

Garry Owen

DOB31 Mar 1963

Appointments

Date	Time	Type	Practitioner
3 Jan 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
1 Aug 2022	4:15PM – 5:15PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Jan 2025, 11:00AM

Created: 3 Jan 2025, 12:29PM

Last updated: 3 Jan 2025, 6:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's R QLs pinching with flexing, L quad been sore.R Shoulder reconstructed well but good side sore L now. Back on tools for another year until they retire with the caravan weighing business

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

Prescription Medication; Injury; Red Flags

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

Shoulder reconstruction

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - checked. Restricted  
Anything noteworthy - previous surgery L shoulder. Problems with R tear.  
Anything specific to massage (E.g. no foot massage) - needs pillow support under R shoulder when supine. Client's 'ahs' when you have the right pressure.

Treatment details - what was done today to help the client

Pressure used - 2-3 firm  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Lower Body  
Topical Treatment - Fisiocrem upper  
Music - Ian Can Smith  
Aromatherapy Massage oil - Peppermint activate cream

	FB (+stomach). Remedial techniques on back, shoulders and neck. Side lying to help hips
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; SCMs; QLs; ITBs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage - some stiffness getting up. Quality ROM improved.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about seeing physio if pain persists, massage in a couple of weeks if he sees improvement. Discussed seeing in a week or two if there is improvement
<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:** 1 Aug 2022, 4:15PM  
**Created:** 6 Aug 2022, 8:57AM  
**Last updated:** 8 Aug 2022, 6:56AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's shoulder very sore so needing treatment to help before he has to get surgery. R neck been very sore.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Injury; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - checked. Restricted Anything noteworthy - previous surgery L shoulder. Problems with R tear. Anything specific to massage (E.g. no foot massage) - needs pillow support under R shoulder when supine. Client's 'ahs' when you have the right pressure.
<b>Treatment details - what was done today</b>	Pressure used - 2-3 firm

to help the client	Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper Music - Ian Can Smith Aromatherapy Massage oil - Peppermint activate cream  FB (+stomach). Remedial techniques on back, shoulders and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; 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; SCMs; QLs; ITBs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage - some stiffness getting up. Quality ROM improved.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help with long term pain
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Garry Owen.