

Nicola Graham

DOB 4 Apr 1993

Appointments

Date	Time	Type	Practitioner
3 May 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
24 Sep 2023	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Aug 2023	11:00AM – 12:00PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 May 2025, 11:00AM

Created: 3 May 2025, 12:30PM

Last updated: 3 May 2025, 12:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client felt sore and needed a massage. Migraines lately. Trying to conceive 3rd baby as a girl, sex before ovulation. Hips sore from picking up youngest son who is big.

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

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

No.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - felt good after Massage
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no. Breastfeeding still.

Treatment details - what was done today to help the client

Pressure used - 2
Music - Ian Cam Smith
Aromatherapy Massage oil - Relax blend
Spritzer - Joyful

Remedial techniques - on shoulders and neck. Still very vasodilated.

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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps
Body Chart	
Feedback after treatment -	Felt good after :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how regular massage can help with fertility and anxiety
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Sep 2023, 1:30PM
Created: 15 Oct 2023, 10:07AM
Last updated: 15 Oct 2023, 10:10AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felt sore and needed a massage. Husband hurt ACL so she inherited his birthday massage.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	No.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - felt good after Massage Anything noteworthy - no.

	Anything specific to massage (E.g. no foot massage) - no. Breastfeeding still.
Treatment details - what was done today to help the client	Pressure used - 2 Music - Ian Cam Smith Aromatherapy Massage oil - Relax blend Spritzer - Joyful Remedial techniques - on shoulders and neck. Still very vasodilated.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
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 - Prone; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps
Body Chart	
Feedback after treatment -	Felt good after :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how regular massage can help with tension and sleep.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Aug 2023, 11:00AM
Created: 11 Aug 2023, 12:04PM
Last updated: 11 Aug 2023, 12:16PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info)

What's going on now - clients body sore in shoulders and neck. Co sleeping with 1 year old. 4 year old in prekindergarten. School teaching relief work - grandparents help with child care.

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - checked</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - no. Breastfeeding.</p> <p>Any Red Flags -no.</p> <p>Husband Nathan came in from a baby expo and said it was the best massage he had ever had.</p>
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Treatment details - what was done today to help the client	<p>Pressure used - 2</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Fisiocrem Balm upper</p> <p>Music - Mod Girls Hallelujah</p> <p>Aromatherapy Massage oil - Relax</p> <p>Spritzer - Joyful</p> <p>fB + Stom. Heat. Remedial techniques on shoulders and neck especially. V vasodilated rhombs.</p>
What parts of the body were massaged?	<p>Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses</p>
Where any specific trigger points used?	<p>Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs</p>
Body Chart	
Feedback after treatment -	<p>Felt really relaxed and wants to come back.</p>
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	<p>Discussed how massage can help</p>
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record - Women's Health

Practitioner: Christine Jervis**Appointment:** 11 Aug 2023, 11:00AM**Completed:** 26 Jul 2023, 3:00PM

About you...

What's your health fund? Defence health**Occupation - how long?** Teacher - since 2016**List your physical activities, hobbies, exercise or sport.** Walking, exercise bike, chasing after 2 little boys**Do you sit/stand for long hours? (E.g. car/desk)** No**Medications - prescribed or natural** No**Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.** No

About Massage...

How did you find out about our massage clinic?

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

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

Type of massage pressure you prefer?

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

What are your goals or reasons for getting massage? To relax

Any areas you DON'T want massaged?

☐ Face ☐ Head ☐ Stomach ☐ Back ☐ Buttocks ☐ Arms
☐ Legs ☐ Feet ☒ Ok with above areas being massaged
☐ Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y

Do you experience headaches? ☐ No ☒ Mild ☒ Severe ☒ Persistent ☒ Migraines

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

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

Do you have any pain?

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

If your body hurts, what relieves it?

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

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

- ☐ Allergies ☐ Asthma ☐ Sinus ☐ Anxiety ☐ Depression
☐ Trouble falling asleep ☐ Trouble staying asleep through the night
☐ Arthritis ☐ Osteoporosis ☐ Spinal problems ☐ Swelling
☐ Bruise Easily ☐ Blood clotting problems ☐ Cancer
☐ Diabetes Type 1 ☐ Diabetes Type 2 ☐ Dizziness ☐ Numbness
☐ Tingling ☐ Cold hands / Cold feet ☐ Heart Problems
☐ Blood Pressure - high ☐ Blood Pressure - low ☐ Hearing problems
☐ Hearing aid ☐ Vision problems ☐ Contact Lenses
☒ None of the above apply to me

Any extra health details or info you'd like to share?**Women's Health Check...**

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.

Any falls / injuries to your sacrum, tailbone, head, ankles or feet? No

Have you had any surgery on your abdomen or lower back? No

How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently? No

Menstrual and Fertility Conditions - please tick what applies to you...

- ☐ Painful Periods ☐ Irregular Periods
☐ Excessive Bleeding (>1pad/tampon per/hr) ☐ Fibroids
☐ Painful Ovulation ☐ Miscarriage (once) ☒ Recurrent miscarriage
☐ Currently doing Fertility Treatment. E.g. IVF. ☐ Trying to get pregnant now
☐ Postnatal Recovery ☐ PCO (Polycystic ovaries)
☐ PCOS (Polycystic Ovarian Syndrome) ☐ POF (Premature Ovarian Failure)
☐ Endometriosis ☐ Failure to Ovulate ☐ Low AMH
☐ Retroverted uterus ☐ Inverted uterus ☐ No problems that I know of

Symptoms experienced prior to and during menstruation

- ☐ I don't menstruate now ☐ Lower back ache ☒ Headaches
☐ Dizziness ☒ Dragging sensation ☐ Heaviness or pressure in lower pelvis
☐ Increased urination ☐ Constipation ☒ Diarrhoea
☐ Changes in my usual bowel movements ☐ Pain/numbness in right leg
☐ Pain/numbness in left leg ☐ Pain/numbness in both legs
☐ Cramps - lower abdomen ☐ Cramps - left side ☐ Cramps - right side
☐ Dark thick blood at beginning of menstruation

- ☐ Dark thick blood at the end of menstruation
 ☐ Blood clots
☒ None of the above happen during my period

Any female health details or info you'd like to share? No

Pregnancy, Birth and Postnatal Recovery

Trauma is stored at a cellular level in the body. Some massage techniques affect your body's response, especially if you've experienced emotional events or trauma. Massage creates a safe, supportive treatment space for all women to be nurtured.

Tick what applies to your birth experiences -

- ☐ No birth history to report
 ☒ Vaginal Birth
 ☐ Water Birth
☒ Epidural / Pethidine
 ☐ Forceps / Ventouse
 ☐ C-section
☐ Termination
 ☒ Miscarriage
 ☐ Ectopic

How many pregnancies have you had? 4

How many babies have you birthed? 2

Have you had any birth interventions or complications? No

How long were your birth hours for each delivery? 4/5 hours

Any other info you would like to share? No

Your consent...

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

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

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

It's ok to discuss my treatment with my doctor, physio or referring health practitioner. ☒ Yes - clients will be informed if this happens. ☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time. ☒ Yes - I know I can ask questions at any time too.

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

A handwritten signature in black ink, appearing to be 'N. Graham', written within a rectangular box.