

James Huts

DOB8 Nov 1994

Appointments

Date	Time	Type	Practitioner
21 Jul 2025	12:30PM – 1:30PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 Jul 2025, 12:30PM

Created: 21 Jul 2025, 1:37PM

Last updated: 28 Jul 2025, 7:24PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info)

What's going on now - client very sore esp neck. His Mum is a massage therapist. Used to get fortnight treatment but hasn't found anyone as good as mum to help

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - checked before but not after

Anything noteworthy - neck esp tight

Anything specific to massage (E.g. no foot massage) - extend table for height, mum is a RMT

Client had any previous treatment elsewhere? Yes regular massage fortnightly elsewhere

Any Red Flags - no

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

Injury

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

Sore neck

Treatment details - what was done today to help the client

Pressure used - 3-4 elbows v fir

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 peppermint balm

Spritzer - joyful

Focus On Movement | Created 12 Aug 2025, 8:05AM

1 of 4

Remedial techniques on shoulders/back/neck.

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

Where any specific trigger points used? Rhomboids; Upper Traps

Body Chart

Feedback after treatment - Felt improvement, enjoyed tx.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed seeing him in another 2-3 weeks for Tx.

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

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

New Client Record

Practitioner: Christine Jervis

Appointment: 21 Jul 2025, 12:30PM

Completed: 21 Jul 2025, 11:37AM

About you...

What's your health fund? None

Occupation - how long? Lineworker 12 years

List your physical activities, hobbies, exercise or sport. AFL, weights at home

Do you sit/stand for long hours? (E.g. car/desk) Stand all day

Medications - prescribed or natural None

Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. Soft tissue injuries

About Massage...

How did you find out about our massage ☐ Google ☐ Facebook ☐ Instagram ☐ Phonebook

clinic?

- ☐ 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?

What are your goals or reasons for getting massage?

Losing tension in back and neck

Type of massage pressure you prefer?

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

Any areas you DON'T want massaged?

- ☐ Face ☐ Head ☐ Stomach ☐ Back ☐ Buttocks ☐ Arms
☐ Legs ☐ Feet ☒ I am ok with all the above areas being massaged
☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

Do you experience headaches?

- ☐ No ☒ Mild ☐ Severe ☐ Persistent ☐ Migraines

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

- ☐ 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 ☐ Occasionally experience problems
☐ Struggling most of the time ☒ No problems - everything is working well

Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.

No

Do you have any pain?

- ☐ No pain - nothing hurts ☐ Morning soreness ☐ Night time pain
☐ Happens randomly - can be any time
☐ Pain doing something specific. E.g. Bending over to touch toes.
☐ All the time ☐ 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 sleeping or falling asleep ☐ 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?

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.

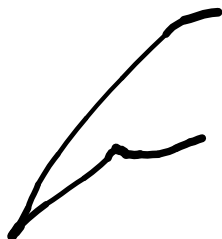
It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ 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, consisting of a stylized, cursive script that is difficult to decipher but appears to be a personal name.