

NO HIF

DISCOUNT PHYSIOTHERAPY

Full Name Jennifer David D.O.B 6/11/75 Gender F

Address 139 McFarlane Dr, Kanimbla, 4870

Home Phone 40342451 Work \_\_\_\_\_ Mobile 0409727188

Email Address \_\_\_\_\_

Emergency Contact Details - Name and Number Peter David, 40342451

Current Doctor \_\_\_\_\_ Referred By Anne Major

Occupation and How long Teacher - 12 years / Fitness Instructor - 10 yrs.

Physical Activities/Hobbies/Exercise Running, Aerobics / Weights

Past Medical History (major operations/conditions) \_\_\_\_\_

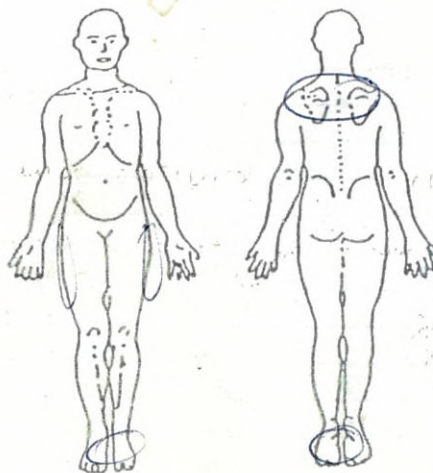
Medications - Prescribed or Natural: Pill

Tick any of the conditions below that apply to you **NOW**:

- |   |  |
|---|--|
| <input type="checkbox"/> Allergies / Asthma     | <input type="checkbox"/> Fractured bones           |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache                  |
| <input type="checkbox"/> Any Skin Problem       | <input type="checkbox"/> Heart / Blood Problems    |
| <input type="checkbox"/> Arthritis              | <input type="checkbox"/> Numbness / Tingling       |
| <input type="checkbox"/> Blood Pressure         | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising               | <input type="checkbox"/> Recent Illness / Surgery  |
| <input type="checkbox"/> Chronic Pain           | <input type="checkbox"/> Spinal / Back Problems    |
| <input checked="" type="checkbox"/> Cold / Flu  | <input type="checkbox"/> Sprained/strained muscles |
| <input type="checkbox"/> Dizziness              | <input type="checkbox"/> Varicose Veins            |

Details regarding above selections:

Please circle areas of soreness or pain on the body chart below:



Amount of Pain (1-10): 3

Massage may include several areas of the body, if you wish an area NOT to be massaged please circle it from the following list;

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

- This session includes a brief consultation and Massage treatment.
- Information regarding personal details will not be provided to any other person or organization, without consent.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Massage does not take the place of medical treatment where needed. If in doubt, please consult your doctor.

I agree to the Massage of: Jenny David (insert name of person being Massaged)

Signature: J David Date: 22/09/05



\*careful winged nerve scap stretch

Lolly taken ☺

## Client Record

**SOAP = SUBJECTIVE:** clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

Date	Treatment Given
22.09.05 \$35 Teacher Pain-Mari/Euc Mas Music Mixer 1-16	S - Client had regular massage before. Osteo told her R side enlarged b/c compression. dbr L leg length difference v. fit person. Feet have heel spurs on them. Sore feet + neck tension. Has flu @ mo. ITBs tight from running. O - Client's R side more enlarged / dominant. L gluteals / iliac region + errec spinae v. tight. Traps taut esp @ scap insertion. Traps congested esp R but both bad. Rhomboids v. knotted - entire length of scap border knotted. ITBs v. tight / congested. Hammies solid <sup>pecs knotty</sup> muscle. Good pliable skin, healthy + easily spreads oil - use minimal. A - FB (- stomach). Heat used. Triggers occiputs / rhomboids / gluteals (tender) / ITBs / Sacrala hammies + feet. Used firm pressure - did sports style rub. Girec Spinae - L iliac region + traps really responded well to treatment. Fingers quite highly neural. P - work on pec stretch - coming 2wks. Talked - compensation of muscles: how massage will help prevent injuries + also take strain off some of her muscles.
08.10.05 \$45 Mr 5 Pain-Pop/Basil Rose/Ced Mas Music Mixer lan Cam Smith 1-17 12:30pm Sat Lau face crest Lau Chris Heron card + lux	S - Client felt a little tender in traps for 1-2 days > last massage. Legs / shoulders. O - Client's R legs tighter, hammies congested esp in R. R calf tighter medially. Ankles clicking lots. R gluteal tight but both tight. R scap / rib cage not as enlarged today - nothing more even with L. Rhomboids both knotted esp R. Traps taut @ scap insertion. R ant leg tighter. Tib ant. it esp L (shortened side). Pecs taut / pulling "Knotted" on L cervical vertebra. A - FB (- stomach). Heat used. Triggers for rhomboids / occiputs / gluteals / traps / hammies (sacrala). Winged nerve stretch - less extension in R. Stretched calves Ant neck # to ea side. P - Neural neck nerve stretch - head to side fingers up. Client also does slump stretch @ pilates. Recum seeing Chris Heron before she sees me again - check cervical vertebra. Advised drink H <sub>2</sub> O.
29.10.05 \$45 Mr CASH 15 free-b'day Relax - ger/ora/Lau Girls Mas Music 2-20 1pm Sat. Lau face Crest	S - client went to Chris Heron - mid-thoracic sitting v. badly. some Cen vertebra out too - feels much better, happy with his treatment. Traps been a little sore. O - LEGS -> L tib ant tight. L quad tighter. R hammies tighter. Calves tight / tender. ARMS -> Forearms taut. fingers more relaxed this week. R pec taut. NECK -> NO poking vertebra. R trap v. congested, ant trap + cervical twangy. BACK -> Scaps much more even! Errec Spinae little taut. R Rhomboids more knotted (tender). HIPS -> Gluteals taut, Gls little tight - both of them. A - FB (- stomach). Heat used. Extra time spent on everything to lengthen massage time to 15mins. Triggers occiputs / rhomboids / gluteals / ITBs / hammies / pecs. lat stretch. winged nerve scap -> gentle b/c sensitive to P - See Chris heron when she needs to, look after self. Feels she has lots more energy being aligned / relaxed muscles / bones.
19.11.05 \$45 Au credit Pain - Lau face Crest V Annis - 14 Thurs	S - Client back been a little sore, otherwise feeling great. O - LEGS -> R hammies tighter. R hammies feel great. BACK -> side little more enlarged (better than 08/10) - R rhomboids. NECK -> ant trap more congested + L spin cap tight. L SCM tight. HIPS -> gluteal taut. @ L errec spinae - tighter. A - FB (- stomach). Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / hammies / pecs. lat stretch. winged nerve scap -> gentle b/c sensitive to P - See Chris heron when she needs to, look after self. Feels she has lots more energy being aligned / relaxed muscles / bones.



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Date

Treatment Given

12.12.05 S - Client had stiff neck 2wks ago - took 2-4 days to heal.  
\$45 Inv R ITB v. sore - stretch<sup>g</sup> not enough. Used ice on neck.  
Relax - O - LEGS - R hamstrings/ITB/TFLs tighter. Hip flexors + quads R tighter.  
Lvl/Ora BACK - Rhomboids knotted. Lev scap tight, errec spinales/lumbar t.  
2pm Mon NECK - Pecs v. congested esp R, R trap v. congested tight, both scap v. tight.  
(School hol's) HIPS - R QL tighter. R gluteal tighter, both gluteals v. congested.  
22°C A - FB(-stomach) - arms. Heat used. Tiggers rhomboids/occiputs,  
Enya 05-09 gluteals/ITBs/R hamstrings. Winged nerve scap stretch. Scalp release  
esp R occiput region. Lots of shoulder/neck/leg congestion.  
P - Recom heat to area now to relieve congest<sup>n</sup> + stretch<sup>g</sup> neck/pecs  
with neural + muscular stretches to lengthen shoulder  
muscles that have had some trauma. Recom relax<sup>g</sup> over  
holidays + take<sup>g</sup> soaks in bath (hot) - help muscles see New

01.06 S - Client been stretching neck + using heat. Neck still little sore.  
GU - \$45 ITBs tight Back to school next week (3 days)  
Relax - O - LEGS - Hamstrings v. tight/congested esp R leg. Calves taut esp medially.  
Ora/1141/Gw BACK - R rhomboids v. knotted, L lev scap + splin scap tight.  
1pm Fri NECK - Traps both v. tight, scaps taut. L trap more bulky/fat.  
(School hol's) HIPS - QLS taut esp L, L errec spinales lumbar v. tight.  
23°C SKIN - Vasodilated @ mid-high thoracic.  
Ken Davis A - FB(-stomach) Heat used. Tiggers rhomboids/occiputs/gluteals/wing,  
nerve scap + quick calf + hip. Forearm + calf stretch. Scalp  
massage. Fairly firm pressure. Ion of forearm stretch to relax.  
P - Recom continue heat + stretch<sup>g</sup> esp when necessary.

18.02.06 S - Client's ITBs been v. sore, tone extra classes this week.  
\$45 Inv R side ITB v. sore esp near quad proximal to knee.  
Relax - O - LEGS - Hamstrings esp medially + ITB - L hip - leg tighter. R quad  
13/Gw/14pp BACK - Errec Spinales v. tight lumbar - mid-thoracic. Rhomboids v.  
sic - hntav NECK - Traps v. taut but feeling better than 13/01.  
Music tunes HIPS - QLS L v. tight, gluteals E - tight, L - tight.  
4pm Sat - SKIN - v. vasodilated back skin. Well nourished/moistured.  
to late 22°C A - FB(-stomach) Heat used. Tiggers rhomboids/occiputs/scap  
(@conference) hamstrings (sciatica). Winged nerve scap - calf + hip - ankle  
stretch. Scalp release. Arms massaged prone. Worked legs hard  
esp v. tight. Thoracic region been stiff wonderfully cleared since chi.  
P - Receive stretching ITBs + hip flexors, heat when necessary.

01.04.06 S - ITBs + neck been sore - "usual suspects" - work<sup>g</sup> client not  
\$35 - 5th hard holidays up soon. (experiencing pain since)  
10 - on time O - LEGS - L Quads/hip flexors/TFLs v. tight. Hamstrings medially + ITBs v. tight.  
Alend - Sports BACK - Errec Spinales taut esp L, R rhomboids/traps v. tight.  
(5) Gimg/Lime NECK - Lev scap jnc esp R v. tight. Calves v. tight esp R.  
Saxophone HIPS - QLS tight, gluteals v. tight esp R. Insert<sup>n</sup> tender/tight.  
music SKIN - Supple/well-nourished. Warmth from ginger?  
22°C A - FB(-stomach) Heat used. Tiggers rhomboids/occiputs/gluteals,  
ITBs. Winged nerve scap + calf + hip - ankle stretch. Scalp  
release. Arms prone. Worked legs v. hard - esp post-exercise.  
P - Recom. concentrate on stretch<sup>g</sup> hamstrings + legs b/c tightest  
they have ever been.



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22.04.06 \$45 CASH HR5 Sports - Ging/Lime Modern Music 33-50 Lav face 10 sat 5 late	But sore after last massage when used v.d. prepure on legs S - NECK/shoulders been OK, ITBS v. sore + pulling on knee Running on road lately (inard, leary) + stretch. Usually runs on firm O - LEGS - hamms + ITBS v. tight esp R, L Quads tighter. TFLs tight BACK - L vertebrae spinales tighter. Qls both tight. ITBS adhered NECK - traps tighter, traps <del>not</del> ok - some tension Rhomboids tight HIPS - L Qls hip flexors piriformis v. tight SKIN - vasodilated legs + back. Supple/well nourished A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals ITBS/hamms (suaical). winged nerve scap + calf + hip → ankle stretch. Arms prone. Most time spent on lower body - legs pto 20mins, 15mins ant legs. No time left for ant neck just did scalp to finish off with P - person stretching gluteals + ant hip flexors to help Lax ITBS. Get someone to check over running style
27.05.06 \$45 CASH Inv3 Sat Blend - Pam Pam Jape Denley Lav face	S - client been feeling better esp in legs + shoulders/neck O - LEGS - Hamms R more cong, ITBS tight both quads + BACK - ES tight, Rhomboids tight, back s. # even NECK - traps tight esp L. Pecs tight scms tight HIPS Qls + gluteals tight. Quads tight + HF tight SKIN - vasodilated to back - even legs. Feet ticklish/kick A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals/ITBS ITBS/hamms (suaical). winged nerve scap + calf + hip → ankle Arms prone managed scalp + m. Overall, client feels so much better than previous visits (len strain) - she notice Continue stretching + look after herself diff too
07.06.06 \$45 CASH Inv. Pam - Basil/Lav Cici T. D. H. Yung H. P. F. C. L. 1pm PR - on time	S - client been feeling little sore in lx b/c of clean (spongy clean) in hold. Back to work next week O - LEGS - ITBS esp L v. tight calves tight, hamms cong BACK - ES tight esp L. Rhomboids esp R tight NECK - traps tight esp L shortened, scms esp R tight HIPS - Qls tight both sides esp L, gluteals tight SKIN - scms vasodilation. Supple/well-nourished/hydrated A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals ITBS/hamms (suaical). winged nerve scap + calf hip → ankle + arm → ground. Arms stiff when manage prone legs stiff too. Client talked while legs managed then relaxed. Body responded well. anything P - water + enjoy day today - sunny + warm yet windy. then See next month on Sat - she took down date 1st when I am away for training



# Client Record

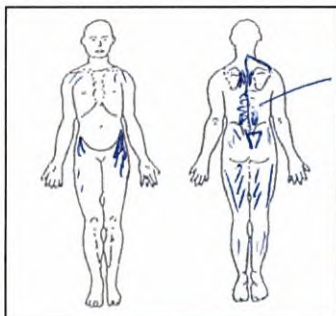
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NOTE FOR FUTURE REFERENCE:

## TREATMENT NO. 9

S = client been feeling good - usual spots sore but "nothing jumping out" that's hurting

DATE: 05.08.06  
TIME: 10.30am - 1hr.  
PAID: \$45 CASH  
REC.No: 610  
AIR TEMP: 23°C  
MUSIC: Guit Modern 65-80  
FACE CREST: Pepp  
OIL BLEND: Sports  
(Ger / Grape) /  
NEXT APPT: Sept 16th 3pm



O/A: ITBs tight esp medially. HFs ant v. tight esp L. Traps con + tight - Hamstrings tight. L. lat right Rhomboids tight esp R (left higher side slight ES taut, some con. Pecs taut. Glutes taut, gluteals esp L taut. Some rotat of sac. Skin - some vasodilation, feet cold.

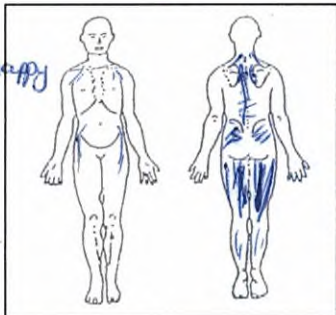
FB(-stom) Heat. trigger rhomboids/occiput/glute/ITBs/hamstrings winged scap + calf + hip → ankle + neural arm stretches. Scalp + TMJ release. Tr. prone. Client's nose v. runny prone (poss. of den. effect). Client's legs v. tense - prone + supine + arms started tense, relaxed pressing & relaxed. Breathing heavy when supine - blocked nose + relaxed!

P = See Sept. Enjoy weather + take care doing classes @ gym (1 sat per month)

## TREATMENT NO. 10

S = client been feeling good. longest term v. busy. just taught class @ 1pm. Gym opening day - v. busy today. usual spots sore

DATE: 09.06  
TIME: 3pm Sat  
PAID: account \$25 - v. happy  
REC.No: 667  
AIR TEMP: 22°C  
MUSIC: Enya 2  
FACE CREST: Pepp  
OIL BLEND: sports  
serif / orange  
NEXT APPT: 28th Sept 995



O/A: Leg difference noticeable today ITBs tight esp R. Tris taut. Glutes esp R tight Hamstrings taut Pecs taut. Splin caps taut Rhomboids taut esp L. ES taut esp L. Interosals Skin - v. vasodilated feet red

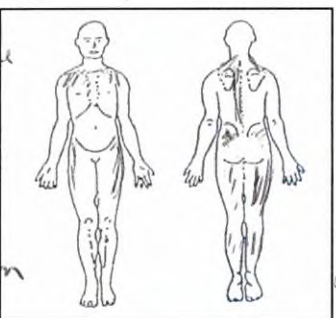
FB(-stom) Heat. trigger rhomboids/occiput/glute med + piriform. hamstrings/ITBs/psaos stretch. Arms prone + stretch. Scalp + TMJ - quick release. Winged scap ok. Client felt v. relaxed after. Held legs stiffly but upper relaxed - sitting & feeling the best it's felt.

P = Reconc H2O today & relax. Discussed podiatry & how Steve Lynch helped her shoes & heel gus

## TREATMENT NO. 11

S = client been feeling ok - working hard - already week 3 school lots to get done before end of the year

DATE: 08.10.06  
TIME: Sat 9.45 - continue  
PAID: \$45 CASH  
REC.No: 748 (741)  
AIR TEMP: 22°C  
MUSIC: Enya II  
FACE CREST: Pepp  
OIL BLEND: Relax  
serif / orange  
NEXT APPT: Sat 2nd @ 3pm



O/A: TMJ taut & twitchy. L ES tight & short, R overdeveloped. Glutes taut esp R. Rhomboids tight. Upper traps taut. Pecs tight. Latiss taut, R ham tight esp SINIST. ITBs tight esp L. Skin - v. vasodil back. Feet - toes callused / cracked

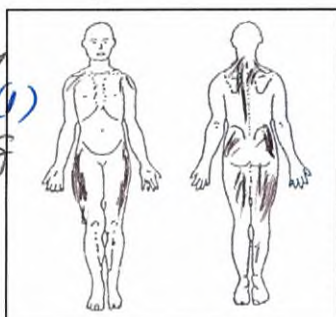
FB(-stom) Heat. No rhomboids/glute med/occ/pir/ham/ITBs winged scaps OK. Nerve - arms prone stretched. Tr. managed prone. Scalp + TMJ - quick. Feet in GCS with 1 rhomboids/interosals deep like stuff esp prone. Client talked @ start then relaxed for remainder - body feeling less tense overall - body going well.

P = Sending her hubby for 4mt. Discussed difference regular marriage has in looking after body

## TREATMENT NO. 12

S = client been little sore in neck + ITBs esp R side sore end of yr coming up in 5 days - been a busy year!

DATE: 02.12.06  
TIME: Sat 3pm - Seardy  
PAID: 1hr \$45  
REC.No: GV Prepaid (1)  
AIR TEMP: 24°C  
MUSIC: Kenny G  
FACE CREST: Pepp  
OIL BLEND: Sports  
NEXT APPT:



O/A: L lev scaps taut + sup spin taut + Rhams tighter. ITBs v. tight. Pecs short. Glutes taut esp med. Piriform esp R TP tender. Traps taut but feeling. ITBs ant taut. Rhomboids tight but better than usual (esp L). Skin - Vasodil back. Good quality, supple.

FB(-stom) Heat. TP rhomboids/glute med/pir/ham/ITBs. winged scap ok. Nerve arm stretch. Scalp + TMJ + ES + sacrum + rhomboid front. Lots of humming noises. Client quiet throughout, talked a little while doing legs. Feet great after. Body really feeling good @ mo esp upper mts

P = Discussed improvement in client's body since started Spring away on holidays overseas

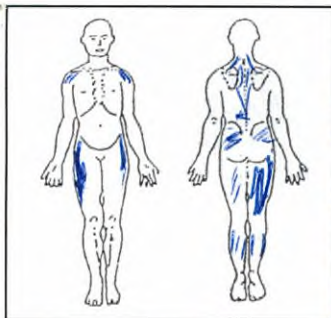
18.12.06  
P CNL



# TREATMENT NO. 13

DATE: 05.01.07  
TIME: 1130 - on time  
PAID: 1hr \$45 GV II  
REC.No: Prepaid  
AIR TEMP: 23°C  
MUSIC: Act Don Macg  
FACE CREST: Lav  
OIL BLEND: Sports  
Rezem/Ging/Keme  
NEXT APPT:

S = client's R hamie strained + sore - been gradually getting better. calves been v. tight



O/A:  
@/esp L taut. Hams (R) v. cong + tight.  
Traps taut. ES taut. Lev scaps taut  
Hips uneven. ITBs tight. + upper body shorter.  
Rhombos tight. L glute taut. Pecs taut.  
Skin - some vasculature. Quad attachments v. tight

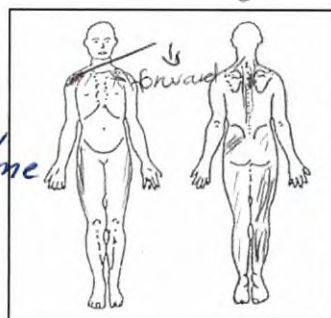
FB(-stom) Heat. TP rhomb/hamis/ITBs/lev scaps/traps. winged scaps ok. Arms prone managed + stretched. Scalp/Trm/rhomb/ITB frictioned.  
client quiet throughout most. Legs held stiffly. JL legs prone + arms prone. Client's body felt less tense discussed altering body mechanics when injured/sore.

P = Rezem PNF stretch hams not static b/c still v. tight + tense + will better improve receptors response. Next time check response

# TREATMENT NO. 14

DATE: 09.02.07  
TIME: 430 FR  
PAID: 1hr GV II  
REC.No: -  
AIR TEMP: 23°C  
MUSIC: Yanni-mixed  
FACE CREST: Lav on time  
OIL BLEND: Lav  
NEXT APPT:

S = client been feeling good - usual things little tender - been running harder + trying load. Calves tight



O/A:  
Overall upper - best its been. Th Ants  
qls taut. R AC slightly forward / rounded shape  
Traps taut. esp L. Calves esp R tight  
Rhombos R tight. Pecs taut.  
Skin - v. vascular rhomb.

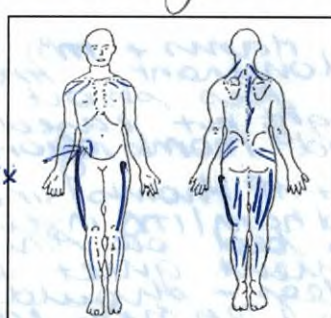
FB(-stom) Heat. TP rhomb R. ES/rhomb/trap  
qls/ITBs. winged scaps ok. Arms prone  
stretched + managed. JL arms/legs.  
client quiet thought - "v. relaxed" after  
deep breaths + almost snoring

P = Rezem continue current regime - feeling the best she's been esp upper, coping with lower leg/ted load v. well

# TREATMENT NO. 15

DATE: 09.03.07  
TIME: 430 FR  
PAID: 1hr GV IV  
REC.No: -  
AIR TEMP: 22°C  
MUSIC: Get's Mod-girls mix  
FACE CREST: Lav  
OIL BLEND: Lav  
NEXT APPT:

S = client's usual spots sore - feeling good otherwise work busy and quite stressful.



O/A:  
Pecs short. esp R. Lev scaps taut  
ITBs tight. Some rotat<sup>n</sup> R hip ant  
ES taut. qls taut. esp pm/med.  
Rhombos esp L taut. qls taut  
Skin - some vascular back. Lots flowing skin

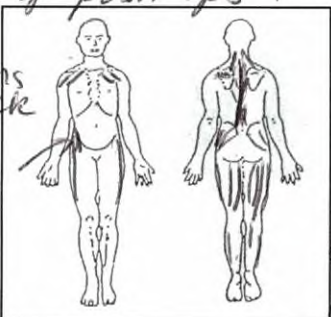
FB(-stom) Heat. TP rhomb/glute med/ham/ITBs/lev scap. winged scaps ok. Arms prone managed + stretched. JL legs. ES/rhomb/sacrum  
upper half v. good - most balanced  
less tense its been. client fairly quiet  
throughout - deep breathing. by end

P = Rezem do some neural slump stretching

# TREATMENT NO. 12 PAID

DATE: 13.04.07  
TIME: 3pm FR CASH  
PAID: \$55 1hr + 5mins  
REC.No: 977 T-RACK  
AIR TEMP: 23°C  
MUSIC: Acher BillR  
FACE CREST: Lav  
OIL BLEND: Relax  
Lav/977/tera  
NEXT APPT:

S = client been sore in the neck esp R side - 'pinched' her trap when talking about it. Doing fitness challenge - lots of push ups + sit-ups



O/A:  
qls esp L med tight. Right rotat<sup>n</sup> hips  
qls tight esp L. Hams taut + esp R. Calves taut  
IS tight + short esp L. ITBs tight esp medial.  
Rhombos esp R tighter. Pecs short  
ES taut esp R larger - L shorter ES but R raises  
Skin - some vascular back. qls tight. feet  
feeling

FB(-stom) Heat. TP rhomb/glute med/ham/ITBs/lev scap. winged scaps ok. Arms prone managed + stretched. JL legs. ES/rhomb/sacrum  
some Ms + S. JL legs prone. client quiet  
throughout. Lots flowing skin, firm pressure  
upper taut esp traps short + quite puffiness post  
client happy after - body v. opened with  
stretch - liked arm extension

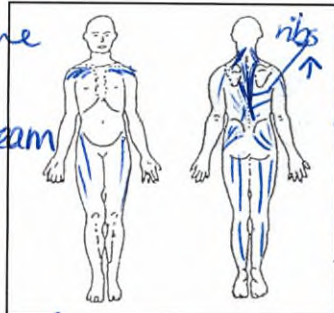
P = Rezem client do some stretching - Tr upper stretch over ball esp when doing lots of push ups!



(17)

S = Client been doing report cards - neck sore, legs been better since started RPM + running

O/A: Hams tight. Calves tight  
Thighs upper tight & short  
Dist. tight. Pop L - V. stiff held body  
Esp tight esp L. Sutures tight. Pecs short  
Rhombos ~~long~~ tight - better than normal  
Levn - ~~thoracic~~ back - quads tight



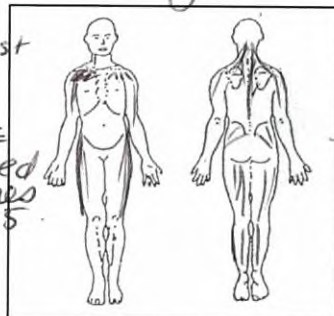
FB(-stom) Heat-TP rhomb/ham/ITB/sinus  
R ES/rhomb/glutes/Qs/Isaps. Arms prone MS  
Sr. JL legs prone. Arms prone MS + Sr. mixed  
slaps on bed. R arm chicky. Client quiet  
for most of massage, sleeping by end - v. deep  
breathing. Body soft well except for R TX.

$P =$  Kenom client see Chris Hannon if not feeling quite right b/c  $R_{Tx}$  TV. high

4

S = Client 6 who's pregnant. Still teaching aerobic classes + running. On holidays @mo. feeling in "usual spots"

OJA: Deltsoids tart. Traps eggs upper tart  
 Discaps tart. Hams tart.  
 Perscap R tender + comp. Traps upper tart.  
 Perscaps tart. Sutes tart. Es tart esp  
 Rhombs tart. GBS tart.  
 Skin - v. aso d rhombs. Feet cool.



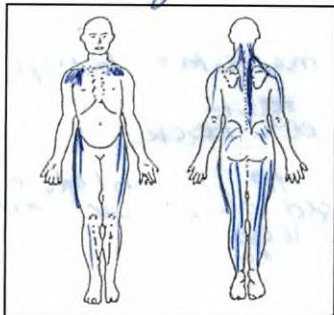
Re (stom) Heat, D<sup>o</sup> rhomb/sacrum - 11 logs/arms  
 x ES/rhomb/sacrum. Arms no st- (1) + (3)  
 Mucol-sacrum OK. client quiet for so. e  
 deep breaths, talked pregnancy +  
 contraindications/treatment etc  
 Body feeling good - responded well

P = Kepon client take care + continue manage for progress

•  (19)

S = Client been feeling tight in all the "usual spots"  
esp legs v. sore. Little tired. Scan next week.

O/A:  
Traps upper, Hams + MBs tight  
R es more dominant. Hs tight, c med +  
traps taut. Pers short. L'scapes short  
rhombs v. tight but eased quickly + well  
Skin - v. variegated rhomb region



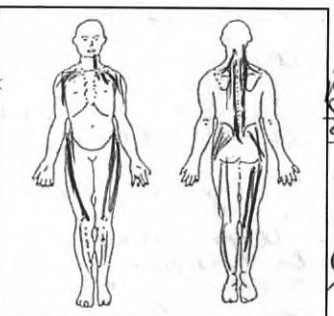
(B/stom) Heat. TP rhomb/sin/s traps  
 Ex C/s/rhomb/ham/ITB insert<sup>ns</sup>  
 single scraps bed or arms @ Mts + ST + VL  
 iliac @. Patient quiet for most  
 removal legs + shoulders, caution R  
 legs Lx region & Ten non eared + soft

P = Discussed listening to her body - not doing too much if  $\neq$  feel well



s = 4mths Mon. Client been feeling good some days but sick on others. teaches exercises, gave them

O/A: Black eyes - looks v. tired (achy)  
wider girth. softer skin  
tams/caires taut. TBs right esp R  
rhomb taut. I'scaps short  
upple skin - softening early. ES taut  
skin - Vascular rhomb region. V. warm



FB/stom) Head. Nore. <sup>FC</sup>homb/els/ITBS/sacrum  
wired naps bed ok. Arms @ M's + ST  
Positioning - comfortable. Pelvic tilt  
on back (S). Client responded well -  
body softened well. Best she's feet in  
a while. Gentle pressure elicited big  
no more

P = <sup>response</sup> Remove heat for 10 mins on back esp @ night  
Next time get pregnancy blend for her



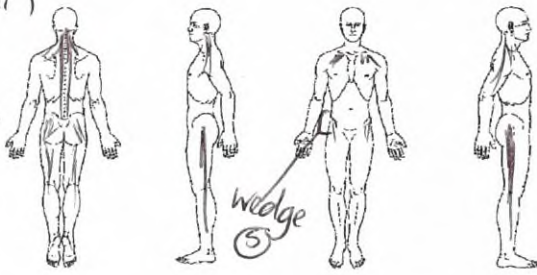
## TREATMENT NO. 1

S = Client been feeling OK - back been better  
Tired from school - on hol's now

DATE: 02/10/07 (21)  
TIME: 1145 Tues 1hr  
PAID: \$55  
REC.No: 1200 CASH  
AIR TEMP: 23°C  
MUSIC: Guitar Tunes  
FACE CREST: - 1/4  
OIL BLEND: 1/1  
Tang/mand

NEXT APPT:

100ml given  
Tang/mand  
1/1.



O/A: Body not as stiff s/l  
Feet short. Traps tight  
Glutes tight. Spin + med  
L scaps tight. ITBs tight  
ES tight. DLS tight  
Rhomboids tight. Deltoids tight

FB(-stom) Heat. Rhomboid/med  
ham/ITB/sacrum. Arms ⑤ Ms + St  
Legs ⑤ + S/L Ms. Relaxed by  
time on 2nd shoulder. "Different  
to preg Ms. Feat good after -  
talk more next time (husband  
there so not able to talk much  
after)

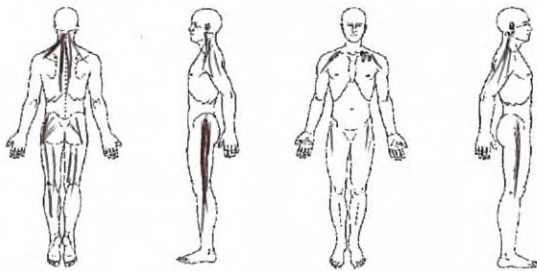
P = Reom client use preg blend (tang/mand)  
T husband can use on her too

## TREATMENT NO. 2

23 weeks (22)  
DATE: 02/11/07  
TIME: FRI 430-5eady  
PAID: \$55 1hr 5  
REC.No: 1244 CASH  
A: 22°C  
MUS: Steve Helsen  
FACE CREST: 1/1  
OIL BLEND: 1/1  
Tang/mand

NEXT APPT:

S = Client been feeling sore in upper body - traps/shoulders  
neck. ITBs been sore. Still teach/runnng/classes  
he been on



Deltoids tight  
Qis tight. S med tight / Ant/leg.  
ES tight esp L. Pees short  
Up traps tense + cong. mntenn  
Rhomboids cong + tight.

FB(-stom) Heat. Rhomboid/glutes,  
GT/ITB/ES/sacrum s/l. 45° ⑤  
FE Arms ⑤ client quiet for  
most - body leg tense after  
xob flowing strokes,  
PT/Remedial ITBs/shoulders

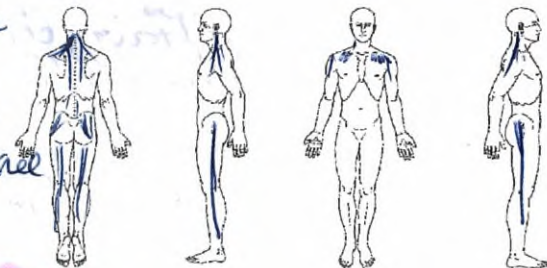
P = Reom client continue (100ml of preg blend) b/c  
skin v. dry @ mo

## TREATMENT NO. 3

28 weeks  
DATE: 14/12/07  
TIME: FRI 1145 - on time  
PAID: 1hr \$55 CASH  
REC.No: 1329 1hr 2  
AIR TEMP: 23°C  
MUSIC: Ian Cam Smith  
FACE CREST: 1/1  
OIL BLEND: 1/1  
Tang/mand

NEXT APPT:

S = Client been feeling sore in usual spots - ITBs  
+ shoulders. Finished reports + school now



O/A: S med short + tight  
Hams/Calves tight  
ITBs tight. GT tight. Quads/ham  
Pees short. ES L tight  
Rhomboids tight esp L. DLS tight  
Traps up short + tight. MN tight

FB(-stom) Heat. Rhomboid/med  
GT/ITBs/traps. mixed xap on  
s/l. 45° ⑤ Arms + legs. Client  
talked throughout + everything  
discussed postnatal Ms  
+ body/skin care durg/7 preg.  
It discussed baby ms.

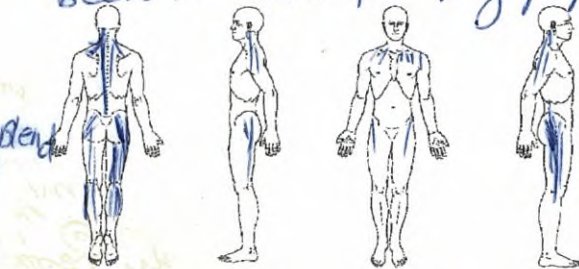
P = Discussed self ms tummy nightly with preg blend  
Reom stretch with care

## TREATMENT NO. 4

DATE: 11/01/08  
TIME: FRI 1030 1hr  
PAID: \$55 90  
REC.No: Paid  
AIR TEMP: 23°C  
MUSIC: Enya I  
FACE CREST: 1/1  
OIL BLEND: 1/1  
Tang/mand

NEXT APPT:

S = Client been feeling pain in R hip/Lx/hammy  
physio said from hamstring. Sym/Plates/teaching  
step with Lx belt for support  
Been 1st class for preg prep.



O/A: Quads R tight  
ITBs esp R cong. R GTV cong  
Deltoids tight + varic  
Calves tight. X scaps short  
Rhomboids tight. Ham/leg R  
Traps up short + tight. Tight

FB(+stom) Heat. TP rhomb. Fe  
ES/Spin/g med/GT/ITB/ES  
Winged arms over tower - ⑤ M.  
+ St + L. Client quiet  
for most. V. cong R side  
holding tight

P = Reom client self ms tummy. showed her strokes  
discussed stretching + using belts following  
physio exercises. Next time labour blend

Baby on  
21/01/09

\$950 + 840  
15/01/08



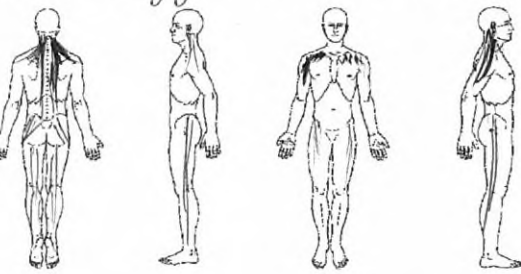
# TREATMENT NO. 25

DATE: 14.02.08  
TIME: Thurs 1hr 5  
PAID: \$60 CASH  
REC.No: 1310  
AIR TEMP: 23°C  
MUSIC: Yanni - mirror  
FACE CREST: - own time  
OIL BLEND: Mandi/Tang

NEXT APPT: \_\_\_\_\_

## Carpal Tunnel @ present

S= client been feeling good after 5'2hr natural delivery. no stitches or complications or epidural. 6 weeks early. Back @ gym. breast feeding hourly. Jogging a little. R traps tight - both tight. Deltoids R. (R) AC tighter. 2 traps short esp (R) Pectorals ES tight esp (R) MBs tight esp R Rhomboids tight esp R



FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body less tense after. Everything still soft. No heat/ath/redness - feeling +

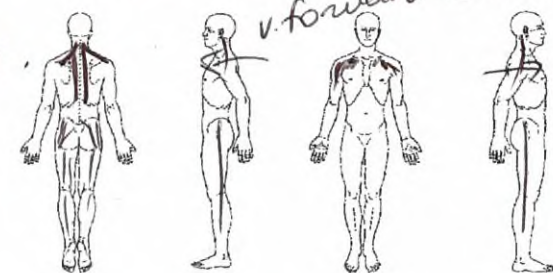
P= Revmom client feel baby on chest in bath, showed lumbar vibrations + kneading. Revmom RICE on hands gentle stretching + bandages for wrist

# TREATMENT NO. 26

DATE: 07.04.08  
TIME: 14.04.08  
PAID: \$60 CASH  
REC.No: 1420  
AIR TEMP: 23°C  
MUSIC: Yanni - white  
FACE CREST: - own  
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: \_\_\_\_\_

S= client been feeling tight + sore in shoulders/neck. Started planes (3 per week) teaching pump. Some occas. tingling + carpal tunnel. P traps short + tight. Ant tight. Deltoids tight esp (R) bulky. QLS tight. MBs tight. Pectorals ES tight. Deltoids tight. Rhomb region comp + tight.



FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet for most. Tension less again for deep breaths/legends/upper

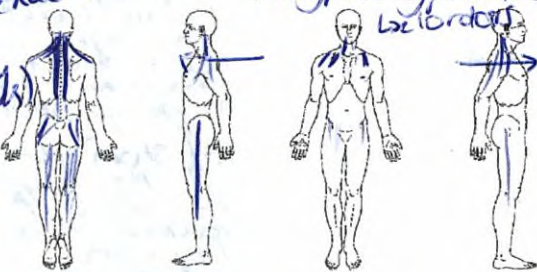
P= Discussed getting into extension + using heat pack when breast feeding

# TREATMENT NO. 27

DATE: 19.05.08  
TIME: Mon 230  
PAID: 1hr 15 CASH  
REC.No: 1473  
AIR TEMP: 23°C  
MUSIC: Acher Silk II  
FACE CREST: - Pepp  
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: \_\_\_\_\_

S= client's @ wrist sore over last couple of days. Neck/shoulders mainly sore from breast feeding. Tx Rack. v. hypertrophy. Deltoids.



O/A: AC both v. tight/comp + dets. Traps v. short + tight esp R. Mid traps. P traps. R traps. QLS tight. Pectorals ES tight. Rhomboids comp + adhered. MBs tender esp. R. R. R. R.

FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body less tense after. Opened from rack.

P= Discussed client to per stretch + posture wall check several times daily. Heat on neck/shoulders

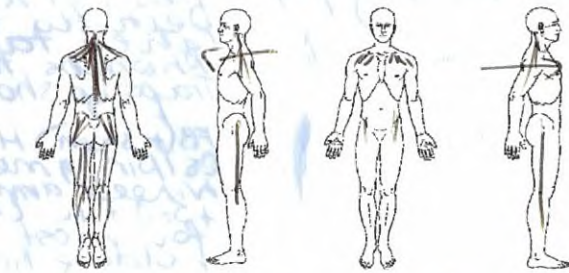
Referral 12/06/08  
Melissa Kerner ✓

# TREATMENT NO. 28

DATE: 23.06.08  
TIME: Mon 1pm  
PAID: 1hr 15 \$60  
REC.No: 1510  
AIR TEMP: 23°C  
MUSIC: Le Noel Paul  
FACE CREST: - Pepp  
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: \_\_\_\_\_

S= client been feeling tight + sore in shoulders/neck region. @ Carpal tunnel - trapping/icing while Red.



O/A: Ham/caves tight. AC R. P traps tight. Quads tight. Traps up short + short. Deltoids tight. P traps short + tight. Ham tight + calves tight. Rhomb region comp + tight.

FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body responded well. Leg tense after.

P= Discussed per stretch + testing posture daily + using ice/shopping on wrist

20/10/08

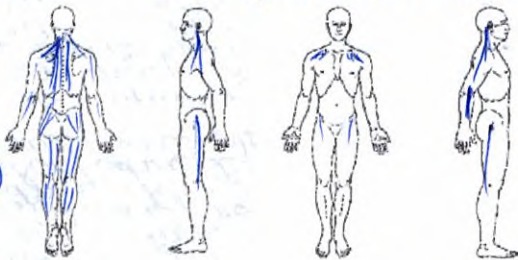


## TREATMENT NO. 29

DATE: 14.09.08  
TIME: 1pm Mon  
PAID: \$60 Inv CASH  
REC.No: ISA1  
AIR TEMP: 23°C  
MUSIC: Ken Davis  
FACE CREST: Jay  
OIL BLEND: 17. Mandi Tang

NEXT APPT:

S = client been feeling pain in R thumb + Extensors +  
① wrist started hurting so physio said  
Tx Rack ② mins pillow, 1 1/2 no pillow to stretch



O/A: brachio spines ② - relaxed  
D'riaps short tight - flexion tight  
traps up short + short + D's - wrist  
TBS tight - esp L - Teres tight.  
ES tight + Cong. Pels short + tight  
Rhomb region cong + tight.  
FB (stom) Heat TP rhomb/med/ham/leg  
traps up. Fix same + ES/EL/Scap/Tran  
wired traps bed on. Arms ②  
TBS ②. Arms V. tight + tender  
Client quiet throughout Body less  
tense after. Shuff legs against gym  
so re

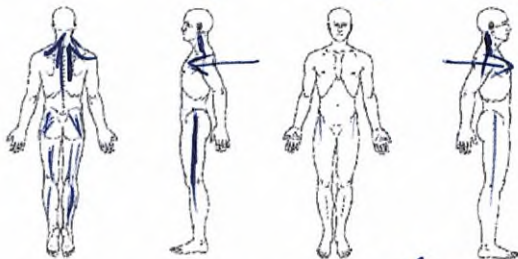
P = Showed client how to sup - ms using elbows/forearms  
Relom ICE + strap + stretch daily. Refer to Ms Jordan

## TREATMENT NO. 30

DATE: 18.08.08  
TIME: Mon 1hr 5. \$60  
PAID: 1675 CASH  
REC.No: 1675  
AIR TEMP: 23°C  
MUSIC: Piano music -  
FACE CREST: Pepp Van  
OIL BLEND: Pepp Van  
Mandi Tang

NEXT APPT:

S = baby 7mths, bkg - heavy to hold been sick so Tse hold?  
② shoulder but stiff. ② wrist v. sore - not bad  
enough for physio though



O/A: Deltoids tight ② med tight  
traps up short + bulky esp R  
L traps short + tight  
TBS tight. Pels v. short/tight esp R  
Hams/latas - tight esp R side  
Rhomb region cong + tight + v. sore R  
FB (stom) Heat TP rhomb/med/ham/leg  
traps up. Fix same. ES/EL/Scap/Tran  
wired traps bed on. Arms ②  
Client quiet throughout - body less  
congruous. Improved ROM. relaxed  
some, relaxed, deep breaths

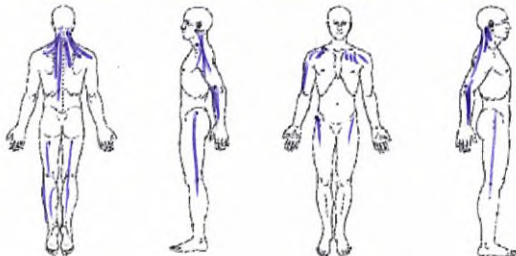
P = Discussed self-care of carpal tunnel + of shoulders/body  
being weekly FB Baby Ms. 3 classes. working up spin class fitness  
Relom pec stretch? posture check on chin

## TREATMENT NO. 31

DATE: 29.09.08  
TIME: 1pm Mon  
PAID: \$60 Inv  
REC.No: 1611 CASH  
AIR TEMP: 23°C  
MUSIC: Sample music  
FACE CREST: Pepp Van  
OIL BLEND: Jay/Mandi  
Relax 1/1

NEXT APPT:

S = client been feeling tight in neck + shoulders +  
carpal tunnel ring. FB feeds. baby heavier now  
client looks heavier set + hyper kyphosis (w/ought today)



O/A: Pels v. short + tight  
D's short + tight. ② med tight  
ES tight + cong + short. TBS tight  
Hams/calves tight. Deltoids esp R  
Rhomb region cong + tight  
FB (stom) Heat TP rhomb/med/ham/leg  
traps up. Fix same + ES/EL/Scap/Tran  
wired traps bed on. Arms ②  
MS ② + v. legs ②. Client  
quiet + sleeping throughout  
Legs stiff. relaxed after MS

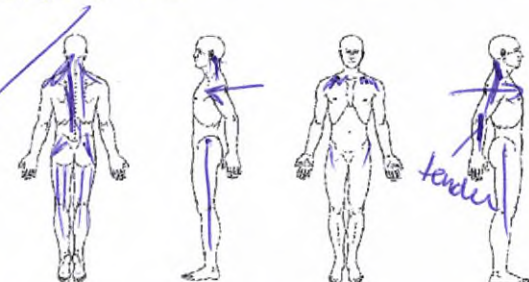
P = Gave lavender Apr sheet + LTS book  
Pump class teach + doing 4 classes incl new spin class this week

## TREATMENT NO. 32

DATE: 29.10.08  
TIME: Tues 1pm  
PAID: 1hr \$60  
REC.No: 1437 CASH  
AIR TEMP: 23°C  
MUSIC: Mixed MS Music  
FACE CREST: Jay  
OIL BLEND: 17. Prep  
Mandi Tang

NEXT APPT:

S = client been feeling tenderness + pain in wrist R Decas  
+ 'usual' places sore. Baby gett' heavier crawling now  
BFeed still (almost)



O/A: L traps up esp short. L scap tight.  
Deltoids tight esp R. D'riaps  
Hams/calves tight. TBS tight  
Pels short + tight. ES tight esp R  
Rhomb region cong + tight

FB (stom) Heat TP rhomb/med/ham/leg  
traps up. Fix same + ES/EL/Scap/Tran  
wired traps bed on. Arms ②  
MS ② + v. legs ②. Client  
quiet + sleeping throughout  
Legs stiff. relaxed after MS

P = Relom client stretch pels + flex/ext wrists. Ice 7 pump  
have another LTS book

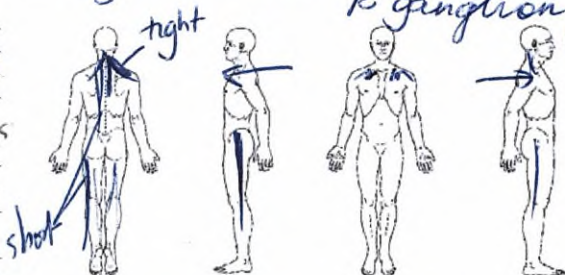


PCN 6/12/08 ✓

# TREATMENT NO. 33

DATE: 15.12.08  
TIME: Mon 1pm 6  
PAID: \$60 CASH  
REC.No: 1700  
AIR TEMP: 23°C  
MUSIC: Kenny G MOVIES  
FACE CREST: Damon  
OIL BLEND: 1/2 Rose  
Mand/Tang  
NEXT APPT:

Same running schedule + teach's schedule  
S = Client been feeling tight in R shoulder/neck region. R forearm less tight b/c been ms + stretch's  
R ganglion gone



O/A: R traps cong + tender. Quad Hamis + TBs tight esp L. Trap up short + tight. Deltoids R tight + cong. D's short ES tight + cong. Rhomb region esp R/L tight.  
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/deltoids. Winged traps bed on Arms @ MS + ST. Use Rom & feet v. relaxed after slept for some esp @ R shoulder & knee

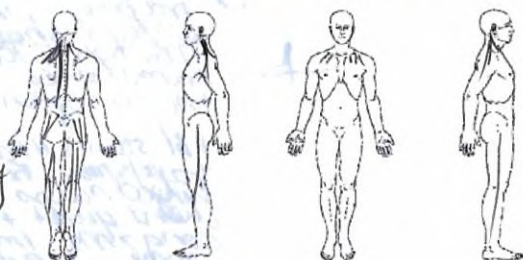
Gave 50ml

Body wash - x-mao

# TREATMENT NO. 34

DATE: 12.01.09  
TIME: Mon 1pm  
PAID: \$60 CASH  
REC.No: 0007  
AIR TEMP: 23°C  
MUSIC: Indian  
FACE CREST: Nil  
OIL BLEND: Pain  
Sea Tree/Wet May  
Tues 17th  
NEXT APPT: 1pm

P = Re Rom also vera on dry hands  
Discussed baby's separation anxiety & how it stresses her  
S = Client been feeling tight + cong in shoulder (L trap) + got ache in neck - been using heat. Sym on thumb RE now instead of 2 sat claps



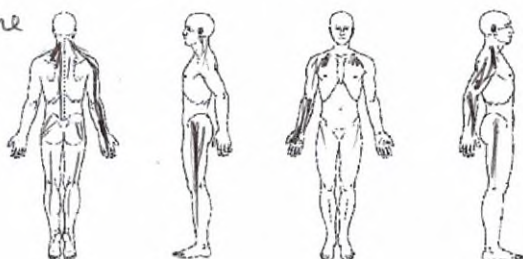
O/A: Deltoids tight esp L. Pecs short & tight. Trap up v. tight. D's taut. Deltoids taut. Hamis tight. Calves taut. Rhomb region cong + tight.  
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/scap/scalp/ocaput/ASIS winged traps bed on Arms @ MS + ST. Use Rom & feet v. client for v. little stalked mostly the Rom neck > MS to L use C

P = Re Rom per stretch + use heat on shoulders. Discussed baby @ 12 mths now - can use aromatherapy / stop b'feed

S = Client been feeling tightness in usual areas Teach 9 x 2 Mon/Thurs + Jordan. Running daily

# TREATMENT NO. 35

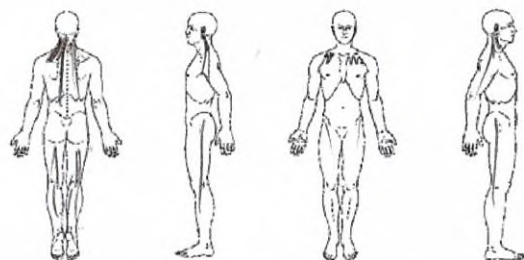
DATE: 03.03.09  
TIME: Tues 1pm - on time  
PAID: 1hrs \$60  
REC.No: 0062 CASH  
AIR TEMP: 23°C  
MUSIC: Kenny G MOVIES  
FACE CREST: Pepp  
OIL BLEND: Sea/Grape Relax  
NEXT APPT:



O/A: Pecs v. adhered. LTBsep tight. Traps up short + tight. Deltoids tight esp R tender. Traps tight + TBscaps R tight. ES tight + short - esp L. Rhomb region cong + tight + vasc.  
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/scap. winged traps bed on Arms @ ST + STMS + ST + UL. V. legs @ Quiet time. Body responded well - ven cong after MS. Relaxed

P = Discussed icing + stretch's for carpal tunnel - occur. Sharp/dull pain 24-48hrs ex

S = Client been feeling tight + cong in usual areas of shoulders esp L. Aches in back but not as bad as usual



O/A: Upper short tight. Traps tight esp L. Trap up bulky + short esp L. Deltoids tight esp L. D's tight esp L. ES esp right. Rhomb region cong + tight.  
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/deltoids. Ocaput/scalp. winged on Arms @ MS + ST. Use Rom & feet v. relaxed MS

P = Re Rom heat on shoulders/neck - Use lav for self - care refresh

DATE: 14.04.09  
TIME: 1pm 45 min  
PAID: \$60 CASH  
REC.No:  
AIR TEMP: 23°C  
MUSIC: African  
FACE CREST: Pepp  
OIL BLEND: Sports  
Sea/Grape/dune  
NEXT APPT:

Spencer Lav 50ml for 35th

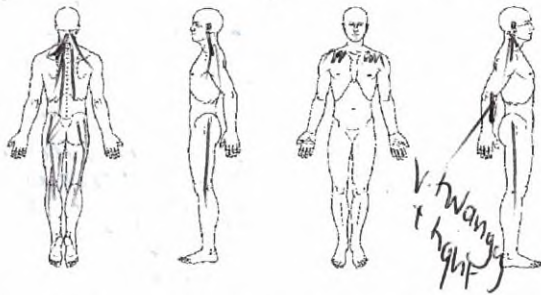
# TREATMENT NO. 36



# TREATMENT NO. 37

DATE: 19.05.09  
TIME: Tues 1pm  
PAID: 1hr \$60  
REC.No: 188 CASH  
AIR TEMP: 23°C  
MUSIC: Natural  
FACE CREST: Low  
OIL BLEND: Relax  
NEXT APPT:

S= client been feeling tight + cong in 'usual areas' (traps / shoulders) - shoulder sore from new clasp (step - hasn't done in V. long time)



O/A: Upper respnd  
Hams tight. Traps tender  
Traps up tight + cong  
Neck short. Quad's cong  
Traps p tight + bulky. Als right  
Es tight esp L. Als L tight  
Rhomb region cong esp L.

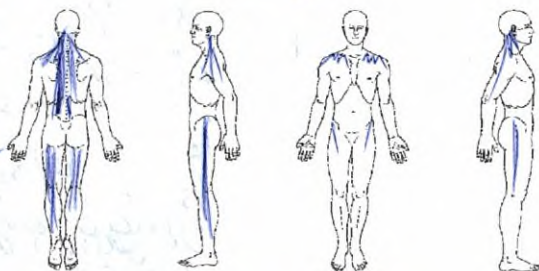
FB (stom) Heat TP rhomb/g med  
ham/MB traps/sinus/L scap. Traps  
in same + es/als/deitoids  
wired on. Arms @ St + (S) MS/S  
Quiet for most - snor @ end.

P= Reom client keep active with teach's clanes

# TREATMENT NO. 38

DATE: 16.06.09  
TIME: Tues 1pm  
PAID: \$60 1hr 5  
REC.No: 242  
IP: 23°C  
MU: Saxophone  
FA REST: Relax  
OIL BLEND: Relax  
NEXT APPT:

S= client been feeling tightness in Cx region / chest / shoulders tight > pump (break for past 2 weeks)



O/A: Traps / Traps tender  
Lats L tight. Traps up bulk  
Deltoids tight. Traps tight  
Es tight + cong. L esp + Als  
Rhomb region cong + tight L.

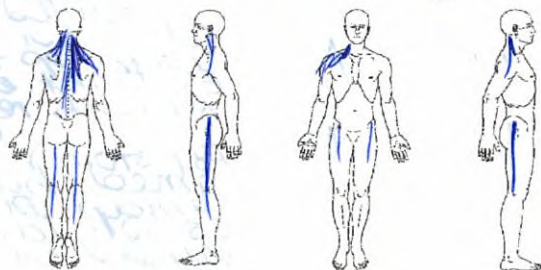
Arms @ St + (S) MS + St + VL  
FB (stom) Heat TP rhomb/g med  
ham/MB traps/sinus/L scap. Traps  
in same + es/als/deitoids/traps  
wired on. Quiet for most - sleepy @ end.

P= Reom client get in H2O to help hip recovery

# TREATMENT NO. 39

DATE: 16.06.09  
TIME: Tues 1pm  
PAID: 1hr \$60  
REC.No: 283  
AIR TEMP: 23°C  
MUSIC: Myagi  
FACE CREST: Pepp  
OIL BLEND: Relax  
NEXT APPT:

S= client been feeling tight + cong in R upp trap  
Tough pump + body sore after that in shoulder some stiffness



O/A: L scaps tight / cong  
Deltoids tight. Traps tight + cong  
Als tight. Spine cap tight  
Es tight + cong. Delt tight + cong  
Rhomb region cong + tight

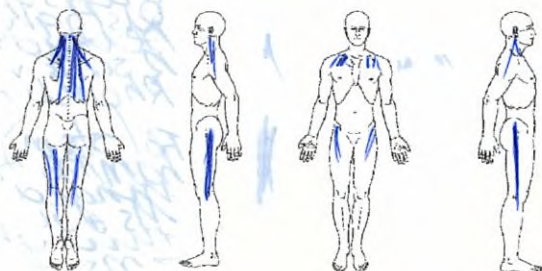
FB (stom) Heat TP rhomb/g med  
ham/MB traps/sinus/L scap  
Traps up + es/als/deitoids  
wired on. Arms @ St + (S) MS + VL  
Quiet throughout - relaxed @ end.

P= Reom heat + keep open shoulders

# TREATMENT NO. 40

DATE: 04.08.09  
TIME: Tues 1pm  
PAID: 1hr \$60  
REC.No: 340 CASH  
AIR TEMP: 23°C  
MUSIC: Indian Mixed I  
FACE CREST: Pepp  
OIL BLEND: Pepp / Lav  
NEXT APPT:

S= client been feeling tenderness in 'usual areas' esp > lunges (every 2nd week) - Lx / Traps tender. Traps improved > last ms



O/A: Hams taut. Traps tender + traps up short + tight  
Deltoids taut. G med + pish  
Es tight + short. Traps tight  
Rhomb region cong + tight

FB (stom) Heat TP rhomb/g med  
ham/MB traps/sinus/L scap  
Traps up + es/als/deitoids  
wired on. Arms @ St + (S) MS + VL  
Quiet throughout. Relaxed @ end.

P= Reom client stretch more on days doing lunges in cl's



TREATMENT NO. 42 S= client been feeling tightness in neck/shoulders  
BDAY - some been doing some extra classes over the holidays  
DATE: 20.10.09 \*Acknowledge 40th? (RPM)  
TIME: 4pm TUES.  
PAID: \$60 1hr  
REC.No: 188 CASH  
AIR TEMP: 21°C  
MUSIC: Indian Mix  
FACE CREST: 100  
OIL BLEND: Relax +  
Peppercan

Next Appt: Informed \$65 :-

BDAY 2010

P= Discussed using heat on neck/shoulders + stretching more

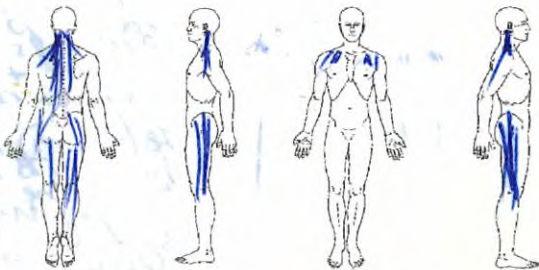
O/A: traps tight esp L. Push traps up tight esp L. deltoids tight some L. ES tight + cong + vascular Rhomb region cong + vascular (stom) Heat TP rhomb, some ham/ traps/sinus/1/2 cap. At same + ES/als/deltoids. Minged out. Arms @ St + MS + Jc. Jlegs @. Relaxed - ms + v. little improvement neck muscles

09  
 TREATMENT NO. 43 S = Client been feeling tightness in usual areas  
2x teaching on having trouble sleeping  
 DATE: 24.11.09 O/A: sleepy @ Pt end of MS  
 TIME: 7:15 pm Detoides taut this tight  
 PAID: \$65 CASH als taut mbs tight  
 REC.No: 553 traps up taut esp  
 AIR TEMP: 24°C Es tight esp  
 MUSIC: Ken Davis Org Rhomb region cong  
 FACE CREST: Pepp 19 (-stom). Heat. tr rhomb/  
 OIL BLEND: Relax gmed/ham/m traps/  
1030/6th mand/mang snaps. in same +  
 NEXT APPT: Dec Es/als detoides  
HT-face + feet Winged ok. Arms @ 5th  
15  
+ 5th VL  
 P = Having 2 weeks off over x-mas from gym

TREATMENT NO. 44 S = client been feeling tightness in R shoulder  
been sore for few days. #1ms right + clavus right

DATE: 16.12.09  
TIME: 5.05 hr  
PAID: 1030 Neds  
REC.No: 609 GASH  
AIR TEMP: 28°C  
MUSIC: Yanni if there  
FACE CREST: Pepp  
OIL BLEND: Relax  
Masil/Pepp

③



Transp R bulky  
Dist right  
Rhomboids tight Resp  
R scms v tight  
Rhomb region R more con  
Tb/stom Heat TP rhomb/ga  
rhomb traps Bms  
Winged ok Bms @ Sr  
Ms all wings @ quiet  
throughout - relaxed  
7ms of feeling better

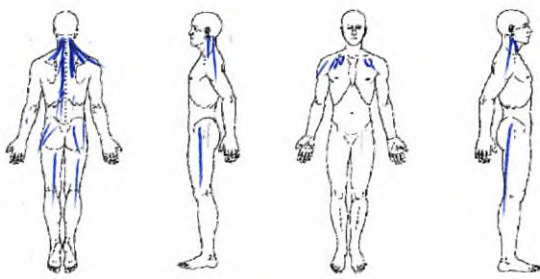
NEXT APPT:

HT - Feet +  
Arms/hands = Perom client relax today - discussed getting  
Mts regularly + benefits of such exp with mfrs



TREATMENT NO. 45 S= Client been feeling tightness in neck R + traps

DATE: 12/1/10  
 TIME: 10:30 AM  
 PAID: 1hr \$65  
 REC.No: 638 CASH  
 AIR TEMP: 74.8  
 MUSIC: Nocturns prelude  
 FACE CREST: Jamon 5  
 SUPINE SCENT: lav  
 OIL BLEND: Relax  
 HT: Back + Feet  
 EXTRA:

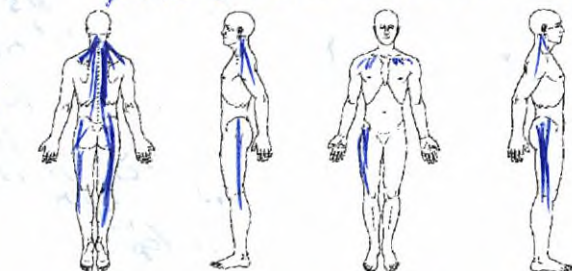


O/A: Pers tight. Mbs tight. Traps tight + short esp R. Mbs tight. L traps tight esp R. ES tight + short. Rhomb region cong esp R. Tol-stom Heat. TP rhomb/ g med /als / l scap. Tr same + ES /als / occip / scap / trm / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - stiffen upper

NEXT APPT: P= Recommend client use some heat on shoulders or hot shower. Stretch pers + scms

TREATMENT NO. 46 S= Client's R MB been tight for 2 days, neck / shoulders but stiff - omd feeling good. Sister's jaw broken - referral to JLF

DATE: 16/02/10  
 TIME: 4pm 1hr 5  
 PAID: \$65 CASH  
 REC.No: 680  
 AIR TEMP: 23.0C  
 MUSIC: Piano tunes  
 FACE CREST: lav  
 SUPINE SCENT: Jamon  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:

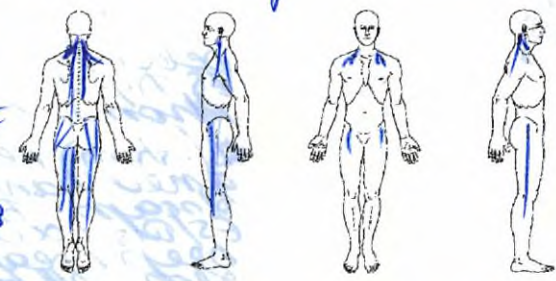


O/A: Pers tight + short. Trm tense. Traps tight + esp R. Traps up tight + Repp. Mbs tight. Resp tight. Mbs v. tight + short. Rep. Tol-stom Heat. TP rhomb/ trm / Mbs / traps / l scap. Tr same + ES /als / deltoids / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - Ms + feeling better

NEXT APPT: 1pm 9th March P= Recommend client use some heat on MBs to help

TREATMENT NO. 47 S= Client's L4 neck been tight R neck feeling better. Legs ok. same schedule

DATE: 09/03/10  
 TIME: 1pm Tues  
 PAID: \$65 1hr  
 REC.No: 713  
 AIR TEMP: 23.0C  
 MUSIC: Steve Noyes  
 FACE CREST: lav  
 SUPINE SCENT: Jamon  
 OIL BLEND: Relax  
 HT: 3pt Jamon / JB  
 EXTRA: Feet + face

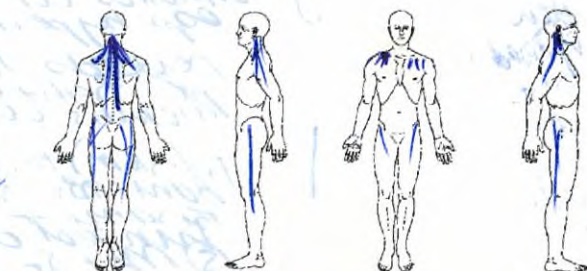


O/A: Pers tight. Traps up tight + short. Mbs tight. ES tight + short esp L. Rhomb region cong + tight. Tol-stom Heat. TP rhomb/ g med / trms / Mbs / traps / l scap. Tr same + ES /als / occip / trm / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - Ms + feeling better

NEXT APPT: 12:30 22nd Tues home P= Training marathons anymore - just run for fitness

TREATMENT NO. 48 S= Client been feeling tightness in her shoulders neck - pump workshop on Sat - Demis

DATE: 13/04/10  
 TIME: Tues 10:30  
 PAID: \$65 Tues  
 REC.No: 1hr 10a  
 AIR TEMP: 23.0C  
 MUSIC: Don McLean CASH  
 FACE CREST: lav  
 SUPINE SCENT: Jamon  
 OIL BLEND: Relax Poun  
 HT: gng / BP / Demis  
 EXTRA: Feet + face



O/A: Traps up tight. Traps tight. Mbs tight + short. Qls tight. Pers tight. Rhomb region cong + tight. Tol-stom Heat. TP rhomb/ g med / trms / Mbs / traps / l scap. Tr same + ES /als / deltoids / unged oc. Trms @ St + S. Quiet throughout. Relaxed - Ms + feeling better

NEXT APPT: P= Recommend H2O in next few days. Husband on hols



Had Lx pain in past - hasn't  
had it for long time

up when sleep?

TREATMENT NO. 49 S= Client been feeling tightness in her Lx  
region esp R hip slump test - ve, just h'ings tightness  
DATE: 11.05.10  
TIME: Tues 1pm  
PAID: \$65 Thru  
REC.No: 795 CASH  
AIR TEMP: 23°C  
MUSIC: Kenny G moves  
FACE CREST: Jay  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Arms/ hands  
EXTRA: higher side  
O/A: R legs v. tight + flanks v. tight  
Pecs tight. Traps up tight. G. med R thigh  
Deltoids tight. ES tight. IBS v. tight.  
Rhomb region cong. + head  
Fol-stom Heat. T. rhomb/ g med ham/ IBS Traps/ traps  
fx same + ES/ rhomb/ AT/ AT  
pinged ok. Arms @ 5 + 5 ms  
+ 50 + 10. Jugs @ Quiet  
throughout - feeling better  
NEXT APPT: N/L 05/10  
MAS 2010 P= Reiom client stretch out legs/HFS + use ice on 7ms  
sacrum + squat low to open pelvis

TREATMENT NO. 50 S= Client been feeling tightness in her  
R shoulder - deided / A/S region pinching occas  
Mango pit nail even throughout day. No apparent Reg  
DATE: 15.06.10  
TIME: \$55 Thru  
PAID: Tues 1pm  
REC.No: 840 CASH  
AIR TEMP: 23°C  
MUSIC: Lang - Dare Dream  
FACE CREST: Jay  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Jaw  
EXTRA: B/Biter  
O/A: R lats + abs v. tight  
Pecs tight + short  
Deltoids tight esp RHS  
ES tight  
Rhomb region cong  
Fol-stom Heat. T. rhomb/ g med ham/ IBS Traps/ traps  
fx same + ES  
occiput/sial pitm  
pinged ok. Arms @ 5 + 5 ms  
+ 50 + 10. Jugs @  
NEXT APPT: P= Reiom see physio if pain persists. Reiom heat  
on shoulder

TREATMENT NO. 51 S= Client been feeling tightness in her R  
shoulder + catches occurs still  
DATE: 06.07.10  
TIME: 1pm Tues  
PAID: \$65 Thru  
REC.No:  
AIR TEMP: 23°C  
MUSIC: Ken Davis  
FACE CREST: Jay  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Arms/ hands  
EXTRA: some inflation  
O/A: Pecs short Resp  
Traps up tight Resp  
Deltoids tight Resp  
ES tight some inflammation  
Rhomb region cong  
Fol-stom Heat. T. rhomb/ g med ham/ IBS Traps/ traps  
fx same + ES  
occiput/sial  
Deep breathing - all  
deep staff to take + shoulder = 100% improved  
NEXT APPT: P= Reiom see physio if pain in shoulder  
continues. Reiom heat. ICE - ex + stretch  
Pecs


TREATMENT NO. 52 S= Client been feeling tightness in her  
R scalenes/ pecs short @ sub scap  
Physio believes leg difference + not wearing  
dihones contributed to R  
esp hyperthyphosis  
DATE: 03.08.10  
TIME: \$65 Thru  
PAID: 1pm Tues  
REC.No: 841 CASH  
AIR TEMP: 23°C  
MUSIC: Queen tunes  
FACE CREST: Jay  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Arms/ hands  
EXTRA: better improved pos hip  
still some work to do  
O/A: Deltoids tight Traps up  
Pecs tight + pecs short  
Rhomb cong + tight  
Fol-stom Heat. T. rhomb/ g med ham/ IBS Traps/ traps  
fx same + ES/ lats  
pinged ok. Arms @ 5 + 5 ms  
+ 50 + 10. Jugs @ Deep breaths  
NEXT APPT: P= 1 more physio Tx - ex + working on pector



# TREATMENT NO. 53

DATE: 07.09.10  
TIME: 1pm Tues  
PAID: \$55 Inv VOUCHER  
REC.No: 962  
AIR TEMP: 23°C  
MUSIC: Mixed Ms Music  
FACE CREST: Jav  
SUPINE SCENT: demon  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA:

S= Client been feeling tightness in neck anymore  
shoulder improved after 1TB; as usual soft  
better than previous visits



O/A: 1TBs + TFLs  
Pec R tighter. Quiet (S) -  
Traps up tighter R  
Deltoids tighter R  
Rhomb region congested

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/1 scap/traps  
Fx: occiput/scalp/arms  
☐ Talked ☐ Quiet mostly. Quiet Breathing  
ROM: 78 7 ms best report  
FBACK: V. relaxed. Slept through

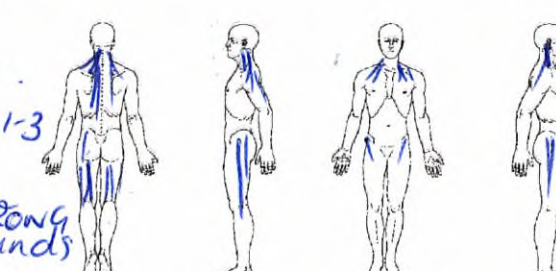
NEXT APPT:

P= July Duty possibly coming in October doing extra gym shifts over school hols to cover staff

# TREATMENT NO. 54

DATE: 12.10.10  
TIME: Tues 1pm  
PAID: \$65 Inv  
REC.No: 1032 CASH  
AIR TEMP: 23°C  
MUSIC: Twilight Mix 1-3  
FACE CREST: Jav  
SUPINE SCENT: demon  
OIL BLEND: Relax  
HT: Feet + Hands/Hands  
EXTRA:

S= Client been feeling tightness / niggles occur with shoulder  
Did some



O/A: Upper position improved  
Deltoids tight. Traps up tight  
ES tight - fast  
Rhomb region congested + tighter

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/traps/1 scaps  
Fx: occiput/scalp/arms  
☐ Talked ☐ Quiet Quiet Breathing  
ROM: 78 (Self report)  
FBACK: Relaxed 2 Ms. feeling good

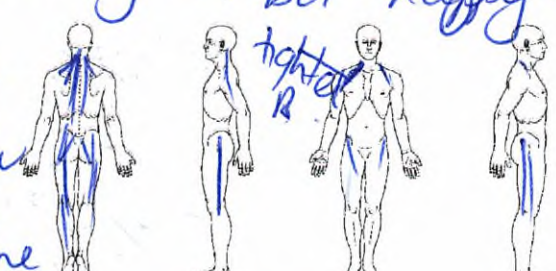
NEXT APPT:

P= Rerom continue physio ex - as shoulder improved

# TREATMENT NO. 55

DATE: 16.11.10  
TIME: Tues 1pm  
PAID: Inv \$65  
REC.No: 1082 CASH  
AIR TEMP: 23°C  
MUSIC: Blue Merg  
FACE CREST: Jav  
SUPINE SCENT: demon  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA:

S= Client been feeling tightness in her  
body after doing more ex claims (teaching)  
but happy that holding up ok



O/A: R. trapezoid v. tight attachment  
Pec traps tight at start  
Rhombos congested RHS esp v. area

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/1 scaps/traps  
Fx: Rhomb/ES  
☐ Talked ☐ Quiet Deep Breathing  
ROM: 78 after 1st self-report  
FBACK: Relaxed 7 Ms. + enjoyed


NEXT APPT:

P= Rerom stretch pecs esp after RPM lanes b/c short/tight

# TREATMENT NO. 56

DATE: 14.10.10  
TIME: Tues 1pm  
PAID: \$65 Inv  
REC.No: 1114 CASH  
AIR TEMP: 23°C  
MUSIC: Jav Paul Hen  
FACE CREST: Jav  
SUPINE SCENT: Lemoa  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA:

S= Client been feeling tightness in R h'ing  
pulling when teaching + pushing in yesterday + today  
Javender goat's milk soap



O/A: Tight hams + PEs tight  
Deltoids tight. Persistent  
Traps up tight  
ES tight. Hams R + RV. 3/4  
Rhomb region congested esp v. area

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/med/1 scap/rhbs  
Fx: occiput/scalp/arms  
☐ Talked ☐ Quiet (S) snoring/deep Breathing  
ROM: Feet better. Soften/good  
FBACK: Improved. Relaxed

NEXT APPT:

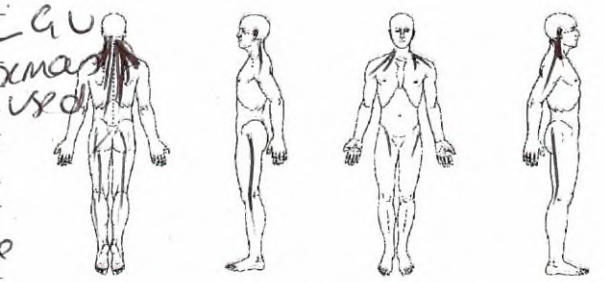
P= Rerom apply foam & see how h'ing responds



BOA 4/11 + MOLT 11

TREATMENT NO. 57 S= Client been feeling tightness in usual areas

DATE: 01.02.11  
TIME: 1pm TUES  
PAID: \$65 Inv  
REC.No: 1216  
AIR TEMP: 23°C  
MUSIC: Jay  
FACE CREST: demon  
SUPINE SCENT: Jay  
OIL BLEND: Relax  
Pepp/Bone  
HT: Feet + Face  
EXTRA:

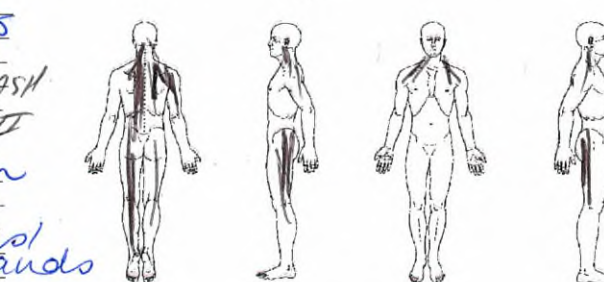


O/A: Pecs tight, scap tight  
Deltoids tight  
ES tight Resp. Rls tight  
Rhomb region comp Resp  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☒ Supine MS LEGS  
TP rhomb/med/ham/ITBs/ham  
Fx occiput/scalp/TMs  
☐ Talked ☒ Quiet Breathing  
ROM Tse after Mresp Rhs  
FBACK

NEXT APPT: P= Relax client relax + look after shoulder as it is still tight

TREATMENT NO. 58 S= Client been feeling tightness esp in left side. Legs esp sore from new inserts

DATE: 14.03.11  
TIME: 1pm THURS  
PAID: \$65 Inv  
REC.No: 1216 CASH  
AIR TEMP: 21°C  
MUSIC: Indian II  
FACE CREST: Jay  
SUPINE SCENT: demon  
OIL BLEND: Relax  
Jay/Dra  
HT: Feet + Ankle  
EXTRA: hands

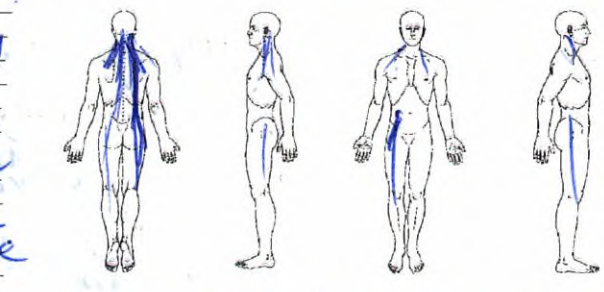


O/A: Pecs + TMs, J. tender/tight  
Deltoids tight - trap up co  
ES tight esp tx  
Rhomb region comp  
☒ Full Body ☒ STOMACH ☒ Over to  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/med/ham/ITBs  
Fx occiput  
☐ Talked ☒ Quiet mostly Breathing  
ROM Tse after Mresp - set report  
FBACK felt better

NEXT APPT: P= See how she goes - see in 3 wks  
feeling used to inserts in shoes

TREATMENT NO. 59 S= Client been feeling good - just some tightness in her ITBs/TMs

DATE: 19.04.11  
TIME: TUES 1PM  
PAID: \$65 CASH  
REC.No: 1265  
AIR TEMP: 25°C  
MUSIC: Enya I  
FACE CREST: Jay  
SUPINE SCENT: demon  
OIL BLEND: Relax  
Tea Tree/Euc  
HT: Feet + Face  
EXTRA:



O/A: Trap up tight Resp  
Deltoids tight TMs/ITBs  
ES tight Resp  
Rhomb region comp Resp  
☒ Full Body ☒ STOMACH Resp over right  
ARMS ☐ Prone ☒ Supine LEGS  
TP rhomb/med/ham/ITBs  
Fx occiput/scalp/TMs  
☐ Talked ☒ Quiet  
ROM Tse after Mresp  
FBACK Tse in Mvt + felt better

NEXT APPT: P= New orthotics adjusted - hopefully will fix probs

TREATMENT NO. 60 S= Client's R pec + shoulder sore - woke up today with pain/restriction

DATE: 10.05.11  
TIME: TUES 1PM  
PAID: \$65 CASH  
REC.No: 1286  
AIR TEMP: 25°C  
MUSIC: Minnifthere  
FACE CREST: Jay  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Nurt/Relp  
HT: Feet + Face  
EXTRA:



Specimen at Porter (Podiatry coming along)  
Relom Pecs stretch on table  
Teres major esp R tight  
Pecs esp R v. tight/shock  
ES tight esp around tx  
Rhomb region comp  
☒ Full Body ☐ STOMACH ASIS below  
ARMS ☐ Prone ☒ Supine MS LEGS  
TP rhomb/med/ham/ITBs  
Fx occiput/scalp/TMs  
☐ Talked ☒ Quiet Breathing  
ROM Tse after Mresp  
FBACK Feet improvement

NEXT APPT: P= Relom thoracic tunnel roll stretch + ball stretch

04.55+



TREATMENT NO. 61

S =

Foot settled now from running  
Client been feeling good - nothing  
v. more or tight. As usual

DATE: 07.06.11  
TIME: 10.00 AM  
PAID: 10.00  
REC. No: 10.00  
AIR TEMP: 25.0C  
MUSIC: CASI Ken  
FACE CREST: dan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: 1st 2 small hips  
CST A Face 2 ger hands/back

NEXT APPT:

P =

Relom client relax today.

TREATMENT NO. 62

S =

Client sore in "usual" areas - nothing new

DATE: 07.11  
TIME: 10.00 AM  
PAID: 10.00  
REC. No: 10.00  
AIR TEMP: 25.0C  
MUSIC: CASI Ken  
FACE CREST: dan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: 1st 2 small hips  
CST A Face 2 ger hands/back

NEXT APPT:

P =

asked as in swimming

TREATMENT NO. 63

S =

Client been feeling tightness in ITBs @ pump  
+ shoulder been sore - position is forward

DATE: 23.08.11  
TIME: 10.00 AM  
PAID: 10.00  
REC. No: 10.00  
AIR TEMP: 25.0C  
MUSIC: Mixed Ms tunes  
FACE CREST: dan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: 1st 2 small hips  
CST A Face 2 ger hands/back

NEXT APPT:

P =

warm not hot  
got to turn on machine!

TREATMENT NO. 64

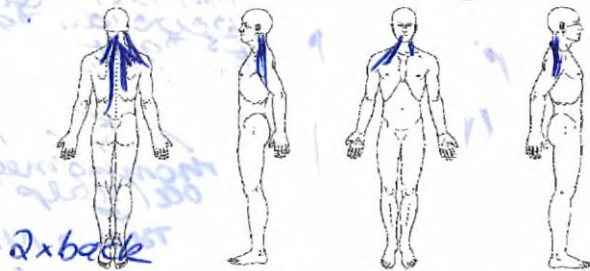
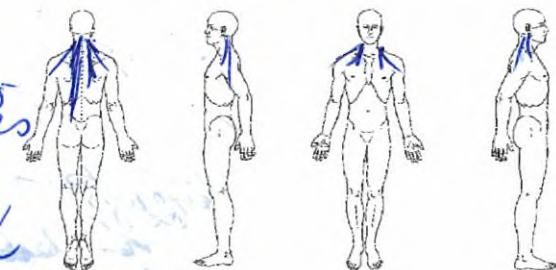
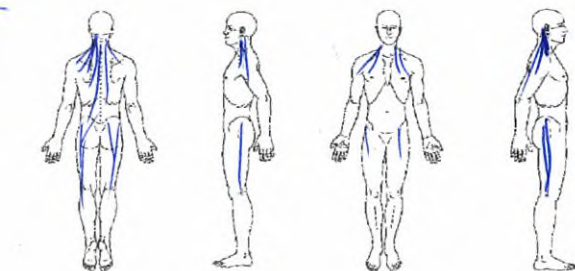
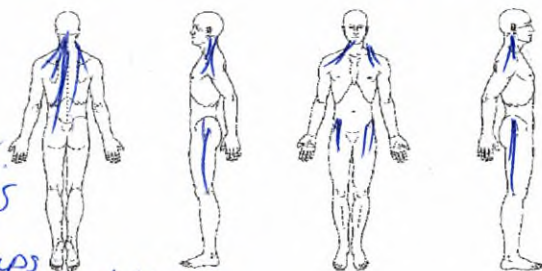
S =

Client done extra 5 clanes per week  
none & recovering from that. Using deep heat

DATE: 27.09.11  
TIME: 10.00 AM  
PAID: 10.00  
REC. No: 10.00  
AIR TEMP: 25.0C  
MUSIC: sampler  
FACE CREST: dan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: 1st 2 small hips  
CST A Face 2 ger hands/back

NEXT APPT:

P =

Relom active recovery +  
discussed how MS  
can help break cycle

O/A: Traps up tight Per start  
Deltoids tight  
ES tight  
Rhomb region cong  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/g med/ham/ITB  
Fx occiput/scalp/tnm  
Quiet Breathing  
ROM 7se after MS  
FBACK Relaxed 7MS

O/A: ITBs tender traps  
Per start ES esp 2 ndeps as  
Deltoids tight  
ES tight + short  
Rhomb region cong + varied  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/g med/hom/ITB/trap  
Fx occiput/scalp/tnm  
Quiet Breathing  
ROM 7se after MS  
FBACK thought rocks "different"

O/A: ITBs + TEs v. tight  
Per start Traps tense  
Deltoids tight AC R cong  
Rhomb region cong + tight  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/traps/ITB/ham  
Fx occiput/scalp/tnm  
Quiet Breathing  
ROM 7se after MS  
FBACK

O/A: Traps up tight Per start  
Deltoids tight Traps  
ES tight  
Rhomb region cong  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/g med/ham/ITB  
Fx occiput/scalp/tnm  
Quiet Breathing  
ROM 7se after MS  
FBACK felt better 7MS  
sore still - hopes  
soreness wears soon



TREATMENT NO

65

S = Client been feeling better since last Ms same running + clabs

DATE:

TIME: 25 10 11

PAID: TUES 1pm

REC.No: \$70 1hr

AIR TEMP: 15°C CASH

MUSIC: Don McG I

FACE CREST: 15°C

SUPINE SCENT: dom

OIL BLEND: Relax

HT: 150cm

EXTRA: 150cm

NEXT APPT: 150cm

150cm

150cm

150cm

150cm

150cm

150cm

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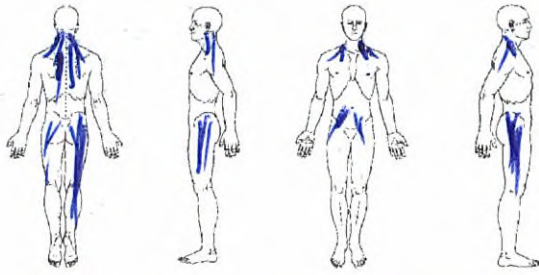
150cm



TREATMENT NO. 70

DATE: 16 03 12  
 TIME: FRI 1hr  
 PAID: \$75  
 REC.No: 1805 CASH  
 AIR TEMP: 25°C  
 MUSIC: Miyagi +  
 FACE CREST: Lavi  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
basil/lemon  
 HT: Feet + Face  
 CST: @ Face  
 HST: 2xLx  
2x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her back in still but improved



O/A: Reps short. TM tend  
als fair. /TBS Resp +  
50 tight esp L  
Rhomb region cong

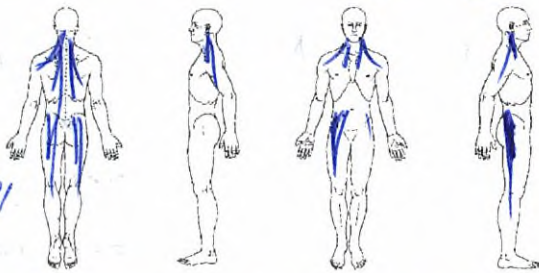
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med/ham/TBS  
 Fx acc/scalp/TMT  
☐ Talked ☐ Quiet Ames Breathing  
 ROM Tsed - self report  
 FBACK Tsed + looked slow/sleepy

P = Perom continue psoas work + stretches

TREATMENT NO. 71

DATE: 13 04 12  
 TIME: FRI 1PM  
 PAID: 1hr \$75  
 REC.No: 1806 CASH  
 AIR TEMP: 25°C  
 MUSIC: Paul Hen  
 FACE CREST: Lavi  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
lavender/yl/yl  
 HT: Feet + H  
 CST: @ Face  
 HST: 2xLx  
2x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her R hip but some niggling @ supine of she wates



O/A: 17B tighten R  
als tight. L med tight  
Detoids tight  
50 tight  
Rhomb region cong

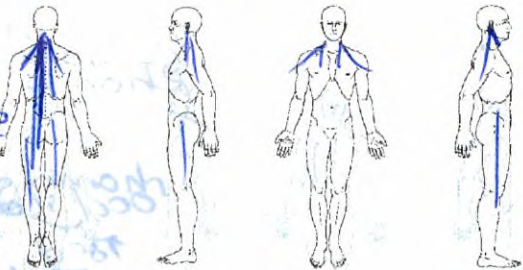
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/papp/GT/TBS/als  
 Fx rhomb/GT/acc/scalp/TMT  
☐ Talked ☐ Quiet Ames Breathing  
 ROM Tsed > MS  
 FBACK Feet better

P = Perom client continue stretching out

TREATMENT NO. 72

DATE: 11 05 12  
 TIME: 2:30 FRI  
 PAID: \$75 1hr  
 REC.No: 1892  
 AIR TEMP: 23  
 MUSIC: Tanni there  
 FACE CREST: Lavi  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
manditarg  
 HT: Feet + AM  
 CST: @ Face  
 HST: 2xLx  
2x back  
 EXTRA  
 NEXT APPT:

S = Client has cold sore on down & p shoulder sore - R shoulder (rhombs been tender)



O/A: Trap up tight. Reps show  
es tight. TM tend  
Rhomb region cong

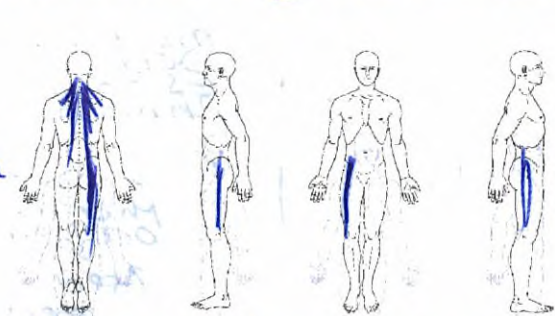
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med/ham/TBS  
 Fx acc/scalp/TMT  
☐ Talked ☐ Quiet Ames Breathing  
 ROM Tsed > MS  
 FBACK Feet tender but better

P = Client been feeling tightness in body

TREATMENT NO. 73

DATE: 15 06 12  
 TIME: FRI 1hr  
 PAID: \$35  
 REC.No: 1920 CASH  
 AIR TEMP: 23  
 MUSIC: Vanni - Dave  
 FACE CREST: Lavi  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
manditarg  
 HT: Feet + AM  
 CST: @ Face  
 HST: 2xLx  
2x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her R hip still - hurt @ rest



O/A: als tight. es tight  
Detoids tight. TM tend  
es tight  
Rhomb region cong

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med  
 Fx acc/scalp/TMT  
☐ Talked ☐ Quiet Ames Breathing  
 ROM Tsed > MS  
 FBACK Feet better > MS

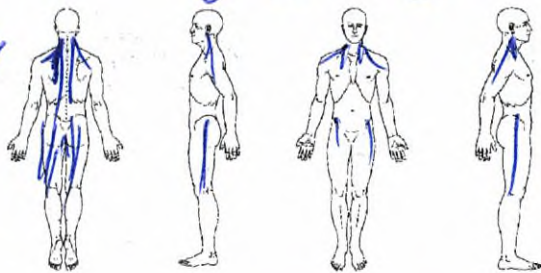
P = Seeing physio on wed



## TREATMENT NO. 74

DATE: 27.07.12  
 TIME: FRI 1 PM  
 PAID: \$5  
 REC.No: 1992 CASH  
 AIR TEMP: 25  
 MUSIC: Ken Davis  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Pepp / Lav  
 HT: Feet + Face  
 CST: @ Face  
 HST: 2 x Ln  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client seen physio 3x5 in last month  
 Impact injury diagnosed in back



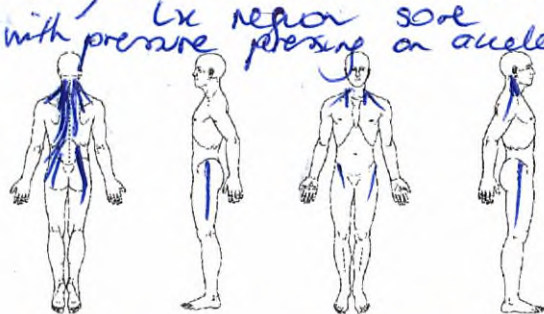
O/A: Feet short Tightness back  
 deltoids tight. traps up  
 ES tight  
 Rhomb region conc  
 Full Body ☒ STOMACH Ms.  
 ARMS ☒ Prone ☒ Supine Ms LEGS  
 TP rhomb/g med/ham/MS  
 Fx occ/scalp/TMT  
☒ Talked ☒ Quiet Quiet Breathing  
 ROM Used 7 Ms. Feet better  
 FBACK Feet better 7 Ms

P = Return client look after ref. physio given  
 new stretches

## TREATMENT NO. 75

DATE: 25.09.12  
 TIME: 1 PM TUES  
 PAID: \$75 CASH  
 REC.No: Leg File  
 AIR TEMP: 25  
 MUSIC: Piano tunes  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Mand / tang  
 HT: Feet + Face  
 CST: @ Face  
 HST: 2 x Ln  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tighter in her lx +  
 R knee - torn meniscus @ class



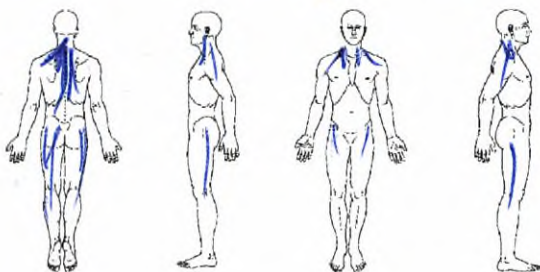
O/A: 1 week off  
 Been @ physio  
 ES tight  
 Flush R leg  
 Rhombus tight  
 Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine Ms LEGS  
 TP rhomb/g med/als / MS  
 Fx traps / GT / AC  
☒ Talked ☒ Quiet sleep Breathing  
 ROM Feet better 7 Ms  
 FBACK

P = 1 more week off - physio return to check /  
 assess before starting ex

## TREATMENT NO. 76

DATE: 19.10.12  
 TIME: 3.25 PM FRI  
 PAID: \$75 CASH  
 REC.No: 2152  
 AIR TEMP: 25  
 MUSIC:  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Mand / tang  
 HT: Feet + Face  
 CST: @ Face  
 HST: 2 x Ln  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her body lx  
 knee improving. usual spots sore



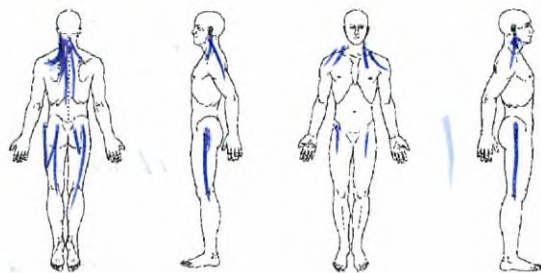
O/A: Feet short. TMT tight  
 ES tight Traps up tight  
 Rhomb region conc  
 Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/g med/ham/MS  
 Fx occ/scalp/TMT  
☒ Talked ☒ Quiet ing  
 ROM Used 7 Ms  
 FBACK Feet better

P = Return client relax after Ms

## TREATMENT NO. 77

DATE: 23.11.12  
 TIME: FRI 1 PM  
 PAID: \$60  
 REC.No: 2221 CASH  
 AIR TEMP: 25  
 MUSIC: Norah I  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Chamomile  
 HT: Feet + Face  
 CST: @ Face  
 HST: 2 x Ln  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client feeling good - big training workshop  
 tomorrow



O/A: Traps tense @ tight  
 Deltoids tight  
 ES tight Feet short  
 Rhomb region conc  
 Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine Ms LEGS  
 TP rhomb/g med/ham/trap  
 Fx occ/scalp/AC/GT  
☒ Talked ☒ Quiet Quiet Breathing  
 ROM Used - sup repeat  
 FBACK Feet good

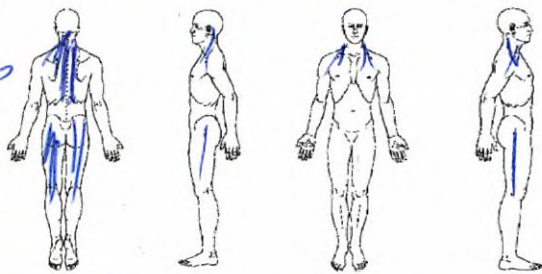
P = 2 weeks off from 16th, few extra darts  
 on in Dec

78. 18.12.12 Client's usual bits sore. Big workload last week -  
 recovery  
 \$75 hr. 1B (-stom) Meat. TP rhomb/g med/ham/MS traps  
 Mix MS1-15 in same + ES/als. mnd ed. Arms @ 5 + 5  
 2 x HST lx / back No + 5 + 5. Darts 1000



TREATMENT NO. 79 S= Client been feeling tightness in usual areas

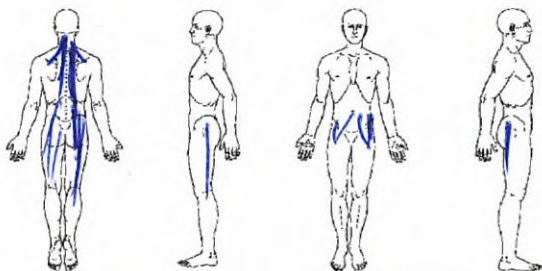
DATE: 11/01/13  
TIME: 1 PM PAID  
PAID: \$75/hr.  
REC.No: 2416 CASH  
AIR TEMP: 25  
MUSIC: Ken G  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: 2xLn  
HST: 2x back  
EXTRA: P=  
NEXT APPT:



O/A: Neck tight. Pecs tight. ES tight. Traps tight. Rhomb region cong  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP Rhomb/s med/ham/IBs  
Fx Quiet Breathing  
ROM Tsed 7 Ms  
FBACK Feet better 7 Ms

TREATMENT NO. 80 S= next time girl Client's hip been sore lately  
Client been feeling better 7 Ms

DATE: 12/02/13  
TIME: 1 PM TUES  
PAID: \$75/hr  
REC.No: Relax notes  
P: 25  
MUSIC: Ken Gaus  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: 2xLn  
HST: 2x back  
EXTRA: P=  
NEXT APPT:



O/A: Pecs tight. Traps up cong  
ES tight  
Rhomb region cong  
☐ Full Body ☐ STOMACH worked hips alot  
ARMS ☐ Prone ☐ Supine LEGS  
TP Rhomb/s med/ham/IBs  
Fx Quiet Breathing  
ROM Rhomb/s/hips better 7 Ms  
FBACK Feet ok 7 Ms

TREATMENT NO. 81 S= Client been feeling tightness

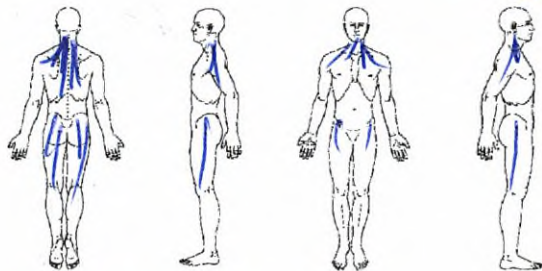
DATE: 12/03/13  
TIME: 1 PM TUES  
PAID: \$75/hr  
REC.No: 2416 CASH  
AIR TEMP: 25  
MUSIC: Acker Bilk  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: 2xLn  
HST: 2x back  
EXTRA: P=  
NEXT APPT:



O/A: Pecs tight. Traps up tight  
ES tight  
Rhomb region cong  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP Rhomb/s med/ham/IBs  
Fx Quiet Breathing  
ROM Tsed 7 Ms  
FBACK Feet better 7 Ms

TREATMENT NO. 82 S= Client been feeling tightness in  
her back - "went out" during class

DATE: 23/04/13  
TIME: 1 PM TUES  
PAID: \$75/hr  
REC.No: 2488 CASH  
AIR TEMP: 25  
MUSIC: Don Mc G T  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: 2xLn  
HST: 2x back  
EXTRA: P=  
NEXT APPT:



O/A: Pecs tight. Traps up tight  
ES tight  
Rhomb region cong  
☐ Full Body ☐ STOMACH light. IBs tight  
ARMS ☐ Prone ☐ Supine LEGS  
TP Rhomb/s med/ham/IBs  
Fx Quiet Breathing  
ROM Really tight psoas/hips  
FBACK Relaxed 7 Ms

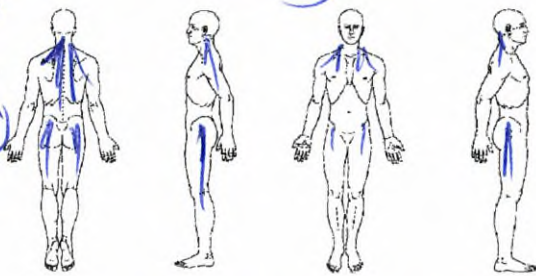
P= Client felt better - discussed reg Tx with physio



TREATMENT NO. 83

DATE: 2 05.13  
 TIME: 1PM THURSDAY  
 PAID: \$75 CASH  
 REC.No: 25  
 AIR TEMP: 25  
 MUSIC: Arjan  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Euc / Mda Tree  
 HT: Feet +  
 CST: Face  
 HST: 2 x Ln  
2 x back  
 EXTRA:   
 NEXT APPT:

S = Client been feeling tightness in her body in ribs Sp/ dom 7# clares



O/A: Shoulders looking forward  
Back feeling better  
Peroids tight. ribs 2g  
Es tight. Ribs tight  
Rhomb Region cony

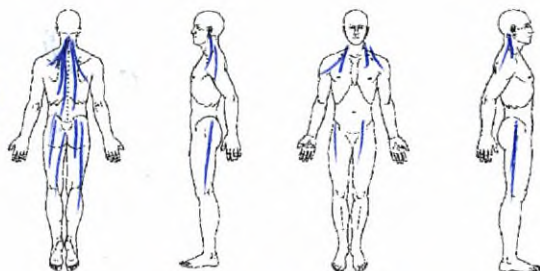
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP   
 Fx rhomb / g' med / ham  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM used > ms  
 FBACK Feet better > ms

P = Discussed swimming + techniques

TREATMENT NO. 84

DATE: 25 06.13  
 TIME: SPRINTLES  
 PAID: 1hr \$75  
 REC.No: 2616  
 AIR TEMP: 25  
 MUSIC: Lan chom  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Bp / Lav /  
 HT: Feet + Face  
 CST: Face  
 HST: 2 x Ln  
2 x back  
 EXTRA:   
 NEXT APPT:

S = Client been feeling tightness in her body in usual areas bx improved



O/A:   
Detroids tight  
Es tight. Ribs tight  
Rhomb region cony

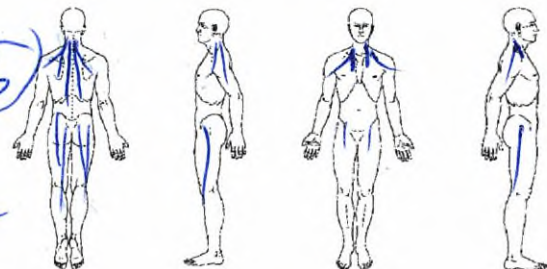
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb / g' med / ham  
 Fx traps / traps  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM used > ms  
 FBACK Feet better > ms

P = Remom client be doing regular stretches for  
bx region

TREATMENT NO. 85

DATE: 30.07.13  
 TIME: 1PM TUES  
 PAID: \$75 CASH  
 REC.No: 2684  
 AIR TEMP: 25  
 MUSIC: Ken Davis  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Chamomint  
 HT: Feet + Face  
 CST: Face  
 HST: 2 x Ln  
2 x back  
 EXTRA:   
 NEXT APPT:

S = Client been feeling soreness in usual spots - extra clares



O/A:   
Peris tight  
Detroids tight  
Es tight. Ribs tight  
Rhomb region cony

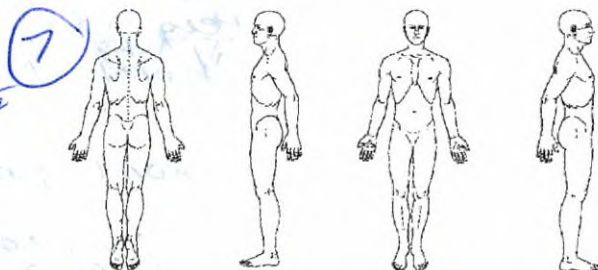
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb / g' med / ham / ribs  
 Fx traps / traps  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM used > ms  
 FBACK Feet better > ms

P = Remom client relax > ms

TREATMENT NO. 86

DATE: 20.08.13  
 TIME: 1PM TUES  
 PAID: \$75 CASH  
 REC.No: 2740  
 AIR TEMP: 25 CASH  
 MUSIC: Acher Bilk  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Org / sed  
 HT: Feet + Face  
 CST: Face  
 HST: 2 x Ln  
2 x back  
 EXTRA:   
 NEXT APPT:

S = Client been feeling tightness in her body in hips / ribs - usual spots



O/A:   
poas ribs esp tight  
Peris tight. ribs tight  
Es tight. Detroids tight  
Rhomb Region cony

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / g' med / ribs  
 Fx traps / es / ribs  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM used > ms  
 FBACK Feet better > ms

P = Feeling physis @ 12 week mark (last time 10)  
8 weeks in mo. on extra classes for  
another 3 weeks

8) \$85 OK next time  
817.10.09.13 \$85 Client been feeling tightness in her body in usual areas  
Ken Davis 2x Ln. Rb (-stom) Heat. 11 rhomb / traps / g' med / ribs  
be same t. Gentle ROM of legs / arms.

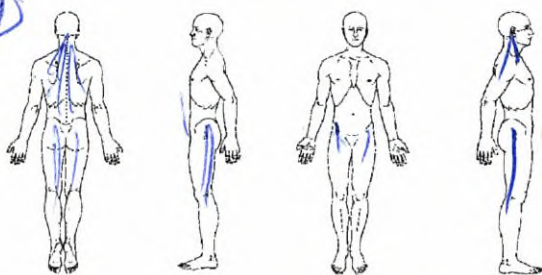


TREATMENT NO. 88

S = client been feeling tightness in her body in usual places

DATE: 20.11.13  
 TIME: 11:45 AM  
 PAID: \$85  
 REC.No:  
 AIR TEMP: 25  
 MUSIC: Ken Davis  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Mandi tang  
 HT: (A) Face  
 CST: 2 x in  
 HST: 2 x back

EXTRA  
 NEXT APPT:



O/A:

Deltoids tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP rhomb/med/ham/traps  
 Fx ☒ Talked ☒ Quiet Breathing  
 ROM 7sec > ms  
 FBAC felt better > ms

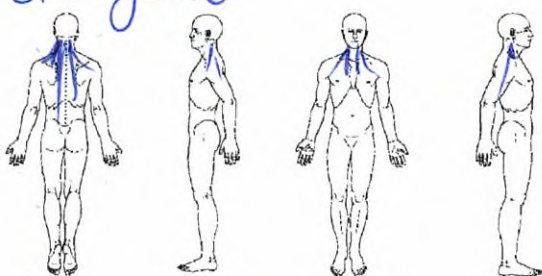
P = Reom client look after body while doing more shifts @ the moment

TREATMENT NO. 89

S = client been feeling tightness in her body in trbs lately

DATE: 11.12.13  
 TIME: 1pm wed  
 PAID: \$85/hr  
 REC.No: CASH  
 TP: 55  
 FA: Kenny G I  
 SU: E SCENT: dem  
 OIL BLEND: Relax  
 Basil/lem  
 HT: Feet + Face  
 CST: 1 Face  
 HST: 2 x leg  
 2 x back

EXTRA  
 NEXT APPT:



O/A: Tender trb  
 Deltoids tight  
 Traps + traps tight  
 G med + trbs + trbs tight  
 Rhomb region comp

☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP rhomb/med/traps/ham  
 Fx ☒ Talked ☒ Quiet Breathing  
 ROM 7sec > ms  
 FBAC felt better > ms

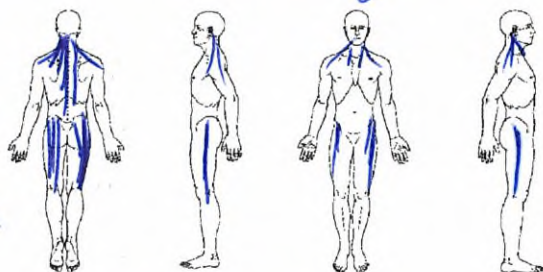
P = client been advised to enjoy holidays + work on stretching i.e. continuing over hols

TREATMENT NO. 90

S = client been feeling tightness in her body in trbs especially

DATE: 14.01.13  
 TIME: 1pm paid  
 PAID: \$85/hr  
 REC.No: 30 N1  
 AIR TEMP: 25  
 MUSIC: Steve Huper I  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 manditang 11  
 HT: Feet + Face  
 CST: 1 Face  
 HST: 2 x in  
 2 x back

EXTRA  
 NEXT APPT:



O/A:

traps + traps tight  
 Deltoids tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP rhomb region comp  
 Fx ☒ Talked ☒ Quiet Breathing  
 ROM 7sec > ms  
 FBAC felt better > ms

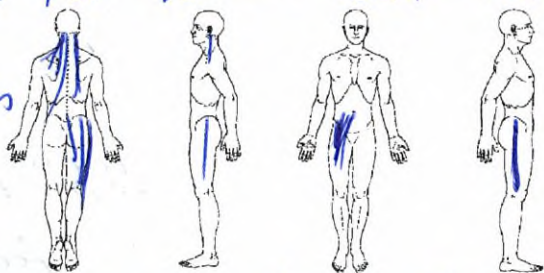
P = client felt better &gt; ms

TREATMENT NO. 91

S = client been feeling tightness in her body esp in R trbs 1hb ant

DATE: 25.02.14  
 TIME: 1pm Tues  
 PAID: \$85/hr  
 REC.No: 3161  
 AIR TEMP: 25  
 MUSIC: Kenny G mones  
 FACE CREST: low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Ser/day  
 HT: Feet + Face  
 CST: 1 Face  
 HST: 2 x in  
 2 x back

EXTRA  
 NEXT APPT:



O/A:

traps v. tight  
 Deltoids tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP traps/trbs/trbs  
 Fx ☒ Talked ☒ Quiet Breathing  
 ROM felt better > ms  
 FBAC felt better > ms

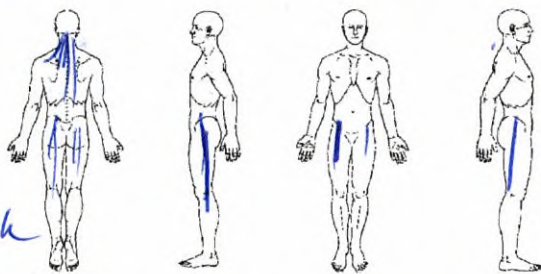
P = Reom client stretch out May be sore from extra classes s/o extra weeks delayed from Mr



# TREATMENT NO. 92

DATE: 25.03.14  
TIME: 1pm Tues  
PAID: \$85/hr  
REC.No: 3250  
AIR TEMP: 25  
MUSIC: lan tam  
FACE CREST: lan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: 2x ln + 2x back  
CST: (A) Face  
HST:

S = Client been feeling tightness in her ITBs R esp. Running as usual



O/A: Pecs tight. Traps up tight  
Deltoids tight  
ES tight  
Rhomb region comp

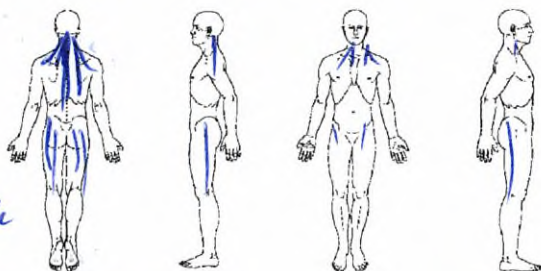
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/s med/ham/ITBs  
Fx: occ/scalp/traps/ITBs  
☐ Talked ☐ Quiet Breathing  
ROM: Bed > ms  
FBACK:

P = Perom client stretch out for ITBs

# TREATMENT NO. 93

DATE: 29.04.14  
TIME: 1pm Tues  
PAID: \$85  
REC.No: 3299  
AIR TEMP: 25  
MUSIC: No Miyagi  
FACE CREST: lan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: 2x ln + 2x back  
CST: (A) Face  
HST: Feet + Face

S = Client been feeling tightness in her body in leg/ITBs as per previous



O/A: Pecs tight. ITBs tight  
Deltoids tight + short  
ES tight  
Rhomb region comp

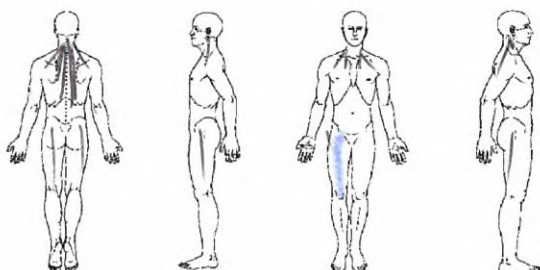
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/s med/traps  
Fx: occ/scalp/ITBs  
☐ Talked ☐ Quiet Breathing  
ROM: Bed > ms  
FBACK: felt better

P = Perom see Julie for ant

# TREATMENT NO. 94

DATE: 17.06.14  
TIME: Tues hr  
PAID: \$88/hr  
REC.No: Refer notes  
AIR TEMP: 25  
MUSIC: Lullaby songs  
FACE CREST: lan  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2x ln  
2x back

S = Client been feeling tightness in her body in usual areas esp legs been tight



O/A: ITBs tight  
Deltoids tight. Pecs tight  
ES tight. Traps up tight  
Rhomb region comp

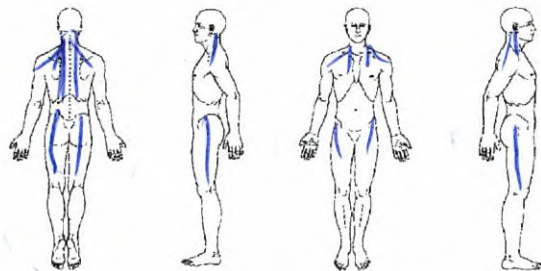
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/s med/ham  
Fx: traps/d traps  
☐ Talked ☐ Quiet Breathing  
ROM: Bed > ms  
FBACK: felt better 7ms

P = Discussed client taking up more work while boss is away for 11 weeks

# TREATMENT NO. 95

DATE: 07.14  
TIME: \$88  
PAID: hr  
REC.No: 125  
AIR TEMP: 25  
MUSIC: lan  
FACE CREST: dem  
SUPINE SCENT: Relax  
OIL BLEND: Feet / Face  
HT: (A) Face  
CST: 2x ln  
HST: 2x back

S = Client been feeling tightness in her body in hips



O/A: traps up tight  
Deltoids tight  
ES tight  
Rhomb region comp

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP: rhomb/s med/ham  
Fx: traps/d traps  
☐ Talked ☐ Quiet Breathing  
ROM: Bed > ms  
FBACK: felt better 7ms

P = Doing extra clanes @ gym - onto 9 clanes

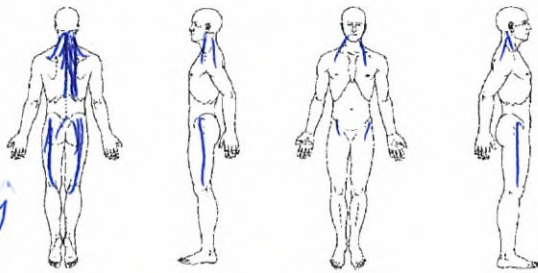
96. Client been feeling tightness in her body in hips/ITBs + shoulders  
Doing extra clanes  
Usual FB to focussing on RM for legs/hips/shoulders.  
Perom client stretch out & count down  
at extra work/week



TREATMENT NO. 97

S = Client been feeling tightness in her body

DATE: 16.09.14.  
TIME: \$88  
PAID: Inv. PMILES  
REC.No: 3524 CASH  
AIR TEMP: 25  
MUSIC: Day  
FACE CREST: Dem  
SUPINE SCENT: Relax  
OIL BLEND: Pain  
HT: Feet / Face  
CST: @ Fall  
HST: 2 x ln  
2 x back

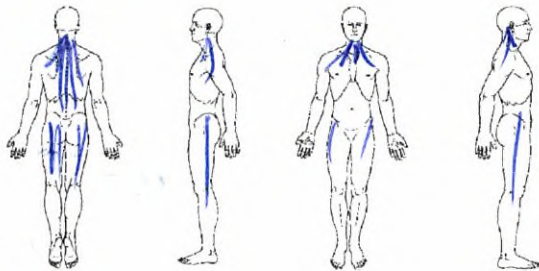


O/A:  
Pectorals tight  
Traps up right  
Rhomboids taut  
Deltoids right  
Full Body  
STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP: rhomb / g med / ham  
Fx: occ / traps / L / scap  
☐ Talked ☐ Quiet Breathing  
ROM: Tied > ms  
FBACK: felt better > ms

TREATMENT NO. 98

S = Client been feeling tightness in her body

DATE: 18.11.14  
TIME: 25  
PAID: 25  
REC.No: 25  
MP: Low  
FACE CREST: Dem  
SUPINE SCENT: Relax  
OIL BLEND: 2 x ln  
2 x back  
HT: Feet / Face  
CST: @ Fall  
HST: 2 x ln  
2 x back

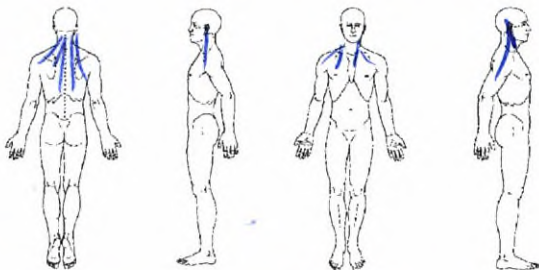


O/A:  
Pectorals tight  
Traps up right  
Rhomboids region long  
Full Body  
STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP: rhomb / g med / ham  
Fx: traps / L / scap  
☐ Talked ☐ Quiet Breathing  
ROM: Tied > ms  
FBACK: felt better > ms

TREATMENT NO. 99

S = Client been feeling tightness in her HPS

DATE: 9.12.14  
TIME: \$88  
PAID: \$88  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Day  
FACE CREST: Dem  
SUPINE SCENT: Relax  
OIL BLEND: 2 x ln  
2 x back  
HT: Feet / Face  
CST: @ Fall  
HST: 2 x ln  
2 x back

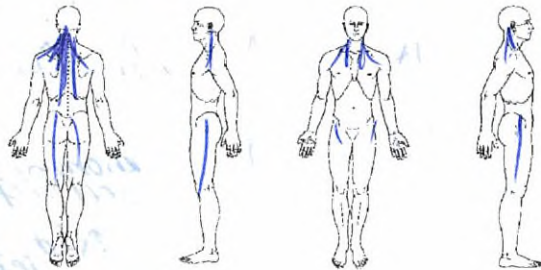


O/A:  
Pectorals tight  
Traps up right  
Rhomboids region long  
Full Body  
STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP: rhomb / g med / ham  
Fx: traps / L / scap  
☐ Talked ☐ Quiet Breathing  
ROM: Tied > ms  
FBACK: felt better > ms

TREATMENT NO. 100

S = Client been feeling tightness in her body a gift next time

DATE: 27.01.15  
TIME: \$88  
PAID: \$88  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Day  
FACE CREST: Dem  
SUPINE SCENT: Relax  
OIL BLEND: 2 x ln  
2 x back  
HT: Feet / Face  
CST: @ Fall  
HST: 2 x ln  
2 x back



O/A:  
Pectorals tight  
Traps up right  
Rhomboids region  
Full Body  
STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP: traps / g med / ham  
Fx: traps / L / scap  
☐ Talked ☐ Quiet Breathing  
ROM: Tied > ms  
FBACK: felt better > ms

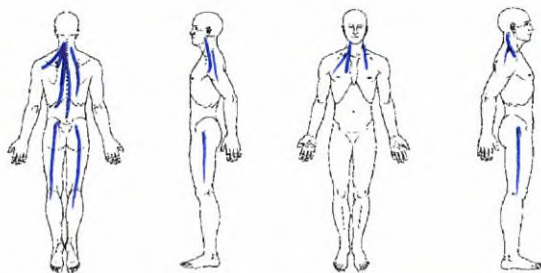


✓ gift next time

## TREATMENT NO. 101

DATE: 03.03.15  
TIME: \$88  
PAID: 1hr  
REC.No: 25 TMS  
AIR TEMP: 25 10am  
MUSIC: North  
FACE CREST: dem  
SUPINE SCENT:  
OIL BLEND: Relax  
1/4 y/Bane  
HT: 2 x ln  
CST: 2 x ln  
HST: 2 x back  
Feet/Face  
EXTRA  
NEXT APPT:

S = Client been feeling tightness in her body in her neck - stiff today



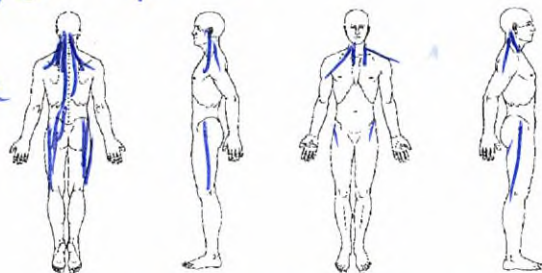
O/A:  
Traps up tight  
Deltoids tight  
ES tight - pels short  
Rhomb region cag  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb region cag  
Fx occ/traps / scap  
☐ Talked ☐ Quiet ☐ Breathing  
ROM 7sed > ms  
FBACK felt better > ms

P = Reiom client stretch out with neck

## TREATMENT NO. 102

DATE: 31.03.15  
TIME: \$88 1hr  
PAID: 1hr  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Indian Musu  
FACE CREST: Relax  
SUPINE SCENT:  
OIL BLEND: (A) Face  
HT: 2 x ln  
CST: 2 x back  
HST: Feet/Face  
EXTRA  
NEXT APPT:

S = Client been feeling tightness in her body in her trbs esp. eyezone pillow



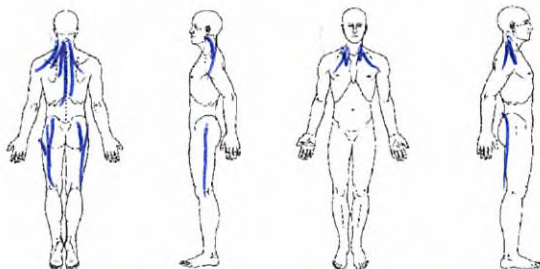
O/A:  
Deltoids taut  
pels short TMS tense  
Traps up taut  
Rhombos taut  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/g med/ham/traps  
Fx occ/traps / scap  
☐ Talked ☐ Quiet ☐ Breathing  
ROM 7sed > ms  
FBACK felt better > ms

P = Reiom client relax over Easter + enjoy school hol break with son. Still working to

## TREATMENT NO. 103

DATE: 28.04.15  
TIME: \$88  
PAID: 1hr  
REC.No: 1hr  
AIR TEMP: 25  
MUSIC: Acher Billet  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
Mand/Traps  
HT: Feet/Face  
CST: (A) Face  
HST: 2 x ln  
2 x back  
EXTRA  
NEXT APPT:

S = Client been feeling tightness in her body in her trbs (taut). Doing extra class keep up stretch for 1 more month



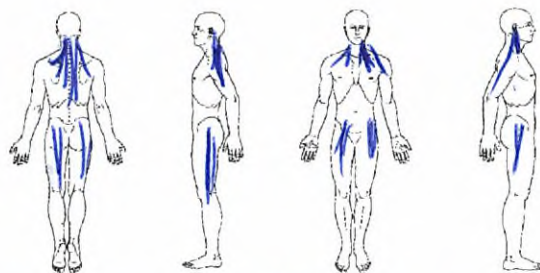
O/A:  
trbs/hamis tender  
Deltoids + pels taut  
ES tight g med + TMS  
Rhomb region cag  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/g med/ham/traps  
Fx occ/scap / TMS / ST  
☐ Talked ☐ Quiet ☐ Breathing  
ROM 7sed > ms  
FBACK felt improvement > s

P = Reiom client stretch out / roll out for trbs

## TREATMENT NO. 104

DATE: 26.05.15  
TIME: \$88  
PAID: 1hr  
REC.No: CASH  
AIR TEMP: 25  
MUSIC: Mixed MS 1-15  
FACE CREST: Low  
SUPINE SCENT: dem  
OIL BLEND: Relax  
Mental clarity oils  
HT: Feet/Face  
CST: (A) Face  
HST: 2 x ln  
2 x back  
EXTRA  
NEXT APPT:

S = Client been feeling tightness in her body in her shoulder neck



O/A:  
LHS upper V. cone / short  
scm traps / scap tight / taut  
Rhomb region V tight  
over to bet lymph  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/traps / scap / TMS  
Fx occ/traps / scap  
☐ Talked ☐ Quiet ☐ Breathing  
ROM 7sed > ms  
FBACK felt v. sore / stiff

P = Discussed stretching + using physiochem for neck/shoulder

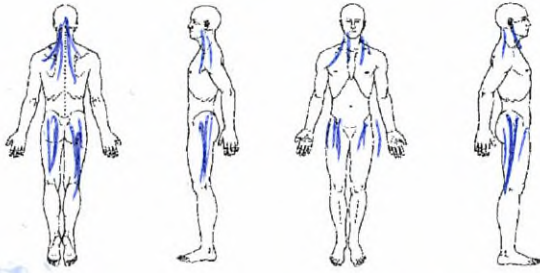
105 16.06.15 client been feeling tightness in her body in her shoulder still not 100%  
HT/Face x Feet MS Reiom client stretch out. FB (750m) Heat TP /  
2 x ln + 2 x back Mix rhomb/traps / scap / TMS / ST  
HT/Face x Feet MS Reiom client stretch out. FB (750m) Heat TP /  
2 x ln + 2 x back Mix rhomb/traps / scap / TMS / ST  
HT/Face x Feet MS Reiom client stretch out. FB (750m) Heat TP /  
2 x ln + 2 x back Mix rhomb/traps / scap / TMS / ST



## TREATMENT NO. 1

DATE: 2/22/15  
 TIME: 5:00  
 PAID: \$88  
 REC.No: 583  
 AIR TEMP: 110  
 MUSIC: 25  
 FACE CREST: 25  
 SUPINE SCENT: Low  
 OIL BLEND: 2x dem  
 HT: 2x face  
 CST: 2x face  
 HST: 2x face  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body in her whole body, nothing specific "usual areas"



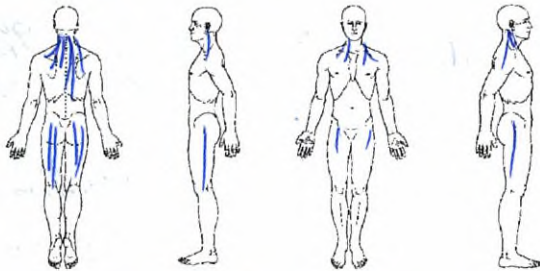
O/A:  
 Traps tight  
 Deltoids tight  
 Pecs tight  
 Rhomb region cong  
☒ Full Body ☒ STOMACH/MS  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/med/ham/traps  
 Fx occ/traps/11'scapes  
☒ Talked ☒ Quiet Breathing  
 ROM Red > ms  
 FBACK felt better > ms

P = Perom client stretch out

## TREATMENT NO. 2

DATE: 18.09.15  
 TIME: 5:00  
 PAID: \$88  
 REC.No: 583  
 AIR TEMP: 110  
 MUSIC: 25  
 FACE CREST: 25  
 SUPINE SCENT: Low  
 OIL BLEND: 2x dem  
 HT: 2x face  
 CST: 2x face  
 HST: 2x face  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body is improving - feeling balanced & good @ mo



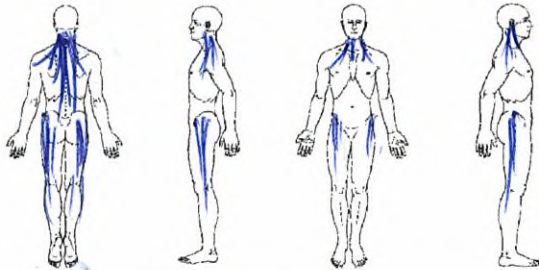
O/A:  
 Traps up tight. Deltoids tgh  
 Deltoids tight. Pecs tarts  
 Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/med/traps/11'scapes  
 Fx occ/traps/11'scapes  
☒ Talked ☒ Quiet Breathing  
 ROM Red > ms  
 FBACK felt better with Mr

P = Discussed client's moment & keeping things in balance

## TREATMENT NO. 3

DATE: 15.09.15  
 TIME: 5:00  
 PAID: \$88  
 REC.No: 459079  
 AIR TEMP: 110  
 MUSIC: 25  
 FACE CREST: 25  
 SUPINE SCENT: Low  
 OIL BLEND: 2x dem  
 HT: 2x face  
 CST: 2x face  
 HST: 2x face  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her phanny (happened @ night)



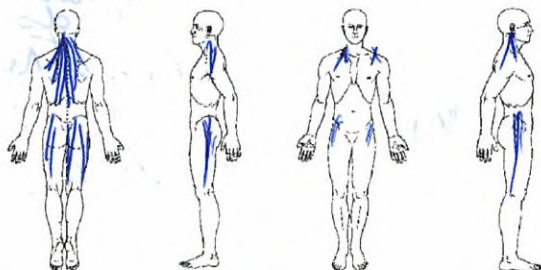
O/A:  
 Hams tight  
 Traps up tight  
 Pecs tarts  
 Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/med/ham/traps  
 Fx occ/traps/11'scapes  
☒ Talked ☒ Quiet Breathing  
 ROM Red > ms  
 FBACK felt better > ms

P = Perom client stretch out with Ms

## TREATMENT NO. 4

DATE: 20/10.15  
 TIME: 5:00  
 PAID: \$88  
 REC.No: 583  
 AIR TEMP: 110  
 MUSIC: 25  
 FACE CREST: 25  
 SUPINE SCENT: Low  
 OIL BLEND: 2x dem  
 HT: 2x face  
 CST: 2x face  
 HST: 2x face  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body is improving



O/A:  
 Traps tight. Pecs taut  
 Pecs taut. Traps up tight  
 Deltoids taut  
 Rhomb region tght  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP occ/traps/11'scapes  
 Fx rhomb/med/ham/traps  
☒ Talked ☒ Quiet Breathing  
 ROM Red > ms  
 FBACK felt better > ms

P = Perom client stretch



P= Discussed icing + using foam roller to help



## TREATMENT NO. 114

DATE: 12.04.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC:

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

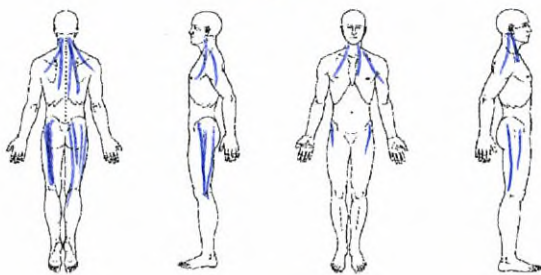
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in usual areas of body

O/A: Traps up tight  
Deltoids tight  
Es tight  
Rhomb region comp
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb / g med / ham traps  
 Fx occ traps / scap / glutes  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM Bed > Ms  
 FBACK felt better > Ms

P = Perom client stretch out with body

## TREATMENT NO. 115

DATE: 24.05.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Ms Music

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

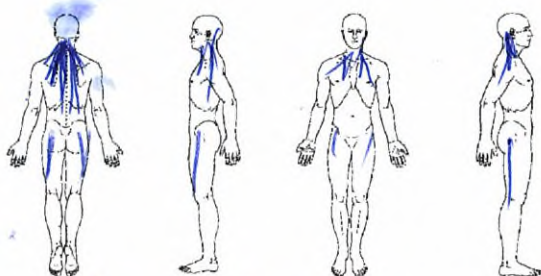
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her R shoulder / cold sore. Immunity bit low

O/A: Traps up tight esp RPS  
Deltoids tight  
Es tight  
Rhomb region comp
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb / g med / ham traps  
 Fx occ traps / scap / glutes  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM Bed > Ms  
 FBACK felt better > Ms

P = client to stretch + use heat. Perom physiochem

## TREATMENT NO. 116

DATE: 21.06.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Ms music - 20

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

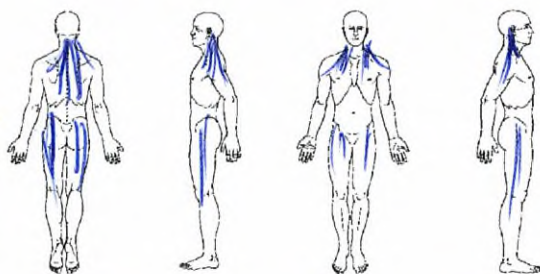
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her shoulders improved.

O/A: Traps up tight  
Deltoids tight  
Es tight  
Rhomb region comp
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb / g med / ham traps  
 Fx occ traps / scap / glutes  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM Bed > Ms  
 FBACK felt better > Ms

P = Client to stretch out for body.

## TREATMENT NO. 117

DATE: 20.7.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Warm / there

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

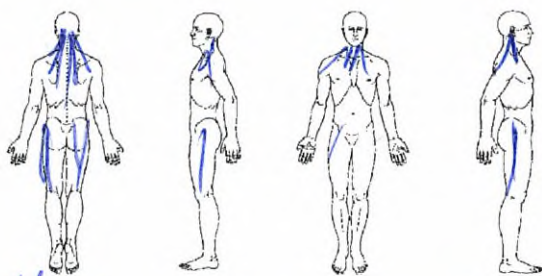
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her ln region

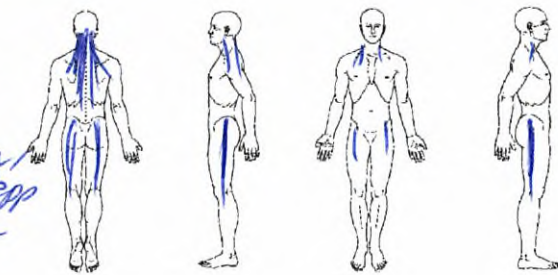
O/A: Differs in  
Traps up tight  
Deltoids tight  
Es tight  
Rhomb region comp
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb / g med / ham traps  
 Fx occ traps / scap / glutes  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM Bed > Ms  
 FBACK felt better > Ms
P = Had spasm in days following last Ms  
Had to meduate + rest



TREATMENT NO. 118

DATE: 10.08.16  
TIME: \$88  
PAID: 1hr  
REC.No:  
AIR TEMP:  
MUSIC: Enya  
FACE CREST: Lem  
SUPINE SCENT: Lem  
OIL BLEND: Pelan - Pepp  
HT: 2x1h + 2xback  
CST: @ Fair  
HST:  
EXTRA:  
NEXT APPT:

S = client been feeling back lx still bit stiff + not quite right

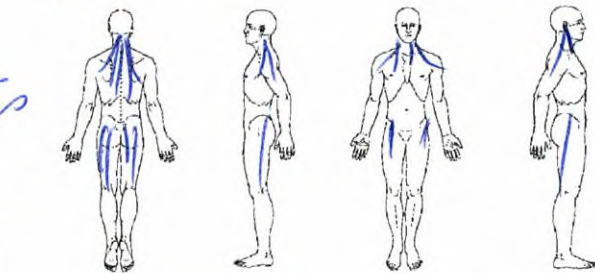


O/A: Pels tight. trapping  
Deltoids tight  
ES tight  
Rhomb region comp  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine Ms LEGS  
TP rhomb/med/ham/trap  
Fx occ/trap/ham  
☒ Talked ☒ Quiet Breathing  
ROM felt better > ms  
FBACK Discussed stretching  
+ using roller for back

TREATMENT NO. 119

DATE: 06.09.16  
TIME: \$88/hr  
PAID: \$88/hr  
REC.No:  
AIR TEMP: 25  
MUSIC: Nix Ms  
FACE CREST: Lem  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: Feet / Fair  
CST: @ Fair  
HST: 2x1h  
EXTRA:  
NEXT APPT:

S = client been feeling sore after seeing physio yesterday. Feet joint probs as diagnosed by physio

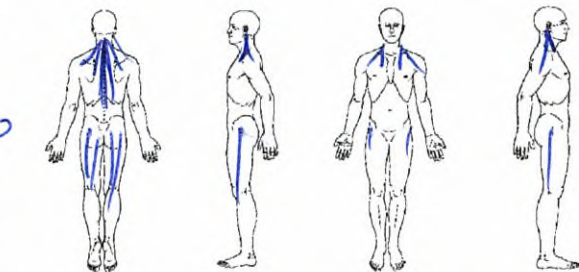


O/A: Pels tight. Tender Dls  
Deltoids tight  
ES tight  
Rhomb tight  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine Ms LEGS  
TP rhomb/med/ham/trap  
Fx occ/trap/ham  
☒ Talked ☒ Quiet Breathing  
ROM 1sd > ms  
FBACK felt better > ms

TREATMENT NO. 120

DATE: 11.10.16  
TIME: \$88  
PAID: 1hr  
REC.No: #28  
AIR TEMP: 25  
MUSIC: Mix Ms - 20  
FACE CREST: Lem  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: Feet / Fair  
CST: @ Fair  
HST: 2x1h  
EXTRA:  
NEXT APPT:

S = client been feeling tightness in his

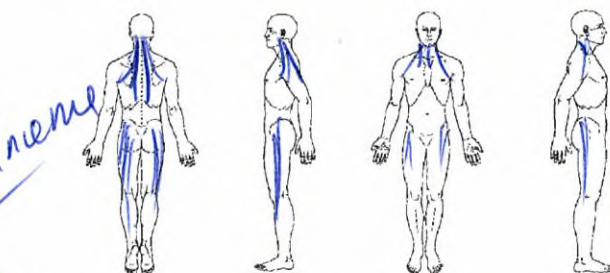


O/A: Pels tight Trap  
Deltoids tight  
ES tight  
Rhomb region comp  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine Ms LEGS  
TP rhomb/med/ham/trap  
Fx trap/occ/diaps/ham  
☒ Talked ☒ Quiet Breathing  
ROM 1sd > ms  
FBACK felt improvement

TREATMENT NO. 121

DATE: 15.11.16  
TIME: \$88  
PAID: 1hr  
REC.No:  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Lem  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: Feet / Fair  
CST: @ Fair  
HST: 2x1h  
EXTRA:  
NEXT APPT:

S = client been feeling tightness in her body



O/A: Deltoids tight  
Deltoids tight  
ES tight  
Rhomb region comp  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine Ms LEGS  
TP rhomb/med/ham/trap  
Fx occ/trap/ham  
☒ Talked ☒ Quiet Breathing  
ROM 1sd > ms  
FBACK felt better > ms

TREATMENT NO. 122

DATE: 20.12.16  
TIME: \$88/hr  
PAID: \$88/hr  
REC.No:  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Lem  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: Feet / Fair  
CST: @ Fair  
HST: 2x1h  
EXTRA:  
NEXT APPT:

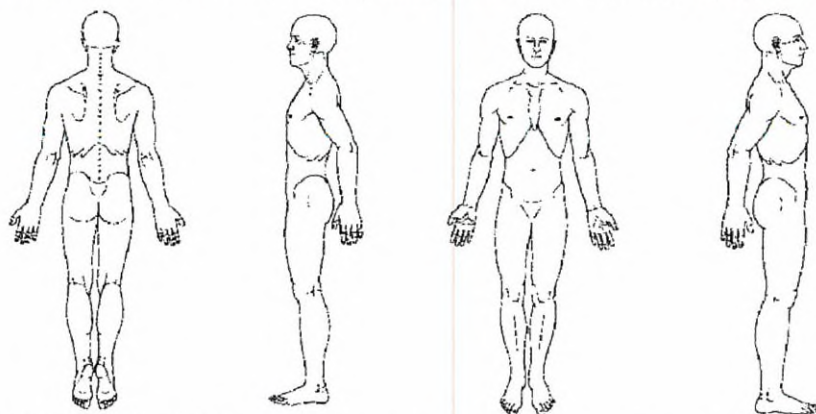
S = client been feeling tightness in her body after shoulders/hips. FB (stom) Heat. TP rhomb/med/ham/trap  
Fx trap/diaps/pels/ham/ham. Brung for bike fall @ home  
Test better > ms. Felt better > ms. Reconn client  
New year







**SOAP = SUBJECTIVE** (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)  
**TOTAPS = TALK** (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement (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

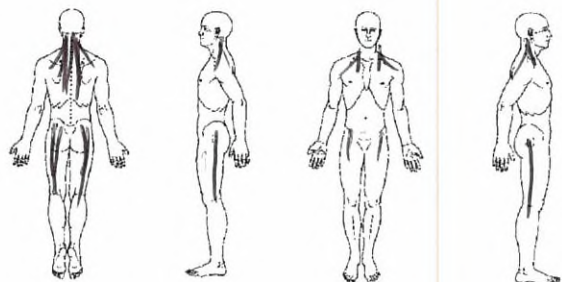


JENNY  
DAVID

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

**TREATMENT NO. 124** s= client been feeling tightness in her body in her shoulders + hips/legs.

DATE: 14.02.17  
 TIME: \$88  
 PAID: 1hr  
 REC.No:  
 AIR TEMP: 25  
 MUSIC:  
 FACE CREST: low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relem  
 HT: Feet / Face  
 CST: A Face  
 HST: 2x back  
 EXTRA:  
 NEXT APPT:

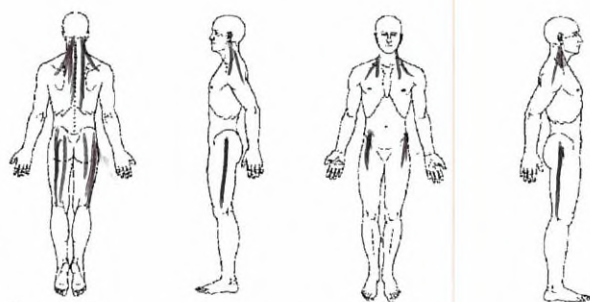


O/A:  
 ITBs taut  
 traps up tight  
 ITBs taut  
 Glutes taut  
 Rhomb upper corp + vascod  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP: rhomb / glutes / traps / ITBs  
 Fx: ecc / traps / ITBs  
☒ Talked ☒ Quiet ☒ Breathing  
 ROM: 7sec > ms  
 FBAC: felt better > ms

P= Relem client get balance right in the body

**TREATMENT NO. 125** s= Relem client feeling good lately - back @ work with normal hours / symptoms

DATE: 21.03.17  
 TIME: \$88  
 PAID: 1hr  
 REC.No:  
 AIR TEMP: 25°C  
 MUSIC:  
 FACE CREST: low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relem  
 HT: 2x lu + 2x back  
 CST: A Face  
 HST: Feet / Face  
 EXTRA:  
 NEXT APPT:

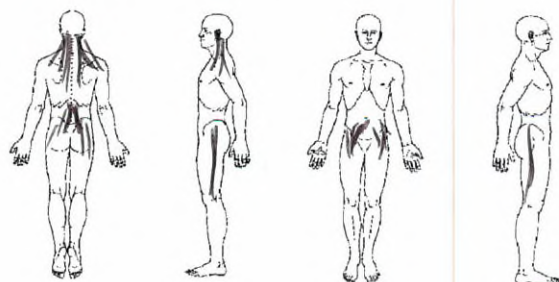


O/A:  
 Client's hands / arms taut  
 ITBs taut  
 Rhombs tight but relaxed easily  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP: rhomb / glutes / traps / ITBs  
 Fx: ecc / traps / ITBs  
☒ Talked ☒ Quiet ☒ Breathing  
 ROM: 7sec > ms  
 FBAC: felt better > ms

P= Relem client continue with current stretches

**TREATMENT NO. 126** s= client's shoulder + back both been sore - been to physio for Tx

DATE: 18.04.17  
 TIME: \$88  
 PAID: 1hr  
 REC.No:  
 AIR TEMP: 25  
 MUSIC:  
 FACE CREST: low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relem  
 HT: Feet / Face  
 CST: A Face  
 HST: 2x lu  
 EXTRA:  
 NEXT APPT:



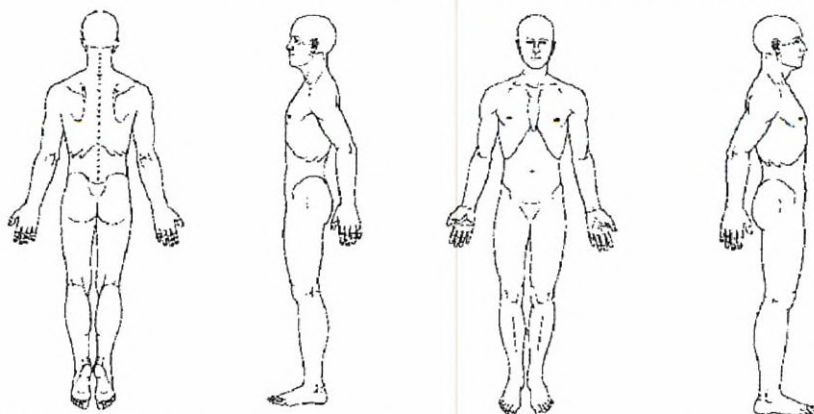
O/A:  
 Psoas tight  
 ITBs tight + tender  
 Glutes tight  
 traps up tight  
 ITBs tight  
 Rhombs tight  
 Psoas taut  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS  
 TP: rhomb / glutes / ham / traps  
 Fx: ITBs / ITBs / Ham  
☒ Talked ☒ Quiet ☒ Breathing  
 ROM: Test bit stiff > ms  
 FBAC: Discussed using heat / fixarea

P= Client to get more physio to help with - facet / psoas



**SOAP = SUBJECTIVE** (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)  
**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

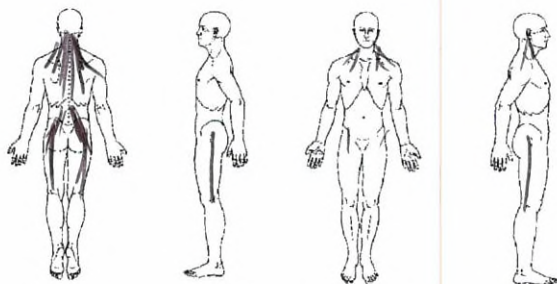
JENNY



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

**TREATMENT NO.** 127 S = client been feeling tightness in her body in her shoulder still + back not settled yet

DATE: 06.06.17  
 TIME: 10:00  
 PAID: £80  
 REC.No: hr 250c  
 AIR TEMP: 25.0c  
 MUSIC: Jgn  
 FACE CREST: Jgn  
 SUPINE SCENT: Jgn  
 OIL BLEND: Relem  
 HT: Feet Tail  
 CST: A Fall  
 HST: 2xlu  
 EXTRA: 2x back  
 NEXT APPT:

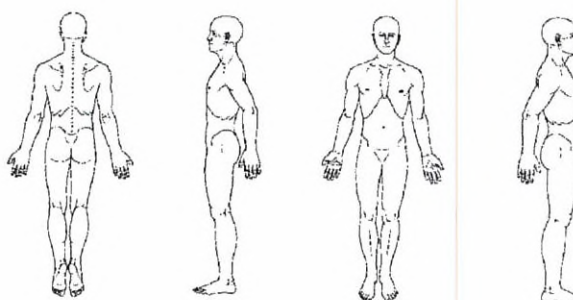


O/A: 1/2s taut. 1/2Bs tight  
 1/2s taut. Traps up taut  
 Es tight + tender  
 Rhomb up on cong. Glutes tight  
☒ Full Body ☒ STOMACH/MS  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/9 med/ham/trap  
 Fx orctraps/LSIap/1/2Bs  
☒ Talked ☒ Quiet Breathing  
 ROM 1/2s esp neck.  
 FBAC Feet better 7 ms

P = Relem client stretch out shoulder. See physio is required

**TREATMENT NO.** S =

DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_  
 PAID: \_\_\_\_\_  
 REC.No: \_\_\_\_\_  
 AIR TEMP: \_\_\_\_\_  
 MUSIC: \_\_\_\_\_  
 FACE CREST: \_\_\_\_\_  
 SUPINE SCENT: \_\_\_\_\_  
 OIL BLEND: \_\_\_\_\_  
 HT: \_\_\_\_\_  
 CST: \_\_\_\_\_  
 HST: \_\_\_\_\_  
 EXTRA: \_\_\_\_\_  
 NEXT APPT: \_\_\_\_\_

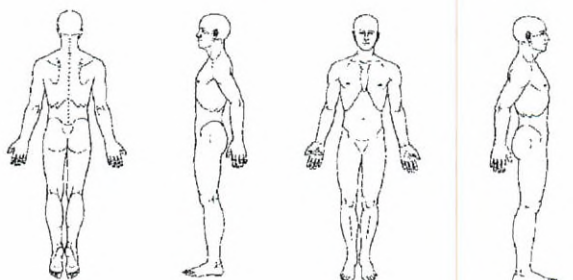


O/A: \_\_\_\_\_  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP \_\_\_\_\_  
 Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
 ROM \_\_\_\_\_  
 FBAC \_\_\_\_\_

P =

**TREATMENT NO.** S =

DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_  
 PAID: \_\_\_\_\_  
 REC.No: \_\_\_\_\_  
 AIR TEMP: \_\_\_\_\_  
 MUSIC: \_\_\_\_\_  
 FACE CREST: \_\_\_\_\_  
 SUPINE SCENT: \_\_\_\_\_  
 OIL BLEND: \_\_\_\_\_  
 HT: \_\_\_\_\_  
 CST: \_\_\_\_\_  
 HST: \_\_\_\_\_  
 EXTRA: \_\_\_\_\_  
 NEXT APPT: \_\_\_\_\_



O/A: \_\_\_\_\_  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP \_\_\_\_\_  
 Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
 ROM \_\_\_\_\_  
 FBAC \_\_\_\_\_

P =



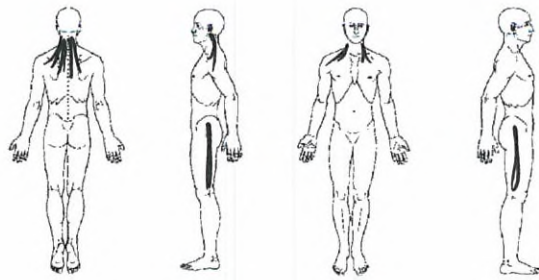
# JENNY DAVID

TREATMENT NO. 128

Office: ☐ Scanned & filed

DATE: 11.7.17  
 TIME: 1PM  
 AIR TEMP: TES  
 MUSIC: Steve Hefman  
 FACE CREST: Lu  
 SUPINE SCENT: Jem  
 OIL BLEND: Relax  
Manditang  
 Hot Towel: Feet / Face  
 Cold Stones: (A) Face  
 Hot Stones: 2 x in  
2 x back

S = Client been feeling tightness in her ITBs + shoulder been sore



O/A:  
Pees short. TMS tense  
Deltoids tight. ITBs tender  
ES tight. Traps up tight  
Rhomb region cong  
☒ Full Body ☐ STOMACH Boast tight  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb region cong  
 Fx occ/traps/pl's/laps  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM bed > ms  
 FBACK feet better > ms

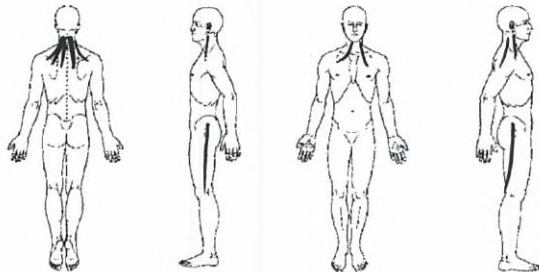
P = Perom stretching + using heat

TREATMENT NO. 129

TREATMENT NO. 129  
 Office: ☐ Scanned & filed

DATE: 15.08.17  
 TIME: TUES  
 AIR TEMP: 1PM  
 MUSIC: Mix Nsmusic  
 FACE CREST: Lu  
 SUPINE SCENT: Jem  
 OIL BLEND: Relax - Manditang  
 Hot Towel: Feet / Face  
 Cold Stones: A Face  
 Hot Stones: 2 x in  
2 x back

S = client been feeling tightness in her shoulders still. Doing more gym classes than normal.



O/A: ITBs + TFLs tight  
Deltoids tight. Pees tight  
ES tight scms tight  
Rhomb region cong / varied  
☒ Full Body ☐ STOMACH Did psoas releases  
 ARMS ☐ Prone ☐ Supine MS LEGS  
 TP rhomb / traps / ITBs / Quads  
 Fx Traps / H/Flex / dls / ES  
☐ Talked ☐ Quiet Post Breathing  
 ROM Improved neck flex  
 FBACK

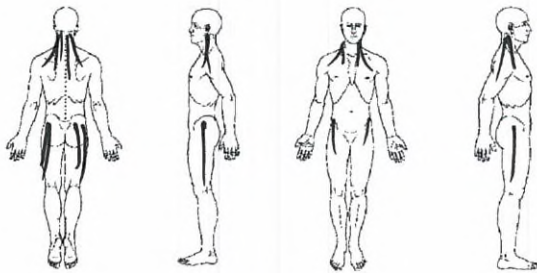
P = Client been feeling tightness in her body improve > MS  
Discussed using more self care when working more

TREATMENT NO. 130

TREATMENT NO. 130  
 Office: ☐ Scanned & filed

DATE: 12/9/17  
 TIME: 1PM  
 AIR TEMP: TES  
 MUSIC: Lu  
 FACE CREST: Jem  
 SUPINE SCENT: Relax  
 OIL BLEND: Manditang  
 Hot Towel: Feet / Face  
 Cold Stones: A Face  
 Hot Stones: 2 x in  
2 x back

S = Client's body OK - "normal areas" of tension



O/A:  
ITBs / TFLs / Psoas / HFS tight  
Rhombas tight. Quads tight  
Lats / ES / QLS taut.  
☒ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine MS LEGS - tight!  
 TP rhomb / quads / gastroc  
 Fx occ / achilles / HFS / ASIS  
☐ Talked ☐ Quiet Breathing  
 ROM bed exp back flex  
 FBACK

P = Client been feeling good > MS - discussed maintenance of body

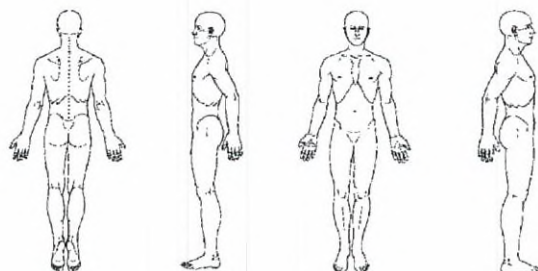
TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

TREATMENT NO. \_\_\_\_\_  
 Office: ☐ Scanned & filed

DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_  
 AIR TEMP: \_\_\_\_\_  
 MUSIC: \_\_\_\_\_  
 FACE CREST: \_\_\_\_\_  
 SUPINE SCENT: \_\_\_\_\_  
 OIL BLEND: \_\_\_\_\_  
 Hot Towel \_\_\_\_\_  
 Cold Stones \_\_\_\_\_  
 Hot Stones \_\_\_\_\_

P = \_\_\_\_\_



O/A: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS \_\_\_\_\_  
 TP \_\_\_\_\_  
 Fx \_\_\_\_\_  
☐ Talked ☐ Quiet \_\_\_\_\_ Breathing  
 ROM \_\_\_\_\_  
 FBACK \_\_\_\_\_



TREATMENT NO. 

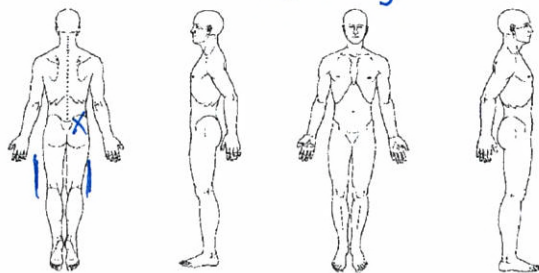
S = L-B Facts ok Hx

DATE: 6/11/17  
TIME: 1pm  
PAID: 888 cash  
REC.No:       
AIR TEMP: 24  
MUSIC: further Sax  
FACE CREST:  
SUPINE SCENT: Lemon  
OIL BLEND: C/M ①

HT feet chest  
CST  
HST 2x Lx 2x Back

EXTRA  
NEXT APPT:     

Jenny



O/A: ↑ Glutes / hip area  
1TB felt ok but J. says  
feels tight

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS       
TP Lev Scaps  
Fx err spine Lx → Cx  
☐ Talked ☒ Quiet Breathing  
ROM  
FBACK     

P =



TREATMENT NO. \_\_\_\_\_

S = (R) side.

TREATMENT NO. 

Office: ☐ Scanned & filed

DATE: 4/12/17.

TIME: \_\_\_\_\_

AIR TEMP: 72

MUSIC: Mass long

FACE CREST: \_\_\_\_\_

SUPINE SCENT: lemon.

OIL BLEND: L/T almond

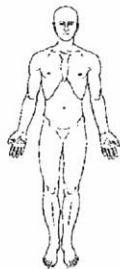
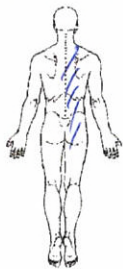
Hot Towel 2x

Cold Stones \_\_\_\_\_

Hot Stones 2 glutes

2 chest

Jennifer



O/A: \_\_\_\_\_

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS ☒

TP \_\_\_\_\_

Fx \_\_\_\_\_

☐ Talked

☒ Quiet

Breathing

ROM \_\_\_\_\_

FBACK \_\_\_\_\_

P = \_\_\_\_\_



TREATMENT NO. 

DATE: 2/2/18  
TIME: 1pm 1hr  
PAID: 888  
REC.No:  
AIR TEMP: 23  
MUSIC: girls mix 3  
FACE CREST:  
SUPINE SCENT:  
OIL BLEND:  
HT Feet chest  
CST  
HST g/utes v. back  
EXTRA  
NEXT APPT:

S = maint. massage.

Jenny David



O/A: generally good

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS ☒  
TP  
Fx  
☐ Talked ☐ Quiet Breathing  
ROM  
FBACK

P = R Side



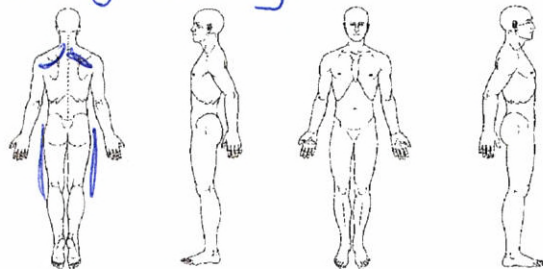
TREATMENT NO.



S = "usual spots"

DATE: 2/3/18  
TIME: 1pm  
PAID: \$\$\$ cash  
REC.No: 23  
AIR TEMP: 23  
MUSIC: guit / sax  
FACE CREST:  
SUPINE SCENT: lemon  
OIL BLEND:  
Mand / tange.  
HT: feet chest  
CST  
HST: glutes  
EXTRA  
NEXT APPT: April 20th

~~body~~ Jenny



O/A: quads toned

Shoulders, v-traps, teres ↑  
can go firm here

✓ trigger finger @ hand.

✓ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS

TP

Fx

☐ Talked

☒ Quiet

Breathing

ROM

FBACK

P = talk MDN for @ trigger finger



TREATMENT NO. 135

S = the usual

DATE: 27/4/18  
TIME: 1pm  
PAID: \$88  
REC.No:  
AIR TEMP: 24  
MUSIC: All tunes  
FACE CREST:  
SUPINE SCENT: clarity  
OIL BLEND:  
M/T  
HT x2  
CST  
HST x4  
EXTRA lateral  
NEXT APPT: 2.1st June

Jenny D



O/A: ① glute T.

above iliac crest tender.  
U-traps etc ↑

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS ☒ ☒  
TP  
Fx  
☐ Talked ☒ Quiet Breathing  
ROM  
FBACK

P = med-hard combo. lateral for hip / ITB, adductors  
check neck visit.



**TREATMENT NO.**

Office: ☐ Scanned & filed

DATE: 1/6/18

TIME: 10am

AIR TEMP: 24

MUSIC: MASS Mix

FACE CREST:

SUPINE SCENT: Clarity

OIL BLEND:

mand almond

Hot Towel x 2

Cold Stones

Hot Stones x4



S = (2) SIT - meant to see physio yesterday but p. sick.  
Jennifer David



O/A: (1) glutes ↑

(2) SIT hamstrings + glutes ↓

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS

TP (1) glutes - u. traps L + R

Fx

☐ Talked ☒ Quiet

Breathing

ROM

FBACK

P =



Massage

aromatherapy

hot stones

pregnancy  
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Aquatics

# A Gift of Healthy Movement

To: Jenny

From: Christine x

Your Gift: One hour remedial massage Date: 11.12.13

Valid for three months from the date of issue



MERRY CHRISTMAS!



To: Jennifer



Your Gift is a 60 minute Remedial Massage  
with Aromatherapy and Hot Towels

From: The Jones Family



PHONE: 0439 775 003  
CLINIC: 51 Lyndel Drive Woree 4868  
WEB: [www.focusonmovement.com.au](http://www.focusonmovement.com.au)



MERRY CHRISTMAS!



focus on movement

To: Jennifer



Your Gift is a 60 minute Remedial Massage  
including Aromatherapy and Hot Towels

From: Marianne, Thomas,  
Madeline and Ryan



PHONE: 0439 775 003

EMAIL: [relax@focusonmovement.com.au](mailto:relax@focusonmovement.com.au)

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WEB: [www.focusonmovement.com.au](http://www.focusonmovement.com.au)



TREATMENT NO. \_\_\_\_\_

Office: ☐ Scanned & filed

DATE: 1/6/18

TIME: 10am

AIR TEMP: 24

MUSIC: Mass Mix

FACE CREST: \_\_\_\_\_

SUPINE SCENT: Clarity

OIL BLEND: \_\_\_\_\_

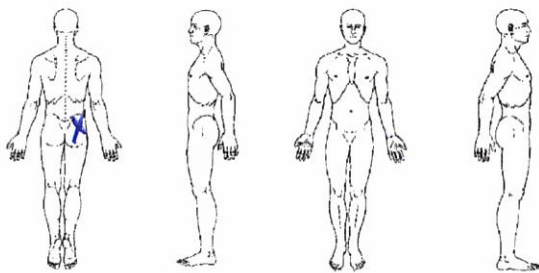
mand almond

Hot Towel x2

Cold Stones \_\_\_\_\_

Hot Stones x4

S = ② SIT - meant to see physio yesterday but p. sick.  
Jennifer David



O/A: ① glutes ↑

② SIT hamstring + glutes ↓

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine LEGS ☒

TP ① glutes - v. traps L + R

Fx \_\_\_\_\_

☐ Talked ☒ Quiet Breathing

ROM \_\_\_\_\_

FBACK \_\_\_\_\_

P = \_\_\_\_\_



Jennifer David

DOB

6 Nov 1975

Occupation

Fitness Instructor

Appointments

Date	Time	Type	Practitioner
23 Aug 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
25 Jul 2025	11:15AM – 12:15PM	60 minute Massage	Christine Jervis
28 Jun 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
30 May 2025	1:00PM – 2:00PM	60 minute Massage	Christine Jervis
3 May 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
5 Apr 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
8 Mar 2025	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Feb 2025	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Jan 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
14 Dec 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Nov 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Nov 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Oct 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Sep 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Jul 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis



Date	Time	Type	Practitioner
15 Jun 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
31 May 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 May 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Apr 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Mar 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Feb 2024	11:00AM – 12:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
12 Jan 2024	2:30PM – 3:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
23 Dec 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Nov 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
1 Nov 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
4 Oct 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jul 2023	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Jun 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
3 May 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Mar 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Feb 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Dec 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis



Date	Time	Type	Practitioner
11 Nov 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Oct 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Sep 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Aug 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2022	1:10PM – 2:10PM	REBOOKING - 60 minute Massage	Christine Jervis
27 May 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Apr 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Mar 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
4 Mar 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Feb 2022	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Dec 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Nov 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Oct 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Sep 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2021	11:20AM – 12:20PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jun 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
17 May 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis



Date	Time	Type	Practitioner
19 Apr 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Mar 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Feb 2021	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
30 Jan 2021	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
19 Dec 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
24 Oct 2020	10:20AM – 11:20AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
12 Sep 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
11 Mar 2020	9:10AM – 10:10AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
5 Feb 2020	9:10AM – 10:10AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
21 Dec 2019	8:50AM – 9:50AM	60 minute Massage	Christine Jervis
16 Nov 2019	10:15AM – 11:15AM	60 minute Massage	Christine Jervis
16 Oct 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
20 Sep 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
23 Aug 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Jul 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
14 Jun 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 May 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Apr 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Apr 2019	12:30PM – 1:00PM	Package of Prepaid Massages	Marina Franke
29 Mar 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
1 Mar 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
1 Feb 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke



Date	Time	Type	Practitioner
14 Dec 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
23 Nov 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Oct 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
21 Sep 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 Aug 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
27 Jul 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
27 Jun 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
1 Jun 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
21 Mar 2017	1:00PM – 2:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Jul 2025, 11:15AM

Created: 29 Jul 2025, 7:30PM

Last updated: 29 Jul 2025, 7:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - usual areas still sore, especially with shoulders and ITBs.

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

Prescription Medication

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

Pill.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - not checked today.  
Anything noteworthy - no  
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.



	Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Music - Kenny G Aromatherapy Massage oil - lav peppermint fisioocrem used on shoulder Spritzer - lav peppermint  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Jun 2025, 1:30PM Created: 28 Jun 2025, 2:55PM Last updated: 28 Jun 2025, 2:56PM	



## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas still sore, especially with shoulders and ITBs. Had hamstring trouble and L shoulder been struggling - physio is working on both
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - firm 2-3</p> <p>Music - yanni if there</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt good after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Continue to see physio still monthly
<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:** 30 May 2025, 1:00PM  
**Created:** 30 May 2025, 5:33PM  
**Last updated:** 30 May 2025, 5:34PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas still sore, especially with shoulders and ITBs.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.  ROM - not checked today.  Anything noteworthy - no  Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.  Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - firm 2-3  Music - Indian Mix 2  Aromatherapy Massage oil - lav peppermint  fisioocrem used on shoulder  Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p>



	Extra 10mins massage
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Continue to see physio still monthly
<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:** 3 May 2025, 1:30PM  
**Created:** 5 May 2025, 10:39AM  
**Last updated:** 5 May 2025, 10:39AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas still sore, especially with shoulders and ITBs. Lower back been hurting lately requiring strapping
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained.



	<p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - firm 2-3</p> <p>Music - saxophone Kenny G</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisioocrem used on shoulder</p> <p>Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see physio still monthly
<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:** 5 Apr 2025, 1:30PM  
**Created:** 5 Apr 2025, 1:29PM  
**Last updated:** 5 Apr 2025, 3:00PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas still sore, especially with shoulders and ITBs.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - saxophone Kenny G</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - lab peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine;



Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses	
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see physio still monthly
<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:** 8 Mar 2025, 1:30PM  
**Created:** 8 Mar 2025, 2:58PM  
**Last updated:** 8 Mar 2025, 2:59PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas still sore, especially with shoulders and ITBs. Neck been a bit stiff and sore lately.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - samphire Kenny G</p>



	<p>Aromatherapy Massage oil - lav peppermint</p> <p>fisioocrem used on shoulder</p> <p>Spritzer - peppermint euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 8 Feb 2025, 1:30PM</p> <p>Created: 8 Feb 2025, 3:01PM</p> <p>Last updated: 8 Feb 2025, 5:06PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication



<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Ken Davis Ian Cam Smith</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - peppermint euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed looking after her body, see physio still monthly
<b>Infra-Red Sauna (if applicable - info is below)</b>	



Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis**Appointment:** 11 Jan 2025, 3:00PM**Created:** 17 Jan 2025, 10:54PM**Last updated:** 17 Jan 2025, 10:56PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**

What's going on now - usual areas still sore, especially with shoulders and ITBs.

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

Prescription Medication

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

Pill.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked today.

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.

Some neural pain in R hand - physio still treating

**Treatment details - what was done today to help the client**

Pressure used - form 2-3

Music - Yanni if there

Aromatherapy Massage oil - lav peppermint

fisioocrem used on shoulder

Spritzer - peppermint euc

Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage

**Hot Pack**

Lower Body

**Hot Stones**

2 x Hips; 2 x Back/Shoulders

**Hot Wet Towels**

Feet; Face



Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed looking after her body, see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Dec 2024, 3:00PM Created: 14 Dec 2024, 2:56PM Last updated: 15 Dec 2024, 2:57PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders and ITBs usual areas still.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating



<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Ian Can 2</p> <p>Aromatherapy Massage oil - sports extreme</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - peppermint euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 15mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed holidays
<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:** 27 Nov 2024, 12:45PM  
**Created:** 27 Nov 2024, 3:41PM  
**Last updated:** 27 Nov 2024, 3:44PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - usual areas sore, been feeling tight, especially with shoulders still.



<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Carl Chang 2</p> <p>Aromatherapy Massage oil - sports</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - pepper euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 15mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed holidays



<b>Infra-Red Sauna (if applicable - info is below)</b>
<b>Time in Sauna (minutes) -</b>
<b>Feedback after treatment -</b>

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 2 Nov 2024, 11:00AM <b>Created:</b> 2 Nov 2024, 3:22PM <b>Last updated:</b> 2 Nov 2024, 3:24PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas sore, been feeling tight, especially with shoulders but they have improved since last stiff neck
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio treating
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Enja Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - pepper euc  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 15mins massage
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders



Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed tx
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays coming up
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 11 Sep 2024, 3:00PM Created: 11 Sep 2024, 2:55PM Last updated: 11 Sep 2024, 4:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders. Stiff neck on RHS since Sat. Physio cancelled Afro because she was sick.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep. Client sometimes does side lying



	massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio treating
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Yanni if there 2 Aromatherapy Massage oil - lavender oil fisiocrem used on shoulder Spritzer - pepper euc  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed tx
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed heat therapy and fisiocrem.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 23 Aug 2024, 11:00AM <b>Created:</b> 23 Aug 2024, 12:17PM <b>Last updated:</b> 23 Aug 2024, 1:22PM	
<b>Standard Consultation - Remedial Massage</b>	



<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - usual areas sore, been feeling tight, especially with shoulders
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio treating</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there 2</p> <p>Aromatherapy Massage oil - lavender oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - joyful</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, enjoyed tx
<b>Plan for future results / treatment / progress / homework (including</b>	Discussed tightness in her body and helping keep moving, managing boys and all the



discussion with client, advice, stretches)	things they do
<b>Infra-Red Sauna (if applicable - info is below)</b>	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Jul 2024, 11:00AM Created: 13 Jul 2024, 8:20AM Last updated: 13 Jul 2024, 8:23AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with calves lately.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep. Client did side lying massage for shoulders and back as her sinuses were congested prone. Some neural pain in R hand - physio treating her. Sometimes has some trouble laying prone and we move to side-lying massage.
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there 2 Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - joyful  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body



Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed tightness in her body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 15 Jun 2024, 3:00PM Created: 15 Jun 2024, 4:40PM Last updated: 15 Jun 2024, 4:41PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.



	Neural pain when running or sometimes during sleep. Client did side lying massage for shoulders and back as her sinuses were congested prone
Treatment details - what was done today to help the client	<div>Pressure used - form 2-3</div> <div>Music - Yanni if there 2</div> <div>Aromatherapy Massage oil - lavender oil</div> <div>fisiocrem used on shoulder</div> <div>Spritzer - joyful</div> <div>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage</div>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed cool weather and managing body
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<div>Practitioner: Christine Jervis</div> <div>Appointment: 31 May 2024, 11:00AM</div> <div>Created: 31 May 2024, 11:08AM</div> <div>Last updated: 1 Jun 2024, 12:07PM</div>	
Standard Consultation - Remedial Massage	



<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Ian Cameron Smith</p> <p>Aromatherapy Massage oil - lavender oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - joyful</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension, esp traps and rhomboids tight</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed stretching out.



<b>Infra-Red Sauna (if applicable - info is below)</b>
<b>Time in Sauna (minutes) -</b>
<b>Feedback after treatment -</b>

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 3 May 2024, 11:00AM <b>Created:</b> 3 May 2024, 3:58PM <b>Last updated:</b> 3 May 2024, 4:03PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Massage tunes Enya Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - joyful  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face



Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; 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 physio.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 6 Apr 2024, 3:00PM Created: 6 Apr 2024, 4:27PM Last updated: 6 Apr 2024, 4:30PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.  Neural pain when running or sometimes during sleep
Treatment details - what was done today	Pressure used - form 2-3



to help the client	Music - Massage tunes Enya Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - joyful  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt much better after massage. Extra time done on massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed neural pain
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 3 Feb 2024, 11:00AM Created: 3 Feb 2024, 12:18PM Last updated: 3 Feb 2024, 12:31PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - L shoulder been carcging and sore.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication



<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Massage tunes Ackerman bulk</p> <p>Aromatherapy Massage oil - h20 relax blend</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - joyful</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension, esp L trap twitchy</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after Massage. Extra time done on massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting older and how regular treatment helps
<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:** 12 Jan 2024, 2:30PM  
**Created:** 12 Jan 2024, 4:16PM  
**Last updated:** 12 Jan 2024, 4:17PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - neck and shoulder been ok. Had a great break over Christmas Holidays

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM - not checked today.  
 Anything noteworthy - no  
 Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

**Treatment details - what was done today to help the client** Pressure used - form 2-3  
 Music - Yanni if there  
 Aromatherapy Massage oil - h20 relax blend  
 fisioocrem used on shoulder  
 Spritzer - rose  
 Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.  
 Neck and shoulder tension.

**Hot Pack** Lower Body

**Hot Stones** 2 x Hips; 2 x Back/Shoulders

**Hot Wet Towels** Feet; Face

**Topical Treatment** Fisiocrem shoulders/neck; Zen shoulders/neck

**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; ITBs; TFLs; Glutes; Psoas

**Body Chart**



<b>Feedback after treatment -</b>	Felt good after Massage. Extra time done on massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed doing more massage time next month.
<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:** 23 Dec 2023, 1:00PM  
**Created:** 23 Dec 2023, 3:03PM  
**Last updated:** 23 Dec 2023, 3:04PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - neck and shoulder been ok - as usual
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - h20 relax blend fisioocrem used on shoulder Spritzer - rose  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension.
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders



<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after Massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed stretching
<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:** 29 Nov 2023, 12:45PM

**Created:** 29 Nov 2023, 12:41PM

**Last updated:** 29 Nov 2023, 8:29PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - neck and shoulder been sore
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
<b>Treatment details - what was done today</b>	Pressure used - form 2-3



<b>to help the client</b>	<p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight and tightly held. Neck and shoulder tension.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after Massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed holidays and plans at work.
<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 Nov 2023, 12:45PM  
**Created:** 3 Nov 2023, 9:13AM  
**Last updated:** 3 Nov 2023, 9:15AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - L shoulder doing better. Physio still away. Normal back and leg tension
<b>Medication or relevant procedures / info</b>	Prescription Medication



<b>identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight and tightly held. Neck and shoulder tension.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after Massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed holidays and plans at work.
<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:** 4 Oct 2023, 12:45PM  
**Created:** 4 Oct 2023, 8:37PM  
**Last updated:** 4 Oct 2023, 8:41PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - L shoulder doing better.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Ian can smith Aromatherapy Massage oil - h20 sports oil fisiocrem used on shoulder Spritzer - rose  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck and shoulders still sore.
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt improvement
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed relaxation
<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:** 8 Sep 2023, 12:45PM  
**Created:** 8 Sep 2023, 3:13PM  
**Last updated:** 8 Sep 2023, 3:15PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - L shoulder very sore. Froze a couple of weeks ago - couldn't lift it.  
 Seen physio who thought it might be bursitis

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM - not checked today.  
 Anything noteworthy - no  
 Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

**Treatment details - what was done today to help the client** Pressure used - form 2-3  
 Music - Ian can smith  
 Aromatherapy Massage oil - h20 sports oil  
 fisioocrem used on shoulder  
 Spritzer - rose  
  
 Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck still tight and shoulders needed lots of extra work especially LHS

**Hot Pack** Lower Body



<b>Hot Stones</b> Back/Shoulders	
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt improvement
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some acupuncture
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 28 Jul 2023, 11:00AM <b>Created:</b> 28 Jul 2023, 12:30PM <b>Last updated:</b> 28 Jul 2023, 12:33PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas right and sore. Taught an extra class this week.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.



<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Ian can smith</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck still tight and shoulders needed lots of extra work.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting older and the impact on your recovery from exercise
<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:** 7 Jun 2023, 12:45PM  
**Created:** 8 Jun 2023, 7:04AM  
**Last updated:** 8 Jun 2023, 7:05AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**      What's going on now - clients neck been tight. Usual areas with some leg tension



<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Ian can smith</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed seeing physio for neck
<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:** 3 May 2023, 12:45PM

**Created:** 5 May 2023, 1:25PM

**Last updated:** 9 May 2023, 12:41PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - clients shoulders been sore. Usual areas with some leg tension

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today.  
Anything noteworthy - no  
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

**Treatment details - what was done today to help the client** Pressure used - form 2-3  
Music - Ian can smith  
Aromatherapy Massage oil - h20 sports oil  
fisiocrem used on shoulder  
Spritzer - rose  
  
Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.

**Hot Pack** Lower Body

**Hot Stones** 2 x Hips; 2 x Back/Shoulders

**Hot Wet Towels** Feet; Face

**Topical Treatment** Fisiocrem shoulders/neck; Zen shoulders/neck

**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; ITBs; TFLs; Glutes; Psoas

**Body Chart**



<b>Feedback after treatment -</b>	Felt great after massage - improvement in neck tension :)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed using heat for neck
<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:** 15 Mar 2023, 12:45PM  
**Created:** 19 Mar 2023, 6:04AM  
**Last updated:** 19 Mar 2023, 6:06AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - clients shoulders and calves been feeling tight. Neck tightening up feeling very sore in last day or so
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
<b>Treatment details - what was done today to help the client</b>	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - cream Zen and fisiocrem used on shoulder Spritzer - none  Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders



<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after massage - improvement in neck tension :)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed using heat for neck
<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:** 20 Feb 2023, 12:45PM

**Created:** 20 Feb 2023, 2:08PM

**Last updated:** 20 Feb 2023, 2:15PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - clients shoulders and calves been feeling tight.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
<b>Treatment details - what was done today</b>	Pressure used - form 2-3



<b>to help the client</b>	<p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Lav H2O oil</p> <p>Zen and fisiocrem used on shoulder</p> <p>Spritzer - none</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Some pressure in sinuses when prone</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after massage - legs really tight and tender :)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed neural stretching for legs
<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:** 2 Dec 2022, 12:45PM  
**Created:** 2 Dec 2022, 2:07PM  
**Last updated:** 2 Dec 2022, 2:09PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - clients L trap and R hamstring been twingy and tight

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



<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Lav H2O oil</p> <p>Zen and fisiocrem used on shoulder</p> <p>Spritzer - none</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Zen shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after massage but shoulder needs more work. Seeing physio next week :)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed neural stretch for upper body to help tension
<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:** 11 Nov 2022, 12:45PM  
**Created:** 11 Nov 2022, 6:37PM  
**Last updated:** 12 Nov 2022, 10:41AM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - clients calves are tight  
 Feedback from previous treatment - felt good, worked on body with physio bit still felt a bit funny laying prone.

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM - not checked today.  
 Anything noteworthy - no  
 Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

**Treatment details - what was done today to help the client** Pressure used - form 2-3  
 Music - Yanni if there  
 Aromatherapy Massage oil - Lav H2O oil  
 Spritzer - none  
 Remedial techniques on legs, shoulders, and ITBs/calves. Lower legs were very tight and tightly held

**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 - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes; Psoas

**Body Chart**



<b>Feedback after treatment -</b>	Felt good after massage :)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seeing physio monthly still
<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:** 7 Oct 2022, 12:45PM  
**Created:** 8 Oct 2022, 10:12AM  
**Last updated:** 8 Oct 2022, 11:06AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio. Felt very compressed prone.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Yanni if there Aromatherapy - cream (no scent)  Remedial work on legs, shoulders and ITBs/TFLs. Lower legs were right - anterior and posterior.  Did side lying massage because she didn't feel right prone
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses



**Where any specific trigger points used?** Shoulders, Upper Traps, Neck, Hips, Glutes; Forearms

### Body Chart

#### Feedback after treatment -

Felt good - enjoyed massage. Talked through until back section and then relaxed.  
Sinuses went blocked when prone

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

Talked about stretching body out and seeing physio regarding feeling compressed prone

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

#### Time in Sauna (minutes) -

#### Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 2 Sep 2022, 12:45PM

**Created:** 3 Sep 2022, 8:29AM

**Last updated:** 3 Sep 2022, 8:31AM

### Standard Consultation - Remedial Massage

#### Presenting complaint (relevant medical history or client info)

What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio. Calves sore today.

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

Prescription Medication

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

Pill

#### Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.  
ROM - not checked today.  
Anything noteworthy - No.  
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

#### Treatment details - what was done today to help the client

Pressure used - firm 2-3  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Feet and Face  
Music - Yanni if there  
Aromatherapy - cream (no scent)

Remedial work on legs, shoulders and ITBs/TFLs. Lower legs were right - anterior and posterior



<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good - enjoyed massage. Talked through until back section and then relaxed. Sinuses went blocked when prone
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about stretching body out and how this wet weather can influence joints, maybe why her legs are tight.
<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:** 12 Aug 2022, 12:45PM  
**Created:** 12 Aug 2022, 2:12PM  
**Last updated:** 12 Aug 2022, 2:14PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Yanni if there Aromatherapy - cream (no scent)



	Remedial work on legs, shoulders and ITBs/TFLs. No stomach work today
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good - enjoyed massage but we talked a lot today so I said we would quiet down next time :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about stretching out
<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:** 14 Jul 2022, 1:10PM  
**Created:** 15 Jul 2022, 6:52AM  
**Last updated:** 15 Jul 2022, 6:53AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok. Hamstring healing ok after fall and had numbness in hands when running - been seeing physio for Tx.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Yanni if there



	Aromatherapy - cream (no scent)
	Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good - enjoyed massage :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about neural pain and stretching.
<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:** 27 May 2022, 12:45PM  
**Created:** 27 May 2022, 2:16PM  
**Last updated:** 27 May 2022, 2:17PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok. Hamstring healing ok after fall - been seeing physio for Tx.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith II Aromatherapy - cream (no scent)



	Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after treatment :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about healing and hamstrings
<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:** 25 Mar 2022, 12:45PM  
**Created:** 25 Mar 2022, 2:03PM  
**Last updated:** 25 Mar 2022, 2:08PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith II Aromatherapy - Peppt/Euc  Remedial work on legs, shoulders and ITBs/TFLs/psoas.



<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about Holidays

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

<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 4 Mar 2022, 12:45PM  
**Created:** 4 Mar 2022, 2:32PM  
**Last updated:** 4 Mar 2022, 2:33PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith II Aromatherapy - Peppt/Euc  Remedial work on legs, shoulders and ITBs/TFLs/psoas.



<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt some tender spots but felt good after treatment :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about being healthy for Covid, masks off soon.
<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:** 11 Feb 2022, 1:00PM  
**Created:** 11 Feb 2022, 2:33PM  
**Last updated:** 11 Feb 2022, 2:34PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness. Still holding together well in her body. Felt good after her massage last time.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith Aromatherapy - Peppt/Euc  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine;



Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses	
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check up on Physio progresses.
<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:** 6 Dec 2021, 1:00PM  
**Created:** 6 Dec 2021, 2:24PM  
**Last updated:** 6 Dec 2021, 2:25PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness and calves have been tight. Holding together well in her body. Felt good after her massage last time.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith Aromatherapy - Peppt/Euc  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses



<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Client to see physio tomorrow too.
<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:** 8 Nov 2021, 1:00PM  
**Created:** 13 Nov 2021, 10:28AM  
**Last updated:** 13 Nov 2021, 10:32AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling good still. Holding together well.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good :-) Quality of movement looks better after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed body balance and holidays.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 11 Oct 2021, 1:00PM <b>Created:</b> 11 Oct 2021, 2:19PM <b>Last updated:</b> 11 Oct 2021, 2:21PM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling good.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt good :-) Quality of movement looks better.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed upcoming months - time off at Christmas when Gym shuts.
<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:** 13 Sep 2021, 1:00PM  
**Created:** 13 Sep 2021, 9:45PM  
**Last updated:** 13 Sep 2021, 9:46PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but feeling ok. Working through the holidays.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Neroli Music - Yanni if there Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt good after her massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed working through the holidays and enjoying some downtime too.
<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:** 23 Aug 2021, 1:00PM  
**Created:** 23 Aug 2021, 4:38PM  
**Last updated:** 23 Aug 2021, 4:39PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness but calves have been sore too...
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Neroli Music - Yanni if there Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt good.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed difference between treadmill and road running and the effect on the body.
<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:** 14 Jul 2021, 11:20AM  
**Created:** 30 Jul 2021, 10:39AM  
**Last updated:** 30 Jul 2021, 10:40AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Usual areas of tightness. Been travelling ok.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Jasmine. Music - Ian Cam Smith Aromatherapy - Euc/Pepp  Remedial work on legs, shoulders and ITBs/TFLs/psoas. Fell asleep during some treatment. Responded well with muscles softening.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	



<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Physio is still working on foot. Discussed stretching with massage.
<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:** 14 Jun 2021, 1:00PM  
**Created:** 14 Jun 2021, 3:42PM  
**Last updated:** 14 Jun 2021, 3:44PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Still seeing physio for foot pain. Usual areas sore.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Neroli. Music - Mixed tribal music. Aromatherapy - Euc/Pepp  Remedial work on legs, shoulders and ITBs/TFLs/psoas. Fell asleep during some treatment. Responded well with muscles softening.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Physio is working on foot restriction and pain, continue with regular massage.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 17 May 2021, 1:00PM <b>Created:</b> 23 May 2021, 5:37AM <b>Last updated:</b> 23 May 2021, 5:38AM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Seeing physio for foot pain.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Neroli. Music - Ian Cam. Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Physio is working on foot restriction and pain. Massage to help with general body movement.
<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:** 22 Mar 2021, 1:00PM  
**Created:** 23 Apr 2021, 10:43AM  
**Last updated:** 23 Apr 2021, 10:44AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Feeling good. Some foot pain.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Jasmine. Music - Yanni if there. Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs/psoas.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Foot feeling tight - fascia feels very tight.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seeing podiatrist to address arches as feet are tight.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 19 Apr 2021, 1:00PM <b>Created:</b> 23 Apr 2021, 10:21AM <b>Last updated:</b> 23 Apr 2021, 10:23AM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Feeling good with body. Still teaching same class load.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Jasmine. Music - Yanni if there. Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs and psoas too (tender)
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Enjoyed massage. Felt good afterwards.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seeing podiatrist to address arches as feet are tight.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 30 Jan 2021, 10:45AM <b>Created:</b> 3 Mar 2021, 11:59PM <b>Last updated:</b> 4 Mar 2021, 12:00AM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Feeling good with body.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Jasmine. Music - Ian Cam Smith Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs plus psoas too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Enjoyed massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Easing back into classes this year as people come back to exercise. Discussed managing work and body.
<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:** 27 Feb 2021, 10:45AM  
**Created:** 3 Mar 2021, 11:32PM  
**Last updated:** 3 Mar 2021, 11:34PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Feeling good with body - nothing new to report.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Rose Music - Ian Cam Smith Aromatherapy - Mand/Tang  Remedial work on legs, shoulders and ITBs/TFLs plus psoas too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Relaxed about half way through massage. Felt improvement in tension.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed self care for body.
<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:** 19 Dec 2020, 10:45AM  
**Created:** 21 Dec 2020, 10:36AM  
**Last updated:** 21 Dec 2020, 12:19PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Feeling good. "Usual areas to work on"
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Norah Jones II Aromatherapy - Mand/Tang  Remedial work on legs and shoulders and ITBs/TFLs were still a bit tight today - did some release work on psoas too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Relaxed throughout treatment. Some tightness felt.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed self care. Relaxing time at home for Christmas.
<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:** 24 Oct 2020, 10:20AM  
**Created:** 15 Nov 2020, 5:37AM  
**Last updated:** 15 Nov 2020, 5:39AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Some leg and overall body tightness. Feeling ok. Work is similar - still rebuilding after Corona.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Norah Jones II Aromatherapy - Mand/Tang  Remedial work on legs and shoulders. ITBs/TFLs were tight today - did some release work on psoas too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Relaxed throughout treatment. Some tightness felt.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed self care.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 12 Sep 2020, 10:45AM <b>Created:</b> 15 Nov 2020, 5:34AM <b>Last updated:</b> 15 Nov 2020, 5:36AM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - Some leg and overall body tightness. Back teaching. Went for a massage at physio and was unable to move for days afterwards.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Norah Jones Aromatherapy - Mand/Tang  Remedial work on legs and shoulders to help with balance. Vasodilated shoulders. ITBs and psoas were tight.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Enjoyed treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about resuming a regular treatment schedule.
<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	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 11 Mar 2020, 9:10AM <b>Created:</b> 11 Mar 2020, 8:26PM <b>Last updated:</b> 11 Mar 2020, 8:30PM	
Standard Consultation - Remedial Massage	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - tear in R calcaneal area (on maleous side) feeling ok now. Down to 9 classes per week - no weds. Child is 12 now - at high school. Things have settled at home with husband after accident. Some leg and overall body tightness.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Carl Chang Aromatherapy - Mand/Tang  Remedial work on legs to help with balance. Vasodilated shoulders. ITBs and psoas were tight.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms



<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Really enjoyed treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed balance.
<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:** 5 Feb 2020, 9:10AM  
**Created:** 6 Feb 2020, 3:05AM  
**Last updated:** 6 Feb 2020, 3:09AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - tear in R calcaneal area (on maleous side) still recovering but feeling much better. Down to 9 classes per week - no weds. Child is 12 now - at high school so been a big adjustment year. Going ok. Husband injured in motorcycle crash so been in hospital for a week, no work on while he has healed. Just heading back to work this week.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - Injury meaning she's not moving right. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Norah Jones. Aromatherapy - Mand/Tang  General treatment - remedial work on legs to help with balance. Shoulders and hips feeling ok at the minute.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses



<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good today - body balance is great. Poss. due to break from teaching with husband's recovery.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See for future treatment.
<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:** 21 Dec 2019, 8:50AM  
**Created:** 21 Dec 2019, 1:51PM  
**Last updated:** 21 Dec 2019, 1:54PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - tear in R calcaneal area (on maleous side) still recovering slowly. 2 weeks off now for Christmas. Still teaching 10 classes per week. Child is 12 now - enjoying a relaxing Christmas.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Discussed foot. Anything noteworthy - Injury meaning she's not moving right. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - none applied Music - Yanni tribute Aromatherapy - Mand/Tang  General treatment - remedial work on legs to help with balance. Shoulders bit tight - did some stomach release work too to help.



<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good - could feel how hard her ITBs, legs, shoulders and back are working...especially as she's not moving as well with the tear.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed active recovery and using extra RICER strategies when active.
<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:** 16 Nov 2019, 10:15AM  
**Created:** 17 Nov 2019, 5:24AM  
**Last updated:** 17 Nov 2019, 5:31AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - tear in R calcaneal area (on maleous side). Diagnosed from podiatrist. Inserts have been wrong for many months and they believe it's a result of that, with the hard edge wearing it down. Rest/Ice and strapping to teach. Recovery is expected to take longer because she's teaching 10 classes per week.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Discussed foot. Anything noteworthy - Injury meaning she's not moving right. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Arms/Hands Topical Treatment - Fisiocrem on back Music - Yanni if there Aromatherapy - Rosemary/Euc/Pepp



General treatment - remedial work on legs to help with balance. L shoulder restricted and needing work too - worked prone. Most of the focus on the lower half of the body today.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms

#### Body Chart

**Feedback after treatment -** Felt good - could feel how hard her ITBs, legs and back are working...especially as she's not moving as well with the tear.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed doing more release work next time for abdominals and shoulders too. Discussed active recovery and using extra RICER strategies when active.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 16 Oct 2019, 9:30AM

**Created:** 16 Oct 2019, 10:33AM

**Last updated:** 16 Oct 2019, 10:47AM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage, L neck and shoulder often sore-seeing physio also

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today** Pressure used -firm



<b>to help the client</b>	Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical - Music - Ian CS mix Aromatherapy - rosemary/peppercorn
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; Psoas
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 23 Aug 2019, 1:00PM  
**Created:** 23 Aug 2019, 12:54PM  
**Last updated:** 23 Aug 2019, 2:30PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** L neck and shoulder sore-seeing physio also

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4



	Hot Wet Towels -2 Cupping area - Topical - Music - Ian CS mix Aromatherapy -tang/mand
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; Psoas
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 26 Jul 2019, 1:00PM  
**Created:** 26 Jul 2019, 2:06PM  
**Last updated:** 26 Jul 2019, 2:08PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** L shoulder sore plus sore lower back/SIJ on L

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2



	Cupping area - Topical - Music - Guy mix Aromatherapy -rtang/mand
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; Psoas
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 14 Jun 2019, 1:00PM  
**Created:** 14 Jun 2019, 12:56PM  
**Last updated:** 14 Jun 2019, 2:15PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	general massage plus sore lower back due to new orthotics
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Pill
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm Hot Stones -4 Hot Wet Towels -2 Cupping area -



	Topical - Music - Sacred Earth mix Aromatherapy - rosemary/pep euc
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; Forearms; Psoas
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 24 May 2019, 1:00PM  
**Created:** 24 May 2019, 2:07PM  
**Last updated:** 27 May 2019, 12:19PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical -



	Music - songs for guy mix Aromatherapy - rosemary/pep euc
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:) L outer calf has a trigger point
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 26 Apr 2019, 1:00PM  
**Created:** 26 Apr 2019, 1:00PM  
**Last updated:** 26 Apr 2019, 2:23PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical -



	Music - Nora Jones Aromatherapy - rosemary/pep euc
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:) L outer calf has a trigger point
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 29 Mar 2019, 1:00PM  
**Created:** 29 Mar 2019, 3:29PM  
**Last updated:** 29 Mar 2019, 3:49PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -



	Music tribal/Sacred Earth Aromatherapy -rosemary/pep euc
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Arms - Supine
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:) L outer calf has a trigger point
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 1 Feb 2019, 1:00PM  
**Created:** 1 Feb 2019, 2:03PM  
**Last updated:** 1 Feb 2019, 5:13PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music nature



	Aromatherapy -tangerine/mandarin blend
<b>What parts of the body were massaged?</b>	Full Body Treatment; Arms - Prone; Arms - Supine
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 14 Dec 2018, 1:00PM  
**Created:** 14 Dec 2018, 3:33PM  
**Last updated:** 14 Dec 2018, 3:49PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage , bit sore, leading extra exercise classes

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music -instrumental  
Aromatherapy -tangerine



<b>What parts of the body were massaged?</b>	Supine
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 23 Nov 2018, 1:00PM  
**Created:** 23 Nov 2018, 2:29PM  
**Last updated:** 23 Nov 2018, 2:30PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music - Relaxing  
Aromatherapy -mandarin

**What parts of the body were massaged?** Full Body Treatment; Arms - Prone; Arms - Supine



<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Forearms
<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 26 Oct 2018, 1:00PM  
**Created:** 26 Oct 2018, 2:25PM  
**Last updated:** 26 Oct 2018, 2:26PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music - Relaxing  
Aromatherapy -tangerine

**What parts of the body were massaged?** Full Body Treatment; Arms - Prone; Arms - Supine

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



<b>Feedback after treatment -</b>	:)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	physio = twisted uterus
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 21 Sep 2018, 1:00PM  
**Created:** 21 Sep 2018, 12:43PM  
**Last updated:** 25 Sep 2018, 12:44PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage , SIJ sore

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music - Nora Jones  
Aromatherapy -mandarin

**What parts of the body were massaged?** Full Body Treatment

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

**Feedback after treatment -**



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

physio = twisted uterus

## Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 24 Aug 2018, 1:00PM

**Created:** 24 Aug 2018, 12:58PM

**Last updated:** 24 Aug 2018, 4:59PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -

Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client** Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music - Jewel  
Aromatherapy -tangerine

**What parts of the body were massaged?** Full Body Treatment

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

**Feedback after treatment -**

**Plan for future results / treatment /** physio = twisted uterus



progress / homework (including  
discussion with client, advice, stretches)

## Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 27 Jul 2018, 1:00PM

**Created:** 27 Jul 2018, 12:12PM

**Last updated:** 27 Jul 2018, 2:32PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**      general massage

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

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

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

**Assessment / Testing done (including ROM) / Observations**      Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
  
Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client**      Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -  
Music - ian cs  
Aromatherapy -mandarin

**What parts of the body were massaged?**      Full Body Treatment

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

Feedback after treatment -

**Plan for future results / treatment / progress / homework (including**      physio = twisted uterus



discussion with client, advice, stretches)

**Infra-Red Sauna**

Time in Sauna (minutes) -

Feedback after treatment -

**Standard Consultation - Remedial Massage****Practitioner:** Marina Franke**Appointment:** 27 Jun 2018, 10:00AM**Created:** 27 Jun 2018, 9:39AM**Last updated:** 27 Jun 2018, 12:49PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**What's going on now -R SIJ, just niggly now.  
Feedback from previous treatment - R SIJ**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Prescription Medication

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

Pill

**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -

Anything specific to massage - E.g. no foot massage

**Treatment details - what was done today to help the client**Pressure used -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -R SIJ  
Topical Treatment -  
Music -sarah mc  
Aromatherapy -tangerine**What parts of the body were massaged?**

Full Body Treatment

**Where any specific trigger points used?****Feedback after treatment -**

L gluts &amp; QL tight. R lack of tone.

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

seeing new physio tomorrow. suggested dry needling



## Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

## Patient Forms

### Client Health Check

**Practitioner:** Christine Jervis

**Appointment:** 4 Mar 2022, 12:45PM

**Completed:** 28 Feb 2022, 11:03AM

### Travel History

Have you been out of the country in the past 2 months? If so, where. No

### Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

### COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

### Client Health Check

**Practitioner:** Christine Jervis

**Appointment:** 11 Feb 2022, 1:00PM

**Completed:** 7 Feb 2022, 10:59AM

### Travel History

Have you been out of the country in the past 2 months? If so, where. No



## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 6 Dec 2021, 1:00PM  
**Completed:** 2 Dec 2021, 11:53AM

## Travel History

Have you been out of the country in the past 2 months? If so, where. No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☒ Yes ☐ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No



## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 8 Nov 2021, 1:00PM  
**Completed:** 4 Nov 2021, 12:27PM

### Travel History

**Have you been out of the country in the past 2 months? If so, where.** No

### Symptoms

**Have you experienced any of the following symptoms in the past 2 weeks?** ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

**How severe are your symptoms?** ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

**Have you been to a doctor's clinic or hospital in the last two weeks?** ☐ Yes ☒ No

### COVID-19

**Have you been in contact with anyone known to have COVID-19 in the last two weeks?** ☐ Yes ☒ No ☐ I don't know

**Have you had to self-isolate any time within the last month due to COVID-19 symptoms?** ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 11 Oct 2021, 1:00PM  
**Completed:** 7 Oct 2021, 12:54PM

### Travel History

**Have you been out of the country in the past 2 months? If so, where.** No

### Symptoms

**Have you experienced any of the following symptoms in the past 2 weeks?** ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

**How severe are your symptoms?** ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

**Have you been to a doctor's clinic or hospital in the last two weeks?** ☐ Yes ☒ No



**COVID-19**

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

**Client Health Check**

**Practitioner:** Christine Jervis

**Appointment:** 13 Sep 2021, 1:00PM

**Completed:** 9 Sep 2021, 12:48PM

**Travel History**

Have you been out of the country in the past 2 months? If so, where.

No

**Symptoms**

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms?

☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☐ Yes ☒ No

**COVID-19**

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

**Client Health Check**

**Practitioner:** Christine Jervis

**Appointment:** 23 Aug 2021, 1:00PM

**Completed:** 12 Aug 2021, 11:11AM

**Travel History**

Have you been out of the country in the

No



past 2 months? If so, where.

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 14 Jul 2021, 11:20AM  
**Completed:** 9 Jul 2021, 9:28AM

## Travel History

Have you been out of the country in the past 2 months? If so, where. No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No



symptoms?

## Client Health Check

**Practitioner:** Christine Jervis**Appointment:** 14 Jun 2021, 1:00PM**Completed:** 10 Jun 2021, 1:05PM

## Travel History

Have you been out of the country in the past 2 months? If so, where.

No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough☐ Fever☐ Shortness of breath☒ None of the above

How severe are your symptoms?

☐ Not severe☐ Mildly severe☐ Very severe☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☐ Yes☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes☒ No☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes☒ No

## Client Health Check

**Practitioner:** Christine Jervis**Appointment:** 17 May 2021, 1:00PM**Completed:** 13 May 2021, 3:28PM

## Travel History

Have you been out of the country in the past 2 months? If so, where.

No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough☐ Fever☐ Shortness of breath☒ None of the above

How severe are your symptoms?

☐ Not severe☐ Mildly severe☐ Very severe☒ I didn't have any symptoms



Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 19 Apr 2021, 1:00PM  
**Completed:** 16 Apr 2021, 9:33AM

## Travel History

Have you been out of the country in the past 2 months? If so, where. No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 22 Mar 2021, 1:00PM  
**Completed:** 19 Mar 2021, 9:55AM



## Travel History

Have you been out of the country in the past 2 months? If so, where.

No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough

☐ Fever

☐ Shortness of breath

☒ None of the above

How severe are your symptoms?

☐ Not severe

☐ Mildly severe

☐ Very severe

☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☐ Yes

☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes

☒ No

☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes

☒ No