

Master Michael Majer

Appointments

Date	Time	Type	Practitioner
2 Jul 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
29 Jun 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
19 Oct 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Jan 2024	11:30AM – 12:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
20 Jul 2023	9:30AM – 10:15AM	**SPECIAL VOUCHERS ONLY**	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 2 Jul 2025, 3:00PM

Created: 2 Jul 2025, 4:11PM

Last updated: 2 Jul 2025, 4:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt sore in legs and Achilles and back and feet still.

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - Not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 3-4 firm
Music - Elevator mix
Aromatherapy Massage oil - Peppermint lavender
Spritzer - lavender Peppermint

Remedial techniques - esp legs and back

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; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed upcoming rep comp in Townsville
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Jun 2025, 3:00PM
Created: 29 Jun 2025, 4:19PM
Last updated: 30 Jun 2025, 8:59AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - felt sore in legs and Achilles and back and feet.

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

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

Assessment / Testing done (including ROM) / Observations
 Verbal consent obtained.
 ROM - Not checked
 Anything noteworthy - no

	Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there Aromatherapy Massage oil - Peppermint lavender Spritzer - lavender Peppermint Remedial techniques - esp legs and back
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; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed upcoming rep comp. 3 more days of training and trip away to Townsville
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 19 Oct 2024, 4:30PM Created: 19 Oct 2024, 6:17PM Last updated: 19 Oct 2024, 6:23PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - felt sore in legs and Achilles and back.
Medication or relevant procedures / info	

identified that may affect the massage.

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - Not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Yanni if there
Aromatherapy Massage oil - Peppermint lavender
Spritzer - Euc Tea tree Peppermint

Remedial techniques - esp legs and back

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

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -

Felt good after massage

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

Discussed sport and training

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 Jul 2023, 9:30AM**Created:** 20 Jul 2023, 11:29AM**Last updated:** 20 Jul 2023, 11:41AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore all over.

Medication or relevant procedures / info identified that may affect the massage.**Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

Anything noteworthy - stocky build. Some sensory difficulties.

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm.

Music - Yanni if there

Aromatherapy Massage oil - Sports H2O blend

Spritzer - none.

Remedial techniques -shoulders, neck, back, legs. His nose was running prone, some sniffles/coughs so not sure if sick or allergies.

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?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Rhomboids; Upper Traps; TFLs; Glutes

Body Chart**Feedback after treatment -**

Really enjoyed it and wants to come back again!

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

Discussed lip care with mum - his skin was sunburnt.

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

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

There are no patient forms for Master Michael Majer.