



Personal Information		
Full Name <i>Robyn Vizzard.</i>		Occupation <i>Admin officer</i>
Postal Address <i>3 Lynd Street Mt Sheridan.</i>		
Home Phone <i>40863034</i>	Work Phone <i>40815222</i>	Mobile <i>0405322563.</i>
Email Address <i>Robyn-viz@hotmail.com</i>		
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage) <input checked="" type="radio"/> Text Message <input type="radio"/> Home Telephone <input type="radio"/> Work Telephone <input type="radio"/> Email <input type="radio"/> Facebook Message		
Emergency Contact Name: <i>Brenda Squire</i>	Emergency Contact Number: <i>0438 768 161</i>	Relationship to you (e.g. Partner). <i>Sister</i>
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) <i></i>		
Client Signature <i>[Signature]</i>		Date <i>11/4/18</i>

☒ Office - Please tick after updated information is electronically entered

# Remedial Massage Client Record

Full Name Robyn Vizzard <sup>3 Lynd Street</sup> <sup>changed 24/11/11</sup> <sup>MT Sheridan Qld 4868</sup> Date of Birth 10/4/63  
 Postal Address 67 Wirrah Close Bayview Hts 4868  
 Home Phone 40544045 Work 40410591 Mobile 0405322563  
 Email Address robyn-viz@hotmail.com Health Fund MSF

Emergency Contact Details – Name and Number \_\_\_\_\_

Current Doctor Dr Tony Turner Referred By \_\_\_\_\_

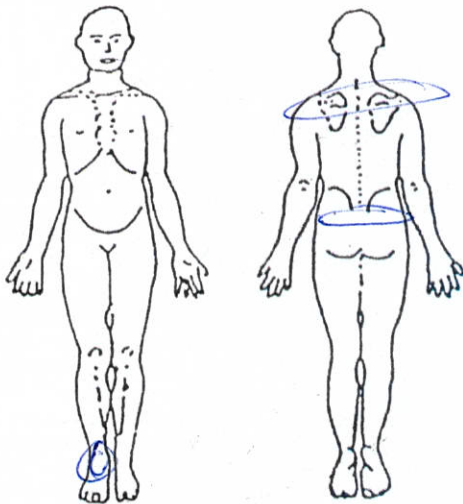
Occupation and how long Bookseller -

Physical Activities/Hobbies/Exercise Walking Garden

Past Medical History (operations/illnesses/accidents/injuries) Right knee snapped ACL

Medications – Prescribed or Natural: \_\_\_\_\_

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



Amount of Pain (1-10): \_\_\_\_\_  
 Type (sharp, dull, aching etc) \_\_\_\_\_  
 When is the pain worst? \_\_\_\_\_  
 What relieves the pain? \_\_\_\_\_

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
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruising
- ☐ Chronic Pain
- ☐ Cold / Flu
- ☐ Diabetes
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache
- ☐ Numbness / Tingling
- ☐ Pregnant or Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☐ Sprained/strained muscles
- ☐ 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

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

## CLIENT AUTHORISATION

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.

Signature: \_\_\_\_\_

Date: 12/12



## 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.

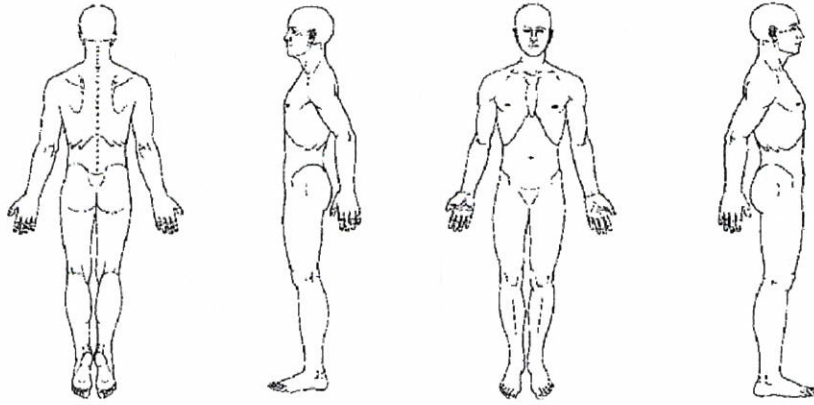
Keep well hydrated with water especially in the 24-48 hours after treatment.

### 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: Febryn Vizard Signature: [Signature] Date: 15/2

**TOTAPS = TALK** (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)  
**Head** (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).  
**Movement Check:** Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion



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

Sees Phil Nolan

**TREATMENT NO. 1** S = client been feeling tightness in R foot + L shoulder been there for 2 weeks - started with per pain, rhombos then sore

DATE: 15.02.10  
 TIME: 4pm - 10 late  
 PAID: \$10.00 57mins  
 REC.No: 677 CASH  
 AIR TEMP: 23°C  
 MUSIC: Norah Jones I  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + arms/hands  
 EXTRA: 1/2 to given  
 NEXT APPT: wants approx 2 wks - will ring

O/A: R. ITBs/ITLs tender/tight  
 L traps + traps v. tight esp L  
 Qls tight L A/c v. tender  
 Varied rhombos + tight/shape  
 FB(-stom) Heat TP rhomboid  
 ham/ITB/traps/syns/L scap  
 Ft same + ES/Qls/occiput/scap  
 winged OK Arms @ St + S Ms  
 + St all. Joints @ + client  
 Relaxed - Ms + feeling  
 better after

Perrom client H2O

**TREATMENT NO. 2** S = client been feeling tightness in her body

DATE: 15.04.10  
 TIME: 4pm Thurs  
 PAID: \$65 Inv  
 REC.No: 766 PAID by  
 AIR TEMP: 23°C madden  
 MUSIC: Lutar tunes (G)  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Face + Feet  
 EXTRA: 1/2 to given

O/A: Trn tense  
 traps up tight esp R  
 Deltoids tight  
 ES tight + short  
 Rhomb region cong  
 FB(-stom) Heat TP rhomboid  
 med/ham/ITB/traps/L scap  
 Ft same + ES/Qls/occiput/scap  
 winged OK Arms @ St + S Ms  
 all. Joints @ + client  
 feeling better - Ms - v. rel  
 can go deeper - v. DT/tem  
 next time

P = Discussed how Ms can help body

**TREATMENT NO. 3** S = client been feeling tightness in her hips/back esp sacral plexus on RHS slump - ve

DATE: 09.09.10  
 TIME: 520 Mon  
 PAID: \$65 Inv  
 REC.No: 996 PAID  
 AIR TEMP: 23°C  
 MUSIC: Tinseltown  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + arms/hands  
 EXTRA: 1/2 to given

O/A: Deltoids tight  
 Qls tight Resp + L scap tight  
 ES tight Tr + ITBs/ITLs v. high  
 Rhomb region cong Resp  
 FB(-stom) Heat TP rhomboid  
 L traps/ITB/deltoids  
 Ft same + ES/ITB/scap  
 winged OK Arms @ St + S Ms  
 all. Joints @ + client  
 relaxed - Ms + feeling better

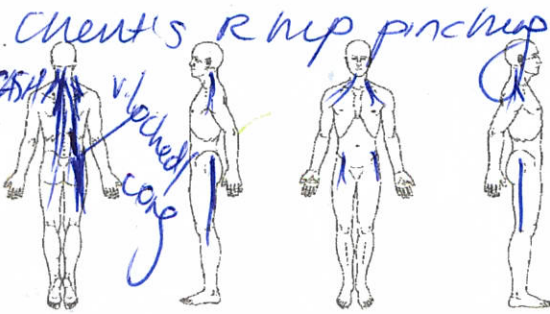
P = Perrom how Ms can help body

Bday 2012  
xmas 2011  
N/L 09/11

TREATMENT NO. 8

S =

DATE: 19.04.11  
 TIME: 12.00  
 PAID: 12.66  
 REC.No: 350  
 AIR TEMP: 25.0C  
 MUSIC: 1st - if there  
 FACE CREST: Low  
 SUPINE SCENT: lem  
 OIL BLEND: Tea Tree / euc  
 HT: Feet + Face  
 EXTRA:



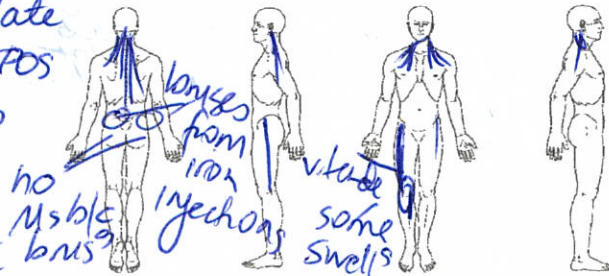
O/A: both Lx regions  
Feet - spine + car  
ES tight  
Rhomb comp - G med / pm +  
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS  
 TP rhomb / g med / ham / trs  
 Fx occiput / sacrum  
☒ Talked ☒ Quiet ☒ Breathin  
 ROM felt better  
 FBACK felt better

NEXT APPT:

P = Discussed how to move better - client feels  
he is getting pinching pain - moving  
 S = Just had iron injection on RHS butt + RH knee

TREATMENT NO. 9

DATE: 22.11.11  
 TIME: Tues 3.50  
 PAID: \$70  
 REC.No: 16  
 AIR TEMP: 25.0C  
 MUSIC: Aches & Pains  
 FACE CREST: Low  
 SUPINE SCENT: lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA: 2x back



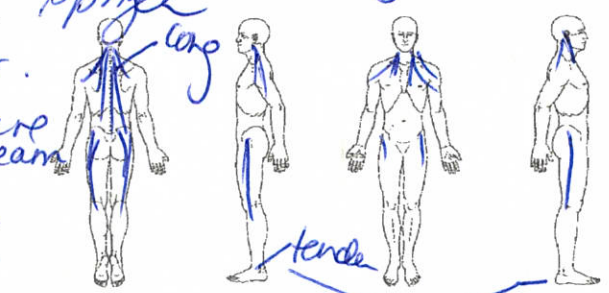
O/A: Brus  
neck tight  
Rhomb region comp  
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS  
 TP rhomb / g med / ham / trs  
 Fx occiput / sacrum  
☒ Talked ☒ Quiet ☒ Breathin  
 ROM felt better  
 FBACK felt better

NEXT APPT:

P = Reason client get another Tx before  
umas  
 S = Client been feeling tightness in her  
body - working R d/b week

TREATMENT NO. 10

DATE: 11.05.12  
 TIME: SAT 10.50  
 PAID: 1hr  
 REC.No: 1895  
 AIR TEMP: 25  
 MUSIC: Yann - dare  
 FACE CREST: Low  
 SUPINE SCENT: lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:



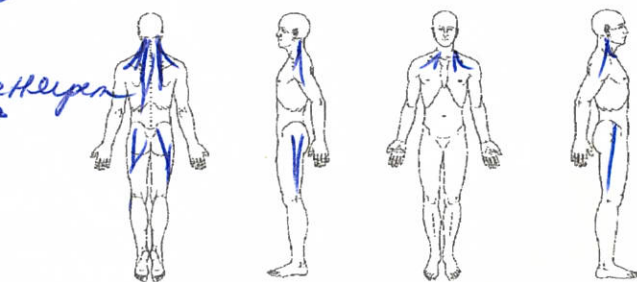
O/A: Traps up tight  
Deobids tight  
ES tight  
Rhomb region comp + vase  
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS  
 TP rhomb / g med / ham / trs  
 Fx occiput / sacrum  
☒ Talked ☒ Quiet ☒ Breathin  
 ROM felt better  
 FBACK felt better

NEXT APPT:

P = Reason need more reg Ms - v. comp

TREATMENT NO. 11

DATE: 04.07.12  
 TIME: 8.15  
 PAID: \$75  
 REC.No: 1950  
 AIR TEMP: 25  
 MUSIC: Steve Hagen  
 FACE CREST: Low  
 SUPINE SCENT: lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:



O/A: GT tender  
Traps up tight  
ES tight  
Rhomb region comp + vase  
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS  
 TP rhomb / g med / ham / trs  
 Fx occiput / sacrum  
☒ Talked ☒ Quiet ☒ Breathin  
 ROM felt better  
 FBACK felt better

NEXT APPT:

P = client been feels tightness in neck  
> adjust @ osteo. LHS restricted ROM  
Fe (-stom) Head - rhomb traps / l/nap. Fx same -  
occ / GT / trs. trs tender - rhomb + L traps  
v. comp felt stiff - ms but needed it  
Reason see if pain persists

TREATMENT NO. 13

DATE: 5.11.12

TIME: 5:30 PM

PAID: \$75/hr.

REC.No: 25

AIR TEMP: 25

MUSIC: Enya

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

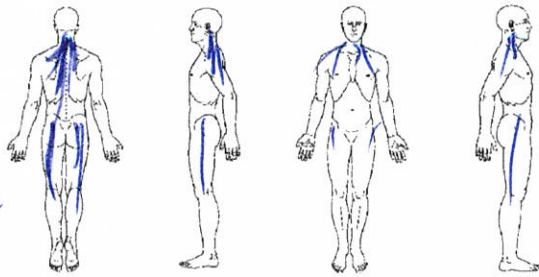
HT: Mand/orange

CST: Feet + Face

HST: (A) Face

EXTRA: 2x Ln

NEXT APPT: 2x back

S = Client's LHS neck + up traps v. comp  
"Not right" since last adjustment

O/A:

L up traps short + tight

Q's target: rhomb/g med/ham/1785

☐ Full Body ☐ STOMACH ☒ Prone ☐ Supine ☒ MS ☒ LEGS ☒ RT neck ☒ PNT stretch

TP 1

Fx

☐ Talked ☐ Quiet ☒ Used > MS ☒ Quiet Breathing

ROM

FBACK Felt better &gt; MS

P = Revom some neg Tx  
off to n2

TREATMENT NO. 14

DATE: 16.1.13

TIME: Weds 9am

PAID: 1hr \$75

REC.No: 25

AIR TEMP: 25

MUSIC: 12/13

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

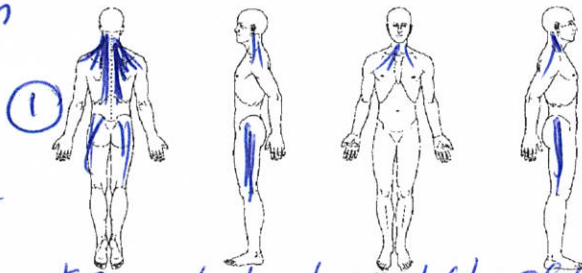
HT: Chamomile

CST: Feet + Face

HST: (A) Face

EXTRA: 2x Ln

NEXT APPT: 2x back

S = Client been feeling tightness in her neck  
mp went well. No aches

O/A:

L ankle swollen

1785 tight

occ v. comp

up traps v. tight/tender

Rhomb region comp/vased

☒ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/traps/1785

Fx 1785 - tender + es/acc

☐ Talked ☐ Quiet ☒ Used > MS ☒ Quiet Breathing

ROM Felt improvement

FBACK visible diff in neck

P = \$squat to bend b/c of knees  
Revom RLE on L ankle - loads LHS more

TREATMENT NO. 15

DATE: 01.05.13

TIME: 4:55 PM 1hr

PAID: B'Day MS

REC.No: 2500

AIR TEMP: 25

MUSIC: 12/13

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

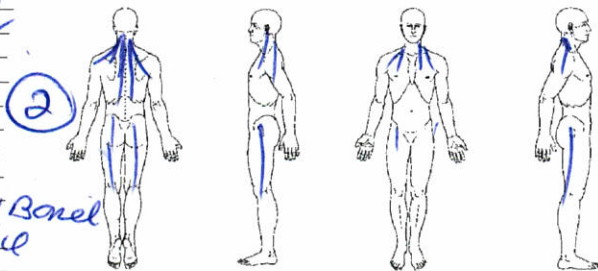
HT: Jaw/ora/Bonel

CST: Feet + Face

HST: (A) Face

EXTRA: 2x Ln

NEXT APPT: 2x back

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

O/A:

Pecis tight

Deltoids tight

Es tight

Rhomb region comp

☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/ham/1785

Fx occ/salp/1785

☐ Talked ☐ Quiet ☒ Used > MS ☒ Quiet Breathing

ROM

FBACK Felt better

P = Finding osteo not helping - feeling  
better > visits. Liked MS response

TREATMENT NO. 16

DATE: 18.09.13

TIME: 5PM 1hr

PAID: \$25

REC.No: 25

AIR TEMP: 25

MUSIC: Steve Nicks

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

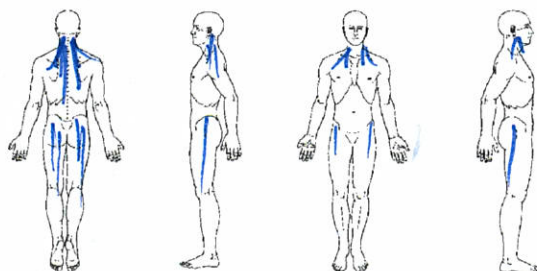
HT: Mand/orange

CST: Feet + Face

HST: (A) Face

EXTRA: 2x Ln

NEXT APPT: 2x back

S = Client been feeling tightness in her body  
in neck esp. H'ached wanting to develop

O/A:

Deltoids tight. Pecis tight

Es tight

Rhomb region comp

☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/ham/1785

Fx occ/salp/1785

☐ Talked ☐ Quiet ☒ Used > MS ☒ Quiet Breathing

ROM

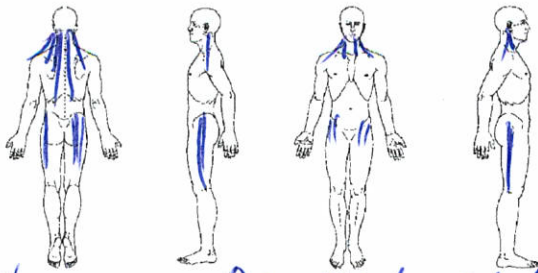
FBACK Felt better &gt; MS

P = Revom client see osteo if restriction persists

## TREATMENT NO. 17

DATE: 13.05.14.  
 TIME: 9am Tues  
 PAID: \$85 Inv.  
 REC.No: 25 PAID  
 AIR TEMP: 25  
 MUSIC: Yamm - I  
 FACE CREST: 2x  
 SUPINE SCENT: 2x  
 OIL BLEND: Relax  
 HT: (A) Face  
 CST: 2x  
 HST: 2x back  
 EXTRA: Feet / Face  
 NEXT APPT:

S = Client been feeling tightness in her  
 hips / back



O/A:

Traps / TFLs tight / tender  
 2 traps, 2 tris tight  
 rhomb / s / med / ham / traps

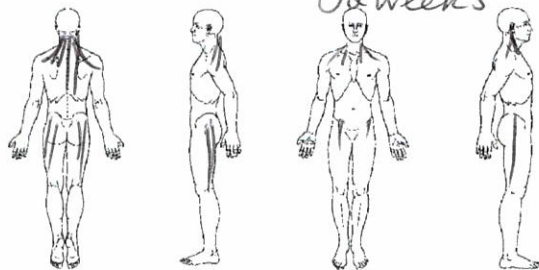
☒ Full Body ☒ STOMACH tight  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb / s / med / traps / GT  
 Fx occ / traps / TFLs / ES / GT  
☐ Talked ☐ Quiet Breathing  
 ROM 7sd 2 ms  
 FBACK

she is Discussed not lifting Varena  
 P = 1 Feeling like she needs adjustment so rework  
 see Phil Nolan if it continues

## TREATMENT NO. 18

DATE: 1.10.14.  
 TIME: 5.15 Thurs  
 PAID: \$88 wps  
 REC.No: Refer notes  
 AIR TEMP: 25  
 MUSIC: Ian / am I  
 FACE CREST: 2x  
 SUPINE SCENT: 2x  
 OIL BLEND: Relax  
 HT: Feet / Face  
 CST: (A) Face  
 HST: 2x  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her shoulders / neck  
 Back twingy. Inner leg has veins that are  
 Redundant from job in 12 weeks aching dull



O/A:

Legs - some Swells - gentle MS  
 Deltoids tight.  
 ES tight  
 Rhomb region using

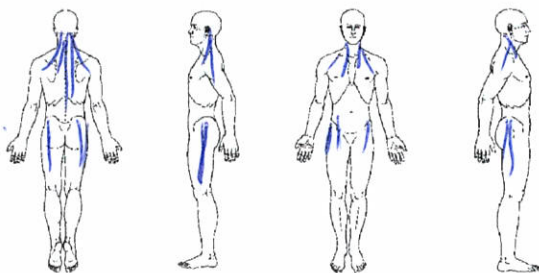
☒ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / traps / GT  
 Fx occ / 4 / 1 / 1 / 1  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM 7sd 2 ms  
 FBACK felt better 2 ms. V. sore

P = Reom client remain +ve where possible - encouraged  
 gradual look for work / balance of self care

## TREATMENT NO. 19

DATE: 23.10.14  
 TIME: Thu  
 PAID: \$88  
 REC.No: Refer notes  
 AIR TEMP: 25  
 MUSIC: Kenny G / I  
 FACE CREST: 2x  
 SUPINE SCENT: 2x  
 OIL BLEND: Relax  
 HT: (A) Face  
 CST: 2x  
 HST: 2x back  
 EXTRA:  
 NEXT APPT:

S = Client been feeling tightness in her body in  
 her hips esp + low back under / aching /



O/A:

pinching / niggling  
 Deltoids tight  
 ES tight  
 Rhomb region using

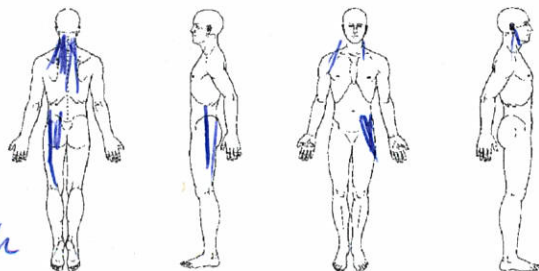
☒ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / s / med / ham  
 Fx traps / traps / traps  
☐ Talked ☐ Quiet  
 ROM 7sd 2 ms  
 FBACK felt better 2 ms

P = Reom client stretch out after MS + look after  
 body / mind whilst job hunting

## TREATMENT NO. 20

DATE: 08.04.15  
 TIME: \$98  
 PAID: Inv.  
 REC.No: 25  
 AIR TEMP: 25°C  
 MUSIC: Mijagi  
 FACE CREST: 2x  
 SUPINE SCENT: 2x  
 OIL BLEND: Relax  
 HT: Feet / Face  
 CST: 2x  
 HST: 2x back  
 EXTRA:  
 NEXT APPT:

S = Client been feeling tightness in her L hip -  
 sharp pain



O/A:

ES tight  
 Deltoids tight  
 ES tight  
 Rhomb region using

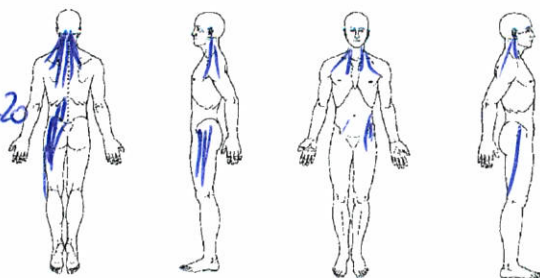
☒ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / s / med / ham / traps  
 Fx occ / traps / traps / GT  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM 7sd 2 ms  
 FBACK felt better 2 ms

P = Reom Julie Hamlyn

# TREATMENT NO. 21

DATE: 30.06.15  
TIME: \$88  
PAID: 1hr  
REC.No: 3756  
AIR TEMP: 25  
MUSIC: Mix MS Tunes 1-20  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2 x ln  
2 x back  
EXTRA  
NEXT APPT:

S = client been feeling tightness in her body in  
hips esp lms.



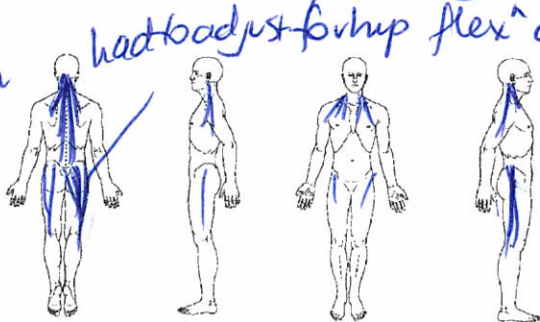
O/A: lms esp right  
Pecs short. Glutes + QLS tight  
Deltoids tight  
ES tight Traps up tight  
Rhomb region cong  
Full Body STOMACH Ms s/l trap / leg  
ARMS Prone Supine LEGS  
TP Trs / mbs / es / QLS  
Fx Dec / traps / CT / mbs / Trs  
Talked Quiet Quiet Breathing  
ROM Red > ms  
FBACK feet lots of tenderness

P = Discussed moving right + working  
on posture

# TREATMENT NO. 22

DATE: 25.11.15  
TIME: \$88 WEDS  
PAID: 1hr 45pm  
REC.No: 25  
M: Relax MS-HS  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2 x ln  
2 x back  
EXTRA  
NEXT APPT:

S = client been feeling tightness in her body in hips  
+ shoulders / neck



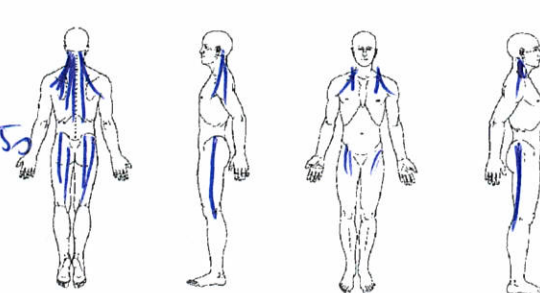
O/A: restricted in hips - leg to  
Traps up tight  
Deltoids tight + short  
ES tight Pecs tight  
Rhomb region cong  
Full Body STOMACH Ms s/l trap / leg  
ARMS Prone Supine LEGS  
TP rhomb / g med / ham / traps  
Fx act / traps / diaphragm  
Talked Quiet Quiet Breathing  
ROM Red > ms  
FBACK feet better with Ms

P = Perom client stretch out with hips > ms.

# TREATMENT NO. 23

DATE: 24.02.16  
TIME: \$88  
PAID: 1hr  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Music Mix 30-50  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2 x ln  
2 x back  
EXTRA  
NEXT APPT:

S = client been feeling tightness in her body



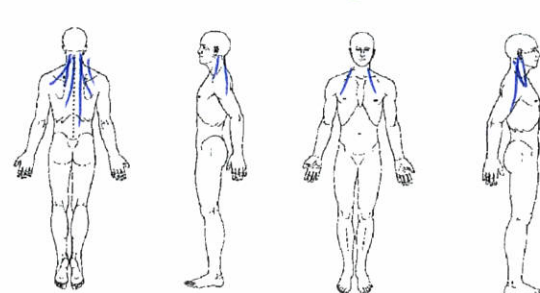
O/A: Pecs tight mbs taut  
Deltoids taut  
ES tight Traps up tight  
Rhomb region cong  
Full Body STOMACH Ms s/l trap / leg  
ARMS Prone Supine LEGS  
TP rhomb / g med / ham / traps  
Fx occ / traps / diaphragm  
Talked Quiet Quiet Breathing  
ROM Red > ms  
FBACK

P = Feet better > ms.

# TREATMENT NO. 24

DATE: 15.04.16  
TIME: \$88  
PAID: 1hr  
REC.No: 25  
AIR TEMP: 25  
MUSIC: dan  
FACE CREST: Low  
SUPINE SCENT: Relax  
OIL BLEND: (A) Face  
HT: 2 x ln + 2 x back  
CST: Feet / Face  
HST: Feet / Face  
EXTRA  
NEXT APPT:

S = client been feeling tightness in her body  
in her ln region. Venn ok by vein doctor



O/A: Deltoids tight  
ES tight Pecs tight  
Rhomb region cong  
Full Body STOMACH Ms s/l trap / leg  
ARMS Prone Supine LEGS  
TP rhomb / g med / ham / traps  
Fx occ / traps / diaphragm  
Talked Quiet Quiet Breathing  
ROM Red > ms  
FBACK feet better > ms

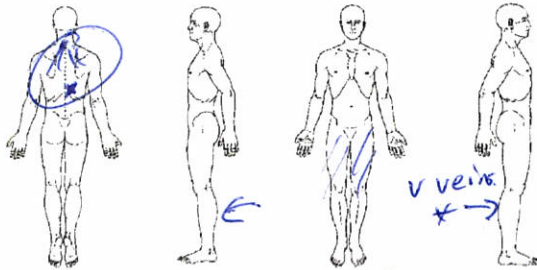
P = Perom client stretch out with body

# TREATMENT NO. 25

S = neck & shoulders

DATE: 11/4/18  
 TIME: 8:45  
 PAID: G-V.  
 REC.No:  
 AIR TEMP: 23  
 MUSIC: Don't  
 FACE CREST:  
 SUPINE SCENT: lemon  
 OIL BLEND: M/1  
 HT: x2  
 CST:  
 HST: x4

Robyn ✓



O/A: quads both P.

U. back really ↑ but  
 med pressure only


☒ Full Body ☐ STOMACH  
 ARMS ☒ Prone ☐ Supine LEGS  
 TP gentle v-back.  
 Fx  
☐ Talked ☒ Quiet Breathing  
 ROM  
 FBACK

EXTRA quad stretches  
 NEXT APPT:

P = firm only (no cupping). bruises easily & saw cup marks on her sister.

MERRY CHRISTMAS!



To: Robyn With Love 

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

From:



Ma X. Enjoy  
Relax - the  
New Year



focus on  movement

PHONE: 0439 775 003

EMAIL: [relax@focusonmovement.com.au](mailto:relax@focusonmovement.com.au)

CLINIC: 51 Lyndel Drive Woree 4868

WEB: [www.focusonmovement.com.au](http://www.focusonmovement.com.au)



# A Gift of Massage

*Lots of Love* To: Robyn, Thanks so much for all your help and being part  
From: Lyn Brooks xxx 😊 of the Cyclone Removal team once again!  
Your Gift is: 45minute Initial Massage Date of Issue: 26.11.09  
Valid for three months from the date of issue

PHONE: 0439 775 003 CLINIC: 51 Lyndel Drive Woree 4868 POST: PO Box 106 Westcourt 4870  
EMAIL: relax@focusonmovement.com.au WEB: www.focusonmovement.com.au

MERRY CHRISTMAS!



Hi Robyn, For \$10 you can upgrade  
Lyn's gift certificate to 60 min Xmas massage special.  
**Bonus - Christmas Special**  
Cheers, Christine

**GIFT CERTIFICATE for 60 MINS MASSAGE**

(includes Hot Towels + Aromatherapy)  
only **\$55** (Normally \$75 for new client).

Valid for Jan-Feb use only. Must be purchased before 18<sup>th</sup>  
December 2009. Limit of one \$55 massage per person.



Look out for your  
handmade birthday  
card in 2010!



Clinic CLOSES ON 17<sup>th</sup> December and OPENS 6<sup>th</sup> January 2010



# A Gift of Massage

To: Robyn enjoy a relaxing hour with Christine

From: Love you Always (many thanks)

Your Gift is: One hour massage Date: 09.06.10



Valid for three months from the date of issue

BOOK NOW - PHONE: 0439 775 003 CLINIC: 51 Lyndel Drive Woree 4868 POST: PO Box 106 Westcourt 4870  
EMAIL: relax@focusonmovement.com.au WEB: www.focusonmovement.com.au

MERRY CHRISTMAS!



To:

Robyn



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

From:

(2013)



focus on  movement

PHONE: 0439 775 003

CLINIC: 51 Lyndel Drive Woree 4868

WEB: [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Massage

aromatherapy

hot stones

pregnancy  
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Aquatics

# A Gift of Healthy Movement

To: Robyn  
From: With Love for your continual help. Max  
Your Gift: One hour remedial massage Date: 30.5.13

Valid for three months from the date of issue

Massage

aromatherapy

hot stones

pregnancy  
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Aquatics

# A Gift of Healthy Movement

To: Robyn Vizzard

From: \_\_\_\_\_

Your Gift: One hour massage

Date: 11.10.16

Valid for three months from the date of issue

Robyn Vizzard

DOB 10 Apr 1963  
Occupation Bookseller

Appointments

Date	Time	Type	Practitioner
20 May 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
12 Mar 2025	5:00PM – 6:00PM	60 minute Massage	Christine Jervis
28 Dec 2024	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
25 Sep 2024	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
3 Jul 2024	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Mar 2024	1:30PM – 2:30PM	Sauna & Massage	Christine Jervis
25 Feb 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jan 2024	11:00AM – 12:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
11 Sep 2023	4:00PM – 5:00PM	Gift Certificate - Book your Massage	Christine Jervis
24 Feb 2020	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
25 Feb 2019	5:30PM – 6:30PM	60 minute Massage	Marina Franke
21 Dec 2018	2:30PM – 3:30PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage	
<p><b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 12 Mar 2025, 5:00PM <b>Created:</b> 18 Mar 2025, 9:30PM <b>Last updated:</b> 18 Mar 2025, 9:30PM</p>	
Standard Consultation - Remedial Massage	
<p><b>Presenting complaint (relevant medical history or client info)</b></p>	<p>What's going on now - client been feeling sore in lumbar region plus shoulders and neck</p>

	been sore and knee. R wrist hurts and L shoulder catching
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) - watch veins
Treatment details - what was done today to help the client	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Acker Bilk Aromatherapy Massage oil - lavender and peppermint
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; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Dec 2024, 1:30PM Created: 28 Dec 2024, 2:56PM Last updated: 28 Dec 2024, 2:59PM	

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee. R wrist hurts and L shoulder catching

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - yes improved.  
Anything noteworthy -  
Anything specific to massage (E.g. no foot massage) - watch veins

**Treatment details - what was done today to help the client** Pressure used - 2, gentle on legs with veins - flushing.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack / Lower Body  
Topical Treatment - Fisiocrem  
Music - Acker Bilk  
Aromatherapy Massage oil - lavender and peppermint

**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; Upper body treatment (hips, back, shoulders, neck, arms)

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

**Body Chart**

**Feedback after treatment -** Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed New year - been a hard few months putting her mum in a home for dementia

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 25 Sep 2024, 9:00AM**Created:** 25 Sep 2024, 10:01AM**Last updated:** 25 Sep 2024, 10:08AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee

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

Red Flags

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

Watch veins.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - yes improved.

Anything noteworthy -

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

**Treatment details - what was done today to help the client**

Pressure used - 2, gentle on legs with veins - flushing.

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

Hot Wet Towels - Feet / Face

Hot Pack / Lower Body

Topical Treatment - Fisiocrem

Music - Mod Girls KdLang

Aromatherapy Massage oil - extreme sports h2o oil

Spritzer - pepper euc and tea tree

**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; Upper body treatment (hips, back, shoulders, neck, arms)

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes

**Body Chart****Feedback after treatment -**

Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

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

Discussed booking in regular treatment as she has a lot of stress with her mum now in the home and the grandkids living with her.

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 3 Jul 2024, 2:30PM  
**Created:** 3 Jul 2024, 3:33PM  
**Last updated:** 3 Jul 2024, 3:34PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Watch veins.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) - watch veins
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Ian Cam Smith Aromatherapy Massage oil - lavender oil Spritzer - joyful
<b>What parts of the body were massaged?</b>	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; Upper body treatment (hips, back, shoulders, neck, arms)
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some more regular massage to help, especially because so tight and tender at the moment

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

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jarvis**Appointment:** 23 Mar 2024, 1:30PM**Created:** 23 Mar 2024, 1:17PM**Last updated:** 23 Mar 2024, 4:14PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling sore in lumbar region (bit better than last time) plus shoulders and neck been sore and knee

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - yes improved.  
Anything noteworthy -  
Anything specific to massage (E.g. no foot massage) - watch veins

**Treatment details - what was done today to help the client** Pressure used - 2, gentle on legs with veins - flushing.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack / Lower Body  
Topical Treatment - Fisiocrem  
Music - Yanni Piano  
Aromatherapy Massage oil - lavender oil  
Spritzer - joyful

**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; Upper body treatment (hips, back, shoulders, neck, arms)

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

**Body Chart**

**Feedback after treatment -** Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

**Plan for future results / treatment /** Discussed getting some more regular massage to help

progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Lots of sweat, felt good afterwards.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 25 Feb 2024, 3:00PM Created: 25 Feb 2024, 4:16PM Last updated: 6 May 2024, 10:00PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in lumbar region especially, but shoulders hurt and knees, neck - everything even feet.
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) -
Treatment details - what was done today to help the client	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy Massage oil - relax h2o oil Spritzer - joy
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; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	

<b>Feedback after treatment -</b>	Felt lots of tender areas, esp ITBs and glutes sore.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed Sauna next time. She'd like monthly massage if she can.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 5 Jan 2024, 11:00AM  
**Created:** 6 Jan 2024, 5:23AM  
**Last updated:** 6 Jan 2024, 5:25AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore in lumbar region especially, but shoulders hurt too.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Watch veins.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) -
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy Massage oil - relax h2o oil Spritzer - joy
<b>What parts of the body were massaged?</b>	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; Upper body treatment (hips, back, shoulders, neck, arms)
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes

**Body Chart****Feedback after treatment -**

Felt lots of tender areas, esp ITBs and glutes sore.

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

Discussed Sauna next time. She'd like monthly massage.

**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, 4:00PM**Created:** 11 Sep 2023, 5:08PM**Last updated:** 11 Sep 2023, 5:12PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling sore in shoulders and back.

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

Red Flags

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

Watch veins.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
 ROM - yes improved.  
 Anything noteworthy -  
 Anything specific to massage (E.g. no foot massage) -

**Treatment details - what was done today to help the client**

Pressure used - 2-3  
 Hot Stones - 2 x Hips and 2 x Back/Shoulders  
 Hot Wet Towels - Feet / Face  
 Hot Pack / Lower Body  
 Topical Treatment - Fisiocrem  
 Music - mixed modern girls  
 Aromatherapy Massage oil - relax h2o oil  
 Spritzer - joy

**What parts of the body were massaged?**

Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back,

shoulders, neck, arms)

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids

#### Body Chart

**Feedback after treatment -** Felt lots of tender areas. Loved lower back massage with hot stones.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed doing more to help with her body balance

#### 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 2020, 4:00PM

**Created:** 24 Feb 2020, 5:06PM

**Last updated:** 24 Feb 2020, 5:11PM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling very sharp pain in RHS shoulder.

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - yes improved.  
Anything noteworthy -  
Anything specific to massage (E.g. no foot massage) -

**Treatment details - what was done today to help the client** Pressure used -  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face / Arms & Hands / Back  
Hot Pack - Upper Body / Lower Body  
Topical Treatment - Fisiocrem / Zen / Balm  
Music - Yanni if there  
Aromatherapy Massage oil - Pepp/Rosem/Euc  
Spritzer - Frank.

**What parts of the body were massaged?** Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick

stretch/massage; Arms - Supine; Legs - Prone; Upper body treatment (hips, back, shoulders, neck, arms)

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids

#### Body Chart

**Feedback after treatment -** Felt lots of tender areas.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed doing more to help with her body balance and mentioned about rebooking specials.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 25 Feb 2019, 5:30PM

**Created:** 25 Feb 2019, 5:23PM

**Last updated:** 25 Feb 2019, 6:37PM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -usually neck and shoulders, L B occasionally- mid lift  
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 -gentle/firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment - fisio crem L calf- cramp at night  
Music -instrumental  
Aromatherapy -tangerine

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

**Where any specific trigger points used?**

**Body Chart**

**Feedback after treatment -** bruises on outer glutes-bruises easily, quads tight.  
:)

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

## Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 21 Dec 2018, 2:30PM

**Created:** 21 Dec 2018, 2:25PM

**Last updated:** 21 Dec 2018, 4:49PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -LB from mowing, usually neck and shoulders  
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 -gentle/firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music -instrumental

Aromatherapy -tangerine	
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	bruises on outer glutes-bruises easily, quads tight. :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Robyn Vizzard.