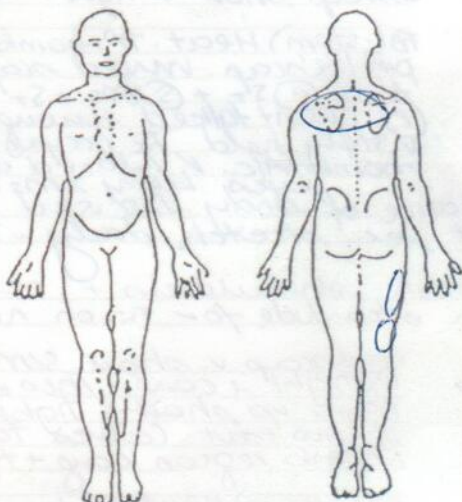




Full Name MARGARET ANNE BLACK Date of Birth 8/10/1945
 Postal Address 158 M'CORMACK ST LAIRNS
 Home Phone 40531129 Work _____ Mobile 0419531129
 Email Address blackjam@bigpond.com Health Fund MBF
 Emergency Contact Details - Name and Number JIM 0439876257
 Current Doctor DR. I. BENNETT Referred By HELEN MARTIN
 Occupation and how long SALES ASSISTANT 15 years +
 Physical Activities/Hobbies/Exercise WALKING BIKING AQUA AEROBICS
 Past Medical History (operations/illnesses/accidents/injuries) _____

Medications - Prescribed or Natural: OROXINE + ZANTADOL

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? NIGHT

What relieves the pain? RUB - NUROFEN

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: 7/5/08

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.

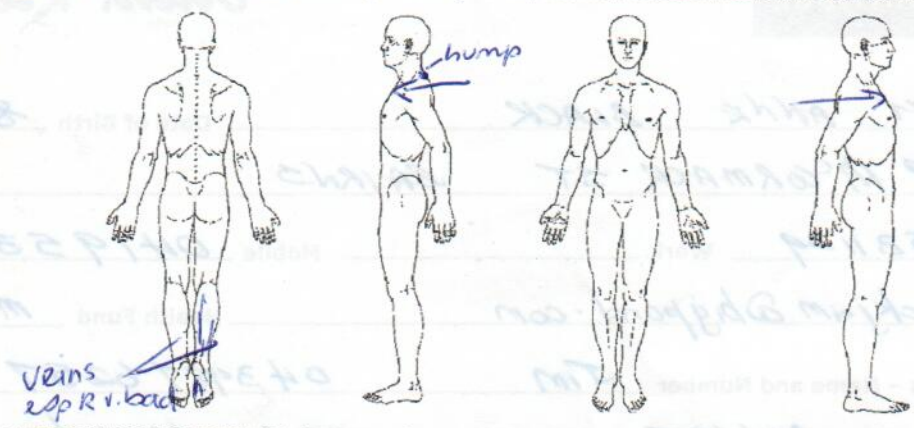
Keep well hydrated with water especially in the 24-48 hours after treatment.

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: M. BLACK Signature: M. Black Date: 7/5/08

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

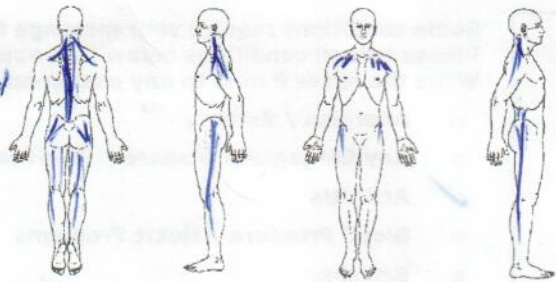


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Daughter Megan physio Does daily ex/stretches
Used to

TREATMENT NO. 1 S = Client has sore (R) knee + TB + sore neck/shoulders
gets occas. headaches.

DATE: 07.05.08
 TIME: \$60 + \$10 INITIAL
 PAID: 1457 - CASH
 REC.No: 230C
 AIR TEMP: 23.0C
 MUSIC: Enya liked
 FACE CREST: Depender
 OIL BLEND: Relax
41 ml Rosewood

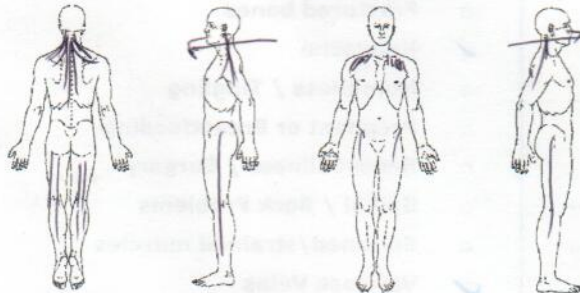


O/A: traps tight (R) (L) right (L)
traps tight & cong
Detroids taut esp (L)
feels short + tight esp (L)
traps up short + tight + bulky
scap short + tight scm tight
FB(-stom) Heat. TP rhomb/g med
pin/2 trap. mixed traps bed on
arms @ ST + @ MS + ST + IL - ilio
(R) client talked throughout
shilly held. Fe occas. / Cr region
rhomb/Alc. V relaxed open
eyes, kidney STs

NEXT APPT: _____

TREATMENT NO. 2 S = Client been feeling tight in shoulders + neck
No Tx (ms or physio) but seen osteo slide for Tx on neck - adjust

DATE: 07.10.08
 TIME: \$60 1hr
 PAID: 1020 CASH
 REC.No: 239C
 AIR TEMP: 23.0C
 MUSIC: Ian Cam Smith
 FACE CREST: Pepp
 OIL BLEND: Pain
Pepp / Euc.

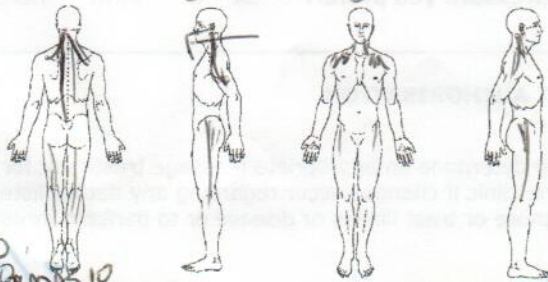


O/A: scap v. short, scm tight
ES tight + cong
traps v. tight
traps up short + tight
Hdms taut. Calves taut
Rhomb region cong + tight
FB(-stom) Heat. TP rhomb/g med
ham/ltb/traps/L scap/Snus. In sam
+ ES/Quil/ocup/scap. Arms
mixed traps bed on
ilios (R) Client quiet for little!
Talked but said she was deeply
relaxed > MS

NEXT APPT: _____

PCNL 12/08
06.21.12.08
TREATMENT NO. 3 S = Client been feeling tight + painful neck region
still too since last week
or weights program (recom
wants to start Yoga
physio before weights)

DATE: 23.09.
 TIME: 9am Weds
 PAID: \$60 CASH
 REC.No: 1hr. 93
 AIR TEMP: 23.0C
 MUSIC: Norah Jones
 FACE CREST: Lav.
 OIL BLEND: Pain
Basil/Toralf/See



O/A: feels v. short + short
esp L upper cong. Spm lats tight
traps v. tight
ES tight + short esp trs
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/g med
ham/ltb/traps/sinus/L scap
Fe occap/lt/scap/ltm
hinged traps bed on
ST + MS + ST. Quiet throughout
Fe ROM but still painful

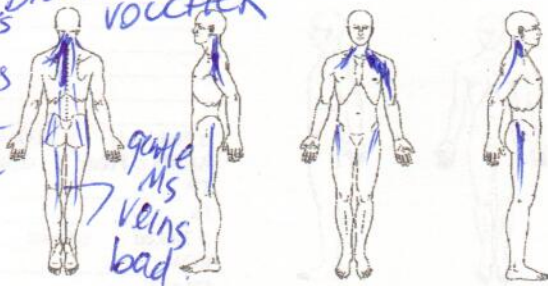
NEXT APPT: _____

Recom Naturopath too
Recom heat + stretch pers still
check - straighten without
Recom Julie for Tx on neck if pain persists
Did chair/incl postural
check - straighten without

TREATMENT NO. 4

DATE: 5.09.10
 TIME: 4pm Weds
 PAID: \$65 Inv.
 REC.No: 2982 Embs
 AIR TEMP: 23.8C
 MUSIC: Here Helpen
 FACE CREST: Lav
 SUPINE SCENT: Lemmon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: Feet + Face

S = client been feeling tightness in her neck + shoulders esp. Been doing yoga & feeling better
 DISCOUNT VOUCHER
 O/A: m. tense in shoulder
 traps up tight/short
 traps right
 rhomb region cong + tight
 Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP scalp/m
 Fx scalp/scalp/alc/at
☐ Talked ☐ Quiet Breathing
 ROM: Re after M's esp neck/short
 FBAC: Relaxed + looked sleep

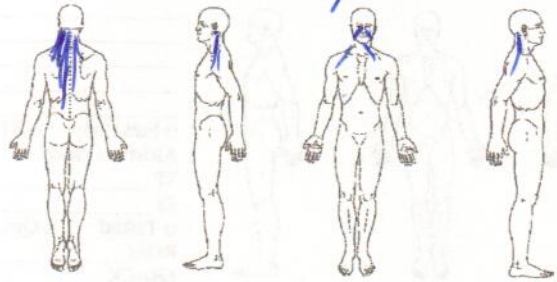


NEXT APPT: MOUT 2011
 BDAY 2011
 Xmas 2010

TREATMENT NO. 5

DATE: 16.03.11
 TIME: 10.30am Thv
 PAID: \$65 CR
 REC.No: 1218
 AIR TEMP: 25.0C
 MUSIC: Indian I
 FACE CREST: Lav
 SUPINE SCENT: Lemmon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: Feet + Face

S = Recent been feeling "good" - h'ache yesterday
 Glaucoma being treated with daily drops
 Had Postnasal drip @ mo - found sinus M's helped last time
 O/A: less short
 traps up tight
 traps right
 rhomb cong + var add
 rhomb lymph pts to pump
 Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/ltb/ha
 Fx acup/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM: Re after M's
 FBAC: Relaxed -> M's

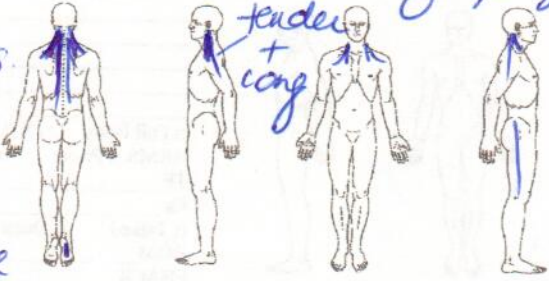


NEXT APPT: _____

TREATMENT NO. 6

DATE: 06.10.11
 TIME: 10.30am Thv
 PAID: \$70 Inv.
 REC.No: 1516 Embs
 AIR TEMP: 23.0C
 MUSIC: Don Megt
 FACE CREST: Lav
 SUPINE SCENT: Lemmon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: Feet + Face

S = Client been feeling tightness in her
 Lvp trap. Plantar fasciitis in R foot
 seeing physio for Tr for above
 O/A: Traps up tight esp
 traps right
 rhomb region cong
 Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g med/traps/dig
 Fx acup/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM: Test improvement -> M's
 FBAC: Relaxed + enjoyed M's

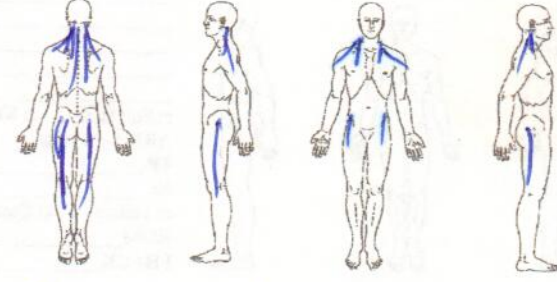


NEXT APPT: WARM
 HST - 2xLn
 2x back

TREATMENT NO. 7

DATE: 1.03.13
 TIME: 4pm Thv
 PAID: \$75
 REC.No: Refer notes
 AIR TEMP: 25
 MUSIC: Ken Davis
 FACE CREST: Lav
 SUPINE SCENT: Lemmon
 OIL BLEND: Chamomile
 HT: Feet + Face
 EXTRA: 2xLn

S = client been feeling tension in ITBs + knee
 been sore. Had veins stripped 6 wks ago
 O/A: gentle ankles/legs
 clutes taut
 ITBs/ITBs both tight
 rhomb region cong
 Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g med/ham/ltb/ha
 Fx acup/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM: Test -> M's
 FBAC: Rest better -> M's



NEXT APPT: 2x back
 ④ Face

BDAY 2012
 + MOUT Sept '11
 + Xmas '11

S = Recommend client use roller for ITBs
 Discussed ref tx

Margaret Black

DOB 8 Oct 1945
Occupation Retired

Appointments

Date	Time	Type	Practitioner
7 Feb 2025	3:00PM – 3:45PM	45 minute Massage	Christine Jervis
17 Jul 2024	11:30AM – 12:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
31 May 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
21 Dec 2020	11:00AM – 12:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 7 Feb 2025, 3:00PM Created: 8 Feb 2025, 7:12AM Last updated: 8 Feb 2025, 7:16AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - looking forward to massage. Sore hand and soreness in ribs - been crated but no break, knocked when she leant over a chair to pat a puppy.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Natural Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Psoriasis treatment for cracked feet. Some arthritis in hands - ache sometimes. Feels occasional neck pain - uses a hand-held massager. Doing stretching and yoga at home.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid-check done. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower body Topical Treatment - Fisiocrem - upper body Music - Yanni if there Aromatherapy Massage oil - Lavender Peppermint

	Spritzer - Euc and peppermint spray
	FB Tx minus probe legs - with some remedial work on shoulders and hips. Little bit on stomach.
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; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs
Body Chart	
Feedback after treatment -	Felt very relaxed after massage. Enjoyed Tx.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some more regular treatment to help manage body
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Jul 2024, 11:30AM
Created: 17 Jul 2024, 12:38PM
Last updated: 17 Jul 2024, 12:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - looking forward to massage. Sore hand and soreness in lower back and legs. Shoulders.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Natural Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Psoriasis treatment for cracked feet. Some arthritis in hands - ache sometimes. Feels occasional neck pain - uses a hand-held massager.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid-check done. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Face
 Hot Pack - Lower body
 Topical Treatment - Fisiocrem - upper body
 Music - Ian Cam Smith
 Aromatherapy Massage oil - Lavender
 Spritzer - lavender and foot spray

FB Tx - with some remedial work on shoulders and hips.

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

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

Body Chart

Feedback after treatment - Felt very relaxed after massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed doing some more regular treatment to help. Continue Aqua aerobics still

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

Time in Sauna (minutes) - 22

Feedback after treatment - 48 - started sweating at the end

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 May 2024, 9:30AM
Created: 31 May 2024, 10:40AM
Last updated: 1 Jun 2024, 12:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - looking forward to massage. Sore hand and soreness in lower back and legs. Shoulders too.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Psoriasis treatment for cracked feet. Some arthritis in hands - ache sometimes. Feels occasional neck pain - uses a hand-held massager.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Covid-check done. ROM - not checked today.

	Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower body Topical Treatment - Fisiocrem - upper body/ Zen / Balm Music - Ian Cam Smith Aromatherapy Massage oil - Lavender Spritzer - joyful rose FB Tx - with some remedial work on shoulders and hips.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs
Body Chart	
Feedback after treatment -	Felt very relaxed after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some more regular treatment to help. She is doing Aqua aerobics still
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Dec 2020, 11:00AM
Created: 21 Dec 2020, 12:14PM
Last updated: 21 Dec 2020, 12:17PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - looking forward to a Christmas treat to get a massage. Been a long time since her last massage.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Natural Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions)	Psoriasis treatment for cracked feet. Some arthritis in hands - ache sometimes. Feels occasional neck pain - uses a hand-held massager.

listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid-check done. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 firm. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower body Topical Treatment - Fisiocrem - upper body/ Zen / Balm Music - Ian Cam Smith Aromatherapy Massage oil - Mand/Tang Spritzer - Jasmine FB Tx - with some remedial work on shoulders and hips.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs
Body Chart	
Feedback after treatment -	Felt very relaxed after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how it's good to keep moving. She is doing Aqua Aerobics and PCYC gym session for oldies.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Margaret Black.