritzer - Jasmine

FB treatment with abdominal work. Remedial work on hips and legs and shoulders.

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

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

Body Chart

Feedback after treatment - Felt great after massage :-)

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

Discussed using heat.

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, 10:30AM

Created: 30 Jul 2021, 10:40AM

Last updated: 30 Jul 2021, 10:42AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling stressed and sore in her neck.

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

Prescription Medication; Illness

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - neck very stiff today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Lower Body.
Topical Treatment - Fisiocrem shoulders
Music - Ian Cam Smith.
Aromatherapy Massage oil -Mand/Tang
Spritzer - Jasmine

FB treatment with abdominal work. Remedial work on hips and legs and shoulders.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Felt good :-)

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

Recom see physio for her neck.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 Jul 2021, 10:00AM

Created: 30 Jul 2021, 10:36AM

Last updated: 30 Jul 2021, 10:37AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling sore with her neck still. Physio has been working on it.

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

Prescription Medication; Illness

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. Covid compliance checked.
ROM - neck very stiff today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Lower Body.
Topical Treatment - Fisiocrem shoulders
Music - Ian Cam Smith.
Aromatherapy Massage oil -Mand/Tang
Spritzer -Neroli

FB treatment with abdominal work. Remedial work on hips and legs and shoulders.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart

| | |
|--|---------------------------------|
| Feedback after treatment - | Felt relaxed :-) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talked about stress management. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Jun 2021, 10:30AM
Created: 7 Jun 2021, 12:20PM
Last updated: 7 Jun 2021, 12:34PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling great after her holidays :-) |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - neck very stiff today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Lower Body. Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith. Aromatherapy Massage oil -Mand/Tang Spritzer -Neroli FB treatment with abdominal work. Remedial work on hips and legs and shoulders. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes |
| Body Chart | |

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|--|----------------------------------|
| Feedback after treatment - | Felt good after treatment :-) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Talked about using heat on neck. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Mar 2021, 10:30AM
Created: 2 Apr 2021, 5:12AM
Last updated: 2 Apr 2021, 5:13AM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client stressed with lockdown and face masks etc. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Topical Treatment - Zen hips. Music - Ian Cam Smith. Aromatherapy Massage oil -Mand/Tang Spritzer -Neroli FB treatment with abdominal work. Remedial work on hips and legs and shoulders. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes |

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| Body Chart | |
| Feedback after treatment - | Felt much better :-) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Off on holidays - driving from April 19. Will see on the other side when she returns. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

| Standard Consultation - Remedial Massage | |
|--|--|
| Practitioner: Christine Jervis Appointment: 10 Mar 2021, 10:00AM Created: 18 Mar 2021, 3:23AM Last updated: 18 Mar 2021, 3:24AM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client still needing full body massage for stress relief. Hip has been bothering her with soreness. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Topical Treatment - Zen hips. Music - Ian Cam Smith. Aromatherapy Massage oil -Mand/Tang Spritzer -Neroli FB treatment with abdominal work. Remedial work on hips and legs. Some abdominal work to help with balance. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |

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|--|---|
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes |
| Body Chart | |
| Feedback after treatment - | Good after treatment. Enjoyed :-) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed how hips can cause ongoing pain. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Feb 2021, 11:30AM
Created: 3 Mar 2021, 11:50PM
Last updated: 3 Mar 2021, 11:51PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client still needing some general full body massage for stress relief. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. Covid compliance checked. ROM - not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Topical Treatment - Zen hips. Music - Ian Cam Smith. Aromatherapy Massage oil -Mand/Tang Spritzer -Jasmine. FB treatment with abdominal work. Relaxing Massage today with some remedial work on shoulders and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - |

quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

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

Body Chart

Feedback after treatment - Relaxed after treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Felt good - discussed how abdominal 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: 24 Feb 2021, 9:30AM

Created: 3 Mar 2021, 11:40PM

Last updated: 3 Mar 2021, 11:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client still needing some general full body massage for stress relief. Hips has been sore and achy.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Covid compliance checked.
ROM - not today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2 gentle firm.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Arms & Hands
Hot Pack - Upper Body
Topical Treatment - Zen hips.
Music - Ian Cam Smith.
Aromatherapy Massage oil -Mand/Tang
Spritzer -Rose

FB treatment with abdominal work. Relaxing Massage today with some remedial work on shoulders and hips.

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| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes |
| Body Chart | |
| Feedback after treatment - | Left much calmer. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed looking after hip with stretching. |

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

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

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 13 Jan 2021, 11:45AM
Created: 15 Jan 2021, 11:01AM
Last updated: 15 Jan 2021, 12:45PM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client still needing some general full body massage for stress relief. Feeling good at the moment - hip is great! |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith. Aromatherapy Massage oil -Mand/Tang Spritzer -Lavender. FB treatment with abdominal work. Relaxing Massage today with some remedial work |

| | |
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| | on shoulders and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes |
| Body Chart | |
| Feedback after treatment - | Felt great after massage :-) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | See in 2 weeks -discussed looking after her body this year. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Dec 2020, 10:00AM
Created: 22 Dec 2020, 5:04AM
Last updated: 22 Dec 2020, 5:05AM

Standard Consultation - Remedial Massage

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| Presenting complaint (relevant medical history or client info) | What's going on now - client still needing some general full body massage for stress relief. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Illness |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2 gentle firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Arms & Hands Hot Pack - Upper Body Topical Treatment - Fisiocrem shoulders Music - Norah Aromatherapy Massage oil -Mand/Tang Spritzer -Jasmine. |

FB treatment with abdominal work. Relaxing strokes. Client talked a lot at start, then rested.

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

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

Body Chart

Feedback after treatment - Enjoyed massage :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed holidays and relaxing.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Dec 2020, 10:00AM
Created: 6 Dec 2020, 8:43AM
Last updated: 6 Dec 2020, 8:47AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client needing some general full body massage for stress relief. Has various problems going on. Lots of stress still.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - not today.
 Anything noteworthy - no.
 Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2 gentle firm.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Arms & Hands
 Hot Pack - Upper Body
 Topical Treatment - Fisiocrem shoulders
 Music - Norah

Aromatherapy Massage oil -Mand/Tang
Spritzer -Jasmine.

FB treatment with abdominal work. Relaxing strokes. Client talked a lot at start, then rested.

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

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

Body Chart

Feedback after treatment - Felt great after massage. Enjoyed :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed how massage can help with stress.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 29 Apr 2019, 9:30AM

Created: 29 Apr 2019, 10:34AM

Last updated: 29 Apr 2019, 10:36AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip (L QL area) Low back sore
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 -firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -nature Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment |
| Where any specific trigger points used? | Upper Traps; ITBs; Glutes |
| Body Chart | |
| Feedback after treatment - | :) L QL's tight, R weak, R quad tight |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | stretch and strengthen |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 12 Dec 2018, 2:30PM
Created: 12 Dec 2018, 5:10PM
Last updated: 12 Dec 2018, 5:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip (QL area) Bruise just under here
 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 -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -nature Aromatherapy -tangerine |
| What parts of the body were massaged? | Full Body Treatment |
| Where any specific trigger points used? | Upper Traps; ITBs; Glutes |
| Body Chart | |
| Feedback after treatment - | :) L QL's tight, R weak, R quad tight |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | stretch and strengthen |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Nov 2018, 2:30PM
Created: 21 Nov 2018, 2:28PM
Last updated: 23 Nov 2018, 9:12AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -R hip (QL area)
 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 -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -relax Aromatherapy -mandarin |
| What parts of the body were massaged? | Full Body Treatment |
| Where any specific trigger points used? | Upper Traps; ITBs; Glutes |
| Body Chart | |
| Feedback after treatment - | :) L QL's tight, R weak, R quad tight |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | stretch and strengthen |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Patient Forms

| | |
|---|---|
| Client Health Check | |
| Practitioner: Christine Jervis Appointment: 5 Jul 2021, 10:30AM Completed: 1 Jul 2021, 10:19AM | |
| Travel History | |
| Have you been out of the country in the past 2 months? If so, where. | No |
| Symptoms | |
| Have you experienced any of the following symptoms in the past 2 weeks? | <input type="checkbox"/> Cough <input type="checkbox"/> Fever <input type="checkbox"/> Shortness of breath <input checked="" type="checkbox"/> None of the above |
| How severe are your symptoms? | <input type="checkbox"/> Not severe <input type="checkbox"/> Mildly severe <input type="checkbox"/> Very severe <input checked="" type="checkbox"/> I didn't have any symptoms |
| Have you been to a doctor's clinic or hospital in the last two weeks? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 29 Mar 2021, 10:30AM

Completed: 26 Mar 2021, 11:01AM

Travel History

Have you been out of the country in the past 2 months? If so, where.

No

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms?

☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☒ Yes ☐ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 10 Mar 2021, 10:00AM

Completed: 8 Mar 2021, 9:52AM

Travel History

Have you been out of the country in the past 2 months? If so, where.

No

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☒ Yes ☐ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No