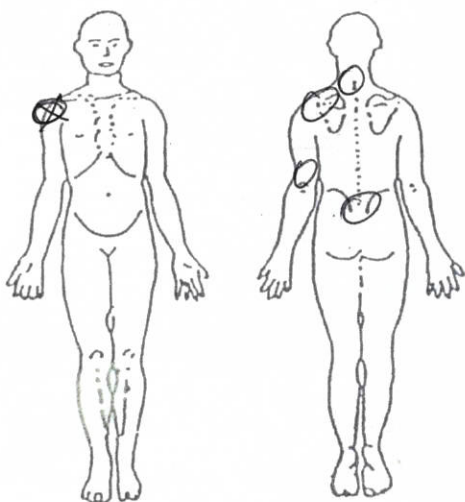


Remedial Massage Client Record

Full Name JAN SCHRAMM Date of Birth 29-10-51
 Postal Address 76 FITZMAURICE DR. EDMONTON 4869
 Home Phone 40452977 Work 4036204 Mobile 0403 239 341
 Email Address tipsy1@iprimus.com.au Health Fund HCF
 Emergency Contact Details - Name and Number KEVIN SCHRAMM. as above
 Current Doctor DR. P. MICHAEL Referred By _____
 Occupation and how long MEDICAL RECEPTIONIST 25yrs
 Physical Activities/Hobbies/Exercise _____
 Past Medical History (operations/illnesses/accidents/injuries) _____

Medications - Prescribed or Natural: ATACAND PLUS NOREN, NEXIUM, MULTI MINERALS VITAMINS. ETC

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



Amount of Pain (1-10): _____

Type (sharp, dull, aching etc) _____

When is the pain worst? _____

What relieves the pain? _____

Some conditions require your massage treatment to be modified. Please tick all conditions below that apply to you NOW. Write the letter P next to any past conditions.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☒ Blood Pressure / Heart Problems
- ☐ Bruising
- ☒ Chronic Pain
- ☐ Cold / Flu
- ☐ Diabetes
- ☐ Dizziness
- ☐ Fractured bones
- ☒ Headache
- ☒ Numbness / Tingling
- ☐ Pregnant or Breastfeeding
- ☐ Recent Illness / Surgery
- ☒ Spinal / Back Problems
- ☐ Sprained/strained muscles
- ☒ Varicose Veins

Details regarding above selections: _____

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:

Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

CLIENT AUTHORISATION

I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

Signature: _____

Date: 11/5/09



Full Name JAN SCHRAMM D.O.B 29-10-51 Gender F
 Address 16 MANN ST EDMONTON
 Home Phone 4045 2977 Work _____ Mobile 0403 239 341
 Email Address Tipsy1@iprimus.com.au
 Emergency Contact Details - Name and Number _____
 Current Doctor DR. P. MICHAEL Referred By LYN BROOKS
 Occupation and How long MEDICAL RECEPTIONIST 24 YRS
 Physical Activities/Hobbies/Exercise PHOTO / COMPUTER / GARDEN WALKING
 Past Medical History (major operations/conditions) _____

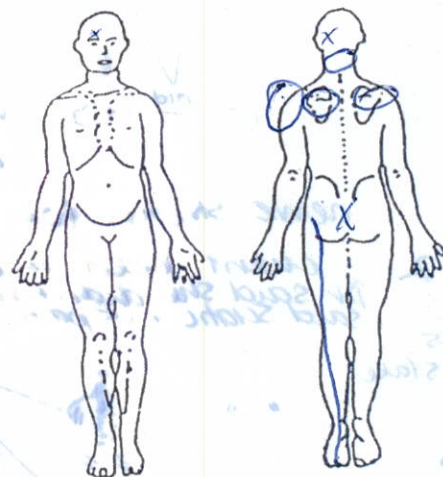
Medications - Prescribed or Natural: B/P.

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 checked="" 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 checked="" type="checkbox"/> Blood Pressure <u>↑</u> | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising <u>Mx controls</u> | <input type="checkbox"/> Recent Illness / Surgery |
| <input checked="" type="checkbox"/> Chronic Pain | <input checked="" type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Cold / Flu | <input checked="" type="checkbox"/> Sprained/strained muscles |
| <input type="checkbox"/> Dizziness | <input checked="" 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): _____

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: JAN SCHRAMM (insert name of person being Massaged)

Signature: _____

Date: 2/5/06

Informed Consent for Massage

It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs.

Do you agree to such discussion for the purpose of improving your well being?

☒ **Yes** ☐ **No**

Every massage treatment has some potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating pre-existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, causing blood thinning or euphoria or interacting with medications and homeopathic remedies)

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.

(especially if you have heart/kidney/immune/health problems or are pregnant/breastfeeding)

Tell your therapist if you have sensitive skin, bruise easily, have any known health problems if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable at any stage in the treatment.

After treatment, it is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving or using stairs.

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

Please tick the boxes below to confirm you have read and agree with each statement:

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I agree to read and retain the information brochure I will be given to take home at the end of my first session

Your Name: _____

Signature: _____

Date: _____

JAN SCHRAMM

11/5/09

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

♥s TMJ + face work

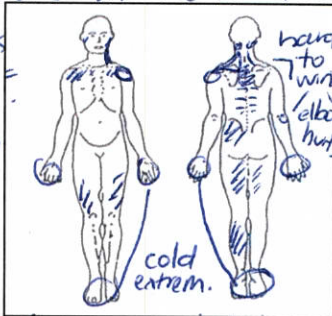
PLEASE NOTE FOR FUTURE REFERENCE:

L side sorest - had calcification @ Alc jt b/c ran into wall 8yrs ago - trouble rema. Always cold hands/feet. No deep tissue - has trouble with recovery. Degeneration of SI + L4 + L5. R side osteo-arth degen worse. (L) leg veins removed. (L) AC calcified. (R) starting to strain. S = Client has been experiencing pain in L calf + achilles + ant ankle/shin region - cramping too. Does lots of computer work + gets tight/sore in neck. Notices tightness smthg sitting down

TREATMENT NO. 1

DISCOUNT

DATE: 02.05.06
TIME: 1:30 - Sealy Tues
AID: \$40 - 1 NET VISIT
REC.No: 431. \$50 off
AIR TEMP: 23°C
MUSIC: Ian Cam Smith
ACE CREST: Pepp
OIL BLEND: Relax -
Ced / YI / YI / Lav
NEXT APPT: Mon 15th @ 2:30pm



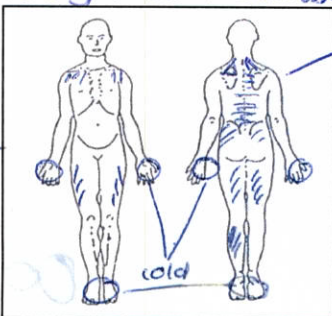
O/A: L occiput + L SCM v. cong/tight. Pecs esp R v. tight. Traps tight + cong esp L. Rhomboids v. tight. L gluteal + piriformis v. tight. ES's tight esp L. Hammies both v. tight esp medially. Quads tight esp prox knee. FB(stom) Heat used. Triggers rhomboids/occiput/gluteals/ITBs/hammies (sciatica). Winged nerve scap + calf + hip/ankle stretches. Limited rom(R) shoulder. Arms prone - gentle pressure. v. cold feet/hands. Skin - dry. Some vasodilation. Watched pressure on extremities. Client talked throughout + ment.

Recom. jaw breathing + heat on shoulders when @ computer. P = Recom. speak to Melanie - sitting analysis @ computer (feet/back/arm positioning) + exercises for shoulders. Discussed H₂O exercise + impact ex. Recom. achilles stretch on chair + calf stretch. S = Feeling great - doing medicine (diagnosis/physio) + my work wants us to continue doing what we're doing. Thrived in challenge work today + hurt lumbar spine - trouble walks. Had TMJ by physio +

TREATMENT NO. 1

FULL PRICE

DATE: 05.05.06
TIME: 2:30 - 10 late
AID: \$45
REC.No: 483
AIR TEMP: 23°C
MUSIC: Yanni - If there
ACE CREST: Pepp
OIL BLEND: Relax -
Ced / Lav / Ger
NEXT APPT: Mon 29th @ 2:30pm

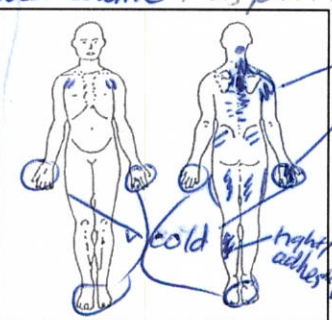


O/A: Really noticed improvement in jaw. R traps + rhomboids v. tight. L traps taut. TMJ tight. Pecs taut. Quads taut. Both gluteals taut. L calf tight esp gluteals tight esp L. Pcs v. tight. Hammies taut. Skin - some vasodilation esp medially. FB(stom) at used. Triggers rhomboids/occiput/gluteals/ITBs/hammies. Winged nerve scap + calf + hip/ankle stretches. No trouble winging today. Arms prone - wish to ground - felt it "really stretching" - Felt "v. relaxed" after treatment - back better, not 100% yet. + back pain continues 2 days

P = Recom. nerve stretch for neck next time today - H₂O + relax. Lx adjustment if needed. Recom. S = client been feeling so great, cancelled physio appt this week. Dr said she didn't need cortisone injection - L calf still pain - physio/dr said sciatic + L5 pain referral.

TREATMENT NO. 2

DATE: 02.06.05
TIME: 9am FRI - 5 late
AID: \$45
REC.No: 510
AIR TEMP: 22°C
MUSIC: Enya 1-18
ACE CREST: Lav
OIL BLEND: Pain
Pepp / Basil / Lav
NEXT APPT: Thurs 5:30pm 22nd

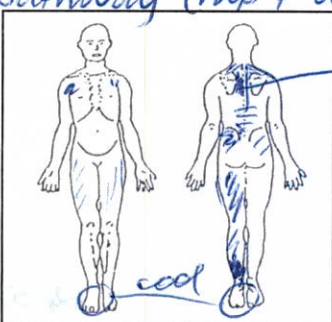


O/A: Pecs taut. ES taut esp R more developed. R triceps + traps v. cong + tight. R occiput v. tense. R rhomboids v. tight. R trapezius esp trapezius. Spine from RSI computer work. Sims taut. L TMJ. Skin - cold feet + hands. Hammies taut. FB(stom) Heat used. Triggers rhomboids/occiput/gluteals/ITBs/hammies (sciatica). Winged nerve scap + calf + hip/ankle stretches. Scap + triceps. Arms prone. Lower arm → ground stretches. Client feels much better in her self - less cong + strained.

P = Gave Essential Oil blending factor sheet. Showed Self-massage (effleurage + x-fibre for L calf) using pepp + lav blend. S = client been feeling v. sore esp L side of shoulder - arm/rot cur. Lots of photowork gets photos ready for son. L leg/siatic pathway (hip + ankle/achilles) hurts badly.

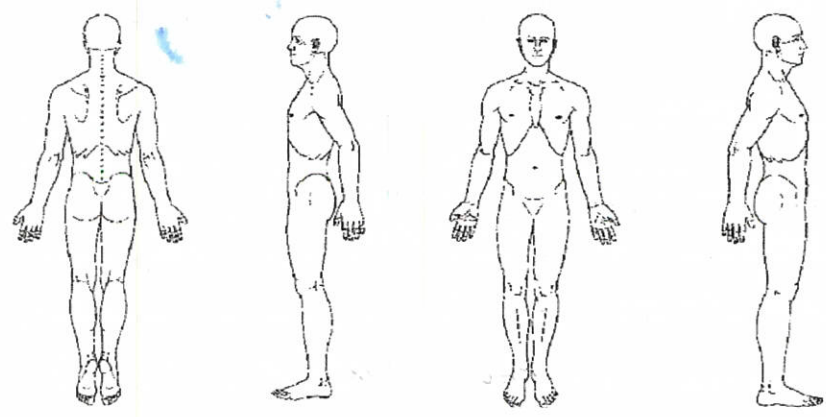
TREATMENT NO. 3

DATE: 22.06.05
TIME: 5:30 Thurs
AID: Mr. \$45 EPTLOS
REC.No: 548
AIR TEMP: 23°C
MUSIC: Yanni - tribute
ACE CREST: Lav
OIL BLEND: Pain
Ora / Lav / Marj
NEXT APPT: Will ring holiday



O/A: Sims tight. Pecs tight esp R. L traps v. cong + tight. R triceps + traps v. cong esp in vent. Rhomboids both tight esp L cong. ES taut. Gluteals taut esp L. L leg tighter post skin - some vasodilated bits on back. FB(stom) heat used. Triggers rhomboids/occiput/gluteals/ITBs/hammies (sciatica). Winged nerve scap + calf + hip/ankle stretches. Arms prone. Scap + TMJ - client talked throughout whole time today - nervous + stressed about holiday. Felt quite deep pressure but didn't top busy thing to really notice. P = Will ring after back from USA visit. Daughter coming too. Bowen next week.

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



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

TREATMENT NO. 4 S = client been feeling tight + cong in trap region esp + elbow flex/ext @ elbow jt get short ROM restricted

DATE: 11. 05. 09
TIME: 2.30 Mon hrs
PAID: \$70 INITIAL
REC.No: 175 712mths
AIR TEMP: 23°C
MUSIC: Cenny G movies
FACE CREST: Lav
OIL BLEND: Pain
JB / Lemon / Ger

NEXT APPT:

O/A: Trn tense. Sinus @
L pin knotted + a med cong
Trap up bulky + tight - R tight
Pels v. tight (t short) - Elbow
Knotted short flex/ext - Arms
Deltoids v. cong + tender
Rhomb region cong + tight Resp

FB (stom) Heat TP rhomb/med
ham/IB traps/sinus IL scap
R same + ALG / GLE / elbow / GT
winged out. Arms @ S + R + L (S) + (R)
MS ST + IL v. legs @ Quiet through
some - very chatty. 1st Rom = MS
Ext add / lat / shoulder

TREATMENT NO. 5 S = client been feeling tighter in traps up esp

DATE: 26. 05. 09
TIME: \$60 1hr
PAID: 190 Tues
REC.No: 202 4715
AIR TEMP: 23°C
MUSIC: Norah Jones I
FACE CREST: Pepp
OIL BLEND: Pepp
Nin + 1 lime

NEXT APPT:

O/A: L traps tight Pels tight
IBs tight - traps up tight
ES tight + esp. L tight
Rhomb region cong + tight

FB (stom) Heat TP rhomb/med
ham/IB traps/scap winged
scaps beg out. Arms @ S + R +
L + MS. Heat relaxed > MS
Body relaxed / calmed down MS
+ 1st Rom. Quiet throughout
Body responded well / esp
femur / knee

P = Reom lift sternum + keep open chest. self - MS open +
+ continue self MS + forearm. Gentle Rom / stretch / neck

TREATMENT NO. 6 S = client been feeling tight + cong occas in L tricep + deltoid - 'cramps' @ client's traps 'bit tight'

DATE: 11. 06. 09
TIME: Thurs 1hrs
PAID: \$60 230
REC.No: 234 4715
AIR TEMP: 23°C
MUSIC: Adrian I
FACE CREST: Lav
OIL BLEND: Pepp
Basil / Pepp / JB

NEXT APPT:

O/A: Trap bulky + tight Rst tight
als tight Deltoids short / cong
ES tight + cong esp L (esp)
Rhomb cong + varied

FB (stom) Heat TP rhomb/med
ham/IB traps/sinus IL scap
R same + ALG + L deltoid /
ALG / tricep / L scap. winged out
Arms @ S + R + MS ST + IL v. legs
back / shoulders / neck 1st Rom
> MS

P = Reom continue self - MS
No physio needed for time being - future

gave appt to her mum!

(5)



NEXT APPT:

ECNL

08.12.07

RCNL 06/12/08

TREATMENT NO. 8

21.12.08
9175
⑤

⑤

NEXT APPT:

HT-keel / face
~~Rept~~ Cm - feet
 warming

TREATMENT NO. 9

9.

T APPT: Referral of
husband
Kenn

TREATMENT NO. 10

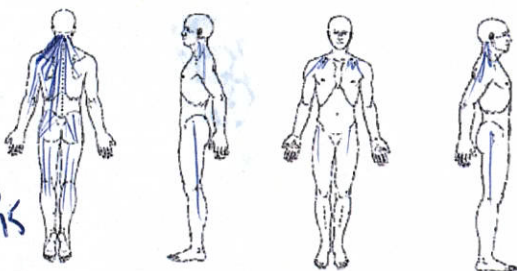
12

NEXT APPT:

N/c 20/09

27th Aug 09

S = Client been feeling tight + comp in traps up + rhombos L + trapez occ of. Both traps feel tight all the time.

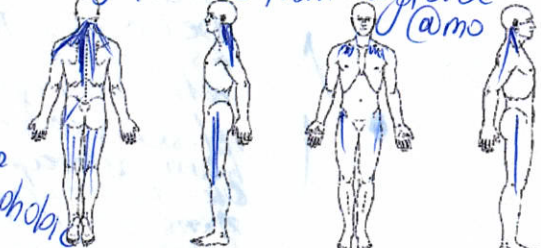


O/A:

U/A:
 LBS tight. Deltoids Leg tight
 Scaps tight. Pecs shoulder tight
 Traps up tight + bulky/shelf
 CS tight. Cus tight
 Rhomb region vaxed + cong.
 2nd (stom) Heat TP rhomb/med
 ham/tra/sinus/L/leg
 Tr same + down LT Alt scale
 mixed on Arms/ST + STK + S
 weep @. Quiet throughout
 Body responded well + SCOM
 papox + help + tax term

P= Discussed seeing physio for posture + help w/ trap tension
holding on to fear. Recom trap stretch + tensor
S= client began making for rhomboids/deltoids + deltoid stretch

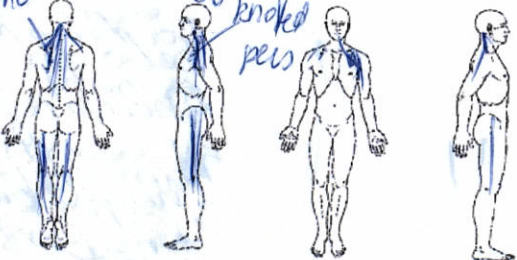
S = client been feeling tightness in deltoid +
 I suspect is trap. Yesterday good - no shoulder
 ex done enough so flexibility is. Hache sparrowneck
 Cough/Tickle from navel
 SCS tight + cong less stiff



Dis tight + cong = esp stiff
 Dis tight. Depts esp L cong
 ES tight + cong esp L + T₂ both
 Rhomb region cong + tight
 FB (-stom) Heat. TP rhomb/g' med
 ham/17B traps/sinus. Fe same +
 occipit/scalp/TMN. Inaged ok
 stiff to turn to C. Aims (12/5)
 T₂ Rom quality, Use restriction
 7ms

p = Person didn't use heat tonight - see when
biweekly (after Tracy Bowen) - wants stop physio so
own is to restore more. B's all

S = client's aim is to restore mmt. Reim slow recovery + bc been pinched > doing some body exp. & d. hmb v. twangy.
 O/A: scrubbing out the skin.

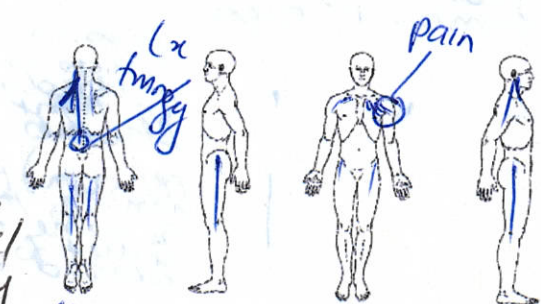


O/A

01A: (scribbling patch floor)
 trap up cone + tight
 Accone. bells adressed.
 detour to tight exp. - 15m
 5 tight - cone + knotted
 Rhomb. x from cone - 15m
 TB (-stom) heat. TP rhomb/med/
 ham/ITB/trap/sinus/1 trap
 in scaps/1k 1st
 1 trap on 1 trap
 + SA + 11. 11 traps 11 traps
 throughout 8

$P =$ Rebound client see physio. for adaptive use tennis ball on scapula (traps) + on rhomboids

S = ~~Person~~ Pain in (L) A/c + (L) shoulder
+ neck v. pore + Cx been pure



O/A:

O/A: Peristaltic + cong
triceps up right + cong
belly up right + cong
elbow right rhombus right
up trap + cong / up / old
in / head OK - trans shift 4
fat - stom Heart TP rhomboid
hamstrings / ingers / saws triceps +
AK / GT in / head OK stiff
arms @ 90° 6 ms + 5 7.5
trained / many / now - relaxed
3 ms

P= Remon client continue with Tx (heavy/mid-alleviate 2 weeks)

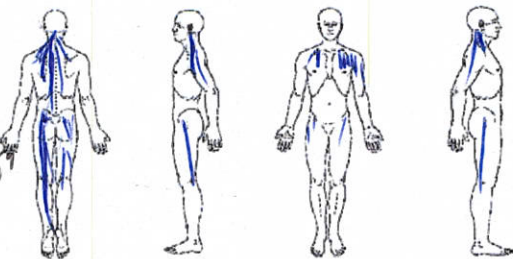
BDA4 - Some Warming Ms Cream

BDA4 2010

TREATMENT NO. 11

DATE: 26.10.09
TIME: 10.30 AM
PAID: \$65
REC.No: 500
AIR TEMP: 24°C
MUSIC: Indian Mix
FACE CREST: Lau
OIL BLEND: Relax
HT: Arms/hands
NEXT APPT: + before
+ feet

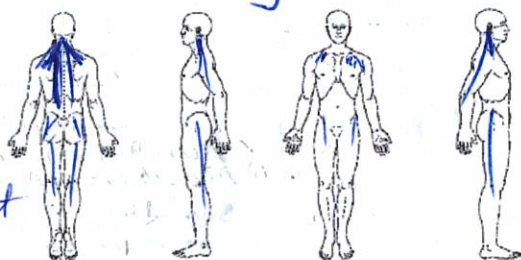
S = client been feeling tightness in L trap/shoulder
L trap/deltoids - visible just left of been v. busy



O/A:
Traps tight Quads tight
Traps up tight + short esp
Deltoids tight esp
ES tight up & Psoas tight
Rhomb region congest + varied
TBL-stom Heat TPhomb
g'med/hamlms winged on
arms @ St + Sst + Jt
Jugs @ Quiet throughout
relaxed 2ms Feeling better
+ the quality/quantity Rom

P = Recent client use tennis ball for rhomb region
discussed getting back on track this month

S = client been feeling tightness in R shoulder
lately. Seeing Phil Noland for Tr - 7-10 days
No trace in Lmth



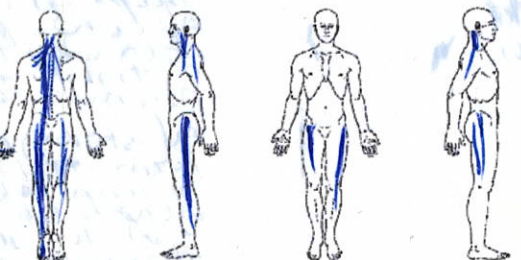
Traps up tight + cong L esp
Deltoids Rv. long
ES tight + cong
Rhomb region cong
TBL-stom Heat TPhomb/g'med/
hamlms/traps/sinus/L esp. winged
OK Tr occip/ scalp/ Trm
arms @ St + Ms + Jt. Jugs @
Quiet throughout

P = Perom see podiatry for R foot - ball of foot
laterally little cong/excess fluid

S = client's coccyx been v. sore. L shoulder - deltoid
odas tender.

TREATMENT NO. 12

DATE: 07.12.09
TIME: 10.30 AM
PAID: \$65
REC.No: 500
AIR TEMP: 24°C
MUSIC: Kenny G-memes
FACE CREST: Pepp
OIL BLEND: Relax
HT: Face + feet



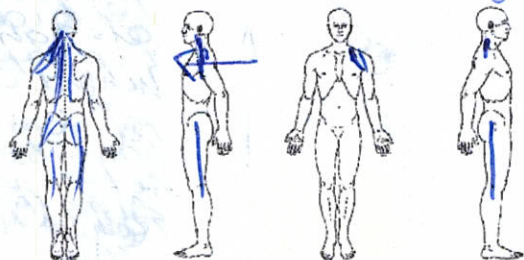
O/A:
Hams tight
L traps tight esp
Traps up tight + cong
Deltoids tight + cong
ES tight + cong. Pn tight
Rhomb region cong + varied
TBL-stom Heat TPhomb/g'med/
hamlms/traps/sinus/L esp. winged
OK Tr occip/ scalp/ Trm
arms @ St + Ms + Jt. Jugs @
Foot large swell;

P = Perom see physio or chiro to assess foot
Epsom salts for swelling in feet ice for inflam

S = client been feeling tightness in her L up
trap + ALc region Nerve numbness in deltoid +
L thumb + 1st Finger

TREATMENT NO. 13

DATE: 08.09.10
TIME: 10.30 AM
PAID: \$65
REC.No: 500
AIR TEMP: 24°C
MUSIC: Mix Ms Music
FACE CREST: Lau
OIL BLEND: Relax
HT: Face + feet



O/A:
Psoas tight + tightness on L4
Traps up tight + cong
Deltoids tight
ES tight up trap + short
Rhomb region cong + varied
TBL-stom Heat TPhomb/g'med/
hamlms/traps/sinus/L esp. winged
OK Tr occip/ scalp/ Trm
arms @ St + Ms + Jt. Jugs @
Foot large swell;

P = Perom client see phil this week. Ms next week
use heat on shoulder

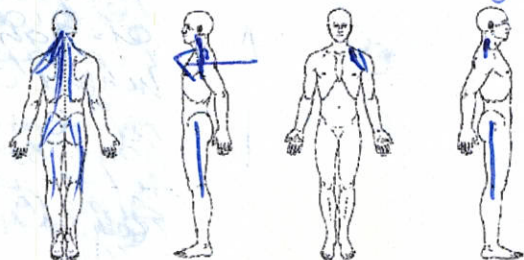
Discussed what rotator cuff Ms do

2010

N/L 5/10

TREATMENT NO. 14

DATE: 08.09.10
TIME: 10.30 AM
PAID: \$65
REC.No: 500
AIR TEMP: 24°C
MUSIC: Mix Ms Music
FACE CREST: Lau
OIL BLEND: Relax
HT: Face + feet



O/A:
Psoas tight + tightness on L4
Traps up tight + cong
Deltoids tight
ES tight up trap + short
Rhomb region cong + varied
TBL-stom Heat TPhomb/g'med/
hamlms/traps/sinus/L esp. winged
OK Tr occip/ scalp/ Trm
arms @ St + Ms + Jt. Jugs @
Foot large swell;

P = Perom client see phil this week. Ms next week
use heat on shoulder

Discussed what rotator cuff Ms do

TREATMENT NO. 15

S = Client been feeling tightness in her L
 dectored + in her rhomboids. Coccyx sore
 no numbness just tingling in arm/fingers L

DATE: 30.09.10
 TIME: Thurs 230
 PAID: 1hr \$65
 REC.No: 1016 EFNBs
 AIR TEMP: 23°C
 MUSIC: Steve Nipern
 FACE CREST: Jaw
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:



O/A: Traps up tight L
 Deltoids right L esp
 ES tight L esp Tr. rhbs/ham/leg
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS Quick flush
 TP rhomb/leg/med/ham/MS
 Fx Occiput/Alc/lat/sacrum
☐ Talked ☐ Quiet - for some Breathing
 ROM
 FBACK Relaxed + felt better

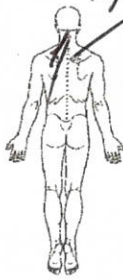
NEXT APPT: 20th @ 9am

P = Reborn client relax today. See Dr next week if
 tingling continues.

TREATMENT NO. 16

S = Client been feeling tightness in chest/abs
 after coughing - bronchitis L Alc region tender
 not right

DATE: 22.10.10
 TIME: 1030 FRI
 PAID: \$65 incl
 REC.No: 1050 EFNBs
 AIR TEMP: 23°C
 MUSIC: Enya
 FACE CREST: Jaw
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:



O/A: Traps up tight/should
 Deltoids right
 ES tight/abs
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/leg/med/ham
 Fx Occiput/scalp/MS
☐ Talked ☐ Quiet Breathing
 ROM Rise after MS
 FBACK Relaxed + felt better

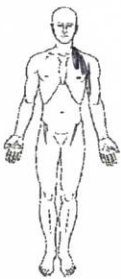
NEXT APPT:

P = Reborn client relax + enjoy holiday to the
 coast

TREATMENT NO. 17

S = Client's L arm numb but no pain. neck feels
 sore. course feeling good after week look? after
 some relaxe pain LHS 1 week ago - know

DATE: 09.11.10
 TIME: 9pm FRI
 PAID: \$65 incl
 REC.No: 1074 EFNBs
 AIR TEMP: 23°C
 MUSIC: Saxophone
 FACE CREST: Jaw
 SUPINE SCENT: demon
 OIL BLEND: Pain
 HT: Feet + Face
 EXTRA:



O/A: g/son Hams tight
 Traps L esp right
 Delt right + short L LHS
 ES tight + short
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/traps/deltoids/pas
 Fx occiput/Alc/ES
☐ Talked ☐ Quiet Breathing
 ROM Feet better. softer/vasod
 FBACK Relaxed > MS

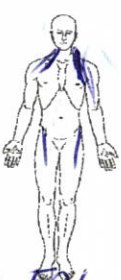
NEXT APPT:

P = Reborn see me for MS > does xmas cards in 1mth

TREATMENT NO. 18

S = Client been feeling tightness in her L up traps
 + feeling numbness in thumb + 1st finger (C4/C5)

DATE: 07.12.10
 TIME: TUES 9am
 PAID: \$65
 REC.No: 1103 EFNBs
 AIR TEMP: 23°C
 MUSIC: Insp & Pave
 FACE CREST: Jaw
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:



O/A: traps right L esp. Traps up
 Deltoids right. L esp
 ES tight L esp. LHS
 Rhomb region cong + tight
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/leg/med/ham/MS
 Fx Occiput/scalp/MS
☐ Talked ☐ Quiet Breathing
 ROM Relaxed > MS
 FBACK Rise ROM > MS. Tired

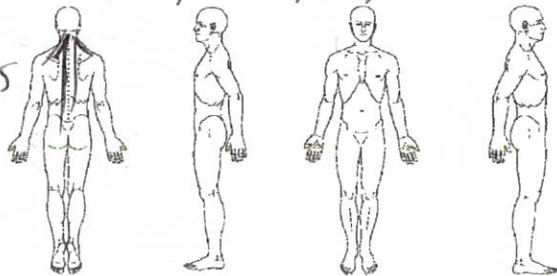
NEXT APPT:

P = Reborn physis Ref. Aquax 2 p week
 Reborn ice to help with numbness
 listen to body + do more to look after self

TREATMENT NO. 19

DATE: 15/12/10
TIME: 10:30 AM
PAID: \$65 Inv
REC.No: 118 CENB
AIR TEMP: 23°C
MUSIC: Paul Hen
FACE CREST: Dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp
HT: Feet Face
EXTRA:

S= Client been feeling tightness in her
neck + shoulders
like "pre-op" pain



O/A: Traps up tight / short
Deltoids tight / intense
ES tight
Rhomb region cong + hg
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / mbs
Fx occipital / ES
Talked ☐ Quiet ☐ Breath
ROM rise after Ms
FBACK

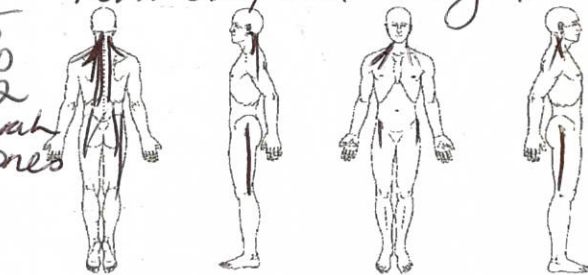
NEXT APPT:

P= Rerom continue aqua classes + speak to Physio
re pain + poss scan investigation next year

TREATMENT NO. 20

DATE: 10/12/11 Thrift Room
TIME: 05:12:10
PAID: 21MAS SPECIAL \$55
REC.No: 119 PAID
AIR TEMP: 23°C
MUSIC: Paul Hen
FACE CREST: Dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp
HT: Feet + Face
EXTRA:

S= Client been feeling tightness in R shoulder + L
shoulder lately
Aroma: Citron / Flooding - busy / stress / time
Pamion fruit Mango Moisture



O/A: Traps up tight + short - both
Deltoids tight / ES tight
Rhomb region cong + tight
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / mbs
Fx occipital / ES
Talked ☐ Quiet ☐ Breath
ROM rise after Ms
FBACK Relaxed + feeling better

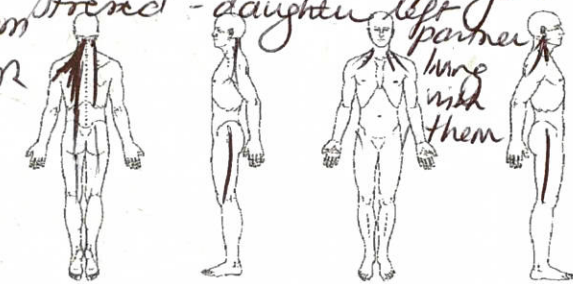
Pre paid next this
NEXT APPT:

P= V. tight + need Ms - responded well

TREATMENT NO. 21

DATE: 22/02/11
TIME: Mon Tues 4pm
PAID: \$65
REC.No: 120 MAS VOUCHER
AIR TEMP: 24°C
MUSIC: Paul Hen
FACE CREST: Dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp
HT: Feet + Face
EXTRA:

S= Client been feeling tightness in her neck / L arm
+ shoulder
Anching on L sciatic esp mbs region
Cramping on R calf. Clean v. leg jobs
Stress - daughter left partner
lone with them



O/A: Deltoids tight / Traps up tight
ES tight
Rhomb region L v. cong
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / mbs
Fx occipital / ES
Talked ☐ Quiet ☐ Breath
ROM rise except flex hips
FBACK Relaxed + felt tired

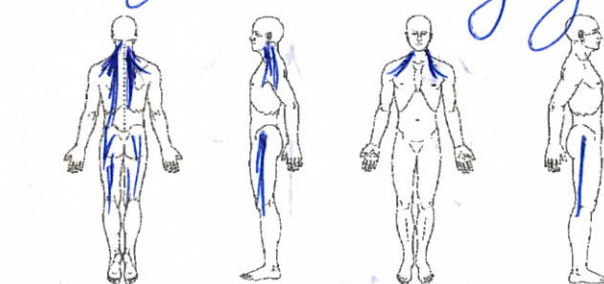
NEXT APPT:

P= Rerom watch posture @ work esp with clean
as doing 2 houses in 1 day

TREATMENT NO. 22

DATE: 09/03/11
TIME: WEDS 2:30
PAID: \$65 Inv
REC.No: 1206 CENB
AIR TEMP: 24°C
MUSIC: Paul Hen
FACE CREST: Dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp
HT: Feet + Face
EXTRA:

S= Client been feeling tightness in her neck / shoulder
Pinching in Lx region
Bronchitis Coughing lots still - Duffer now



O/A: Traps up cong. wts + ghr
Deltoids tight
ES tight
Rhomb region cong + v. cong
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g med / ham / mbs
Fx occipital / ES
Talked ☐ Quiet ☐ Breath
ROM rise after Ms esp lat flexion
FBACK Relaxed + felt better

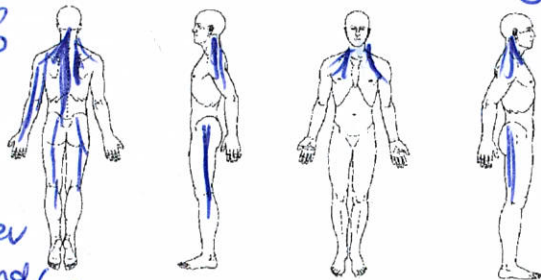
NEXT APPT:

P= Not cleaning this week. Rerom client sees Phil
Nolan next week

TREATMENT NO. 23

S = Client's knee & sore
neck esp LHS v. cong + tingling into thumb

DATE: 27.07.11
TIME: 11.30am
PAID: £10
REC.No: 1417
AIR TEMP: 25.9
MUSIC: Relax
FACE CREST: dem
SUPINE SCENT: dem
OIL BLEND: Enxai



O/A: Traps up tight + short
Deirds cong. Post tail
both sides v. knotted
Rhomb cong + tight

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS - ant legs
TP rhomb/scalp/trap
Fx occiput/scalp/sdcm
☒ Talked ☐ Quiet Quiet Breathing
ROM Felt better > MS
FBACK softer esp > up trap

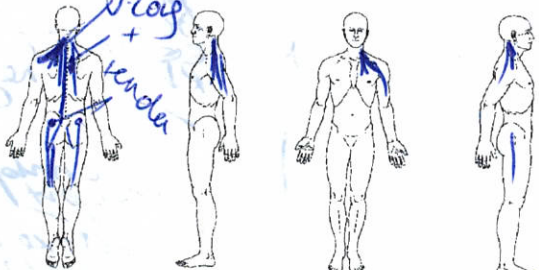
HT: Relax
CST: Arms/hand/with
HST: + feet & Mandi
EXTRA: CST (A) Fall Tang 1/1
NEXT APPT: 2x 1x

P = Relom per stretch + getting back to
looking after herself

TREATMENT NO. 24

S = Client been feeling tightness in L neck +
shoulders + h'aches & impaired numbness
from last MS

DATE: 11.08.11
TIME: 3.00 THURS
PAID: 1hr £70
REC.No: 1343
AIR TEMP: 25.3
MUSIC: Paul Men
FACE CREST: dem
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Set Graph A
CST: Feet + Face
HST: Feet 2x 1x +
EXTRA: 2 back bigger



O/A: Deirds tight esp LHS
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH From 10min
ARMS ☐ Prone ☐ Supine MS LEGS PNE neck tay
TP rhomb/trap/trap - ant/neck
Fx sc/ct/les
☐ Talked ☐ Quiet Quiet Breathing
ROM Use after MS + felt better
FBACK No riggle in back + h'ache
improved

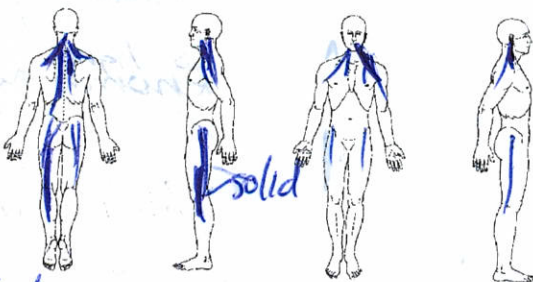
HT: Set Graph A
CST: Feet + Face
HST: Feet 2x 1x +
EXTRA: 2 back bigger

P = Relom relax + stretch + do some neck ex's

TREATMENT NO. 25

S = Client been feeling tightness in her neck

DATE: 01.08.11
TIME: THURS 3.50
PAID: 1hr £70
REC.No: 1486
AIR TEMP: 25.6
MUSIC: Ken Day
FACE CREST: dem
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Set Graph A
CST: Feet + Face
HST: 2x 1x + 2 back
EXTRA: 2 back



O/A: lots work @ - next time
traps cong + bulky more (S)
Deirds tight + occiput neck
Deirds LHS v. cong + Rhomb
rhomb HHS v. cong + Rhomb

☐ Full Body ☐ STOMACH Centre + Quick
ARMS ☐ Prone ☐ Supine MS LEGS LMS stiff
TP rhomb/g/med/ham cong
Fx sc/ct/les
☐ Talked ☐ Quiet Quiet Breathing
ROM Use after MS
FBACK felt better - tired
L leg sore still

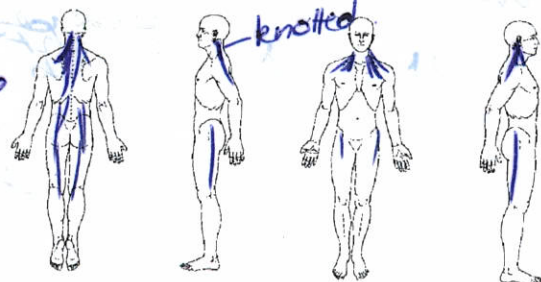
HT: Set Graph A
CST: Feet + Face
HST: 2x 1x + 2 back
EXTRA: 2 back

P = Relom client relax after MS

TREATMENT NO. 26

S = Client's neck been v. sore + tight. Some shoulder
pain but olive going well.

DATE: 15.09.11
TIME: 3.50 Weds
PAID: £10 1hr
REC.No: 1485
AIR TEMP: 24.0
MUSIC: Kenny G beginn?
FACE CREST: dem
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Mandi Tang
CST: Feet + Face
HST: 2x 1x 2x back
EXTRA: 2x 1x 2x back



O/A: Traps up tight. Post tail
Deirds tight + occiput
ES tight + short esp traps
rhomb region cong - K to

☐ Full Body ☐ STOMACH MS
ARMS ☐ Prone ☐ Supine MS LEGS MS
TP rhomb/g/med/ham/MS
Fx occiput/scalp/TM
☐ Talked ☐ Quiet Quiet Breathing
ROM Use after MS
FBACK Felt better > MS

HT: Mandi Tang
CST: Feet + Face
HST: 2x 1x 2x back
EXTRA: 2x 1x 2x back

P = see client in a couple of weeks - discussed
gradually getting used to picking up weight of baby
stretch pers
use heat

N/L call
xmas 2011
Bday 2012

TREATMENT NO. 27

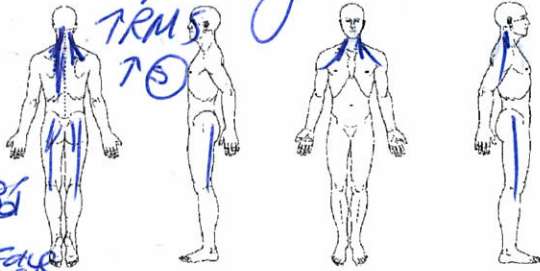
DATE: 26.09.11
TIME: MON INV
PAID: \$70
REC.No: 1790
AIR TEMP: 23.5 C/FBS
MUSIC: Sampler
FACE CREST: Jav
SUPINE SCENT: Lem
OIL BLEND: Relax + Jav
HT: Feet + Face
CST: (M) Face + (A) Face
HST: 2x Lx + 2x back
EXTRA: 17M @ 350

S= Client's sinuses v. cong with sinusitis/flu. shoulder neck DR. Lx region - band across hips tight + R side region pinchup
O/A: As fast trap up cong sinuses res tight esp upper

TP rhomb/leg med/ols
Fx occipit/scalp/mv/sinus
ROM 7sed - 7ms
FBACK Feet better - breathe clearer

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ols
Fx occipit/scalp/mv/sinus
ROM 7sed - 7ms
FBACK Feet better - breathe clearer

P= Revom client self ms own sinuses



TREATMENT NO. 28

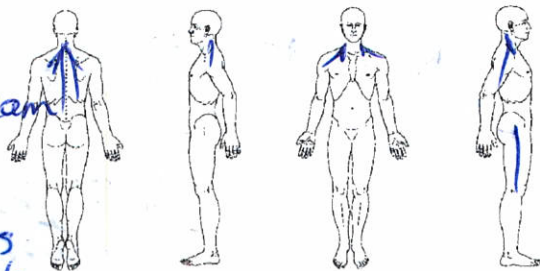
DATE: 17.10.11
TIME: 350 MON
PAID: \$70 Inv
REC.No: 1842
AIR TEMP: 24.0 C
MUSIC: Yanni - Sacredream
FACE CREST: Jav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms
CST: (A) Face hands
HST: 3x Lx + 2x back
EXTRA:

S= Client been feeling tightness in Lx region (Sciatic pinch) + in neck - no soreness travelled well
O/A: Neck + hips v. tight. Pains shoot. mvs tense. Heteroids tight. Trap up full ES tight Rhomb region cong

TP rhomb/trap/hips
Fx occipit/scalp/mv
ROM Relaxed - 7ms
FBACK Feet better 7ms

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/trap/hips
Fx occipit/scalp/mv
ROM Relaxed - 7ms
FBACK Feet better 7ms

P= going away to Bre in 1mth to babynt 20th old g son



TREATMENT NO. 29

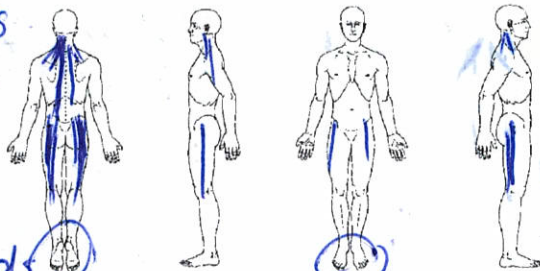
DATE: 01.11.11
TIME: \$70 Inv CFBOS
PAID: \$70 TUES
REC.No: 1565 State
AIR TEMP: 24.0 C
MUSIC: Mixed Israel
FACE CREST: Jav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms
CST: (A) Face hands
HST: 3x Lx 2x back
EXTRA:

S= Client been feeling tightness
O/A: Psoas tight. Flush of lymph
ES tight Rhomb region cong but better than previous

TP rhomb/leg med/ols/mv/trap
Fx occipit/scalp/mv
ROM 7sed after ms - ref pay
FBACK Relaxed - 7ms

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ols/mv/trap
Fx occipit/scalp/mv
ROM 7sed after ms - ref pay
FBACK Relaxed - 7ms

P= Revom see physio + swelling persists shoes loose - 7ms. Elevat/Compress + adured



TREATMENT NO. 30

DATE: 2.11.11
TIME: MON 230
PAID: \$70
REC.No: 1607 CFBOS
AIR TEMP: 23.5 C/FBS
MUSIC: Acker Bilk Oldies
FACE CREST: Jav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms/hands
CST: (A) Face (+ neck) (up traps)
HST: 2x Lx 2x back
EXTRA:

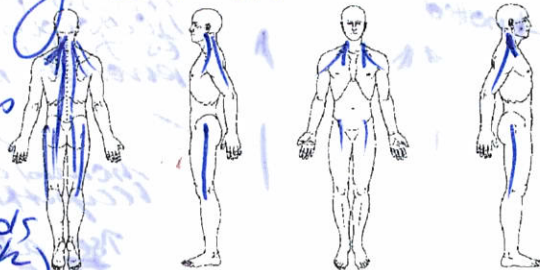
S= Client been feeling tightness in Lx region + neck v. stiff. Had dizzy spell last week. Morning test Bivash

O/A: Psoas tight. Pains shoot. ES tight. Traps tense. Rhomb region + cong

TP rhomb/leg med/ham/ms
Fx occipit/scalp/mv
ROM 7sed after ms - feet better + brighter
FBACK

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/leg med/ham/ms
Fx occipit/scalp/mv
ROM 7sed after ms - feet better + brighter
FBACK

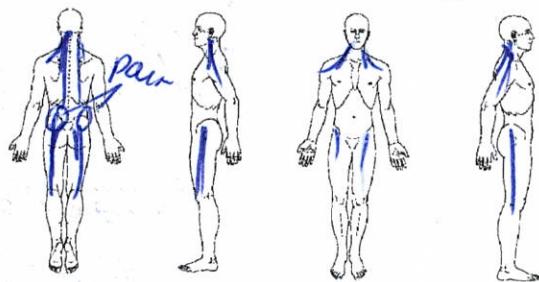
P= Discussed looking after body in Bre 3 weeks of looking - grandson



TREATMENT NO. 31

DATE: 25.12.11
TIME: 8:30 hr
PAID: \$70
REC.No: 1691
AIR TEMP: 25
MUSIC: 180 cam I
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Manditang
CST: Feet + Aa
HST: 2x Lx

S= Client's had Lx spasm - sciatic nerve no refera
Been to 2 x physios this week + Dr vacate.
On Panadol + IE. V acute.



O/A: Traps up tight. Boas. Legs
Tms tense
A/s tight. Pecs short
Rhombos tight. ITBs tight

☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine LEGS
TP rhomb/g med/ham/ITBs
Fx occ/scalp/tms psoas/ASIS
☐ Talked ☒ Quiet Breathing
ROM Feet better - little stiff
FBACK Tied after ms feet better

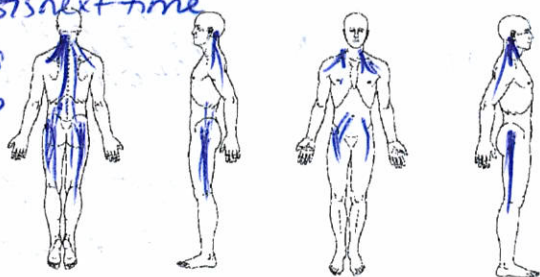
EXTRA: 2x back
NEXT APPT: CST liked

P= Using ICE. Perom gel Phil next week + see me in
New Deal. Travel to Coobera for xmas

TREATMENT NO. 32

DATE: 18.1.12
TIME: Weds 4pm
PAID: \$70
REC.No: 1706
AIR TEMP: 25
MUSIC: Cytar Tunes
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Manditang
HT: Feet + F
CST: (A) Face
HST: 2x Lx

S= Client been feeling tightness in L shoulder -
numb all the time. Wache all day + client's
tailbone + sacrum v sore. Lx improved



O/A: Sacrum + shins v tender -
Detoids tight esp L
ES tight + A/s
Rhomb region cong + tight

☐ Full Body ☒ STOMACH
ARMS ☐ Prone ☒ Supine LEGS
TP rhomb/g med/ham/ITBs
Fx occ/scalp/tms
☐ Talked ☒ Quiet Breathing
ROM Tied in our ROM +
FBACK felt big diff

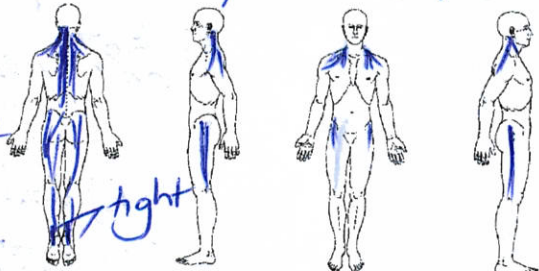
EXTRA: 2x back
NEXT APPT: CST liked

P= Seeing physio for plates dantes weekly

TREATMENT NO. 33

DATE: 30.01.12
TIME: 3:50 MON
PAID: \$75
REC.No: 1718
AIR TEMP: 25°C
MUSIC: Kenny G At
FACE CREST: Jaw last
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Jaw/Frank
CST: Feet + Face
HST: 2x Lx

S= Client been feeling tightness in her
L shoulder + calves @ Achilles
Had pedicure/foot spa - awkward foot posthor



O/A: Sacrum/ITBs/glutes tight still
Detoids tight. Tms tense
ES tight + phout.
Rhomb region cong

☐ Full Body ☒ STOMACH
ARMS ☐ Prone ☒ Supine LEGS
TP rhomb/g med/ham/traps
Fx occ/scalp/tms
☐ Talked ☒ Quiet Breathing
ROM Tied > Ms
FBACK Relaxed > Ms. Up traps
tender + feel tight still

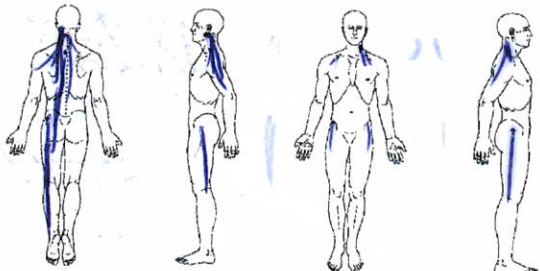
EXTRA: 2x back
NEXT APPT: CST liked

P= Perom heat / stretch out shoulders

TREATMENT NO. 34

DATE: 14.02.12
TIME: 1pm TUESDAY
PAID: \$75
REC.No: 1743
AIR TEMP: 25°C
MUSIC: Ken Davis
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx

S= Client been feeling tightness esp in LHS - shoulders,
A/cck. Tailbone/sacrum/IT still + tight + tired.
went to osteo



O/A: Leg v cong from feet -> head
Detoids tight. Pecs short
ES tight. Tms tense
Rhomb region cong + vased

☒ Full Body ☒ STOMACH
ARMS ☐ Prone ☒ Supine LEGS
TP rhomb/g med/ham/ITBs
Fx
☐ Talked ☒ Quiet Breathing
ROM Tied after Ms. V sore in smy
FBACK Feet better TM are

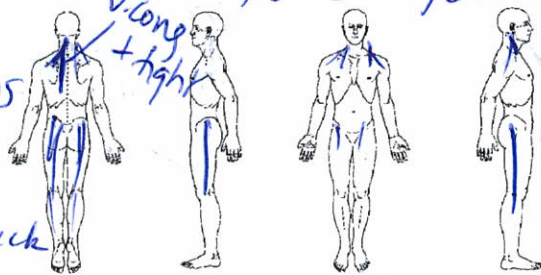
EXTRA: 2x back
NEXT APPT: CST liked

P= Perom client rock after body - going
away so next 2 apps booked

TREATMENT NO. 35

DATE: 05.03.12
TIME: 2.30 Inv.
PAID: \$75
REC.No: 13
AIR TEMP: 25.0 C
MUSIC: Yangi there
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
Basil Pepp
HT: 2x Lx + 2x back
CST: A Face
HST: Feet + Face

S = client been feeling tightness in her shoulder when walking - she hurts - needs to be forward



O/A: Pecs short. TMJ tense
Deltoids tight esp L tender
Es tight. Rhomb region cong
Full Body STOMACH
ARMS Prone Supine
TP rhomb/g med ham/IBs
Fx occ/act/deltoids
Talked Quiet
ROM used open - self report
FBACK Relaxed - Ms

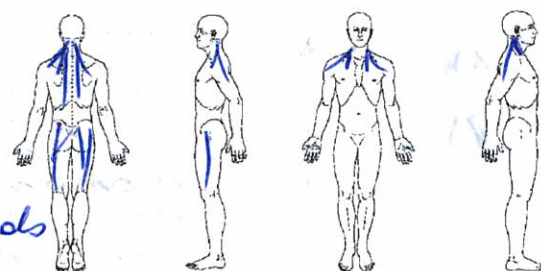
EXTRA
NEXT APPT:

P = Away to Melbourne / Sydney & Gold Coast

TREATMENT NO. 36

DATE: 24.04.12
TIME: 1.00 PM TUES
PAID: \$75 Inv.
REC.No: 1855 CFT
AIR TEMP: 25.0 C
MUSIC: Dog Mcgy I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
Manditane
HT: Feet + hands
CST: A Face
HST: 2x Lx
2x back

S = client been feeling tightness in her knee + shoulder. She doesn't feel right



O/A: Trap up tight + short
Pecs short. TMJ tense
Es tight. Rhomb region cong
Full Body STOMACH
ARMS Prone Supine
TP rhomb/g med ham/IBs
Fx occ/act/deltoids
Talked Quiet
ROM self improvement
FBACK

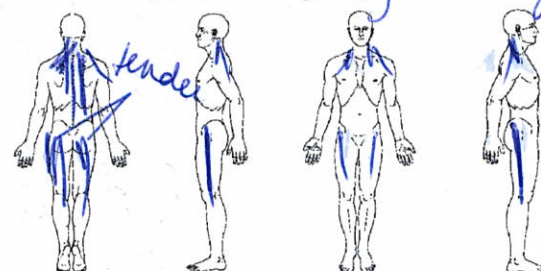
EXTRA
NEXT APPT:

P = Reom client look after self - bending correctly

TREATMENT NO. 37

DATE: 08.05.12
TIME: \$75 Inv.
PAID: \$50
REC.No: 1855 CFT
AIR TEMP: 25.0 C
MUSIC: Enya I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
Manditane
HT: Feet + Face
CST: A Face
HST: 2x Lx
2x back

S = client been feeling tightness in her Lx region across hips. Tanbore + shoulders on
swells L leg 3 days - last



O/A: last Ms - lymph. MS behind knee
IBs v-core esp both esp L knee
Es tight. Rhomb region cong + tense
Full Body STOMACH
ARMS Prone Supine
TP rhomb/g med ham/IBs
Fx occ/act/deltoids
Talked Quiet
ROM felt better - Ms
FBACK some stiffness possible post surgery

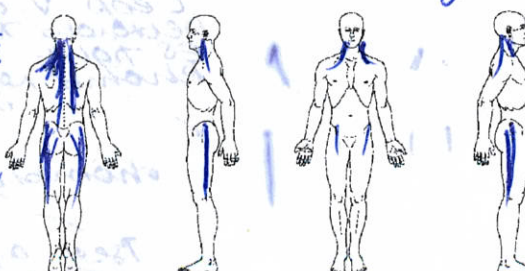
EXTRA
NEXT APPT:

P = Discussed how you can feel in Lx region

TREATMENT NO. 38

DATE: 22.05.12
TIME: \$75 CFT
PAID: Inv 350 Mand TUES
REC.No: 1902
AIR TEMP: 25.0 C
MUSIC: Jan
FACE CREST: Lem
SUPINE SCENT: Relax
OIL BLEND: Manditane
HT: Feet + Face
CST: A Face
HST: 2x Lx
2x back

S = client's Lx been sore + stiff + neck v sore. Lots of seated work
Settled - 2 days last time - v. sore day after



O/A: Pecs short. TMJ tense
Deltoids tight. Es tight. Rhomb region cong
Full Body STOMACH
ARMS Prone Supine
TP rhomb/g med ham/IBs
Fx occ/act/deltoids
Talked Quiet
ROM felt better - Ms
FBACK Noticeable diff

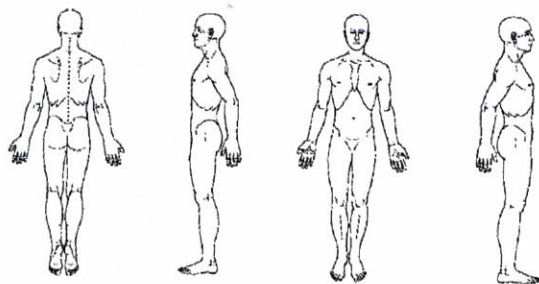
EXTRA
NEXT APPT:

P = Reom client stretch traps + pecs with office work. get comfy chair in office

TREATMENT NO. 39

DATE: 14 06.12
TIME:
PAID: \$75 1hr
REC.No:
AIR TEMP: 25
MUSIC: saxophone
FACE CREST: jaw
SUPINE SCENT: Lem
OIL BLEND: Rejoice
Nanditang
HT Feet + Face
CST A Face
HST 2x back
EXTRA
NEXT APPT:

S= Client been feel's good - tailbone pain only. R shoulder taught from horse cleans



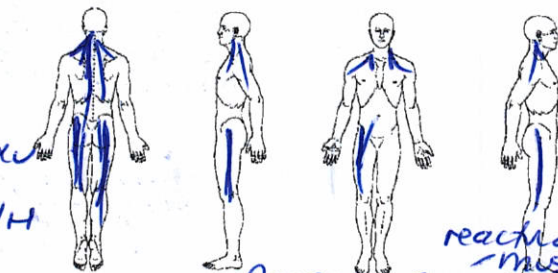
O/A: Pecs short. Tris tense
Deltoids tight L sacrum
ES tight. S med tight
Rhombus tight - both
Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP traps / g / med / ham
Fx rhomb / g / med / ham / tris
☒ Talked ☒ Quiet Quiet Breathing
ROM
FBACK

P= Perom client continue to look after body esp with extended sitting @ work

TREATMENT NO. 40

DATE: 23 07.12
TIME: MON 830
PAID: 1hr \$75
REC.No: 1951 C
AIR TEMP: 25
MUSIC: Lem
FACE CREST: Relax
SUPINE SCENT: Peppercorn
OIL BLEND: Lem
HT Feet + A/H
CST A Face
HST 2x Lx
EXTRA
NEXT APPT:

S= Client been feeling tightness in whole body esp Lx region R.



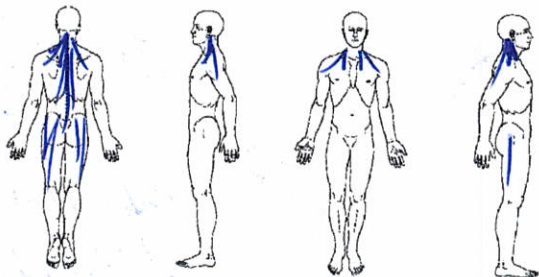
O/A: Pecs tight. Tris v. tender
Trap up tight
ES tight Deltoids tight
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb / g / med / ham
Fx AC / AT / tris
☒ Talked ☒ Quiet Quiet Breathing
ROM Feet better - R hip sore
FBACK

P= Client talked - new job stress. Perom see physio for L toe numbness

TREATMENT NO. 41

DATE: 06 08.12
TIME: MON
PAID: \$75 1hr
REC.No: 2001
AIR TEMP: 25
MUSIC: Cal Chang
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT Feet + F
CST A Face
HST 2x Lx
EXTRA
NEXT APPT:

S= Client been feeling tightness in



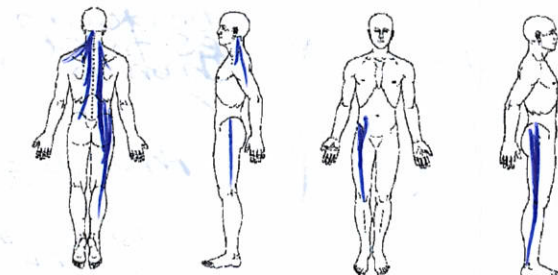
O/A: Trap up tight. Pecs short
Deltoids tight
ES tight
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb / g / med / ham / tris
Fx AC / AT / tris
☒ Talked ☒ Quiet Quiet Breathing
ROM Feet better > Ms
FBACK

P= Perom client relax after Ms. TUES days off working 2-4 days per week F/T

TREATMENT NO. 42

DATE: 30 08.12
TIME: 230 THURS
PAID: \$75 1hr
REC.No: 2005
AIR TEMP: 25
MUSIC: Tan Lam
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
HT Feet +
CST A Face
HST 2x Lx
EXTRA
NEXT APPT:

S= Client been feeling tightness in her R tris + R hip ant



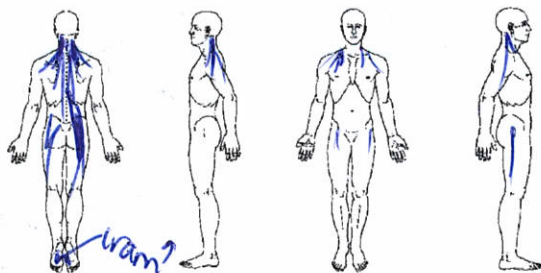
O/A: Trap up cong. ES tight
Deltoids tight
ES tight Pecs tight
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb / g / med / ham / tris
Fx rhomb / g / med / ham / tris
☒ Talked ☒ Quiet Quiet Breathing
ROM Feet better > Ms
FBACK

P= Perom client relax after Ms + see ostro for adjustment

TREATMENT NO. 43

DATE: 14.09.12
TIME: 9.45hr
PAID: 11.00
REC.No: 2087
AIR TEMP: 25°C
MUSIC: Indian
FACE CREST: Lau
SUPINE SCENT: Dem
OIL BLEND: Mandi + Ang
HT: Feet + MHP
CST: Face
HST: 2x back
EXTRA:
NEXT APPT:

S = Client's R sciatric region + neck sore
had cramping



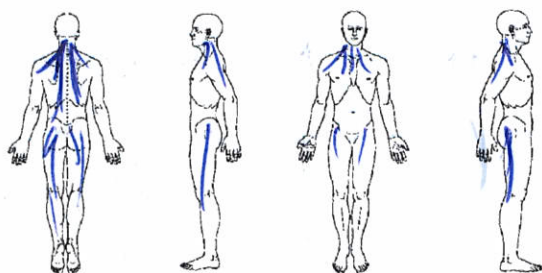
O/A: Hams taut
Lined v. tight + sore @ even
Ls tight
Rhombos tight + tender
Full Body ☒ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/trap/d/ham
Fx ocul/salp/mt
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > ms
FBACK Feet better

P = Checking glans for work

TREATMENT NO. 44

DATE: 25.10.12
TIME: 3.45 hr
PAID: \$25
REC.No: 2164
AIR TEMP: 25°C
MUSIC: Ken Davis
FACE CREST: Lau
SUPINE SCENT: Dem
OIL BLEND: Sunflower
HT: Feet + Face
CST: Face
HST: 2x Lx
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body
in Lx region + neck + shoulder



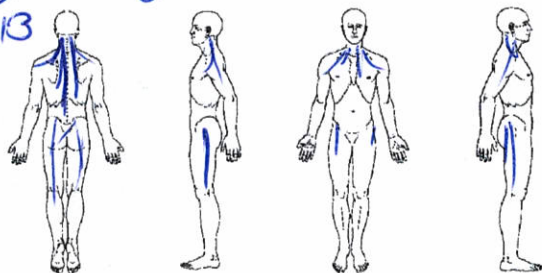
O/A: Trap up tight. Pecs short
Deltoids tight. Lx tight
ES tight. Pecs short
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/gmed/ham/1/8r
Fx ocul/salp/mt
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > ms
FBACK Feet better 7ms

P = Perom client relax > ms

TREATMENT NO. 45

DATE: BDAY Ms x 1
TIME: 04.01.17
PAID: \$65
REC.No: 5pm
AIR TEMP: 25°C
MUSIC: Enya
FACE CREST: Lau
SUPINE SCENT: Dem
OIL BLEND: Relax
Mand
HT: Feet + MHP
CST: Face
HST: 2x back
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her chest
Hamp & troubles seeing Dr dem again
for anest



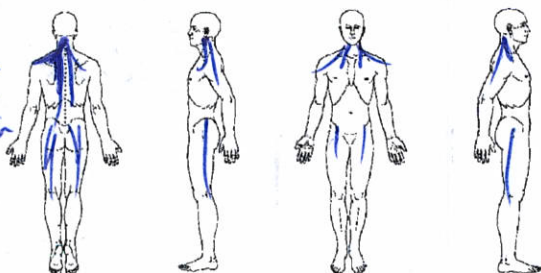
O/A: Deltoids felt
ES tight Pecs tight
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP no rps gentle Ms
Fx ocul/gt/AC v. weak
☐ Talked ☐ Quiet
ROM Tied > ms
FBACK Feet better
better colour

P = Client going for an program to aren & pabs

TREATMENT NO. 46

DATE: 31.1.13
TIME: 11.30
PAID: 1hr
REC.No: 2223
AIR TEMP: 30°C
MUSIC: Mod 5 day
FACE CREST: Lau
SUPINE SCENT: Dem
OIL BLEND: Relax
Mand Lau 3:1
HT: Feet + F
CST: Face
HST: 2x Lx
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body
Taubone + up shoulders stuned
B DAY Ms next time



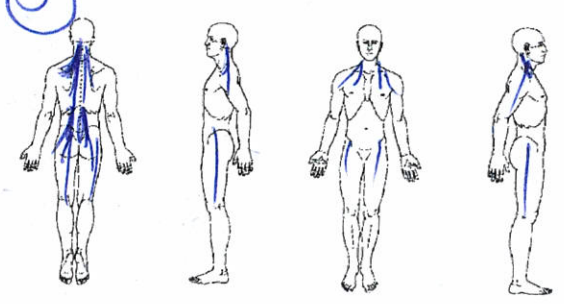
O/A: Feet still swollen
better colour
Deltoids tight
ES tight Pecs short
Rhomb region cong
Full Body ☒ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/gmed/ham
Fx
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > ms
FBACK Feet better 7ms

P = 3 narrowed areas. Cholesterol

TREATMENT NO. 47

S = Client been feeling pain in Lx region + tailbone Acute, Constant

DATE: 12.02.13
TIME: 3:15 PM
PAID: \$75
REC.No: 2351
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx
EXTRA: 2x back
NEXT APPT:



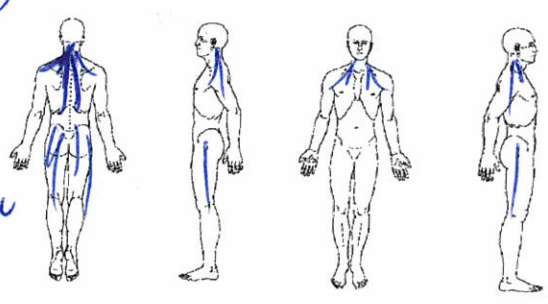
O/A: Difficulty moving
Neck OK.
Deltoids tight
Es right
Pecs right
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb/g med/ham/MBs
Fx occ/scalp/m
☐ Talked ☐ Quiet
ROM Feet better 7ms
FBACK B + shift 7ms

P = Reiom client keep moving + have xanny/core awareness. Perhaps sed physis for dist

TREATMENT NO. 48

S = Client been feeling tightness in her body

DATE: 09.03.13
TIME: 1hr 30
PAID: 120 THURS
REC.No: Refer notes
AIR TEMP: 25
MUSIC: Ben Daus
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx
EXTRA: 2x back
NEXT APPT:



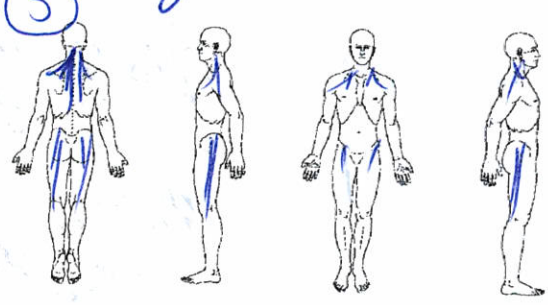
O/A:
Deltoids tight
Es tight
Pecs tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb/g med/ham/MBs
Fx occ/scalp/m
☐ Talked ☐ Quiet
ROM Feet better 7ms
FBACK Feet better 7ms

P = client talked in far chair

TREATMENT NO. 49

S = Client been feeling tightness in her body in shoulders/neck - stress

DATE: 21.03.13
TIME: 3:15 PM
PAID: \$75
REC.No: 2351
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx
EXTRA: 2x back
NEXT APPT:



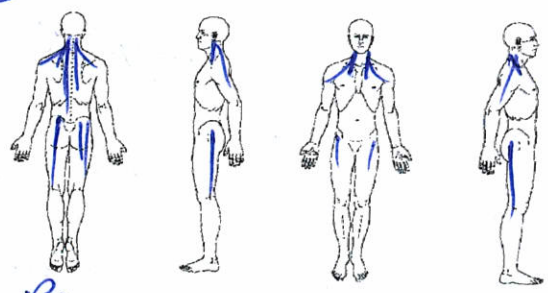
O/A: Day @ hospital with nephew
Pecs tight
Traps up tight
Rhombos tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham
Fx
☐ Talked ☐ Quiet
ROM Feet better 7ms
FBACK Feet better

P = Reiom client relax after Ms + look after self during stressful times

TREATMENT NO. 50

S = Client been feeling tightness in her body neck V. stiff for 1+ day
6 gift next time

DATE: 18.04.13
TIME: 3:30 PM
PAID: 330 PM
REC.No: 2479
AIR TEMP: 25
MUSIC: Karlam I
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: (A) Face
HST: 2x Lx
EXTRA: 2x back
NEXT APPT:



O/A:
Deltoids tight
Es tight
Pecs tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham
Fx traps/scaps
☐ Talked ☐ Quiet
ROM Feet better 7ms
FBACK Feet better 7ms

P = Reiom client relax 7ms
lots of heat on neck

26. Inv. 4.02.14. \$95. Client felt better after last 11.13. Numerous symptoms
 after sitting @ desk. (stomach). V. tender stomach + ribs on LHS. Sore L
 arm stretching after work. Had a fall in b tub on holiday region - a/c
 hip has
 secto.

TREATMENT NO. 51

S= Client been feeling tightness
 in shoulder - cramping + ltr
 region

DATE: 27.08.13

TIME: 8.30 TUES

PAID: \$35

REC.No: 295

AIR TEMP: 25

MUSIC: Ache rock

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

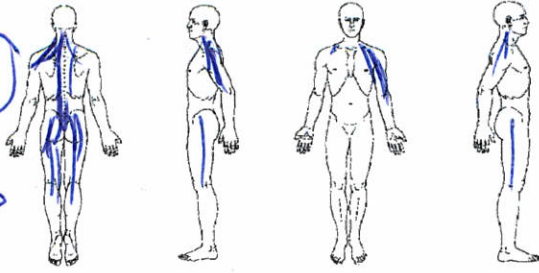
HT: Feet + Face

CST: Feet + Face

HST: 2x ltr
 2x back

EXTRA

NEXT APPT:



O/A:

Traps + Hams + Quad s.v. tight
 Adhesed. RLS tight
 Rhomb + deltoids LHS
 v. tender

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/s med/ham/legs
 Fx occiput/les
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used 2ms
 FBACK Feet stiff 2ms

P= Client been feeling better 2ms
 Relax self - care for back. FT work
 now

TREATMENT NO. 52

S= Client been feeling tightness in her body in
 nps esp lately lots of back probs.

DATE: 14.11.13

TIME: 1.00 THURS

PAID: \$85 1 DAY

REC.No: 297

AIR TEMP: 25

MUSIC: Piano music

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

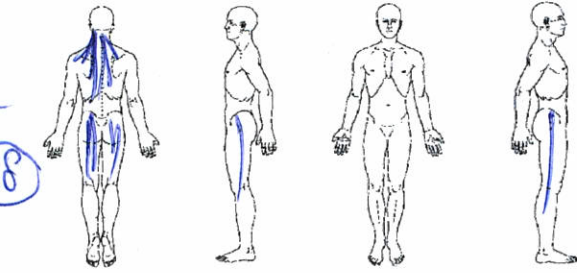
HT: Feet + Face

CST: Feet + Face

HST: 2x ltr
 2x back

EXTRA

NEXT APPT:



O/A:

Still numbness in foot - biggest
 pers tight
 Deltoids tight
 ES tight
 Rhomb region cng

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/s med/ham/traps
 Fx
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used 2ms
 FBACK Feet better 2ms

P= Relax client work on getting body moving
 wen again

TREATMENT NO. 53

S= Client been feeling tightness in her back
 started today. Big improvement overall

DATE: 20.11.13

TIME: 1.00 PM

PAID: 1hr \$95

REC.No: 298

AIR TEMP: 25

MUSIC: Noisy I

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

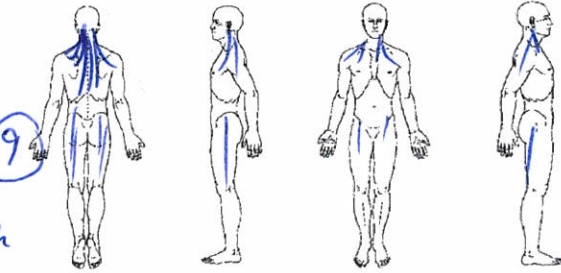
HT: Feet + Face

CST: Feet + Face

HST: 2x ltr
 2x back

EXTRA

NEXT APPT:



O/A:

Traps up tight
 Deltoids tight
 ES tight Pers tight
 Rhomb region cng

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/s med/ham/legs
 Fx occiput/les
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used 2ms
 FBACK Feet better 2ms

P= Felt improvement - discussed Jimmy MS

TREATMENT NO. 54

S= Client been feeling tightness in back improved
 Neck been ok since osteo worked on it
 calf cramp + pain in L foot arch lately

DATE: 13/12.13

TIME: 8.30

PAID: 1hr

REC.No: 3082

AIR TEMP: 25

MUSIC: Pepp

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

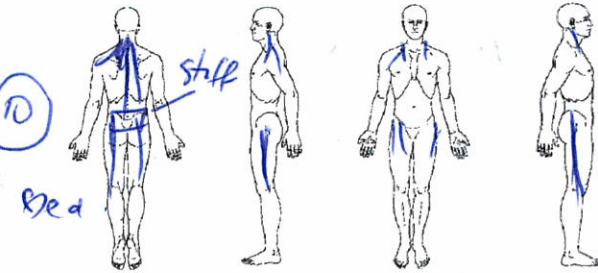
HT: Feet + Face

CST: Feet + Face

HST: 2x ltr
 2x back

EXTRA

NEXT APPT:



O/A:

Pers tight. Deltoids tight
 Traps up tight
 Rhomb region cng / tight

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/traps/d/traps/G/med
 Fx Scap/occiput/les
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used 2ms feet diff
 FBACK Much brighter look 2ms

P= travelling to BREMS car Could fit in pants better 2ms

TREATMENT NO. 55

S= Client been feeling tightness in her body in ltr
 region. Numbness in her feet (2 toes). Shoulder not right
 travelled wen. Felt big diff 2ms. FB (+stom) Heat. TP rhom
 traps/d/traps/s med/legs/legs/psos. Discussed getting
 healthy with eating - doing soup/vegies @ moment

DATE: 14.01.13

TIME: 8.30

PAID: 1hr

REC.No: 3082

AIR TEMP: 25

MUSIC: Pepp

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet + Face

CST: Feet + Face

HST: 2x ltr
 2x back

EXTRA

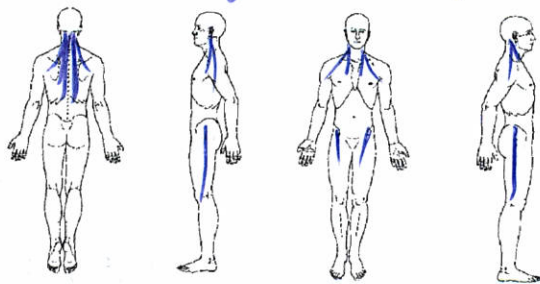
NEXT APPT:

TREATMENT NO. 56

DATE: 27.02.14
 TIME: 8.55
 PAID: 8.55
 REC.No: 3/69
 AIR TEMP: 25
 MUSIC:
 FACE CREST: dan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: A Face
 HST: 2 x Lx

EXTRA
 NEXT APPT:

S = chest been feeling tightness in her body in Lx region + hips esp. shoulders ok. neck bit stiff



O/A: Numbness spreading in feet
 Deltoids tight
 ES tight, Pecs tight
 Rhombos tight + short

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine ☒ MS LEGS
 TP rhomb/s med/ham/hips
 Fx occ/scalp/mnt
☐ Talked ☐ Quiet Quiet Breathing
 ROM used > ms
 FBACK feet diff. v. sleepy

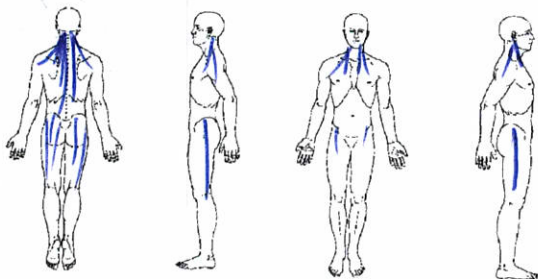
P = Perom chest work on body @ work

TREATMENT NO. 57

DATE: 19.03.13
 TIME: 8pm Tues
 PAID: 8.55 1hr
 REC.No: 3200
 MP: 25
 N: Tan/Lam/2
 FACE CREST: dan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Mand/Ges
 Feet/Face
 CST: A Face
 HST: Feet/Face

EXTRA
 NEXT APPT:

S = Chest been feeling tightness in her body in Lx region esp



O/A: Deltoids tight, traps up high
 Pecs short + tight
 ES tight
 Rhombos v. tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb/s med/ham/traps
 Fx occ/traps/als/ig/les
☐ Talked ☐ Quiet Quiet Breathing
 ROM used > ms
 FBACK feet better > ms

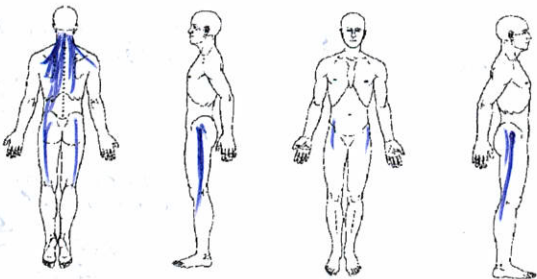
P = Perom chest stretch out + seeing Dr re back + continual pain. Starting in water walking this week

TREATMENT NO. 58

DATE: 16.04.14
 TIME: 8.55
 PAID: 8.55
 REC.No: Referrals
 AIR TEMP: 25
 MUSIC: Yarn - if there
 FACE CREST: dan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Mand/Tang
 A Face
 CST: 2 x Lx
 HST: 2 x back

EXTRA
 NEXT APPT:

S = Chest been feeling tightness in her body L shoulder + Lx region



O/A: Deltoids tight
 ES tight
 Rhomb region

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

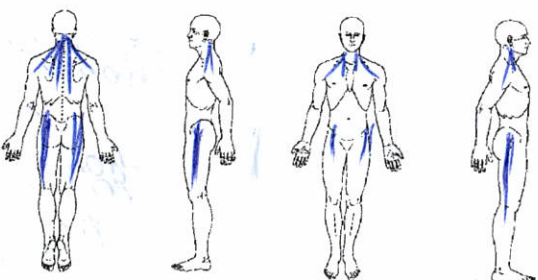
P = Perom chest keep on top of stretching / heat getting commoner

TREATMENT NO. 59

DATE: 10.07.14
 TIME: 1hr
 PAID: 8.55
 REC.No: 3/14 EF
 AIR TEMP: 25
 MUSIC: Yarnment
 FACE CREST: dan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Mand/Tang
 Feet/Face
 CST: A Face
 HST: Feet/Face

EXTRA
 NEXT APPT:

S = Chest been feeling tightness in her body in her hips / traps / L4/5 +



O/A: Pecs tight Pecs tender
 ES tight, traps up high
 Rhombos region

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ MS LEGS
 TP rhomb/s med/ham/hips
 Fx occ/scalp/mnt/traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM used > ms
 FBACK Feet better > ms

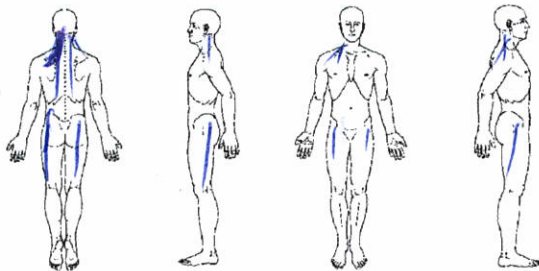
P = Perom chest continue with bounce back clams

gift next time

TREATMENT NO. 60

DATE: 31.07.14
TIME: 4:30 PM
PAID: \$80
REC.No: 3458
AIR TEMP: 25
MUSIC: tan lam
FACE CREST: low
SUPINE SCENT: Lem
OIL BLEND: Relax
Wint / May
HT: 4 Fare
CST: 2 x Lx
HST: 2 x back
Feet / Fare
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body in her shoulders / neck LHS + Lx region



O/A: Pees tight MS / TRBs tender
Deltoids tight
Es tight. Traps up tight
Rhomb region cong

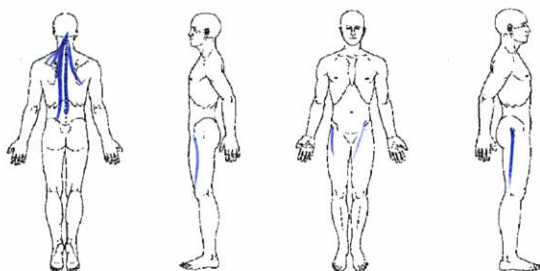
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb / traps / traps / TRBs / ham
Fx rhomb / traps / occ
☒ Talked ☒ Quiet Breathing
ROM Used esp neck, upper
FBACK Stiff getting off table

P = Relax client gently get moving. Speak to physio re: exercises for glute med

TREATMENT NO. 61

DATE: 19.08.14
TIME: 5:00
PAID: \$80
REC.No: 145
AIR TEMP: 25
MUSIC: low
FACE CREST: low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet / Fare
CST: 4 Fare
HST: 2 x Lx
2 x back
EXTRA
NEXT APPT:

S = Client been feeling tightness in her neck + shoulders. Back ordinary



O/A: Neck
Tender upper
Deltoids tight in her body
Es tight
Rhomb region

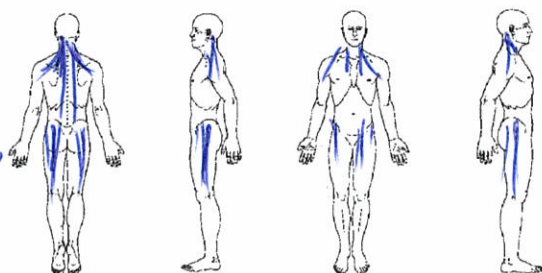
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb / g / med / ham
Fx feet better > ms
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK

P =

TREATMENT NO. 62

DATE: 11.12.14
TIME: 4:00 PM
PAID: \$80
REC.No: 145
AIR TEMP: 23°C
MUSIC: Mixed Music
FACE CREST: low tones
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2 x Lx + 2 x back
CST: 4 Fare
HST: Feet / Fare
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body in her



O/A: Pees tight. Traps up
Es tight
Rhomb region cong

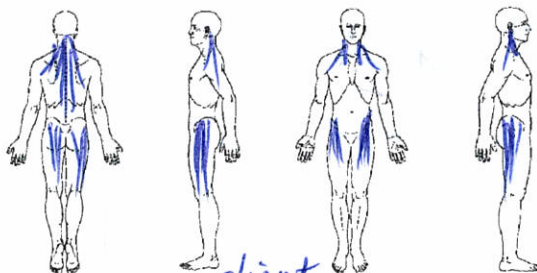
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / g / med / ham
Fx occ / traps / traps
☐ Talked ☐ Quiet
ROM Used > ms
FBACK feet better > ms

P = Client felt better > ms

TREATMENT NO. 63

DATE: 12.11.15
TIME: 5:00 PM
PAID: \$80
REC.No: 3151
AIR TEMP: 25
MUSIC: low
FACE CREST: Lem
SUPINE SCENT: Relax
OIL BLEND: Hand / May
HT: Feet / Fare
CST: 4 Fare
HST: 2 x Lx
2 x back
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body in her hip / Lx region
Had a lot of stress with hubby in hospital



O/A: Traps up tight
Deltoids tight
Es tight Pees taut
Rhomb region cong

☒ Full Body ☒ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb / g / med / ham / traps
Fx occ / traps / traps
☐ Talked ☐ Quiet Breathing
ROM Used > ms
FBACK feet better > ms

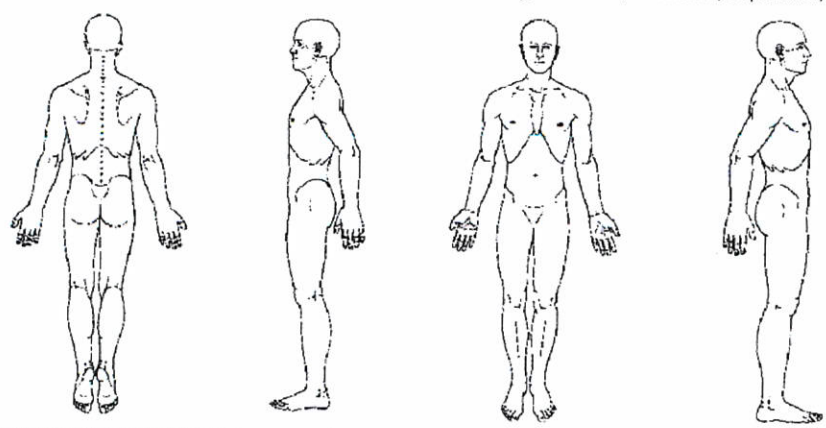
P = Relax client stretch out.

Full Body ☐ STOMACH _____
RMS ☐ Prone ☐ Supine _____ LEGS _____

Talked ☐ Quiet _____ Breathing _____
OM _____
ACK _____

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/Pronation/Supination/Eversion/Inversion

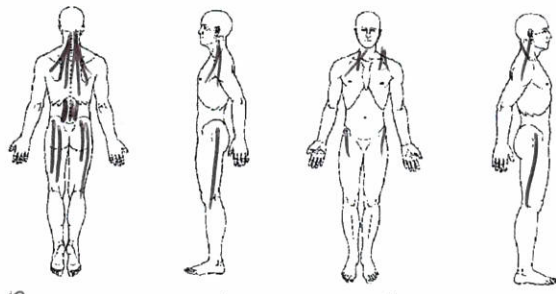
Jan



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

TREATMENT NO. 66 **S=** client been feeling tightness in her l/r region lately
been stable

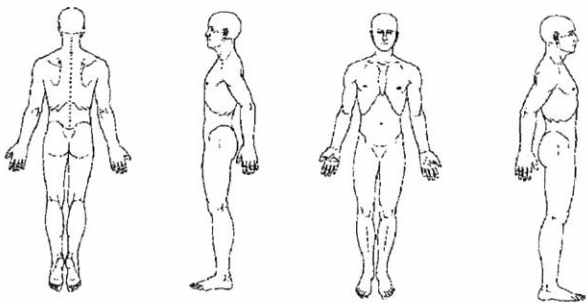
DATE: 03.05.17
TIME: 2pm weds
PAID:
REC.No:
AIR TEMP: 25°C
MUSIC: Mix Janlam
FACE CREST:
SUPINE SCENT: Jan
OIL BLEND: Lem
Kulan
HT: manditang
CST: A Fall
HST: 2 x 6u
EXTRA: 2 x back
NEXT APPT:



O/A:
Pecs tight + tender
Deltoids tight - scapulae
L5 tight - traps up taut
Rhomb region long + vasodil
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine **LEGS**
TP Rhomb region
Fx Occipital d scap
☐ Talked ☐ Quiet **Breathing**
ROM Ised 7ms
FBACK feet better 7ms
P= Revom client stretch out body to help with mment.

TREATMENT NO. **S=**

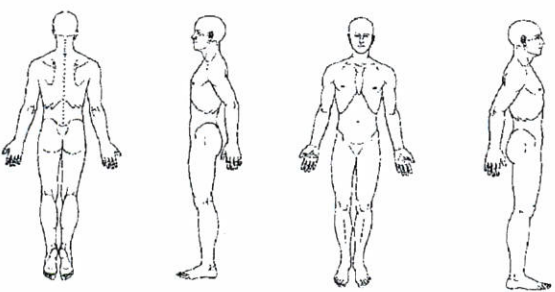
DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT:
CST:
HST:
EXTRA:
NEXT APPT:



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

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
FBACK



A Gift of Massage

To: Jan
From: Christine
Your Gift is: Enjoy a lovely relaxing hour with Christine
Love you always. Mum. x
One hour massage. Date: 09.06.10



Valid for three months from the date of issue

BOOK NOW - PHONE: 0439 775 003 CLINIC: 51 Lyndel Drive Woree 4868 POST: PO Box 106 Westcourt 4870
EMAIL: relax@focusonmovement.com.au WEB: www.focusonmovement.com.au

Jan Schramm

DOB 29 Oct 1951
Occupation Receptionist

Appointments

Date	Time	Type	Practitioner
11 Feb 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
14 Jan 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
1 Dec 2022	10:15AM – 10:45AM	**SPECIAL VOUCHERS ONLY**	Christine Jervis
16 Aug 2019	11:30AM – 12:00PM	Sauna & Massage	Marina Franke
12 Aug 2019	5:30PM – 6:30PM	60 minute Massage	Marina Franke
22 Jul 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
22 Jul 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 11 Feb 2025, 9:30AM

Created: 11 Feb 2025, 10:47AM

Last updated: 13 Feb 2025, 12:18PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - feeling SIJ pain lately especially, been seeing Emmett therapist.
Had fall on her

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

Prescription Medication; Injury; Illness; Heart / Lung / Organ problem

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

Parkinson's disease
Lower back and shoulder problems

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) - no

Treatment details - what was done today

Pressure used - 3 firm

to help the client	Music - Adler Bilk Aromatherapy Massage oil - Lavender peppermint Spritzer - peppermint euc Remedial techniques - hips, shoulders back, neck
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	Felt good. Bit stiff getting up
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See after Easter
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Jan 2025, 9:30AM Created: 14 Jan 2025, 11:00AM Last updated: 16 Jan 2025, 10:44AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - feeling SIJ pain lately especially, been seeing Emmett therapist
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Illness; Heart / Lung / Organ problem
Details of Medications / Red Flags /	Parkinson's disease

Precautions needed etc (i.e. conditions listed above)-	Lower back and shoulder problems
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) - no
Treatment details - what was done today to help the client	Pressure used - 3 firm Music - Adler Bilk Aromatherapy Massage oil - Lavender peppermint Spritzer - peppermint euc Remedial techniques - hips, shoulders back, neck
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	Felt good. Bit stiff getting up
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment - booked again for 4 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 1 Dec 2022, 10:15AM
Created: 1 Dec 2022, 10:57AM
Last updated: 1 Dec 2022, 11:05AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - feeling SIJ pain.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Illness; Heart / Lung / Organ problem
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Parkinson's disease Lower back and shoulder problems
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) - no
Treatment details - what was done today to help the client	Pressure used - 3 firm Music - Norah Jones Aromatherapy Massage oil - Lavender h2o oil Spritzer - none Remedial techniques - hips, shoulders back, neck
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	Felt good after treatment. Bit stiff getting up
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment

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

Time in Sauna (minutes) -

Feedback after treatment -

Initial Consultation - Dry Needling Therapy

Practitioner: Marina Franke**Appointment:** 16 Aug 2019, 11:30AM**Created:** 16 Aug 2019, 12:33PM**Last updated:** 16 Aug 2019, 12:35PM

Initial Consultation - Dry Needling Therapy

Presenting complaint (relevant medical history or client info)

What's going on now - free sauna whilst her mum has a massage
 Any previous treatment - massage and sauna here, osteo elsewhere
 Any Red Flags -

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

Verbal consent obtained.
 ROM -
 Anything specific to massage - E.g. no foot massage
 Anything noteworthy -

Treatment details - what was done today to help the client

Pressure used -
 Hot Stones -
 Hot Wet Towels -
 Cupping area -
 Topical Treatment -
 Music -
 Aromatherapy -

What parts of the body were massaged?**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)****Where any specific trigger points used?****Body Chart**

Feedback after treatment -

Dry Needling Therapy

What parts of the body were treated?

Infra-Red Sauna

Time in Sauna (minutes) -

20

Feedback after treatment -

enjoys sauna, read a book. have offered her the \$395 package when she returns from holidays

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 12 Aug 2019, 5:30PM

Created: 12 Aug 2019, 5:24PM

Last updated: 14 Aug 2019, 12:31PM

Standard Consultation - Remedial Massage**Presenting complaint (relevant medical history or client info)**

What's going on now -R shoulder P from sleeping on it.
R knee P on patella area from aqua and stairs in Brisbane
(L shoulder impingement has been reasonably good there past few weeks, scan 15 months ago. Operated on 6 years ago, P last 2 years.)
Breast reduction 1 year ago so back a lot better, sometimes niggles in R glute.
Feedback from previous treatment - :)

Details of Medications / Red Flags etc (i.e. conditions listed above)-**Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-**

Breast reduction 1 year ago so back a lot better, careful laying prone.
Lx4/5 gets sore but not as often, stretching helps.
L shoulder impingement, scan 15 months ago.
Operated on 6 or 7 years ago, P last 2 years.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - L arm good, R slightly reduced all planes
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - face towel not too hot

Treatment details - what was done today to help the client

Pressure used -firm
Hot Stones -4
Hot Wet Towels -2 caution hot towel on face
Cupping area - R shoulder, upper traps both
Topical Treatment -fisiocrem
Music -instrumental
Aromatherapy -pep euc/rosemary

What parts of the body were massaged?

Full Body Treatment; Stomach; 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; Lev Scaps; Glutes

Body Chart**Feedback after treatment -**

Jan's grandfather used to use glass suction cups (Italian)

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

SITS next visit?
stretch and massage

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 22 Jul 2019, 2:30PM

Created: 22 Jul 2019, 2:12PM

Last updated: 22 Jul 2019, 5:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -L shoulder impingement, scan 15 months ago. Operated on 6 years ago, P last 2 years. Breast reduction 1 year ago so back a lot better .
Feedback from previous treatment -

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

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

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

Breast reduction 1 year ago so back a lot better, careful laying prone.
Lx4/5 gets sore but not as often, stretching helps.
L shoulder impingement, scan 15 months ago.
Operated on 6 or 7 years ago, P last 2 years.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - face towel not too hot

Treatment details - what was done today to help the client

Pressure used -firm
Hot Stones -4
Hot Wet Towels -2 caution hot towel on face
Cupping area -
Topical Treatment -fisiocrem
Music -instrumental
Aromatherapy -pep euc/rosemary

What parts of the body were massaged?

Full Body Treatment; Stomach; 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; Lev Scaps; Glutes

Body Chart	
Feedback after treatment -	felt great
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	SITS next visit? stretch and massage
Infra-Red Sauna	
Time in Sauna (minutes) -	20
Feedback after treatment -	enjoyed more than she thought

Patient Forms

There are no patient forms for Jan Schramm.