

Sarina Majer

DOB5 Jun 1979

Appointments

| Date | Time | Type | Practitioner |
|-------------|-------------------|---|------------------|
| 2 Jan 2025 | 4:30PM – 5:30PM | 60 minute Massage | Christine Jervis |
| 12 Jan 2024 | 11:00AM – 12:00PM | HOLIDAY SPECIAL - February 2024 - Rebooking Clients | Christine Jervis |

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 2 Jan 2025, 4:30PM

Created: 3 Jan 2025, 7:52PM

Last updated: 3 Jan 2025, 7:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - lower back QLs sharp pain

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

Allergies; Injury; Illness; Red Flags

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

MS

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - likes relaxing music, no words, sensitive to smells, loves foot massage and scalp massage

Treatment details - what was done today to help the client

Pressure used - 3 likes firm
Music - Ian Cam Smith
Aromatherapy Massage oil - Lav Peppermint
Spritzer - Peppermint Euc

Remedial techniques - neck and shoulders and back. Sidelying to help ItBs tight and QLs

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

| | |
|--|---|
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck; Fisiocrem back/hips |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Side-lying Treatment; 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; Psoas |
| Body Chart | |
| Feedback after treatment - | Some really tender spots throughout |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed seeing a physio if necessary |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Jan 2024, 11:00AM
Created: 12 Jan 2024, 12:25PM
Last updated: 12 Jan 2024, 12:29PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - clients neck been sore, seen physio for tx wednesday, no headaches, just tension especially laying down to sleep |
| Medication or relevant procedures / info identified that may affect the massage. | Allergies; Injury; Illness; Red Flags |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | MS |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - likes relaxing music, no words, sensitive to smells, loves foot massage and scalp massage |
| Treatment details - what was done today | Pressure used - 3 likes firm |

| | |
|---|---|
| to help the client | Music - Ian Cam Smith and Mod music Aromatherapy Massage oil - Pain blends Spritzer - None used Remedial techniques - neck and shoulders |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet; Face |
| Topical Treatment | Fisiocrem shoulders/neck |
| 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; Psoas |
| Body Chart | |
| Feedback after treatment - | Some tender spots throughout |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed how massage can help. 2034 is the year for more she said... |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

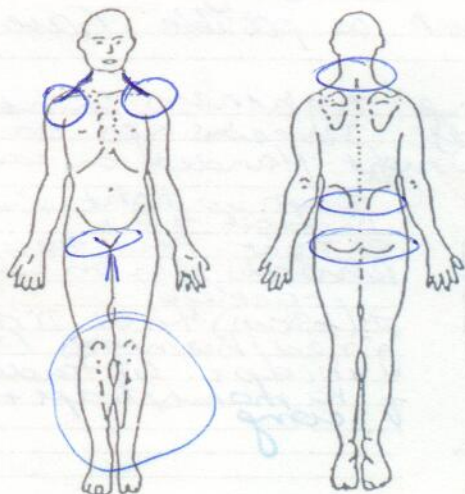
Patient Forms

There are no patient forms for Sarina Majer.

Full Name Sarina Majer Date of Birth 5/6/79
 Postal Address 173 Toddard Rd, Bayview Hgts
 Home Phone 40545801 Work - Mobile 0409 497456
 Email Address m-s-majer@bigpond.com Health Fund MBF
 Emergency Contact Details - Name and Number Martin Majer - 40514088
 Current Doctor Bronwyn De Maio Referred By _____
 Occupation and how long admin 10 yrs mom - 6 wks.
 Physical Activities/Hobbies/Exercise nil at moment.
 Medical History (operations/illnesses/accidents/injuries/medications) _____

Baby's Date of Birth 24/10/09 Birth Weight 3125 Birth Type: On time/premature/delayed arrival
 Birth History (#children/birth hours/Interventions/Complications/Premature/Miscarriage/Vaginal/Caesarean)
vaginal - separated pubic symphysis.
 Any problems/recommendations at your 6 week check up? Havent been - due 8/12/09

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



Amount of Pain (1-10): 8
 Type (sharp, dull, aching etc) ache, sharp
 When is the pain worst? sit, stand, walk
 What relieves the pain? lie down.

Some conditions require your massage treatment to be modified. Please tick all conditions below that apply to you NOW. Write the letter P next to any past conditions.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☒ Blood Pressure / Heart Problems (low)
- ☒ Breastfeeding - any problems now? attaching
- ☐ Bruising
- ☒ Chronic Pain
- ☐ Diabetes (including Gestational Diabetes)
- ☐ Dizziness or blurred vision
- ☐ Fractured bones
- ☐ Headaches - are they Mild/Severe/Persistent?
- ☐ Heavy Bleeding, cramps or abdominal pain
- ☒ Numbness / Tingling right upper thigh.
- ☐ Recent Illness / Surgery
- ☒ Spinal / Back Problems
- ☐ Swelling - in ankles/feet or legs or arms/hands or face?
- ☐ Tenderness or abnormal heat in the legs
- ☐ Varicose Veins

Details regarding above selections: _____

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Pregnant clients with medical conditions are advised to consult their medical professional before massage.

Signature: smaj

4/12/09

Informed Consent for Massage

It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs.

Do you agree to such discussion for the purpose of improving your well being?

☒ Yes ☐ No

Every massage treatment has some potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating pre-existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, causing blood thinning or euphoria or interacting with medications and homeopathic remedies)

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.
(especially if you have heart/kidney/immune/health problems or are pregnant/breastfeeding)

Tell your therapist if you have sensitive skin, bruise easily, have any known health problems if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable at any stage in the treatment.

After treatment, it is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving or using stairs.

Keep well hydrated with water especially in the 24-48 hours after treatment.

Please tick the boxes below to confirm you have read and agree with each statement:

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I agree to read and retain the information brochure I will be given to take home at the end of my first session.

Your Name: Sarina Majer Signature: smaje Date: 26/11/09.

SARINA NUCIFORA 5/6/79 Female
Full Name D.O.B Gender

3 PISA street, Woree Cairns Qld 4868
Address

4054 6036 4052 7354 0409 499456 -
Home Phone Day Time Phone Mobile Email Address

Cameron McLeod
Current Doctor Referred By

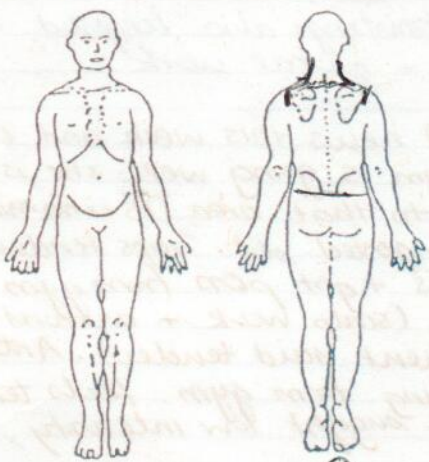
secretary - 6 years Nellie Nucifora - 4054 6036
Occupation and How long Emergency Contact Details - Name and Number

walking, dancing
Physical Activities/Hobbies/Exercise

past Medical History: back & neck problems

Medications - Prescribed or Natural: Evening primrose oil, FHg, innerhealth plus, silymarin

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



Amount of Pain (1-10): 9

Tick any of the following conditions that apply to you NOW:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Drugs / Medication |
| <input type="checkbox"/> Any Contagious Disease | <input checked="" type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Numbness / Tingling |
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pain / Stiffness |
| <input type="checkbox"/> Bruising | <input type="checkbox"/> Pregnant |
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Breastfeeding |
| <input type="checkbox"/> Cold / Flu | <input type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Contact Lenses | <input type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Varicose Veins |

Details regarding above selections: suffer from
migraines

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
- Focus On Massage is committed to protecting client privacy. Access to your personal details will not be provided to any other person or organization, without your 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: Sarina (Name of person being Massaged)

Signature: S/PUCYP

Date: 8/3/05

18/12/04

\$20 paid b/c managed her previously when no client files avail.

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

| Date | Treatment Given |
|--|---|
| 08.03.05 \$25 4. Enya | Client is feeling very tired & sore - suffers from migraines / neck / back pain. Heat on back while massaged posterior legs - very tight esp in hamstrings. Heat on hamstrings while mild posterior upper body. Skin seems to be retaining fluid - doesn't feel healthy & supple. Mainly used deep tissue massage + compression techniques. Client likes lots of firm work (can tolerate pressure 8-9) esp @ occiputs. Suggested client drink more water to help eliminate toxins. Her body appears to be retaining some fluid. |
| 31.03.05 \$30 1hr 5min Instrumental Sports - low BP Enya | Client has since had chiro treatment and I advised her to stop skipping (b/c intensity & not good for her lower back pain). Client has been experiencing head aches from tight traps. Did FB treatment & made sure only spent small portions of time @ tender spots but worked them at least twice to release tension. Client still 'twitchy' on table but was better in terms of fluid retention. Legs very knotted & tight esp in hamstrings. Suggested establishing a good cardio base. |
| 26.04.05 \$30 1hr 10min Enya leg 3pm | Client has been sore, she has started gym (lat pull downs, tricep/bicep work, leg curls/extensions + core strengthening on ground). Advised stretching before & squats for lower back pain. Did FB (-stomach) - R leg tighter. R traps knotted, rhomboids both tight. Hamstrings also congested. Client sore from compression work down spine + gluteal work. |
| 13.05.05 Enya - b \$40 1hr 20min Relax - der lav | Client very upset @ moment - heard bad news this week and cries when she thinks about it. Her gym program is going well - she is sore in traps - wants particular attention paid to that area (15 extr mins). R calf tighter. Both hamstrings v. tight / congested still. Traps tender, rhomboids knotted (esp @ bottom of scap too). Lat's tight post from gym. Pecs tender. did posterior legs / back / neck (scalp work + arbutin cream + occiput ppt's to release tension - client said tender). Anterior body (quads tender) too. Client is tiring from gym, feels tension in calves when warming up on treadmill - suggest low intensity, gradual and drinking water. |
| 23.05.05 Aker Bilk \$40 1hr 50min Relax - Org Enya Lav | Client's shoulders sore esp traps / scaps. Did posterior body gym going well still - muscles more toned esp @ waist, body fat % dropping. Did firm massage - FB - stomach. Rhomboids / traps tight. Did ppt's - client breathing deeply for them. Client is thinking about trying osteopathic services. |
| 15.06.05 Lak Wright \$30 1hr 5min Enya Relax - Lav Y/N Gen | Client fell over walking this morning (her shoe broke) and is consequently sore. Lower back been sore & traps knotted. Did FB massage - Client's R side tighter - calves, both hamstrings congested. Both rhomboid regions knotted (R little more knotted). Tibialis anterior v. tight, suggested stretching more after walking. R pec tighter. 14/06/05 used voucher. Put eucalyptus in face towel & client had relaxation. Used milk to clean. Client's hamstrings tight / congested, rhomboids tight. |
| Coming 3 wks | * Show Tib Ant Stretch. \$30 VOUCHER left to use |

*Use Pillow under shoulder when prone - painful winging

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

| Date | Treatment Given |
|--|--|
| 30.08.05 \$50 paid 1hr 20mins Music Massage Pain-Mgmt/Euc 6pm Tues | S - Client been to chiro x2 last week to relieve headache pain. Still has neck soreness wants relaxing massage. O - Posterior legs ^{back/neck} + anterior arms/legs (dominant) + neck (dominant). Spent more time on posterior + anterior neck. Client's hands were so did work on flex/ext (v. tender) + fingers. Found R side posterior → anterior tighter side esp legs + shoulder + traps + scm. Erect spinales taut. Lower back sore. Gluteals v. tender. Hamstrings congested. R calf tight. Rhomboids tender. R side more developed. Pecs tight. A - Heat used. Did more remedial on traps/shoulders/back. Relax on legs anterior/arms. Worked fingers/forearms + ant neck + posterior legs. Stretched calves/flex/ext hands + feet. P - Recom. gentle walking + getting back into gentle stretching stretch @ morning/a/noon tea not every hr b/c generally no one has time to stop every hr @ work! |
| 07.09.05 \$20 Music mixed massage 1-1a Relax-lav/ced/ ova 5pm Weds | S - Client been v. sore in neck/lower back a little. L Lower scap v. tender - got brother to put 'elbow in' to release pain. O - Client's R more enlarged. knotting @ lower L scap. Rhomboids knotted. Move congestion L traps but both traps tight. Rhomboids tighter. Scalenes/scms tight - esp @ occip. insertions. Gluteals tight. Few clicks of mid thoracic vertebra @ start of massage. A - Posterior body. Heat used. Did ant. neck while prone. Client still sore from ant. work 30/08 on pecs. R gland little swollen - bigger than L → check health. Gluteal ^{rhomboid} /occiput triggers. P - Recom. trigger pts on traps. 4820 during day + heat @ night. Regular 2wk treatments - seeing osteopath next week. |
| 20.09.05 \$30 modern music 9/10/11/6 Rebx-ced/lav/ova 5:15 Tues | S - Client been to osteopath for treatment - has hourly/daily exercises to do. Wants invigorating scalp + neck massage mainly lower back been a bit sore. O - Client's hamstrings both tight + congested. Rhomboids knotted. traps v. congested + hard - lots of tension stored there. scms/scalenes tight. A - Posterior body + ant. neck. legs 5mins. back 30-35. ant. neck 15mins. Worked both sides of neck triggers for rhomboids/occiputs/scm/traps. Worked everything v. hard. P - Neck shrugs for awareness of tension - osteo also gave her this exercise to do. Recom Shirley Ann for trap acupuncture. *Bringing her sheet of exercises to show me |
| 12.10.05 \$30 - Falmouth lan Cam Smith Pain-ced/Apple Basil/Rosem 1hr 5mins bpm Weds | S - Client went to Shirley Anne's who suggested tens machine purchase. Been doing lots of typing - just wants hands/arms/back/neck - upper body. O - Client congested + tense - not as "tough" as usual but still holding a lot in. Rhomboids/lats tight. erect spinales taut. Traps congested. Pecs tight. Forearms v. tender. A - Posterior back/neck/gluteals + ant neck/arms. Lightish pressure on arms b/c tender. Winged nerve scap stretch. Put heat on legs while did back. Loved scalp massage - 5mins. Did some lighter pressure on arms, strong on body. Stretched hands - not much flexion or extension. "N" = neck. |

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

| Date | Treatment Given |
|--|--|
| 15.12.05 \$30 EFT Time - 1h Relax-lav/ora Music - Yanni If there be 6:15 Thurs | S - client hasn't had massage in while, been to Ruth 1mth ago (I was booked). Wants deep work - feels tired, working lots O - LEGS - Hammies taut / some congest ⁿ , ant legs tender, limited ROM ankles BACK - Erect Spinales taut, rhomboids congested, lev scap tight NECK - Pecs taut + pulling, Traps taut with congest ⁿ , scms tight HIPS - Qls taut, gluteals tight esp piriformis. jaw v. clenched. A - FB (-stomach). Heat used. Triggers rhomboids/occiputs/gluteals/ITBs winged nerve scap stretch + calf stretch (≠ much dorsiflex ⁿ). P - Client wanted deep work - did back/neck/post legs hard. Scalp massage Recom. seeing regularly. H2O. Start ^s new exercise regime in New Year → finds ex hardest th ^g to do regularly Talked a fair bit today. Forgot pillow under shoulder |
| 10.01.06 \$30 EFT Time - 5PM Pain - Gvt/ Basil/Grapef Music - Ian Cam Smith end | S - Client went to mission bch + slept on bad bed. Sore neck / Sunburnt, lower back been hurt ^g her lots - wants work on lower back esp O - LEGS - Hammies tight + congested esp medially. No ROM ankles BACK - Erect Spinales tight + congested, rhomboids taut, NECK - Traps v. congested / taut esp lev scap. scms taut, Pecs taut HIPS - Qls tight, gluteals congested + tight. Quads tight. SKIN - peeling from sunburn - peels went everywhere! Had to keep wiping hands A - FB (-stomach). Heat used. Triggers rhomboids/gluteals/ITBs/occiputs/scapulae hammies. winged nerve scap + calf + hip → ankle stretches client deep-breathed throughout. fell asleep dur ^g prone massage. Pressure wise, went easier on client → lots of Swedish strokes used to encourage relaxation. Got up + did ant legs to go to loo - "bust ^g " P - client wants seated neck massage → finds it is better than lay ^g down. H2O consumption ↑. Said she feels she will rest well today |
| 03.02.06 Yanni devotion if there \$40 EFT Sports - Reem/BP/Wint Lav face 5:30pm on time | S - client feeling sore from exercise + typ ^g /computer work wants longer treatment with seated neck work O - LEGS - Hammies tight calves taut + pulling. Quads + ITB tight BACK - Erect spinales tight + pulling, rhomboids v. tight NECK - Traps v. congested esp @ insert ⁿ s. scms tight HIPS - Qls tight, gluteals tight. Origins occiput tight SKIN - some vasodilation back lots of deep scar tissue A - FB (-stomach). Heat used. Triggers rhomboids/occiputs/gluteals/ITBs/pecs. Did ant neck supine + seated winged nerve scap + calf + hip → ankle. Scalp release - 8:5 client went to sleep today - lots compress ⁿ work - mid pressure P - Feels great - heat if niggles, see when next Not much "hurt" today - feeling great throughout massage |

*Likes hands / scalp / traps esp worked.

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

| Date | Treatment Given |
|---|---|
| 12.04.06 \$30 Inv 630 Weds - on time Snya 1-20 Pepp face Sports Blend Ging/Lime | S - Client's L kneecap been sore + shoulders/neck sore. Lumbar esp L hurt ⁹ when does No ² @ toilet, lower back v. sore O-LEGS - Hammies v. cong esp R. Stiff ankles. Tight quads BACK - Erector Spinaes cong. Rhomboids v. tight NECK - Traps v. tight + cong esp L insert ⁿ + lev scaps v. tight HIPS - Qls esp L tight. Gluteals v. tight. MW/pecs tight + v. SKIN - V. vasodilated back, slept throughout parts A - FB (incl stom). Heat used. Triggers rhomboids/occiputs/gluteals/ ITBs/Hammies (sciatica) / traps. winged nerve scap + calf + hips ankle stretch. V. v. firm pressure used esp dug into traps (@ client's request). Arms prone. client said she felt sore after P - client v. hard to read b/c constantly contradicts what she wants (eg wants "relaxat ⁿ " massage but also wants "v. deep work!") Hard treatmt r should be sore tomorrow (good pain) |
| 07.06.06 \$30 Inv Time - on time 645 Weds Lav face Blend - Pain Cepha - Pepp Lav | S - Client been seeing Walter Barr der treatment - finding she is v. sore around gluteals from exercise. L ant leg + R arm been sore O-LEGS - Hammies tight esp R, calves taut BACK - ES taut (both). lev scap v. cong. Rhomboids v. tight NECK - Traps tight + cong esp L esp insert ⁿ HIPS - Qls + Gluteals tight, greater troch irritat ⁿ tender SKIN - v. vasodilated esp @ back; even legs. A - FB (- stom, - ant legs). Heat used. Triggers rhomboids/occiputs/ ITBs/Hammies (sciatica) winged nerve scap + calf + hips stretch. Scalp + MW. Arms prone. client quiet throughout v. firm compress ⁿ + deep tissue used. P - Given heat bag der today - use on sore bits |

CNL
13.12.06 - e

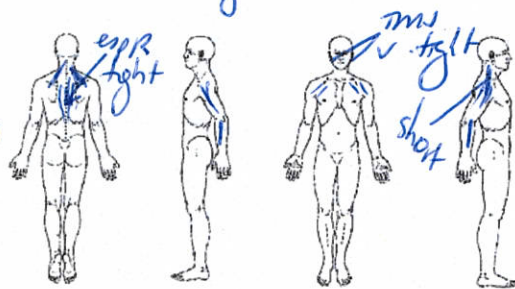
TREATMENT NO. 1

DATE: 28 03.07
TIME: 5:15 on time
PAID: 1hr just
REC.No: 1451
AIR TEMP: 23.0C
MUSIC: Enya 1 - liked
FACE CREST: 2 day
OIL BLEND: Basil/Ona/
Euc - Rose

NEXT APPT:

\$550
18/10/107

S = Client wants upper body only - back/neck/arms/face
rhomb region v. sore. + want legs touched



O/A: Pelvic floor + tender upper trapezius
ES v. stiff lev. scapula v. tight
Hams tight + tight to touch
Rhombos cong + tight lower R
Deltoids tight trapezius tight cong
skin - v. red cold rhomb region
FB(-stom) Heat TP rhomboid/ute Expi
med/ham/ITB - Manip traps under
waist. enough towel F.
ES/rhomb's action/AC jt - client's
body v. stiff + hard to warm up
worked v. firm - upper v. cong +
body v. sore

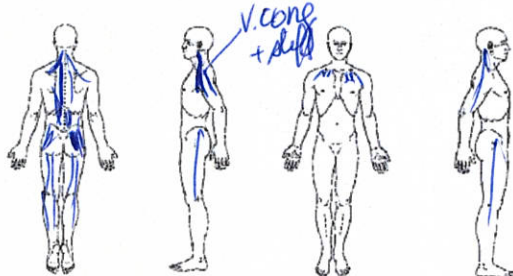
P = Info sheet of given - client + happy. wants for 10yr long
same before leaving strech current job

TREATMENT NO. 2

DATE: 2.09.08
TIME: Mon 5:15pm
PAID: 1hr 16.00
REC.No: 1612
AIR TEMP: 23.0C
MUSIC: Steve Hoppern
FACE CREST: 2 day
OIL BLEND: Apots
Rep/Euc

NEXT APPT:

S = client been feeling v. tight in shoulder + neck
been walking each day - sore legs + glutes



Pelvic floor - Bicep h/b v. cong
Pir v. short + tight - tender
Pir v. tender + tight esp R trapezius
Hams tight trapezius up v. but R v. l.
Rhomb region cong + tight
FB(-stom - ant legs) Arms @ MS + ST
+ @ MS + ST + VL - JL legs @ TP rhomb
Pir/g med/L'scap/traps up Fx same
+ ES/QLs/ocapit/sacrum/scap/A1
client quiet + energy about
upper body v. cong

Contacted physio

TREATMENT NO. 

S = client been feeling tightness in shoulders/neck

DATE: 04.12.09

TIME: 1030 FRI

PAID: \$65 Inv

REC.No: 5 HC fret / arms + hands

AIR TEMP: 24.0C

MUSIC: 518 EFMS

FACE CREST: Lew

OIL BLEND: Lemon (S)

Prep i: Mand / Tang

NEXT APPT:



stretch marks

O/A: R ITBs / Qs / TFLs v tight
Pso short
Traps up tight + short.
Intercostal sv. congested
ES tight egotac
Rhomb region cong + adhe
Tbft stom Heat TP rhomb
med / ham / TB / Traps / snus
fix same + ES / Qs / de / p / do
hinged ok. Arms (P) / MS / que
Feeling better 7 / 15.
Looked brighter

P = Remom client do as much as possible. Give info sheet on condition.

21.12.08 (E)

TREATMENT NO. 

DATE: 16/10/10
TIME: 230 RES
PAID: \$35 Inv
REC.No: 2145 EFF
AIR TEMP: 25
MUSIC: Miyagi, I
FACE CREST: Raw
OIL BLEND: Lem
Relax

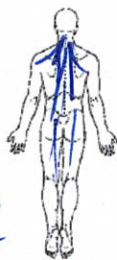
APPT:

mand / ramp
2 x Lx fast
2 x back

(A) Face

P = recom client stretch out pers & move Mon @ desk @ work

S = Client been feeling tightness in neck & rx region + legs feeling sore



OrA:

Traps up tight
Pecis tight
Deltoids tight
Es tight
Rhomb region cap

rb (+ stom) Heat. Trhomb / gmed / ham / RBs

went DT/RM as regressed
+ chest v. sore + tired
+ flat -> ms

P =

TREATMENT NO. 1



S =

Client been feeling tightness in her
RMS shoulder - Had fall 3 weeks ago on LHS
@ night (landed on couch)
D/A

DATE: 0608.12
TIME: 5pm mon
PAID: \$75/hr
REC.No: 2005
AIR TEMP: 25
MUSIC: Lullaby
FACE CREST: low
OIL BLEND: Lem



Trap up tight R esp
Deltoids tight
ES tight - Ribs taut
Rhomb region cong
- ant legs
FB (+ stom) Heat. TP rhomb
g med / ham / legs / traps
+ traps - GT tender RHS
+ R rhomb / traps + AC
V. cong

NEXT APPT: _____

TREATMENT NO. 

DATE: 13.11.12
TIME: 5.25 hr.
PAID: \$20 RES
REC.No: 2104 E.
AIR TEMP: 25
MUSIC: Indian I
FACE CREST: Lav
OIL BLEND: Lem

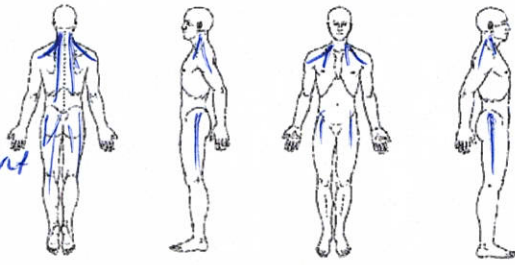
Relax - Chamomile

NEXT APPT: 2xLx
2xback

(17) Fide

S = Client been feeling tightness in legs
Lx + shoulders/neck

O/A: Aching a lot



Pelvis tight. Traps tight.
traps up tight
Pect tight
Rhomboids tight + short
TB (stom) Heat TB rhomboids
med rhomboids / traps
Ft same + ES / lats
waged OK. Arms @
St + (S) Mt + St + VL
Quiet throughout

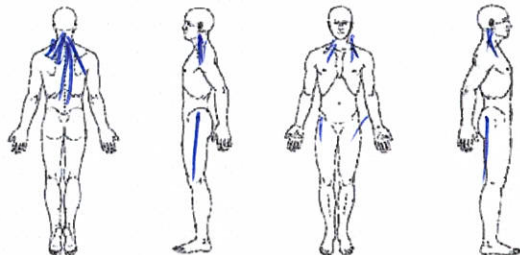
P = Discussed walking more to help legs

TREATMENT NO. 

DATE: 05.13
TIME: 11 PM TUES
PAID: \$15/hr
REC.No: 2550
AIR TEMP: 85
MUSIC: African
FACE CREST: Lav
OIL BLEND: Lem
Relax - Eve!

NEXT APPT: May
Feet + Face
Dxn (A) 2x back

S = Client been feeling tightness
in her body in shoulders/neck
RHS



O/A:
178s rpy/stiff
ES tight
Rhombos varied
Rhomb region cap
TS (F-stom) Heat Rhomb
Traps & traps
At same ES

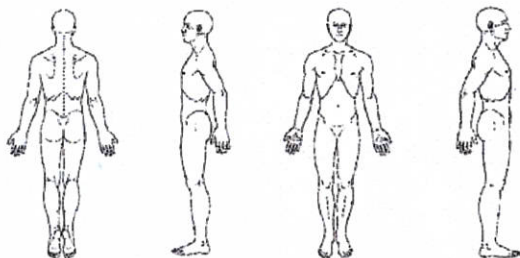
P = 2x back client see how for neck adjustment
+ lay on rolled up towel

TREATMENT NO. _____

S = _____

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

NEXT APPT: _____



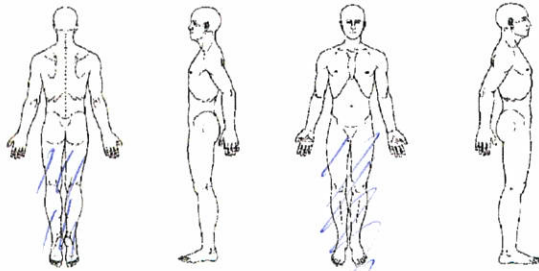
TREATMENT NO. 

S = MS leg pain on rest / lying
Sarina M. J.

DATE: 17/11/17.
TIME: 9-30am
PAID:
REC.No:
AIR TEMP: 23
MUSIC: mass mix
FACE CREST:
SUPINE SCENT:
OIL BLEND: Alb.

HT feel chest.
CST
HST lx + back.

EXTRA
NEXT APPT:



O/A: Quite firm on legs - requested

② glute + calf ↑
u-back ↑
scaps ↑

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine LEGS ☒
TP
Fx ② tx err spin. quiet Breathing
☐ Talked ☒ Quiet
ROM
FBACK

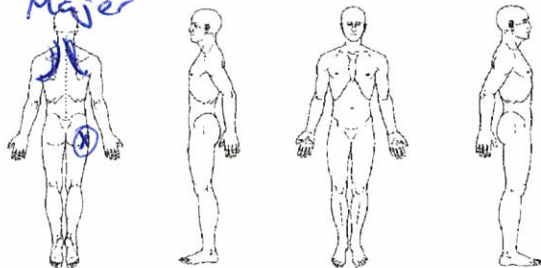
P = NO MDV requested. Cupping gentle a possibility.

TREATMENT NO. 

S = Save Shoulders & neck - gym

DATE: 21/2/18
 TIME: 11-13am
 PAID: 6-V.
 REC.No:
 AIR TEMP: 23
 MUSIC: Jewel.
 FACE CREST:
 SUPINE SCENT: lemon.
 OIL BLEND:
Yang / Mand
 HT feet chest.
 CST
 HST glutes.
v-back.
 EXTRA cupping
 NEXT APPT:

Sarahna Gift Voucher Valentines
Majer



O/A: (R) piriformis tender.

requested cupping v-back - slide.
not too Firm same stat.
neck & v-back all ↑

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS ☒
 TP lev scaps
 Fx
☐ Talked ☒ Quiet reg ☒ Breathing
 ROM
 FBACK ready for a sleep at home.

P = (MS, legs Firm) seeing Dr to get scan on shoulder.

Sarina Mejer



focus on movement

www.focusonmovement.com.au

massage / aquatics

Phone 0439 775 003

Special gift for you

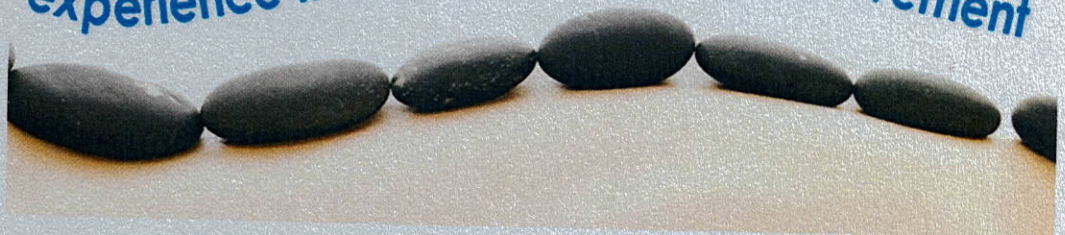
 Your Valentine's Gift includes our specialized
60 minute Remedial Massage – valued at \$99 
Including Aromatherapy, Thermal Stones and Hot Wet Towels.
On our electric Massage Table in our Remedial Massage Clinic.



Valentine's Day Special

Our Mission is to help you

experience the benefits of healthy movement



Gift Certificate #0202 issued February 2018.
Valid until March 16 2018.

Gift Certificates are not refundable or redeemable for cash.
Appointments are essential and available Monday-Wednesday-Friday.
Please mention "Valentine's Special" when booking your appointment.





www.focusonmovement.com.au

massage / aquatics

Special gift for you...

Sarimar Majer

60 Minute Massage Gift Certificate

Professional Massage Clinic



Our relaxing massage room theme

Certificate Issued May 2019

Valid for 6 Months



Massage includes hot stones and aromatherapy
Phone 0439 775 003 or book online



Our
Infra-
Red
Sauna



FOR MARILLA MORREY

Re: Sarina Majer

Hi Marilla,

Thank you for your phone call last week regarding Sarina Nucifora.

As requested, I have provided a full-body remedial massage including specific release work on her quads, hamstrings, glutes, QLs, intercostals and thoracic region. The use of pillow support in pregnancy and postnatal massage is standard procedure for side-lying massage and I also used a pillow under her hips and some extra padding for her chest to do some prone massage this morning. I have also done some gentle massage in her abdominal region. Sarina has also been breastfeeding a lot recently and has subsequent rhomboid and upper trapezius pain, so I also applied some remedial techniques on her shoulders/neck to help assist this area. I have recommended she use some thermal therapy (e.g. wheat bag) in this region to help alleviate the tightness and restrictions present.

Her treatment duration was 60 minutes and there was a visible improvement in range of motion and her reported level of pain with movement – I believe she is due to see you next week for further physio.

I have provided Sarina with an information sheet detailing some general information on pubic symphysis separation.

Sarina informs me that you advised her to only lift her baby once a day – I hope you can reassess this view as it really is essential that new parents are empowered to interact with their babies and maximise touch as much as possible. You may not be aware but based on your advice, Sarina has spent the last few weeks literally making very minimal contact with her baby, which is a concern for me given the importance of touch and its affect on bonding, child development and family relationships is so well documented and proven in research.

Sarina and her husband Martin are currently attending a full Infant Massage Course with me and I would kindly ask that you encourage Sarina to be as proactive as possible with her baby's care and perhaps provide some more effective strategies that will allow her to lift and appropriately care for her baby while of course looking after her own body.

Thank you again for your work with her to date 😊

Cheers, Christine.



Christine Jervis

Remedial Massage Therapist
Infant Massage Instructor
Qualified Swimming Teacher
Infant Aquatics Specialist

Focus On Movement

Phone 0439 775 003
Clinic 51 Lyndel Drive Woree Qld 4868
Post PO Box 106 Westcourt Qld 4870
Web www.focusonmovement.com.au

IMPORTANT - This email and any attachments may be confidential. If received in error, please notify the sender, delete the message and destroy all printed and electronic copies. Every endeavour has been made to ensure this communication and any attachments are virus and defect free. The sender's liability is limited to resupplying any affected messages or attachments.

IMPORTANT - This email and any attachments may be confidential. If received in error, please notify the sender, delete the message and destroy all printed and electronic copies. Every endeavour has been made to ensure this communication and any attachments are virus and defect free. The sender's liability is limited to resupplying any affected messages or attachments.

From: Proactive Physiotherapy [mailto:proactivephysio@people.net.au]

Sent: Thursday, 26 November 2009 10:01 AM

To: Christine Jervis

Subject: Re: FOR Marilla Morrey Re: Sarina Nucifora

Hi Christine,

I will see that Marilla sees your email when she is next in, tomorrow. Marilla is only here for a few hours tomorrow, I think it may be a good idea to fwd the client consent now, to save any delays in Marilla passing over the information tomorrow if it's the case that she requires client consent.

Kind regards,

Megan Bradley | Practice Manager

Proactive Physiotherapy

179 Jensen Street | Edge Hill | 4870

T: +61 7 4053 6222 | F: +61 7 4053 6222 | E: proactivephysio@people.net.au

----- Original Message -----

From: Christine Jervis

To: proactivephysio@people.net.au

Sent: Thursday, November 26, 2009 9:32 AM

Subject: FOR Marilla Morrey Re: Sarina Nucifora

FOR Marilla Morrey

Re: Sarina Nucifora

To Marilla,

I have recently had a request from Sarina Nucifora for some post-natal remedial massage – I have informed her that I will be contacting you and she has consented to such an exchange of information. I can forward a client consent form if you need to see one.

Sarina tells me her next Physiotherapy treatment is with you on 11th December (after her obstetrician's appointment). She would like to book a massage appointment for next week.

Can you please give me a summary of your assessment/treatment results for her so I know exactly what is happening with her and can plan my treatment accordingly? Also, if there is anything in particular you would like me to do, please just advise me.

I look forward to hearing from you very soon ☺

Cheers, Christine.



Christine Jervis

Remedial Massage Therapist

Infant Massage Instructor

Qualified Swimming Teacher

Infant Aquatics Specialist

Christine Jervis

From: Sarina and Martin Majer [m_s_majer@bigpond.com]
Sent: Monday, 7 December 2009 08:21 PM
To: Christine Jervis
Subject: RE: Physio

Hi

Thanks for that, I rang but cant get in with Julie Hamlin until next week.

Julie said that if the numbness got worse and increased in areas or I wasn't able to walk properly or had trouble with my bladder to go to the Doctor straight away as she thinks it could be something else.

It hasn't gotten better, my left foot now is also numb with pins and needles.

I am going to the DR for Isaac tomorrow so Julie said to mention to her.

I have physio with someone else on Wed morn as I couldn't get Marilla or Megan.

Hope it goes away soon as ive had enough of all these things going wrong.

I was wondering maybe its stress? By the seem of things I don't handle that too well and maybe my body kinda shuts down with too much stress ?

Have a good nite

From: Christine Jervis [mailto:relax@focusonmovement.com.au]
Sent: Monday, 7 December 2009 8:05 PM
To: m_s_majer@bigpond.com
Subject: Physio

Just letting you know I just emailed Marilla to let her know about your numbness ☺

Cheers, Christine.



Christine Jervis

Remedial Massage Therapist
Infant Massage Instructor
Qualified Swimming Teacher
Infant Aquatics Specialist

Focus On Movement

Phone 0439 775 003
Clinic 51 Lyndel Drive Woree Qld 4868
Post PO Box 106 Westcourt Qld 4870
Web www.focusonmovement.com.au

08/12/09
Physio Marilla Rang. Understands touch.
- confirmed Diastasis Symph. Pubis
- Asymetrical m'nt ≠ helpful
≠ carry baby around.
Lifting ok - only once with walker. OK now
Balance = rest
* Upper Tx / Spine / Pri Released by male physio
* Parasthesia → not sure of cause
working on @mo.

IMPORTANT - This email and any attachments may be confidential. If received in error, please notify the sender, delete the message and destroy all printed and electronic copies. Every endeavour has been made to ensure this communication and any attachments are virus and defect free. The sender's liability is limited to resupplying any affected messages or attachments.

Christine Jervis

From: Sarina and Martin Majer [m_s_majer@bigpond.com]
Sent: Monday, 7 December 2009 08:18 AM
To: Christine Jervis

Importance: High

Hi Christine

Hope you enjoyed the rest of your weekend.

Just wanted to give you an update.

My fingers on my right hand are now also numb.

My right foot was numb as of yesterday and as of this morn @ 4am my entire foot became numb.

As of 6 am my left foot has become numb.

Is there anything else I can do, do I perhaps need another massage to get those nerves worked on or something to relieve the pressure ?

If you are too busy this week I can go to Tania if she is free.

Its weird, I have never had this happen to me before no matter how bad my body was, do you think it could be because of all the sitting down I have done over the weekend ?

It is the weirdest feeling to type!

I have misplaced my phone and don't know where the hell it is, so you cant text or ring me on that.

Thanks again very much for the dinner.

Hope you have a good week.

Look forward to hearing back from you, I should be home all day today unless going to the DR for Isaac.

Thanks
Sarina ☺