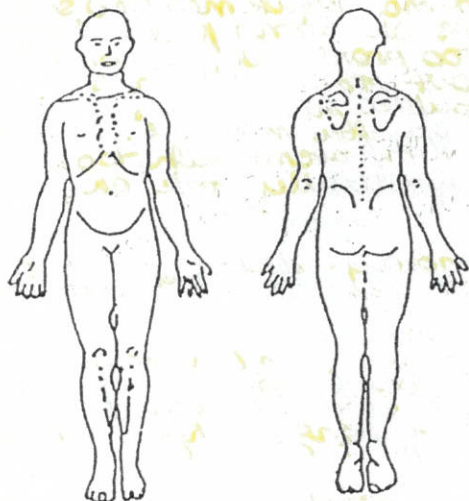


Full Name Karen Monypenny Date of Birth 28-3-54
 Postal Address 14 Cyperus Dr Redlynch
 Home Phone 40390216 Work 40330832 Mobile 0410579364
 Email Address K.monypenny@optusnet.com.au
 Emergency Contact Details - Name and Number Phillip Monypenny
 Current Doctor Dr Twari Referred By CSM MBF
 Occupation and how long workshop manager
 Physical Activities/Hobbies/Exercise Pilates
 Past Medical History (major operations/conditions) _____

Medications - Prescribed or Natural: _____

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? _____

Some conditions require your massage treatment to be modified. Please tick the conditions that apply to you:

- | PAST | NOW | |
|-------------------------------------|--------------------------|---------------------------------------|
| ☐ | ☐ | 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

What type of massage pressure do you prefer? Light 1.....2.....3.....4.....5 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: K Monypenny

Date: 21-11-06

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:

K Marypen

Signature:

Karen Marypen

Date:

9-1-09

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

PLEASE STATE FOR FUTURE REFERENCE:

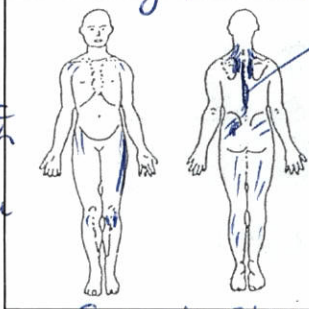
MBF member

NO FEET WORK - HATES BEING TOUCHED
Pressure - "whatever I think"

TREATMENT NO. 1

DATE: 22.11.06
TIME: 230 - Sealy
PAID: \$40 - \$5 off
REC.No: b/c voucher 781
AIR TEMP: 23°C - 24°C
MUSIC: Ian Cam Smith
FACE CREST: Pepp
OIL BLEND: Relax
Patch (Lemon/Gu)
NEXT APPT:

S = Client had couple of manages in last few months - been sick from them. Used to get regular massage (monthly) Nothing sore @ mo but usually has shoulder/neck tens



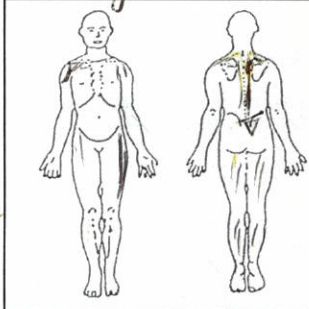
O/A: ES taut x spring esp L. L more dom/larger curve in spine esp Lx low + Lx to R
Traps upper esp taut. Pecs taut
LTBs v. tight. Rhombos tight with adhesions
legs - v. hypotonic. L knee - fibia insertions bulker
Skin - some vasodilation back - esp rhomb
FB(-stom) Heat - TP rhomb/glute med/lev scaps/traps
pin winged scaps OK. Arms prone stretched + managed. R stiffer. Facets occiput/sacrum/thorax, kept pace, gentle but firm b/c #war induce too much sickness like past visits
Discussed manage role in balancing body

P = Goes to chiro. Reborn doorway stretch. wants weekly manage until the 1st week of Dec

TREATMENT NO. 2

DATE: 28.11.06
TIME: 230 Tues
PAID: \$45 1hr - just
REC.No: 794
AIR TEMP: 23°C
MUSIC: Yanni if there
FACE CREST: Pepp
OIL BLEND: Relax
Relax (Lemon/Gu)
NEXT APPT: 330pm Mon

S = Client had mild headache after last manage but then tho + felt better. Feeling better overall. wishes she had discovered manage sooner



O/A: LTBs v. cong - R upper U. shortened, L twist of Hams taut. some rephosph back
Rhombos esp R short + tight. Lscm tight
ES v. strained - but better than 2all esp L
Rotator of hips v. pronounced. to L. occiput v. cong
Skin - v. vasodilated rhomb area. Good skin

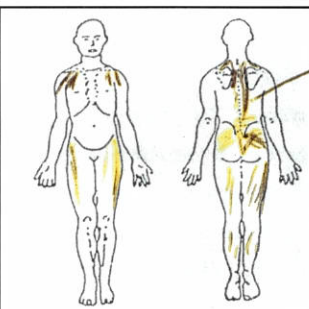
FB(-stom) Heat. TP rhomb/glute med/lev scaps/traps/pin. Winged scaps OK. Arms prone. Scalp + rms. Arms stretched too prone. U legs prone. Client quiet throughout. Facets rhombos/Cx/sacrum looks like R shoulder sets higher. Client has headache when stands up after manage. Discussed rotat prevent in body + improvement seen too

P = Reborn continue stretching + gradually work on rebalancing body

TREATMENT NO. 3

DATE: 04.12.06
TIME: 330 Mon - Sealy
PAID: \$45 CASH
REC.No: 809
AIR TEMP: 23°C
MUSIC: Enya I
FACE CREST: Pepp
OIL BLEND: Relax
Beige Frank
NEXT APPT: 330 Weds

S = Client had mild headache Sunday - didn't drink enough tho client been working on posture esp shoulders back



O/A: chin jutting out
Rhombos cong + tight esp L v. warm
curve in spine. ES cong esp R. Pecs short
Dis taut esp R. L coracobrach. tight.
Glutes v. lumpy + cong. R tight + short
Skin - some vasodn.

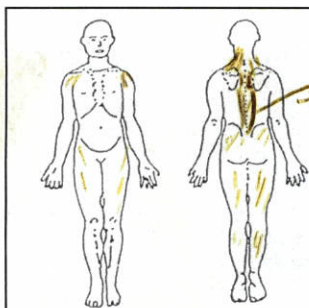
FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps. lev scaps ITBs. Managed feet. Winged scaps esp R. Arms prone managed. Scalp + rms quick. Facets Cx rhomb - esp L v. hot. Facets sacrum - sacrum v. lumpy. Client's eyes red after manage. Said she felt good - "all toxins gone"

P = Discussed importance drink's tho help. Away 30k for holiday

TREATMENT NO. 4

DATE: 11.12.06
TIME: 2pm - Sealy
PAID: 1hr \$45
REC.No: 827
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Pepp
OIL BLEND: Cofha with Pepp
NEXT APPT:

S = Client been feeling good lately - had good week back to work today. Feels dehydrated. Not tho today much



O/A: Hams esp R taut. ITBs esp R stiff. Pecs short
L traps esp upper cong. L occiput cong
xer scaps right esp L. Dms @ taut - L glutes
Skin - ES esp L taut. Band to R slight tight
Rhombos taut esp R. Rotator of hips looks ba

FB(-stom) Heat. TP's rhomb/glute scaps/traps/wing scaps stiffly - elbow pokes up on back. Arms prone stretched. Spine managed. Facets Cx/occiput/esp L R/sacrum/pecs/rhomb client felt great after - thirsty and ready for holiday now. Body feels great

P = Relax over xmas - enjoy break + see her in New Year)

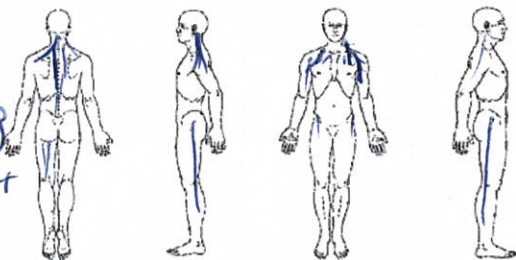
big improve 22/11

E13.12.06 CNL

TREATMENT NO. 4

DATE: 04.09.07
TIME: 5:15 PM
PAID: \$55 1hr
REC.No: 1139 CASH
AIR TEMP: 23°C
MUSIC: Mod Gills Kolang
FACE CREST: day
OIL BLEND: sports
gel (lime & grapefruit)
NEXT APPT: _____

S = client been getting headaches all times of the day
Doing pilates 3x5 per week, work Mon → Weds



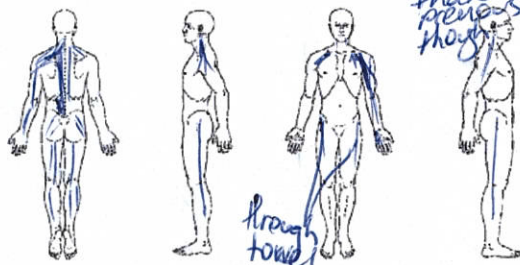
O/A: poor skin quality - dehydrated
Rhomboids congest + tight
Uscaps tight. Latiss tight
ES congest - spine not even
Lscaps short + tight
traps tight + twangy esp L
FB(-stom) Heat TP rhomb/ham/
med/sinus/traps. mixed
maps bed ok. Arms @ mst + s
J-legs @ - Didn't touch feet
client quiet throughout
body responded well. (Lent
Hard to get client to articulate
communicate

P = Reiom water ↑ doesn't drink much
+ Rec stretch through doorway.

TREATMENT NO. 5

DATE: 11.09.07
TIME: 2pm Weds
PAID: 1hr \$55
REC.No: 1147 CASH
AIR TEMP: 23°C
MUSIC: Ian Carmichael
FACE CREST: Pepp
OIL BLEND: Basil
Roxant orange
Pond
NEXT APPT: 9:30 Fri

S = client been feeling good after Ms last week
Today h'aches started though - Taken Magnetics
therapy on

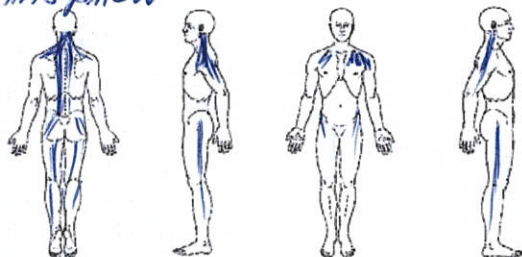


Dehydrated again. M tight
Uscaps short + tight. Up traps
ES tight esp L. Uscaps tight
Rhomboids congest + tight. Sinus block
Skin - v. vasod of Ms region
FB(-stom) - Heat rhomb/ham/
med/sinus/traps. mixed
maps bed ok. Arms @ mst + s
J-legs @ - No feet. Client
felt calmer after
tummy bubbling away. Firm press.

P = Reiom see Julie for arthro Tx. Ldc pain still continuing
Today she said her cat bit her (L) Finger - little
+ had no use of arm for 6 mins (3yrs ago)
S = client been feeling some h'aches. Chiro visit =
not holding adjustments. He want her attend pilate

TREATMENT NO. 6

ONE
DATE: 20.09.07 3mins pillow
TIME: FRI 9:30
PAID: 1hr \$55 for Rack
REC.No: 1167 CASH
AIR TEMP: 23°C
MUSIC: Norah Jones
FACE CREST: Pepp
OIL BLEND: Basil/
JB/Pepp
APPT: _____



O/A: Neck/oids taut esp L
occiput congest. Scms taut
Traps up taut + tense esp L
Uscaps short + tight. Dyston
ES L taut. Uscaps L taut. Mst taut
Vasod R rhomb - congest esp L rhom
FB(-stom) Heat TP rhomb/traps/
sinus (fx above + ITB) traps/ham/
med/sinus/traps. mixed
maps bed ok. Arms @ mst + s
J-legs @ - Client quiet throughout
discussed body imbalance
role. Relaxed after
going to work today

P = Decided to leave physio visit b/c chiro says her pain is
hormonal + adjustments aren't holding b/c menopause.

TREATMENT NO. 7

DATE: 09.11.09
TIME: 7:11hr 10:30
PAID: \$60 + \$10 N.TAL
REC.No: 0005 CASH
AIR TEMP: 23°C
MUSIC: Kering G
FACE CREST: Pepp
OIL BLEND: Pain
Tea Tree/Euc/May
NEXT APPT: _____

S = client been feeling tight in neck (L) trap region
going to work on New Years Resol of working after
herself. Ear probs from flying



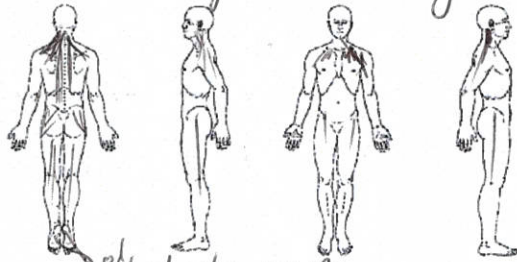
O/A: side tighter right + bulky
Both up traps - peck short + tight
Uscaps taut + short. Mst tense
Uscaps taut esp L. Soft skin
ES tight + congest esp L. Uscaps L
Rhomb region congest + tight
FB(-stom) Heat TP rhomb/med/
ham/ITB/traps/ham. mixed
maps bed ok. Arms @ mst + s
J-legs @ - Client
quiet throughout. Relaxed 7 Ms
use ROM neck > Ms. More
colour to skin → Ms

P = Reiom lot of flu esp as TP done on occiput region
works on posture when seated client going to get
monthly Ms this year

TREATMENT NO. 8

DATE: 12.03.09
TIME: Thurs 1hr
PAID: \$60 CASH
REC.No: 36
AIR TEMP: 28°C
MUSIC: Ken Davis
FACE CREST: Jaw
OIL BLEND: Bp/figt
NEXT APPT:

S= Client been feeling tight + sore in throat/shoulders, region + TMJ trouble. Sinus polyps removed -
Lgts too large



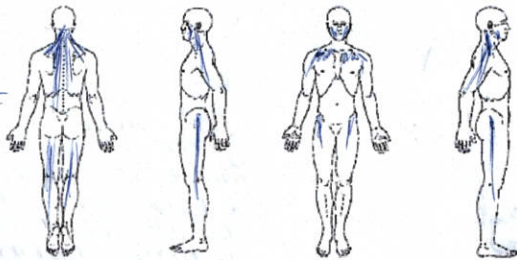
O/A: Peco short + tight
TMJ tense + short
Traps tight esp L. MBs tight
Scaps tight + short
Ols tight + cong. ES tight + Tz
Rhomb region tight + short-esp L
FB(-stom) Heat TP rhomb/gined/
dis/scap maps to same + ES/Ols/
MCT/GT/ABS. Mined traps bed
OK Arms @ Sr + (S) Ms + Jr
legs @ Quiet throughout
body relaxed > Ms. Feet better

P= Wants monthly manage for next month then fortnightly
Remom acupuncture or physio on jaw/TMJ muscles if need further fix

S= client been feeling tight + cong in face/TMJ
traps after cracked tooth esp L side

TREATMENT NO. 9

DATE: 14.08.09
TIME: 1pm Fri
PAID: \$60 CASH
REC.No: 36
AIR TEMP: 28°C
MUSIC: Indian Mix 2
FACE CREST: Pops
OIL BLEND: Bp/figt
NEXT APPT:



TMJ v. knee. Peco right MBs tight,
Deloids taut. Traps cong
ES tight. Traps up tight
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/gined/
ham/MB/traps/scaps
to same + ES/Ols/OCap/157
Mined ok Arms @ Sr + (S) Ms
+ Jr + legs @ Quiet throughout
Relaxed > Ms

P= Client to self Ms own jaw + use heat on jaw
Discussed how + taken time to improve

S= Client been feeling tightness in Sems, lip traps from
tooth surgery (implants) parts talk (in TMJ) + had
fall + feeling sore all over

TREATMENT NO. 10

DATE: 17.10.09
TIME: Fri 12pm
PAID: \$65 1hr
REC.No: 4
AIR TEMP: 24°C
MUSIC: Yanni tribute
FACE CREST: Jaw
OIL BLEND: Sports
Wint/Lime 1BP



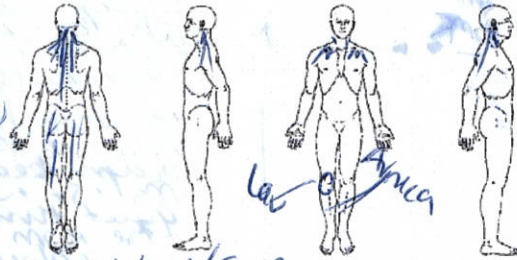
O/A: Some bruising on legs
MBs tight + traps tight
Traps up bulky/short
Ols taut. Hamo tight
Rhombs cong + v. odd.
FB(-stom) Heat TP rhomb/gined/
ham/MB/traps/scaps
to same + ES/Ols/OCap
Mined ok Arms @ Sr + (S) Ms
+ Jr + legs @ Quiet throughout
responded well

NEXT APPT: + Mand
\$4 100me,
Apricot Kernel Oil
Blend

P= See in 1 week + work on TMJ/sems/stress levels +

TREATMENT NO. 11

DATE: 23.10.09
TIME: 12:30 Fri
PAID: \$65 1hr
REC.No: 499 CASH
AIR TEMP: 24°C
MUSIC: Indian Mix II
FACE CREST: Jaw demor (S)
OIL BLEND: Relax
Jaw/Pepp
NEXT APPT:



O/A: Area sore when transposed
Traps up tight. Peco right
Ols short. TMJ tense +
Deloids tight. Brumpleys
ES tight + cong. Traps tight
Rhomb region cong
FB(-stom) Heat TP rhomb/gined/
ham/MB/traps/scaps
to same + ES/Ols/OCap
Mined ok Arms @ Sr + (S) Ms
+ Jr + legs @ Quiet throughout
relaxed > Ms. Feet better

P= Rhomb region cong + tight - abnorm client
do some chamomile to help mouth + resultant knee.

TREATMENT NO. 12

S = client been feeling tightness in upper body - experiencing tingled. otherwise OK

DATE: 20.10.09

TIME: 1030 PM

PAID: 1hr \$65

REC.No: 51 CASH

AIR TEMP: 24°C

MUSIC: Ian Cam IV

FACE CREST: Pepps

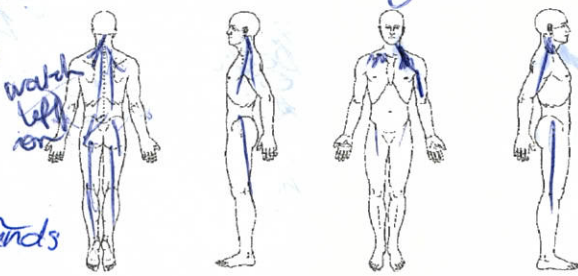
SUPINE SCENT: Lav

OIL BLEND: Relax

HT: Pepp + Demon

EXTRA: Feet + Arms/Hands

NEXT APPT: 9th Nov 430



O/A: m. tense
Scms esp L + occiput L v. comp
Traps up tight esp L. P. traps
QLS tight - esp L. tight
Es tight + cong + feeling tight
Rhomb region cong + tight
FB (stom) Heat TP rhomb/g med
ham/MB traps/sinus/lyap
FB same + ES/QLS/deltoids
tinged OK. Arms @ 5 + 6
MS + 1
work firmer next time - client req

P =

Recom client stretch out, watch posture, use heat

TREATMENT NO. 13

S = Client been feeling tight + cong

DATE: 09.11.09

TIME: 430 PM

PAID: \$60 1hr

REC.No: 52

AIR TEMP: 24°C

MUSIC: Vamp - dare dream

FACE CREST: Pepp

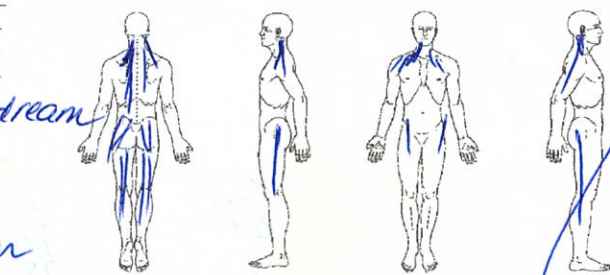
SUPINE SCENT: Lav

OIL BLEND: Relax

HT: Face + feet

EXTRA: Pepp cream

NEXT APPT:



O/A: Too firm - watch back pres
Shoulders/neck OK
Relaxation on rest of body
Es tight + cong. L. xam not
Rhomb region cong + v. cong
FB (stom) Heat TP rhomb + FB
Rhomb/occp + ES/QLS/occp
scalp/m. tinged OK. Arms
@ 5 + 6. Quiet
throughout. Upper tight
Lower improved

P =

Monitor how she v feels from this MS b/c DT
more dental work in next few weeks

TREATMENT NO. 14

S = client been feeling tightness in her scms/mbj
region + up traps & occiput attachment

DATE: 22.05.10

TIME: Sat 930

PAID: \$75 1hr

REC.No: 53

AIR TEMP: 23°C

MUSIC: African I

FACE CREST: Lav

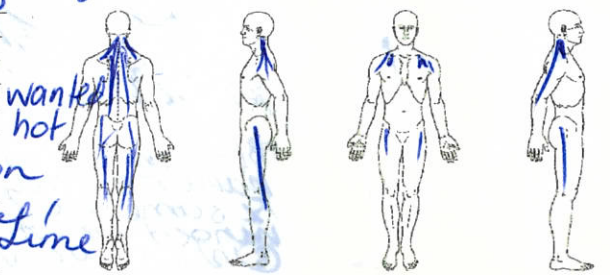
SUPINE SCENT: Lav

OIL BLEND: Relax

HT: Feet + face

EXTRA: Pepp + face

NEXT APPT:



O/A: P. short. m. v. tense
Traps up tight + short
Deltoids tight
Es tight esp L. twangy
Rhomb region cong
FB (stom) Heat TP rhomb/
g med/ham/mbj traps/lyap
tinged OK. Arms @ 5 +
MS + 5 + 6. Quiet
throughout
Relaxed -> QLS

P =

Recom client continue physio + discussed how
neg MS can help

TREATMENT NO. 15

S = client been feeling tightness in her
mbj/shoulder region this week -> being

DATE: 05.06.10

TIME: 12pm Sat

PAID: 1hr \$75

REC.No: 54

AIR TEMP: 25°C

MUSIC: Ache + B. K. Olden

FACE CREST: Lav

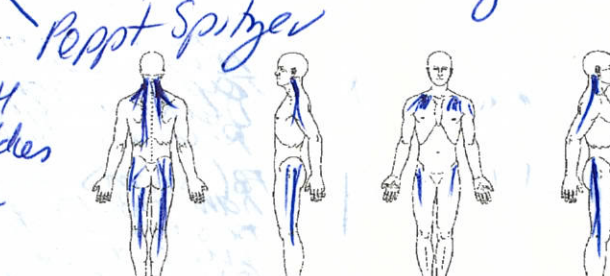
SUPINE SCENT: Lav

OIL BLEND: Relax

HT: Feet + face

EXTRA: Pepp + face

NEXT APPT:



O/A: P. short. m. v. tense
Traps up tight + short
Deltoids tight
Es tight esp L. twangy
Rhomb region cong
FB (stom) Heat TP rhomb/
g med/ham/mbj traps/lyap
tinged OK. Arms @ 5 +
MS + 5 + 6. Quiet
throughout
Relaxed -> MS + feet better
7 MS

P =

Recom client use spritzer for face

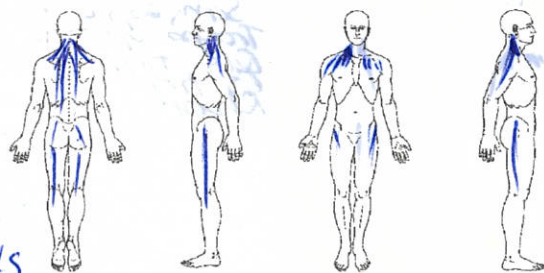
Want son to come for MS

BPAY 2010

TREATMENT NO. 16

DATE: 24 06 10
TIME: 11am Thurs
PAID: \$65 Inv
REC.No: 85
AIR TEMP: 23°C
MUSIC: Myagi
FACE CREST: Relax
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:

S= Client been feeling tightness in her TMJ region
Had 2 more teeth on



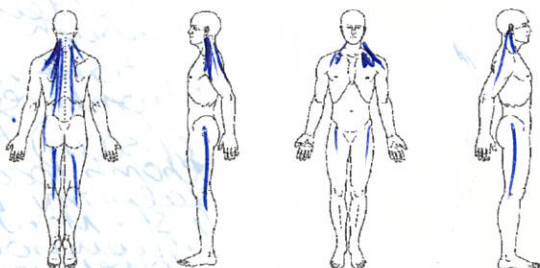
O/A: L's trap + scap esp R's right
als right esp R's
traps up tight - m. tense
Deltoids tight - R's short
ES tight + short
Rhomb region cong
FB(-stom) Heat TP-rhomb/g'me
ham/ITB/traps/LL scap
R's same + ES/als 1 day
winged ok - truss (S+) +
MS + S + VC - legs (S) +
Relaxed - MS

NEXT APPT:

P= Perom pepp powder + up - M's face + use heat
on up/shoulders for lymphatics
Relax all for 1 day - M's. then felt big improvement
S= Client been feeling tightness in TMJ
region esp after surgery whole body

TREATMENT NO. 17

DATE: 06 07 10
TIME: 4pm Tues
PAID: \$65 Inv
REC.No: 87 CASH
AIR TEMP: 28°C
MUSIC: Norah Jones
FACE CREST: Relax
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA:



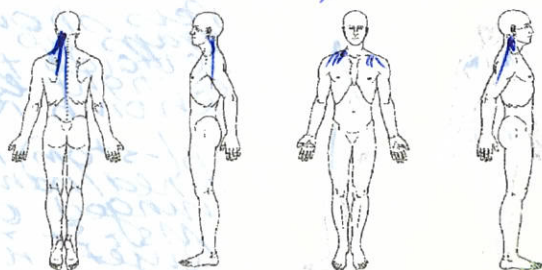
O/A: TM L esp v right
traps up right less
Deltoids tight less
ES tight less
Rhomb region cong
FB(-stom) Heat TP-rhomb/g'me
Q med/ham/ITB/traps/LL scap
R's same + ES/als
als quiet throughout
Relaxed - MS + feeling
better - 25mins (S) - 15mins
15mins

NEXT APPT:

P= Perom client use heat on shoulders, CE on back
mouth with stitches

TREATMENT NO. 18

DATE: 13.07.10
TIME: 230pm Thurs
PAID: \$65 Inv
REC.No: 88
AIR TEMP: 23°C
MUSIC: Don Mc
FACE CREST: Relax
SUPINE SCENT: Lemon
OIL BLEND: Rain
HT: Feet + face
EXTRA:



O/A: m. tense - esp L's occiput
traps up tight - Delt short
Deltoids tight
ES tight
Rhomb region cong
FB(-stom) Heat TP-rhomb/g'me
ham/ITB/traps/LL scap
R's same + ES/als
winged ok - truss (S+) +
MS + S + VC - legs (S) +
anterior

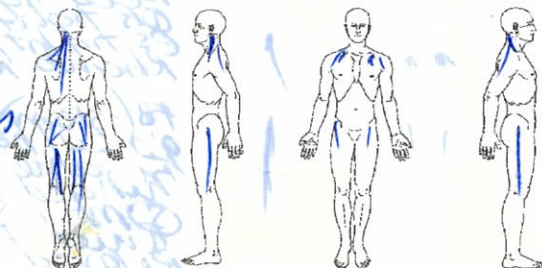
NEXT APPT:

P= Perom client relax today Daughter & 9mth old g-
coming up for 1 week next week

TREATMENT NO. 19

DATE: 11.08.10
TIME: 12pm
PAID: \$65 Inv
REC.No: 92
AIR TEMP: 23°C - v. warm
MUSIC: Kenny G oldies
FACE CREST: Relax
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA:

S= Client's m. esp m. v. are in last few days
of my going well



O/A: m. v. tense + tight esp
R's short L's occiput
traps up right L's scap v. tight
Deltoids tight
Rhomb right - both v. a-
FB(-stom) Heat TP-rhomb/g'me
ham/ITB/traps/LL scap
R's same - all m. v. tight
winged ok - truss (S+) +
MS + S + VC - legs (S) +
quiet throughout. Relaxed
Feeling better

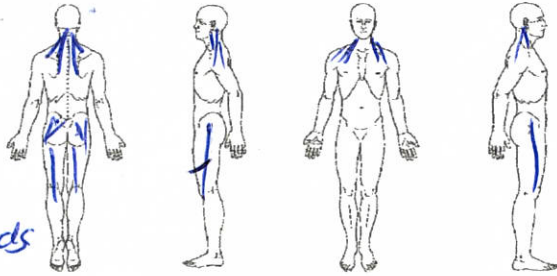
NEXT APPT:

P= Client to come again when regular present

TREATMENT NO. 20

DATE: 11.09.10
TIME: SAT 9AM
PAID: Inv \$75
REC.No: 976 CASH
AIR TEMP: 23°C
MUSIC: 250C
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Peppi Basil
HT: Feet + Arms/hands
EXTRA:

S = Client been feeling tightness in her trms region + facial nerve also sore/recovering. been sunflower oil with Mand/Tang



O/A: busy traps up short + tight. Deltoids tight. Pecs tight. ES tight + short. Rhombos long + tight - box
Full Body ☐ STOMACH ☐ Skin clamm/hot
ARMS ☐ Prone ☐ Supine LEGS - Swedish
TP rhomb/trms/traps
Fx occiput/scalp/trms
☐ Talked ☐ Quiet ☐ Breath
ROM Use after Ms - feeling better
FBACK Relaxed + Calm

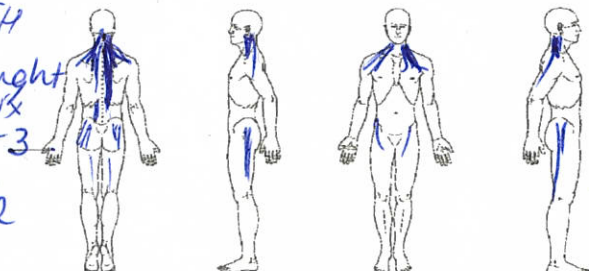
NEXT APPT:

P = Rejoin client relax today. Self - Ms with oil

TREATMENT NO. 21

DATE: 21.09.10
TIME: \$65 Inv. CASH
PAID: 4000T-ES
REC.No: 993
AIR TEMP: 23°C
MUSIC: Twilight mix
FACE CREST: Fern 1-3
SUPINE SCENT: Relax
OIL BLEND: Feet + Face
HT: Feet + Face
EXTRA:

S = Client been feeling tightness in her frontal bones b/c headaches



O/A: traps tight. ES tight. Pecs tight. Traps up tight. Rhombos tight. Skms tight. Rhomb/g med/ham/trms tight
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/trms
Fx occiput/AC/AT/scalp
☐ Talked ☐ Quiet ☐ Breath
ROM Use after Ms + felt better
FBACK

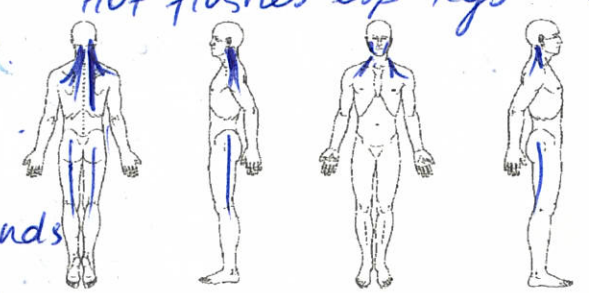
NEXT APPT:

P = Rejoin client drink tho bk dehydrated + suffering Haches

TREATMENT NO. 22

DATE: 25.10.10
TIME: 9AM Mon
PAID: \$65 Inv. CASH
REC.No: 1052
AIR TEMP: 23°C
MUSIC: Indian Mix I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Feet + Arms/hands
HT: Feet + Arms/hands
EXTRA: 9AM Mon 8th

S = Ear infection + feeling tender after RAs 2 repls in teeth esp RAs trms v regular. wants general relax. Hot flushes esp legs - removed heat from legs



O/A: Traps up tight + Pecs short. Deltoids tight. ES tight. Rhomb region long + tight
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/trms
Fx occiput/scalp/trms
☐ Talked ☐ Quiet ☐ Breath
ROM softer + vascular
FBACK Relaxed + felt calm

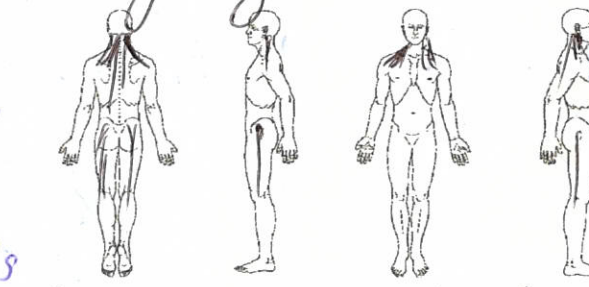
NEXT APPT:

P = Discussed how Ms helps blood flow + rejoin self Ms own face with spines (cautious of ears)

TREATMENT NO. 23

DATE: 08.11.10
TIME: Mon 9AM
PAID: \$65 CASH
REC.No: 1010
AIR TEMP: 23°C
MUSIC: Guitars
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Mand/Tang
HT: Feet + Arms/hands
EXTRA:

S = Client been feeling tightness in her L trms region - 2 new teeth larger than others. trouble adjusting. Hached and



O/A: trms tense. Traps up tight + short. Deltoids tight. ES tight + short. Rhomb region long
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine LEGS
TP occiput/traps/rhomb/sk
Fx occiput/AC/AT
☐ Talked ☐ Quiet ☐ Breath
ROM Relaxed - Ms + felt better
FBACK

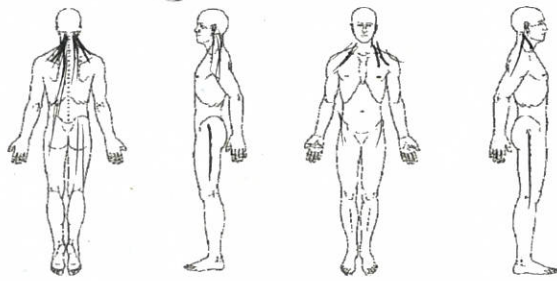
NEXT APPT:

P = Rejoin continue Ms - looking @ Allergies + food + relationship to what's causing h'sches

20ms 2010

TREATMENT NO 24 S= Client been feeling tightness in TMS region + feeling v. tired

DATE: 13.12.10
TIME: Mon 9am
PAID: \$65 Thv
REC.No: 1109 CASH
AIR TEMP: 23°C
MUSIC: Tunes - Paul
FACE CREST: Lav Mer
SUPINE SCENT: Lemon
OIL BLEND: Relax
Balm/Pepp
HT Feet + Face
EXTRA



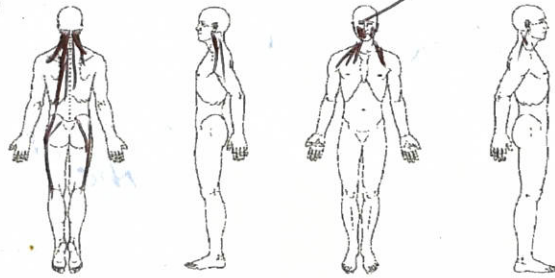
O/A: Gentle Ms. RM upper body
Traps up tight. Peristaltic
Deltoids tight. Traps
ES tight + short. TMS cong
Rhomb region cong

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS ☐ TMS/Head
TP rhomb/9 med/ham/TBS
Fx trap/neck/traps
☐ Talked ☐ Quiet ☐ Breath
ROM Rise after Ms. Feet good
FBACK Relaxed > Ms.

NEXT APPT: P= Last 2 implants on Thvis. See on Sat

TREATMENT NO 25 S= Client been feeling tightness in her shoulders, neck after 2 new implants. Had acupuncture

DATE: 20.12.10
TIME: Mon 8am CASH
PAID: \$65 Thv
REC.No: 1144
AIR TEMP: 23°C
MUSIC: Indian I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Pepp/Balm
HT Feet + Face
EXTRA



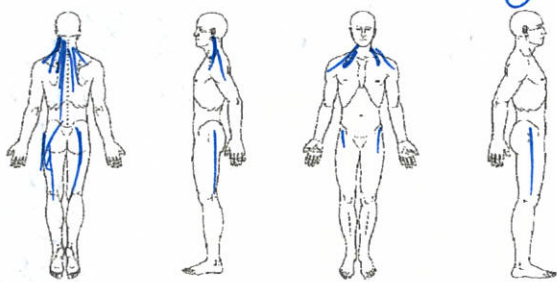
O/A: Peers short. TMS tense
Traps up tight/short
Deltoids taut. Traps
Rhomb region cong/tight

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS ☐ TMS/Head
TP rhomb/trap/neck
Fx trap/neck/traps
☐ Talked ☐ Quiet ☐ Breath
ROM Rise after Ms + feel better
FBACK

NEXT APPT: P= Relax client relax after Ms + see in New Year

TREATMENT NO 26 S= Client been feeling tightness in her jaw/shoulders from stress but feeling better than previous

DATE: 14.02.11
TIME: 9am Mon
PAID: Thv \$65
REC.No: 1175 C
AIR TEMP: 23°C
MUSIC: Ian Cam F
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
7/11/Lav
HT Feet + Arms/Hands
EXTRA



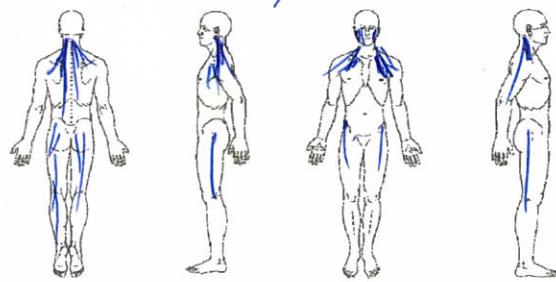
O/A: Adjusting to teeth visits
Shoulders taut. TMS taut
ES tight esp in Peers taut
Rhomb region cong/tight

Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS ☐ TMS/Head
TP rhomb
Fx occipit/scalp/TMS
☐ Talked ☐ Quiet ☐ Breath
ROM Felt less tension in TMS
FBACK Relaxed > Ms

NEXT APPT: P= Relax client relax after Ms - will ring when she knows more ~ timetable schedule.

TREATMENT NO 27 S= Client been feeling tightness in her ears - heat. All teeth in now

DATE: 16.03.11 DAY
TIME: 9am Tues
PAID: \$65.50 DAY
REC.No: 1205 CASH
AIR TEMP: 23°C
MUSIC: Indian I
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Bra/Lav
HT Feet + Face
EXTRA



Prefer more @ flexed position
Peers tight esp L
Deltoids tight + short
ES tight + short
Rhomb region cong + tight

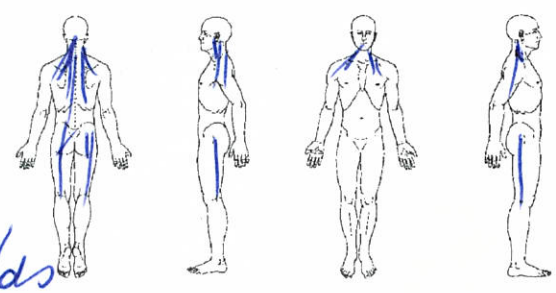
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS ☐ TMS/Head
TP rhomb/9 med/ham/TBS trap
Fx occipit/scalp/TMS
☐ Talked ☐ Quiet ☐ Breath
ROM Re > Ms. Feet on
FBACK Relaxed > Ms.

NEXT APPT: P= Relax ICE on TMS region + heat on upper shoulder

TREATMENT NO. 28

S = Client's ears still troubling her but shoulders neck / tmj improved since last visit

DATE: 31.03.11
TIME: 9 AM THURS
PAID: 250 CASH
REC.No: 8651hr
AIR TEMP: 24.3
MUSIC: Muzak
FACE CREST: 200
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms / hands
EXTRA: 1/2



O/A: Deltoids tight
traps up tight + feels cong
Es tight - Peers fast
Rhomb region cong + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP occiput / rhomb/traps
Fx occiput / trapezoid
☐ Talked ☐ Quiet Breathing
ROM 7se after Ms - self rep
FBACK feet v good during Ms

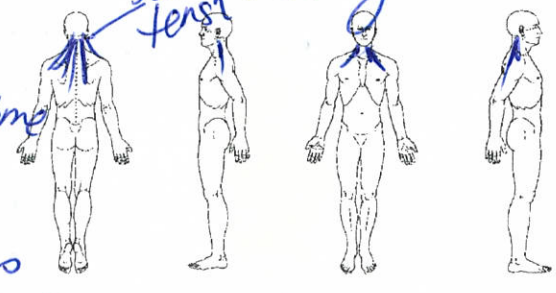
NEXT APPT:

P = Reiom continue - body feeling improvement after Ms. Prep for the 8 days away + lots of stress with kids

TREATMENT NO. 29

S = Client been feeling tightness in her body as per usual, feeling cooler with weather

DATE: 07.04.11
TIME: 1030 THURS
PAID: 250 CASH
REC.No: 252
AIR TEMP: 26C
MUSIC: Muzak - Cursive
FACE CREST: 200
SUPINE SCENT: Lemon
OIL BLEND: Relax Pain
HT: Feet + Arms / hands
EXTRA: 1/2



O/A: Deltoids tight
traps up tight - Peers fast
Rhomb region cong + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb / traps / med / ham / trs
Fx occiput / trapezoid
☐ Talked ☐ Quiet Breathing
ROM 7se after Ms - self rep
FBACK Reiom

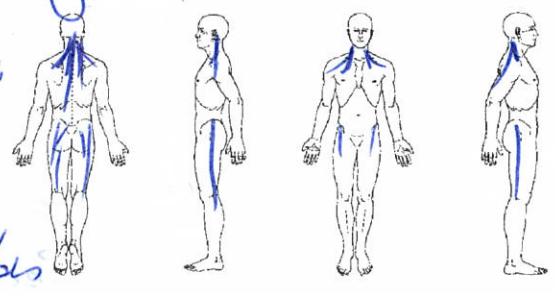
NEXT APPT:

P = Reiom client have good hol - see 7 Easter

TREATMENT NO. 30

S = Client been feeling ok - back from hol's

DATE: 14.05.11
TIME: 9 AM
PAID: 75 CASH
REC.No: 1293
AIR TEMP: 25C
MUSIC: Saxophone
FACE CREST: 200
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Arms / hands
EXTRA: 1/2



O/A: V. cold hands / feet
traps up tight. Peers fast
Deltoids fast
Rhomb region 1 esp tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / traps / L / scaps
Fx occiput / scap / trapezoid
☐ Talked ☐ Quiet Breathing
ROM 7se after Ms - self rep
FBACK Relaxed > Ms

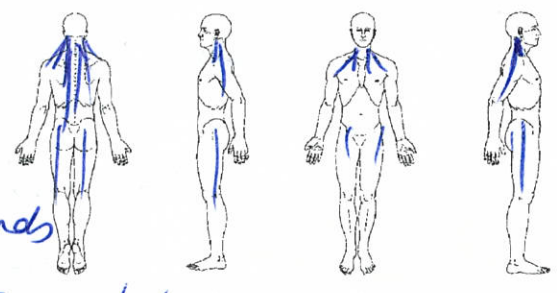
NEXT APPT:

P = Discussed how circn affects bodies in cold weather. Reiom putting hands under warm water for 5-3mins

TREATMENT NO. 31

S = Client been feeling stressed + tense no mouthguard + feels good with teeth

DATE: 10.10.11
TIME: 8.30 AM
PAID: 130 MON
REC.No: 1521
AIR TEMP: 24C
MUSIC: Don Mcg. I
FACE CREST: 200
SUPINE SCENT: Lem
OIL BLEND: Relax 1/2
HT: Feet + Arms / hands
EXTRA: 2 x back



O/A: Peers right. traps up tight
Deltoids tight
Es right + feeling cong
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb / traps / med / ham / trs
Fx occiput / scap / trapezoid
☐ Talked ☐ Quiet Breathing
ROM Relaxed > Ms
FBACK felt better - not as sore as she thought she would.

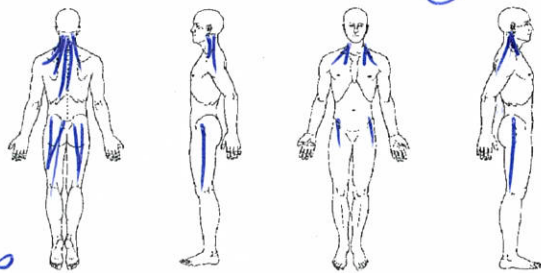
NEXT APPT:

P = during warmer weather - decided to bres from Ms in winter b/c too cold

xmas 2011
N/L 09/11
Bday 2012

TREATMENT NO. 32 S = Client under a lot of stress @ home look'g after 5 kids + working FT.

DATE: 24.04.12
TIME: 2:30 TUES
PAID: \$75/hr
REC.No: 186 CASH
AIR TEMP: 25
MUSIC: Don McLean
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
Manditang 1/
HT Feet + Arms/
EXTRA hands

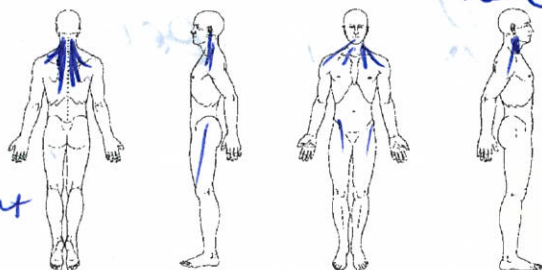


O/A: Pers shou. trns tense
Deltoids tight Q/s tight
ES tight + short
Rhomb region cong
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/med/ham/ITBs
Fx occ/scalp/TMT Anest Breathing
☐ Talked ☐ Quiet
ROM Tsd > Ms
FBACK Feet better

NEXT APPT: P = Reom client relax > Ms + discussed getting some more self care when stress is M

TREATMENT NO. 33 S = Client been feeling tightness in shoulders neck. suffering vertigo

DATE: 27.02.13
TIME: 2:30 WEDS
PAID: \$75/hr
REC.No: 2394 CASH
AIR TEMP: 25
MUSIC: Pared Men
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
Jaw chamomut
HT Arale
EXTRA 2x lx
2x back

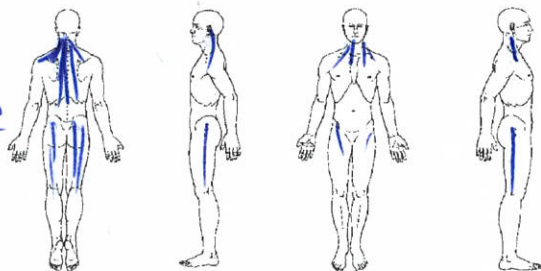


O/A: Deltoids tight
ES tight Pers tight
Rhomb region cong
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/trap
Fx occ/scalp/TMT/AT/AC
☐ Talked ☐ Quiet
ROM Feet better > Ms
FBACK sleepy

NEXT APPT: P = Going to Bangkok in 4 weeks for 10 days
Discussed Jaw + oil use

TREATMENT NO. 34 S = Client been feeling tightness in her

DATE: 10.04.14
TIME: 2PM TUES
PAID: \$65 GVPaid
REC.No:
AIR TEMP: 25
MUSIC: Yabing if there
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
Feet/Face
HT Arale
EXTRA

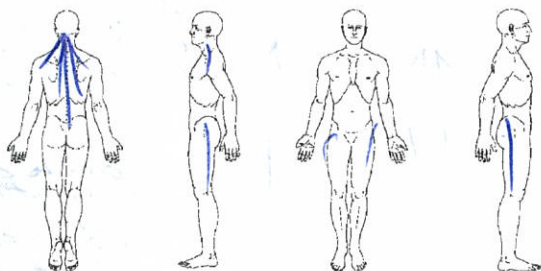


O/A: Pers tight
Deltoids tight
ES tight
Rhomb region cong
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/med/ham/ITBs
Fx occ/scalp/TMT
☐ Talked ☐ Quiet
ROM Tsd > Ms
FBACK feet better > Ms

NEXT APPT: P = Discussed getting some reg Ms again

TREATMENT NO. 35 S = Client been feeling tightness in her body after Ms

DATE: 28/10/14
TIME: 2PM THURSDAY
PAID: \$88 CASH
REC.No: 1hr
AIR TEMP: 25
MUSIC: Keiryn G.I.
FACE CREST: 25
SUPINE SCENT: Manditang
OIL BLEND: Jaw
HT Reign
EXTRA Arale



O/A: Pers tight. Tramp/feet
Deltoids tight + short
ES tight + short
Rhomb region cong + tight
☒ Full Body ☒ STOMACH Ms
ARMS ☒ Prone ☒ Supine ☒ LEGS
TP rhomb/trap/ITBs
Fx occ/scalp/TMT/AT/AC
☐ Talked ☐ Quiet
ROM Tsd > Ms
FBACK feet better > Ms

NEXT APPT: P = Reom client relax after Ms - discussed how diet helps body - client been free of dairy/wheat/sugar for 3mths - just feeling good now

TREATMENT NO. 36

DATE: 9.12.14
TIME: 10:00
PAID: \$88
REC.No: 25
AIR TEMP: 25
MUSIC: Enya
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 5'6"
CST: Feet/Face
HST: Feet/Face

EXTRA
NEXT APPT:

TREATMENT NO. 37

DATE: 9.12.14
TIME: 10:00
PAID: \$88
REC.No: 25
AIR TEMP: 25
MUSIC: Enya
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 5'6"
CST: Feet/Face
HST: Feet/Face

EXTRA
NEXT APPT:

TREATMENT NO. 38

DATE: 14.01.15
TIME: 10:00
PAID: \$88
REC.No: 3720
AIR TEMP: 25
MUSIC: Enya
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 5'6"
CST: Feet/Face
HST: Feet/Face

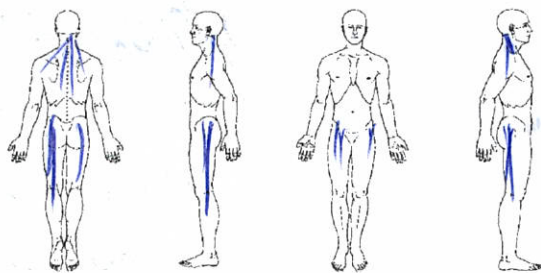
EXTRA
NEXT APPT:

TREATMENT NO. 39

DATE: 24.09.15
TIME: 10:00
PAID: \$88
REC.No: 3720
AIR TEMP: 25
MUSIC: Enya
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 5'6"
CST: Feet/Face
HST: Feet/Face

EXTRA
NEXT APPT:

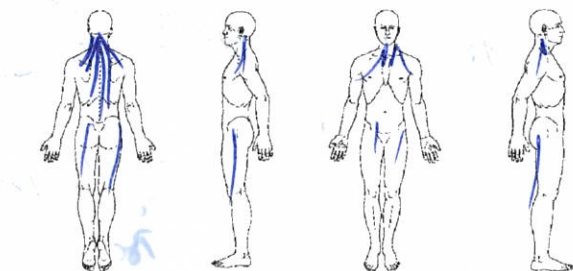
S= Client been feeling tightness in her body improving. Vertigo getting better. Had phyno yesterday.



O/A: Peroneus tight ES tight Traps tight Rhomb region corp
Full Body STOMACH Enjoyed stomach
ARMS Prone Supine MS LEGS
TP Tied > MS
Fx up feet better > MS
Quiet Breathing
ROM
FBACK Feet improvement

P= Perone client keep us out care to help discussed neck head posn @ computer

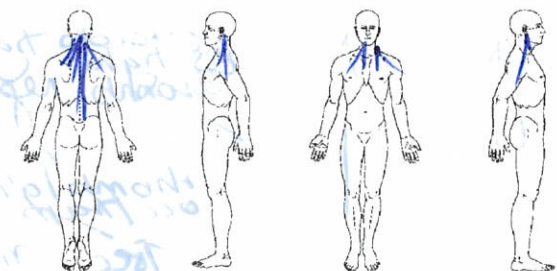
S= Client been feeling tightness in her upper 2 esp some vertigo laying down but improving with m nent



O/A: Perone tight ES tight Traps tight Rhomb region corp
Full Body STOMACH
ARMS Prone Supine LEGS
TP homb/g med/ham/ham/ham
Fx traps/traps
Quiet Breathing
ROM Tied > MS
FBACK feet better > MS

P= Perone client stretch out & keep eye on posture

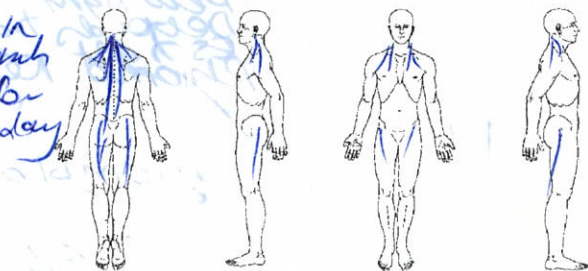
S= Client been feeling soreness in her body all over but particularly with headache @ the moment



O/A: Taken Panadol today
Perone tight ES tight Traps tight Rhomb region corp
Full Body STOMACH
ARMS Prone Supine LEGS
TP homb/g med/ham/ham/ham
Fx ocl/traps/traps
Quiet Breathing
ROM Tied > MS
FBACK all tied > MS

P= Perone client stretch out

S= Client been feeling tightness in her body in her shoulders & jaw



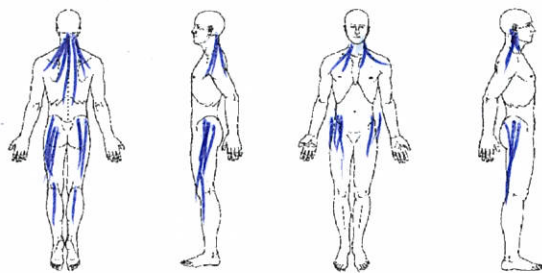
O/A: Traps up tight. MS fine Perone tight ES tight Traps tight Rhomb region corp
Full Body STOMACH
ARMS Prone Supine MS LEGS
TP homb/g med/ham/ham/ham
Fx ocl/traps/traps
Quiet Breathing
ROM Tied > MS
FBACK felt better > MS

P= Moving house - looked after g on for past several months Resolution of 1/MS per month

TREATMENT NO. 40

DATE: 13-10-15
 TIME: 8:30
 PAID: \$88
 REC.No: 1hr
 AIR TEMP: 25
 MUSIC: Ms Music F-15
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = client been feeling tightness in her body all over been stressed moving house



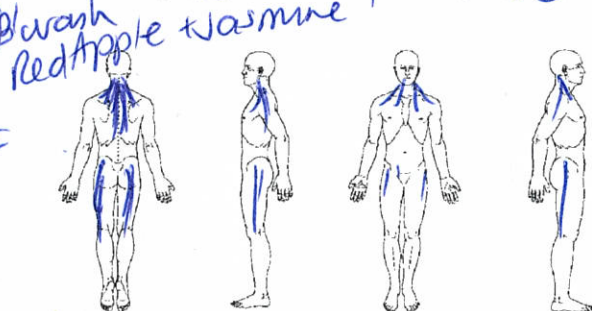
O/A: Peers tight + shout
 Deltoids tight
 ES tight
 Rhomb Region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/trap
 Fx occ/trap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK feet better > ms

P = Relax client took after herself while helping mum move into a home + finish move

TREATMENT NO. 41

DATE: 27-10-15
 TIME: 10:30
 PAID: \$88
 REC.No: 1hr
 AIR TEMP: 25
 MUSIC: Steve Nipent
 FACE CREST: 23
 SUPINE SCENT: Lem
 OIL BLEND: Low
 HT: Relax
 CST: (A) Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = client been feeling tightness all over - in middle of move



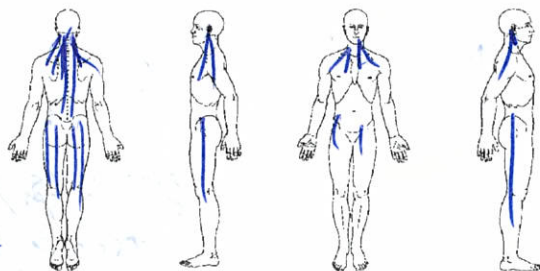
O/A: Peers tight Traps up taut
 Deltoids tight
 ES tight
 Rhomb Region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/trap
 Fx occ/trap / ST / ALs
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK feet better

P = Relax client get balance when can - discussed grounding of feet @ night

TREATMENT NO. 42

DATE: 10-11-15
 TIME: 8:30
 PAID: \$88
 REC.No: 4/5
 AIR TEMP: 25
 MUSIC: Noah I
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax!
 HT: 2x Ln + 2x back
 CST: (A) Face
 HST: Feet / Face
 EXTRA
 NEXT APPT:

S = client been feeling tightness in her body in her shoulders / neck / head @ mo



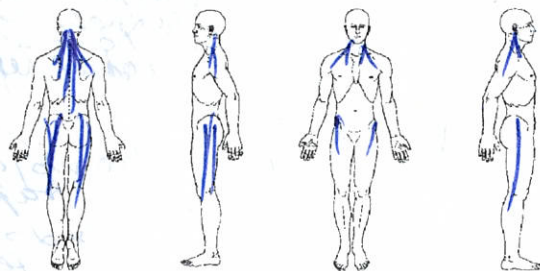
O/A: Deltoids tight. Peers taut
 ES tight
 Rhomb Region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/trap
 Fx occ/trap / C/sap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK feet better > ms

P = Relax client drink tho to help flush body
 Discussed how up to help when busy

TREATMENT NO. 43

DATE: 24-11-15
 TIME: 1:15 PM
 PAID: \$88
 REC.No: 25
 AIR TEMP: 25
 MUSIC: Defenders
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Mand / Tans
 HT: Feet / Face
 CST: (A) Face
 HST: Feet / Face
 EXTRA
 NEXT APPT:

S = Relax client stretch out to help body
 b/c shoulders / neck v tense
 Discussed how stress affects it



O/A: Peers tight
 Deltoids tight. Traps up taut
 ES tight
 Rhomb Region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g/med/ham/trap
 Fx occ/trap / C/sap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK feet better > ms

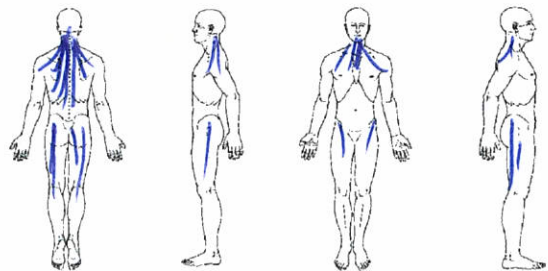
P = Relax client stretch out with body to help neck

44 6/12/15 client feeling tightness in her body in her shoulders/neck
 1hr. \$88 FB (1st) Meet to rhomb/g/med/ham/trap old traps
 Relax-mand feet better > ms. V-tense upper body. discussed, getting
 Feet / Face 2x Ln + 2x back HST balance back with her body

TREATMENT NO. 45

DATE: 15.12.06
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Lav
 FACE CREST: dem
 SUPINE SCENT: Relax
 OIL BLEND: Mandi rony
 HT: 4 Fail
 CST: 2 x tn
 HST: 2 x back
 EXTRA: Feet / Face
 NEXT APPT:

S = Client been feeling tightness in her body improved.



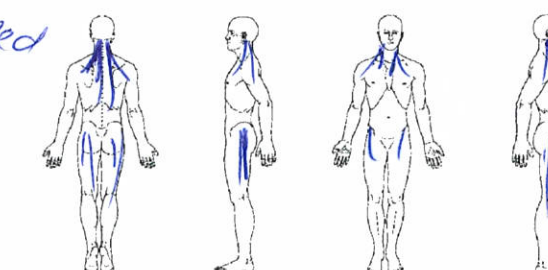
O/A:
 Traps up tight
 Delts up tight
 ES tight / pers taut
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / g med / ham trap
 Fx out trap / traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

P = Reom client enjoy it mas break.

TREATMENT NO. 46

DATE: 5.1.15
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Acherbi KI
 FACE CREST: Lav
 SUPINE SCENT: Relax
 OIL BLEND: Relax
 HT: Feet / Face
 CST: 2 x tn
 HST: 2 x back
 EXTRA:
 NEXT APPT:

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



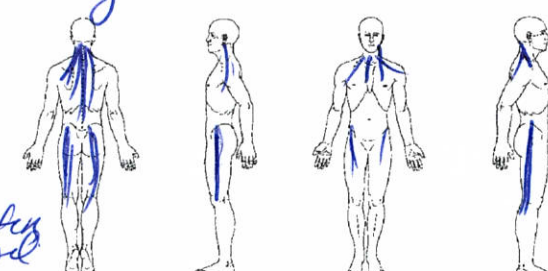
O/A:
 Delts tight
 ES tight / pers tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / g med / ham trap
 Fx delts / pers traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

P = "Thoroughly enjoyed MS" - discussed how PWS works with this

TREATMENT NO. 47

DATE: 21.01.15
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Canchang
 FACE CREST: Lav
 SUPINE SCENT: Relax
 OIL BLEND: Cream - prefer
 HT: Feet / Face
 CST: 2 x tn
 HST: 2 x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her body R arm been sore physiochem on RHS



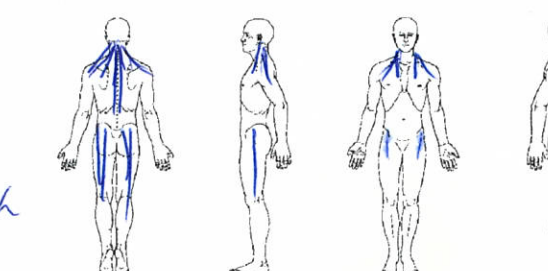
O/A:
 Traps up tight + short
 Delts tight / pers taut
 ES tight + short
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / g med / ham trap
 Fx occ traps / traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

P = Perom client stretch out & use compression bandage and / or ice arm. see physio if pain persists

TREATMENT NO. 48

DATE: 27.09.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Lav
 FACE CREST: Relax
 SUPINE SCENT: Lav
 OIL BLEND: 2 x tn & 2 x back
 HT: Feet / Face
 CST: Relax
 HST:
 EXTRA:
 NEXT APPT:

S = client been feeling tightness in her body in her shoulders / back



O/A:
 Delts tight / pers taut
 ES tight / traps up tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / g med / ham trap
 Fx X
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

P = Been so busy; unable to fit up MS in but would like to get back to monthly

KAREN MONY.

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: 5/7/17

TIME: 1:30

AIR TEMP: WDS

MUSIC: Nymph

FACE CREST: Jar

SUPINE SCENT: Lem

OIL BLEND: Relax

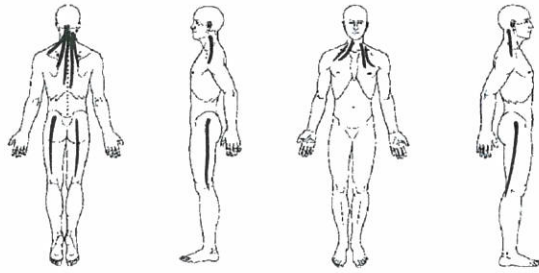
Hot Towel: Feet / AH

Cold Stones: (A) Face

Hot Stones: 1 x in

2 x back

S = client been feeling tightness in her body
7 retirement still adjusting



O/A:

Pets taut. Traps up tight
Trap up tight. Deltoids tight
ES taut
Rhomb region taut

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine MS LEGS

TP rhomb/med/ham/trap

Fx occ/traps/L traps Quiet Breathing

☐ Talked ☐ Quiet

ROM Tscd 7 ms

FBACK feet better 7 ms

P = Perom client stretch body out. Discussed sprays.

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: 12/9/17

TIME: 2:30

AIR TEMP: TLES

MUSIC: Mand/Tang

FACE CREST: Jar

SUPINE SCENT: Lem

OIL BLEND: Relax

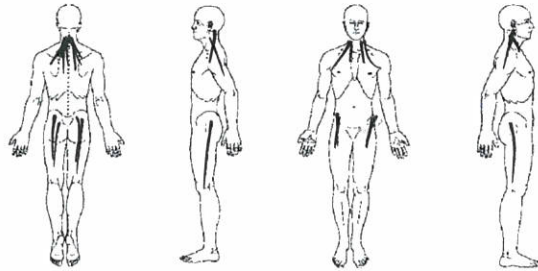
Hot Towel: Feet / AH

Cold Stones: (A) Face

Hot Stones: 2 x in

2 x back

S = client been feeling tightness in her body. Improving
getting used to retirement.



O/A:

Trms taut
Traps up tight. Traps tight
ES tight Ols tight. Perst an
Rhomb up tight

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine MS LEGS

TP rhomb/med/traps/ES

Fx occ/traps/L traps Quiet Breathing

☐ Talked ☐ Quiet

ROM Red 7 ms

FBACK feet better 7 ms

P = Perom client stretch for shoulders

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: _____

TIME: _____

AIR TEMP: _____

MUSIC: _____

FACE CREST: _____

SUPINE SCENT: _____

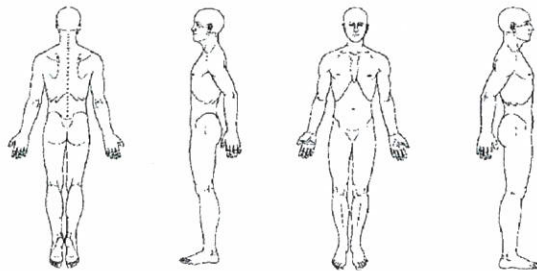
OIL BLEND: _____

Hot Towel: _____

Cold Stones: _____

Hot Stones: _____

S = _____



O/A:

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine LEGS

TP

Fx

☐ Talked ☐ Quiet Breathing

ROM

FBACK

P = _____

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: _____

TIME: _____

AIR TEMP: _____

MUSIC: _____

FACE CREST: _____

SUPINE SCENT: _____

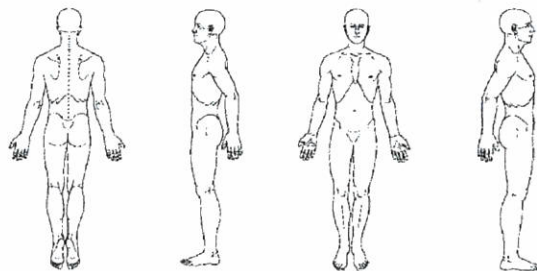
OIL BLEND: _____

Hot Towel: _____

Cold Stones: _____

Hot Stones: _____

S = _____



O/A:

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine LEGS

TP

Fx

☐ Talked ☐ Quiet Breathing

ROM

FBACK

P = _____

Karen Monypenny**DOB**

28 Mar 1954

Appointments

Date	Time	Type	Practitioner
28 Jul 2025	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
8 Oct 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Sep 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Sep 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Jul 2024	12:45PM – 1:45PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
12 Jul 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
16 Apr 2024	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Mar 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Mar 2024	12:45PM – 1:45PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
14 Feb 2024	12:45PM – 1:45PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
31 Jan 2024	12:45PM – 1:45PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
27 Oct 2023	12:45PM – 1:45PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
29 Sep 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
1 Jun 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
10 May 2023	11:20AM – 12:20PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Dec 2022	1:15PM – 2:15PM	REBOOKING - 60 minute Massage	Christine Jervis
1 Dec 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Nov 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Nov 2022	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Jul 2025, 2:30PM
Created: 28 Jul 2025, 3:35PM
Last updated: 28 Jul 2025, 3:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling much better, good for 1 month from vertigo after physio

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

Injury

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

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) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Kenny G music
Aromatherapy Massage oil - liquid coconut oil with peppermint and lavender
Spritzer - peppermint and lavender

Remedial techniques - shoulders, back, neck and hip and stomach.

Hot Pack

Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great after massage. Enjoyed her treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Tried using no nut oil as she is allergic with some lavender

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

Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 8 Oct 2024, 12:45PM
Created: 8 Oct 2024, 1:57PM
Last updated: 8 Oct 2024, 2:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling bit stiff and sore, migraines in last few days.

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

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

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) - doesn't love foot massage

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Chang music Aromatherapy Massage oil - liquid coconut oil with peppermint and lavender Spritzer - peppermint and lavender Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great after massage. Enjoyed her treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Tried using no nut oil as she is allergic
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Sep 2024, 12:45PM Created: 23 Sep 2024, 3:44PM Last updated: 23 Sep 2024, 3:47PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling bit stiff and sore but ok, overall feeling better
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Mod Girls KD lang Aromatherapy Massage oil - Extreme H2O oil Spritzer - peppermint eucalyptus Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great after massage. Enjoyed.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using no nut oil as she is allergic
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Sep 2024, 11:00AM
Created: 3 Sep 2024, 10:53AM

Last updated: 3 Sep 2024, 12:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felling but stiff and sore
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Mod Girls KD lang Aromatherapy Massage oil - Lav peppermint Spritzer - peppermint eucalyptus Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great after massage. Enjoyed treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed keeping moving.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 23 Aug 2024, 1:30PM**Created:** 23 Aug 2024, 1:22PM**Last updated:** 23 Aug 2024, 4:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client stressed and tired and sore

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

Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**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) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Ian Cam Smith

Aromatherapy Massage oil - Lav peppermint

Spritzer - joyful rose

Remedial techniques - shoulders, back, neck and hip and stomach.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart

Feedback after treatment -	Felt great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage helps
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Jul 2024, 12:45PM
Created: 29 Jul 2024, 2:11PM
Last updated: 29 Jul 2024, 4:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client stres are d because car is being put down so very sad

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

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

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) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Ken Davis
Aromatherapy Massage oil - sports blend
Spritzer - joyful rose

Remedial techniques - shoulders, back, neck and hip and stomach.

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels Feet; Arms & Hands

Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed grief and loss
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt great afterwards - really enjoyed it

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Mar 2024, 12:45PM
Created: 14 Jul 2024, 10:29PM
Last updated: 14 Jul 2024, 10:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client sore.

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

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

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) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - miyagi
Aromatherapy Massage oil - lavender oil
Spritzer - joyful rose

	Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how sauna helps.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Jul 2024, 3:00PM
Created: 13 Jul 2024, 8:23AM
Last updated: 13 Jul 2024, 8:27AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client was feeling much better with her body since changing diet and after holiday, but now feeling very stressed.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	

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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - miyagi Aromatherapy Massage oil - lavender oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage - lots of sore areas
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing another massage soon as she came up very red in shoulders and was sore and feeling stressed. Add a Sauna next time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Jun 2024, 1:00PM
Created: 20 Jun 2024, 2:07PM
Last updated: 20 Jun 2024, 2:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling much better with her body since changing diet and after holiday. Broken toe 6 weeks ago
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - miyagi Aromatherapy Massage oil - lavender oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing a bit more regular massage
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Apr 2024, 2:30PM
Created: 16 Apr 2024, 3:40PM
Last updated: 16 Apr 2024, 6:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling much better with her body since changing diet

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

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

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) - doesn't love foot massage

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Music - Elton John tunes
Aromatherapy Massage oil - lavender oil
Spritzer - joyful rose

Remedial techniques - shoulders, back, neck and hip and stomach.

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels Feet; Arms & Hands

Topical Treatment Fisiocrem shoulders/neck

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

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

Body Chart

Feedback after treatment - Felt good after massage

Plan for future results / treatment / Heading away in holidays to Hong Kong

progress / homework (including discussion with client, advice, stretches)
Infra-Red Sauna (if applicable - info is below)
Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 7 Mar 2024, 12:45PM Created: 7 Mar 2024, 12:42PM Last updated: 8 Mar 2024, 5:02AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore, not been using her own sauna much. Busy week. Some headaches
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Steve ahelpern and Ken Davis mix Aromatherapy Massage oil -relax h20 oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage, enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how stiff she has been feeling from fall and how regular massage can help
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 14 Feb 2024, 12:45PM
Created: 14 Feb 2024, 12:35PM
Last updated: 14 Feb 2024, 2:22PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore, been using her own sauna
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Steve ahelpern and Ken Davis mix Aromatherapy Massage oil -relax h2o oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment as she is feeling better with treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt good, mild heat, not much sweat on towels

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 Jan 2024, 12:45PM
Created: 31 Jan 2024, 1:57PM
Last updated: 31 Jan 2024, 3:36PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling very sore after fall on road.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ken Davis Aromatherapy Massage oil -relax h20 oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Really enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about Sauna next time. She has her son Sauna at home now

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

Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Oct 2023, 12:45PM
Created: 27 Oct 2023, 5:03PM
Last updated: 27 Oct 2023, 5:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling better

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can smith Aromatherapy Massage oil -relax h2o oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Really enjoyed the massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about sauna
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt good after Sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Sep 2023, 1:00PM
Created: 30 Sep 2023, 2:21PM

Last updated: 30 Sep 2023, 2:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling all over very unbalanced and tired still.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can smith Aromatherapy Massage oil -relax h2o oil Spritzer - joyful rose Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Really liked the massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about maintenance monthly

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 1 Jun 2023, 12:45PM**Created:** 1 Jun 2023, 1:53PM**Last updated:** 1 Jun 2023, 2:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling all over very unbalanced. Had 3 surgeries - hernia and cataracts. Still feeling like need treatment but felt improvement from last massage

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

Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**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) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Ian Can smith
Aromatherapy Massage oil - sports h2o oil
Spritzer - joyful rose

Remedial techniques - shoulders, back, neck and hip and stomach.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs -

Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart	
Feedback after treatment -	Really liked the massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about maintenance monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 May 2023, 11:20AM Created: 10 May 2023, 12:23PM Last updated: 10 May 2023, 12:35PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling all over very unbalanced. Had 3 surgeries - hernia and cataracts. Still feeling yuck from anaesthetic. Migraines and upset tummy
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can smith Aromatherapy Massage oil - sports h2o oil Spritzer - joyful rosw Remedial techniques - shoulders, back, neck and hip and stomach.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Really liked the stomach massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about fortnightly and then some monthly maintenance
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis
Appointment: 8 Dec 2022, 1:15PM
Created: 8 Dec 2022, 2:23PM
Last updated: 8 Dec 2022, 2:33PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling shoulder and hip still sore. Specialist said surgery in January
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can smith

	Aromatherapy Massage oil - Lav H2O oil Spritzer - no
	Remedial techniques - shoulders, back, neck and hips. V vasodilated R shoulder.
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; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Discussed seeing physio for diagnosis
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Surgery Jan 13, see in March after 5 weeks recovery
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, 12:45PM
Created: 1 Dec 2022, 1:48PM
Last updated: 1 Dec 2022, 2:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling better
 Feedback from previous treatment - feeling an improvement. Specialist said surgery in January

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

Details of Medications / Red Flags /

Precautions needed etc (i.e. conditions listed above)-	
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) - doesn't love foot massage
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Norah Jones Aromatherapy Massage oil - Spritzer - no Remedial techniques - shoulders, back, neck and hips
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; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; Psoas
Body Chart	
Feedback after treatment -	Felt really good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more regular treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 23 Nov 2022, 12:45PM

Created: 23 Nov 2022, 12:38PM

Last updated: 23 Nov 2022, 1:47PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -feelibg twinge in her r hip when walking still - felt better after massage . Sore all over from walking funny. Seen specialist who will remove hernias but isn't sure pain is coming from there

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem
Music - Tribal music
Aromatherapy Massage oil - lavender h2o oil

FB stomach. Remedial hips, back, shoulders, neck and legs. Psoas release - v right R and ITBs too

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt really good after massage

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

Discussed referring to a female physio if pain is still there

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 10 Nov 2022, 11:00AM

Created: 10 Nov 2022, 12:09PM

Last updated: 10 Nov 2022, 12:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -feelibg twinge in her r hip when walking for 3 weeks. Sore all over from walking funny

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem
Music - Ian Cam Smith
Aromatherapy Massage oil - lavender h20 oil

FB stomach. Remedial hips, back, shoulders, neck and legs. Psoas release - v right R and ITBs too

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Psoas

Body Chart

Feedback after treatment -

Felt really good - had forgotten how good massage feels and wondering why she stopped

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

Seeing dr for results on scan for hip - discussed referring to a female physio if pain is still there

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

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

There are no patient forms for Karen Monypenny.