

Full Name KERRY LYNN MOYER D.O.B 23/10/60 Gender F  
 Address 12 EVERGLADE RISE, WHITFIELD  
 Home Phone 40343631 Work 40323777 Mobile 0421900667  
 Email Address ~~kerry@lifestyleloans.net.au~~ kerrym@tas.gld.edu.au  
 Emergency Contact Details - Name and Number DAVE MOYER 0429419198  
 Current Doctor DR WILCOCK Referred By \_\_\_\_\_  
 Occupation and How long MORTGAGE BROKER - 8 months  
 Physical Activities/Hobbies/Exercise PUMP, WALKING, GOLF  
 Past Medical History (major operations/conditions) HIGH BLOOD PRESSURE

Medications - Prescribed or Natural: \_\_\_\_\_

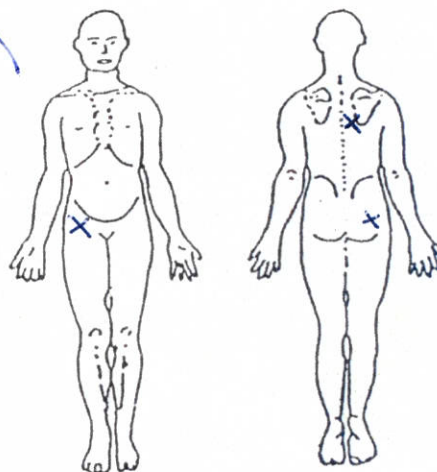
Tick any of the conditions below that apply to you **NOW**:

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

Details regarding above selections:

DOWN RIGHT LEG AT TIMES

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



Amount of Pain (1-10): 3

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

Face Head Chest Stomach Back Buttocks Arms Legs Feet

### I understand that

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

I agree to the Massage of: KERRY MOYER (insert name of person being Massaged)

Signature: Kerry L. Moyer Date: 13/9/06



# Client Record

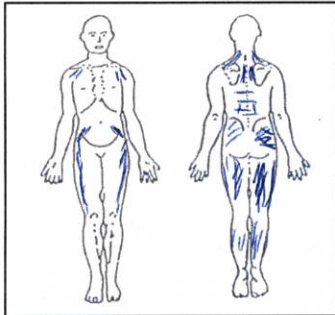
**SOAP = SUBJECTIVE:** clients states, **OBJECTIVE:** therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

PLEASE NOTE FOR FUTURE REFERENCE:

## TREATMENT NO. 1

S = Client's Lx been 'twinging' last 3 weeks - still exercises but feels leg isn't comfortable or sitting 'right'. Pump class this morning

DATE: 14.09.06  
TIME: 5pm Weds - on  
PAID: \$45 CASH time  
REC.No: 668 1hr.  
AIR TEMP: 22°C  
MUSIC: Yanni - if there  
FACE CREST: Jaw  
OIL BLEND: Relax  
Gel / YI / YI / CS



O/A: ITBs tight, Quads tight  
QLs taut, Psoas tight, Pecs taut  
ES cong and tight, Rhomb's tight  
Piriformis R esp v. tight & tender, Glut med tight R  
Calves tight esp medially, Hamstrings tight esp R SM / P  
Skin - v. vasodilated esp lumbar / shoulders, good texture

FB(-stom) Heat. trigger rhomb/occiput/glutes/ITBs/hamstrings/scap/traps. Winged scaps ok. Arms prone stretch + massaged. Scalp drag. Client's upper body tense hypertonic muscles didn't relax and move - client got more movement out of manage & "could feel" the difference in her body

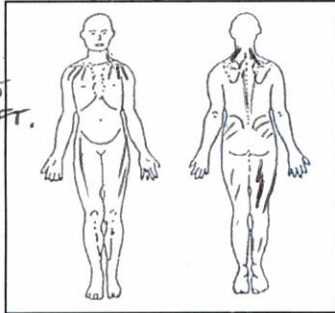
NEXT APPT: Took BC for future

P = Recom look @ seeing Chris Heron for adjustment - particularly hips - client said they have been 'out' before

## TREATMENT NO. 2

S = client's body been really stiff & sore - "needing massage" + really looking forward to it - Been stretching but still sore.

DATE: 11.12.06  
TIME: 5pm Mon -  
PAID: \$45 CASH 1hr 3  
REC.No: 830 + 831 - \$45  
AIR TEMP: 23°C WFT.  
MUSIC: Enya I  
FACE CREST: Pepp  
OIL BLEND: Jaw / L.  
(Finish blends)



O/A: traps knotted + cong. Skin heated.  
Traps v. cong + tight. Glut scaps v. tight  
ES v. cong + tight. Pecs short  
Glutes tight. Deltoids v. tight. AC tight with  
whole body held v. stiffly + tight. QLs v. tight  
Skin - v. vasod. rhomb. Hams v. tight

FB(-stom) Heat. TP's rhomb/glutes/ITBs/hamstrings/trap/ITBs/hamstrings, winged scaps ok. Arms stretched pm, massaged supine. Client quiet for most. "Felt new" after. Better Rom. Looked brighter in eyes + seemed happier. Body responded well. Minimal flexibility in JL & stretches.

NEXT APPT:

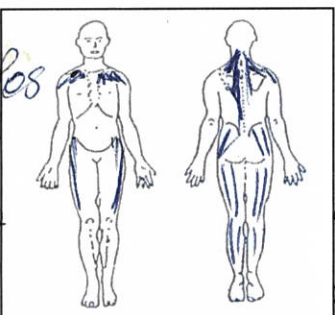
E13.12.06 CNL

P = Discussed seeing physio for check on knee - b/c its grinding on squats (w/ knee = lower squat)

## TREATMENT NO. 3

S = Client been feeling sore in shoulders esp 2 days reports finished school now, ready to relax

DATE: 04.12.07  
TIME: 4pm Tues  
PAID: \$55 1hr CASH  
REC.No: 1299  
AIR TEMP: 20°C hot day  
MUSIC: Steve Helder  
FACE CREST: Pepp  
OIL BLEND: Bpots  
Gel / Orange / Sap



O/A: Hamstrings taut  
Traps up taut & cong & bulky, lower taut  
ES tight. Pecs short + tight & scaps short  
ITBs taut Rhomb's cong + tight  
Rhomb region vased

FB(-stom). Heat. TP rhomb/traps/sinus  
ES/rhomb/d. scap/ITBs/gt  
winged scaps held ok. Arms @ MS + ST + JL  
arms @ MS + ST + JL. Suggest client been feeling "so much better" after, less tense after. Body responded well

NEXT APPT:

P CNL 10/12/07

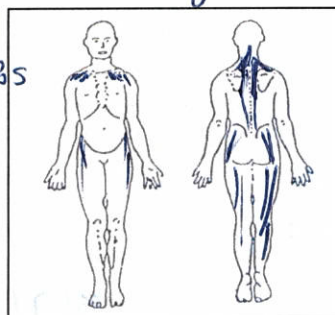
P = Recom per stretch to help posture. Enjoy holidays @ home.

Plus 15/10/08

## TREATMENT NO. 4

S = Client been feeling 'pinching' + tightness in upper body (rhomb region R) + neck. Low in energy, feeling v. tired for past month

DATE: 11.07.08  
TIME: 3pm Fri  
PAID: 1hr \$60 CASH  
REC.No: 1537  
AIR TEMP: 23°C  
MUSIC: Archer Bille  
FACE CREST: Jaw  
OIL BLEND: Sports  
Gel / Orange / Sap



O/A: Traps up short + tight + v. bulky. Scaps taut  
QLs tight + cong. Pecs short + tight QLs tight  
L med tight. Pm taut. Hams/calves taut esp  
ES tight + cong esp Tr. ITBs tight. Quads taut  
Rhomb region cong + tight esp R + some vased

FB(-stom) Heat. TP rhomb/g med/hamstrings/traps/sinus  
in same + ES/QLs/d. scap/ASIS/occiput/scalp  
winged scaps held ok. Arms @ ST + MS + ST + JL  
JL @ MS. Client quiet throughout. Relaxed during  
looked brighter after MS - clearer eyes.

NEXT APPT:

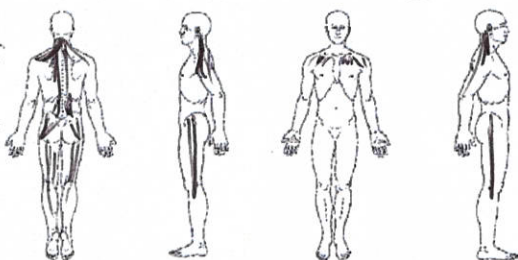
P = Discussed getting more reg Tr esp during times of stress Extra subject to teach now this term



# TREATMENT NO. 5

DATE: 09.09.08  
TIME: Tues 4pm  
PAID: 34hr \$60 CFBs  
REC.No: 1595  
AIR TEMP: 230C  
MUSIC: Norah Jones  
FACE CREST: Jean  
OIL BLEND: Relax  
Berg / Ora  
NEXT APPT:

S = client been feeling tight in lx region - nerve pinched + restricting movement whole body feels "bugged"  
O/A: Hamstrings taut  
Deltoids taut  
Traps up short + tight  
Pecs short + tight  
LCS tight + cong  
Rhomb region cong esp L



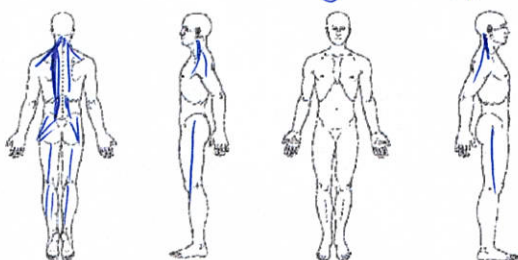
O/A: Hamstrings taut  
Deltoids taut  
Traps up short + tight  
Pecs short + tight  
LCS tight + cong  
Rhomb region cong esp L  
T12-stom Heat TP rhomb/g/med/pin  
T12 occiput/rhomb/scalps/sinus  
arms @ 90s + 5s  
led on client quiet throughout  
slow to move after (as expected)  
shoulders felt great after

P = Refrom see physio Julie for a men/Tx on lx region  
failed dump test both - pain lx region

# TREATMENT NO. 6

DATE: 21/10/08  
TIME: Thurs 4pm  
PAID: \$60 lhr  
No: 1613 CFBs  
AIR TEMP: 230C  
MUSIC: Samplers  
FACE CREST: Jean  
OIL BLEND: Relax / uplift  
Peppi / Eve  
NEXT APPT:

S = client been feeling tight b/w shoulder blades (rhombs) + traps. No 'dread' - 1 pain but not all gone  
no more physio appts



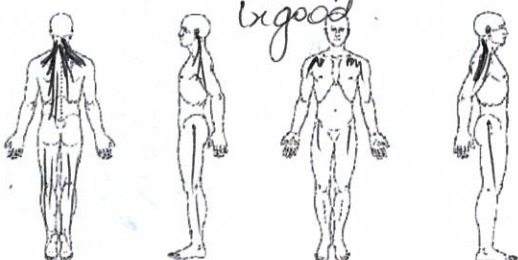
O/A: Traps up short + tight  
Pecs v. short  
Deltoids taut  
T12 med taut  
LCS v. short + tight  
Hamstrings taut  
Rhomb region cong + tight  
- ant legs  
T12-stom Heat TP rhomb/g/med/pin  
hamstrings/traps/sinus  
arms @ 90s + 5s  
led on client throughout  
Daughter Jess present dur 3ms  
V relaxed + much looser TMS

P = Refrom per stretch daily to help shortened ant muscles

# TREATMENT NO. 7

DATE: 25.03.09  
TIME: Weds 1hr  
PAID: \$60  
REC.No: 103 CFBs  
AIR TEMP: 230C  
MUSIC: Yanni - if there  
FACE CREST: Peppi  
OIL BLEND: Relax  
Leo / Ced / Frank  
NEXT APPT:

S = client been feeling tight in shoulder/neck region - some neural pain / ref in arms/hands too  
In Dec had 'episode' so extreme was given Valium +  
legood



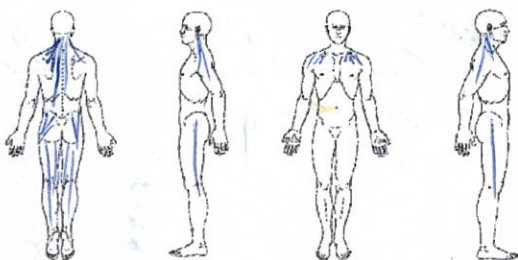
O/A: Physio for shoulders  
Traps up short + tight  
Pecs short + tight  
LCS short + tight  
Rhomb region cong + adhsed  
- ant legs  
T12-stom Heat TP rhomb/g/med/pin  
hamstrings/traps/sinus  
arms @ 90s + 5s  
led on client throughout  
Daughter Jess present dur 3ms  
V relaxed + much looser TMS

P = No Mx now - discussed get some ref Mx + using heat + stretching. Seeing on school holidays

# TREATMENT NO. 8

DATE: 01.07.09  
TIME: 9am Weds  
PAID: \$60 1hr  
REC.No: #0105 HOL's  
AIR TEMP: 230C  
MUSIC: Mod Crabs Kplang  
FACE CREST: Peppi  
OIL BLEND: Sarah  
Sara / Lav / Basil /  
Peppi / JB  
NEXT APPT:

S = client been feeling tightness in L shoulder  
been watching posture @ desk



O/A: Pecs tight/short. traps short  
L traps tight  
Deltoids tight  
LCS tight  
Rhomb region cong  
T12-stom Heat TP rhomb/g/med/pin  
hamstrings/traps/sinus  
arms @ 90s + 5s  
led on client throughout  
Daughter Jess present dur 3ms  
V relaxed + much looser TMS

P = Refrom see physio if pain persists. O'wise get some Mx when niggles start. Refrom per stretch



XMAS 09 N/L 10/09

XMAS 2010 N/L 05/10

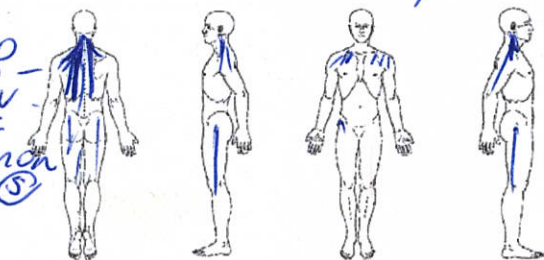
BODY 2010

TREATMENT NO. 9

S= client been feeling tightness in her shoulders - some tingling + numbness

DATE: 03.06.10  
TIME: 10am Thurs  
PAID: \$65 Inv PAID  
REC.No: 8th notes -  
AIR TEMP: 23.0C  
MUSIC: Relax Merc  
FACE CREST: 2x  
OIL BLEND: Relax demon  
7/4/10/10/10

NEXT APPT:



O/A: Traps up tight / short  
Pecs tight, tense  
Deltoids tight  
ES tight + short  
Rhomb region cong  
FB (-stom) Heat TP rhomb /  
g med / ham / traps /  
traps / same + ES /  
OK. Used ROM + MS effect  
v relaxed + improvement  
in shoulders

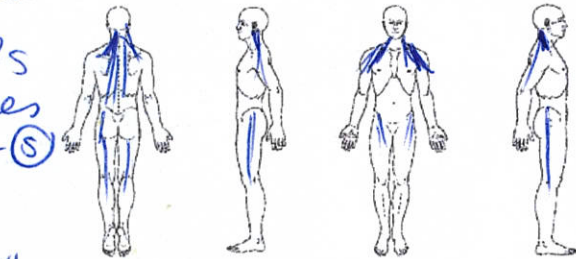
P= client to drink H<sub>2</sub>O

TREATMENT NO. 10

S= client been feeling v tight in shoulders / neck  
looking forward to MS. Doing lots of computer work

DATE: 05.11.10  
TIME: 4pm Fri / D/counter  
PAID: \$65 Inv  
REC.No: 10/09 CFBs  
AIR TEMP: 23.0C  
MUSIC: 5x far tones  
FACE CREST: 2x  
OIL BLEND: demon - (S)  
Pain - Peppermint

NEXT APPT:



O/A: Traps up tight + bulky  
Deltoids tight  
ES tight + short  
Rhomb region cong + tight  
FB (-stom) Heat TP rhomb / g med /  
ham / traps / traps /  
same + ES /  
OK. Used ROM + MS effect  
v relaxed + improvement  
in shoulders

P= Relax client relax after MS / H<sub>2</sub>O.

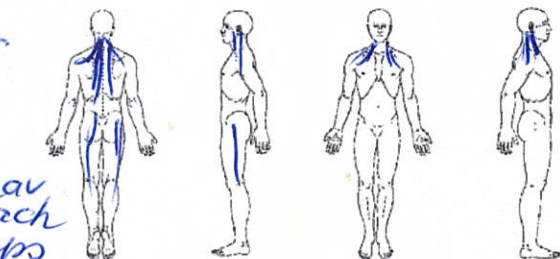
BODY 11 + MOUT 11  
BODY 2012 N/L 09/11

TREATMENT NO. 11

S= client been feeling tightness in shoulders  
v traps v tight esp high

DATE: 19.08.11  
TIME: FR Inv. 23.0  
PAID: \$70 Inv  
REC.No: 14.45  
AIR TEMP: 25.0C  
MUSIC: African F  
FACE CREST: 2x  
OIL BLEND: dem (S)  
Relax - Peppermint  
HST - 2x back  
2x traps

NEXT APPT:



O/A: Traps up tight + bulky  
Deltoids tight  
ES tight  
Rhomb region cong  
FB (-stom) Heat TP rhomb / g med /  
ham / traps / traps /  
same + ES /  
OK. Used ROM + MS effect  
v relaxed + improvement  
in shoulders

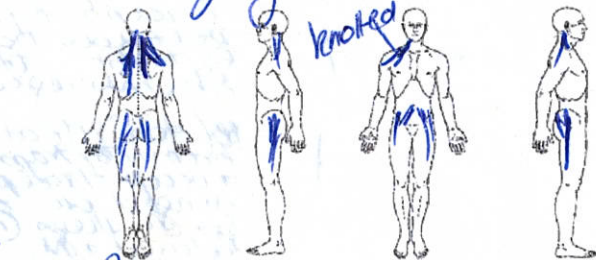
P= Relax client relax after MS + discussed how beneficial MS is

TREATMENT NO. 12

S= Client been feeling tightness in her  
hips - hurting esp in mornings. OK - exercises  
some tingling in legs. Poss. menopause?

DATE: 27.10.11  
TIME: 2pm Thurs  
PAID: \$70 Inv  
REC.No: 15.58  
AIR TEMP: 24.0C  
MUSIC: Muzak  
FACE CREST: 2x  
OIL BLEND: Pain  
HST - 2x Lx  
2x back

NEXT APPT:



O/A: Pecs short. TMJ tense  
Deltoids OK tight  
ES tight + tender + twangy  
Rhomb region cong  
FB (+stom) Heat TP rhomb /  
g med / ham / traps /  
traps / sacrum /  
OK. Used ROM + MS effect  
v relaxed + improvement  
in shoulders

P= Relax client relax after MS + discussed how beneficial MS is

13.10.04.13  
\$75 Inv  
Ken Davis I

S= client been feeling tightness in her  
shoulders - rhomb 'grabbing her'

2x Lx  
2x back  
2x back

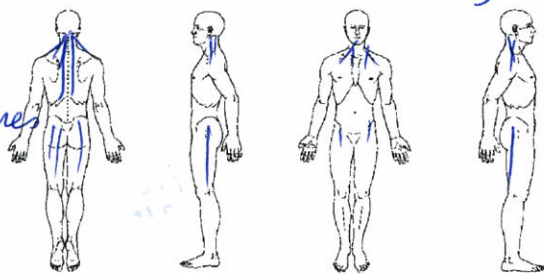
P= Relax client relax after MS + discussed how beneficial MS is



## TREATMENT NO. 1

DATE: 29.10.13  
 TIME: 3:45  
 PAID: \$85 B'DAY  
 REC.No: 2889  
 AIR TEMP: 25  
 MUSIC: Kenny G/movies  
 FACE CREST: Low  
 SUPINE SCENT: Low  
 OIL BLEND: Relax  
 Euc/ May  
 HT: Feet +  
 CST: (A) Face  
 HST: 2 x Lx  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her body in shoulders esp I dot of reports to do of deep physio in shoulder



Deltoids tight - traps up & high  
 ES tight Pecs tight  
 Rhomb region cong

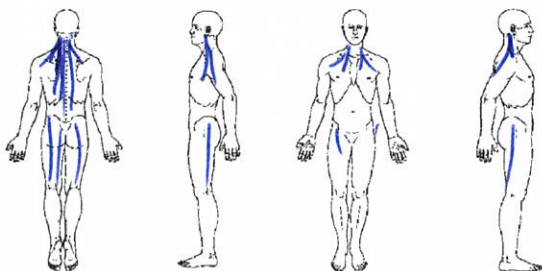
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g med/ham/1785  
 Fx Qls traps  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms Tse Rom  
 FBACK feet better > ms

P = Discussed client getting some reg Tx to help balance work

## TREATMENT NO. 2

DATE: 16.05.14  
 TIME: \$88  
 PAID: 1hr  
 REC.No: 3330  
 MP: 25  
 M: Nohah I  
 FACE CREST: Low  
 SUPINE SCENT: Low  
 OIL BLEND: Relax  
 Mandi Tang  
 HT: Feet / Face  
 CST: (A) Face  
 HST: 2 x Lx  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her shoulders / neck + whole body tired / stiff



Deltoids tight - Pecs tight  
 ES tight + short  
 Rhomb region cong + vasc

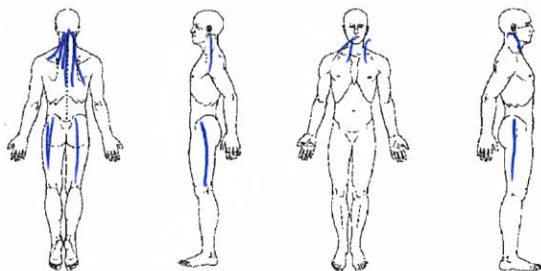
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g med/ham/trap  
 Fx Ecc/ES/traps/GI/AC  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBACK feet huge difference

P = Still exercising - discussed getting some reg Ms

## TREATMENT NO. 3

DATE: 22.08.14  
 TIME: \$88  
 PAID: 1hr  
 REC.No: 3511  
 AIR TEMP: 25  
 MUSIC: Kenny G/T  
 FACE CREST: Low  
 SUPINE SCENT: Low  
 OIL BLEND: Relax  
 Band / May  
 HT: Feet / Face  
 CST: (A) Face  
 HST: 2 x Lx  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her body in her shoulders / neck / hips - even calves / knees



O/A: sore. LHS hands swelling  
 Deltoids tight - traps up & high  
 ES tight Pecs tight  
 Rhomb region cong

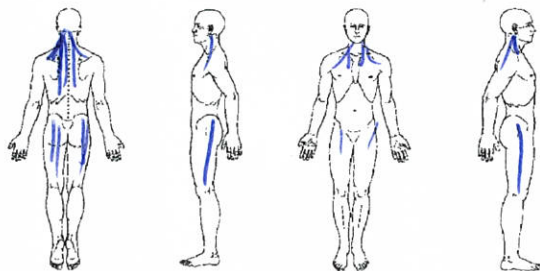
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g med/ham  
 Fx traps/12 trap  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms - tired > ms  
 FBACK feet improvement

P = Review client use heat @ computer / desk + discussed ageing bodies

## TREATMENT NO. 4

DATE: 2.7.15  
 TIME: \$88  
 PAID: 2:30  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC: Kenny G/movies  
 FACE CREST: Low  
 SUPINE SCENT: Low  
 OIL BLEND: Relax  
 Mental / Lash  
 HT: Feet / Face  
 CST: All  
 HST: 2 x Lx  
 2 x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in body after painting daughter's bedroom - R hyp tight



O/A: ITB's tender + tight esp R  
 Trap up - some knots  
 Deltoids tight  
 ES tight Pecs tight  
 Rhomb region cong - vasc

☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g med/ham/traps/1785  
 Fx traps/pec/traps/ITB's  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBACK feet better > ms

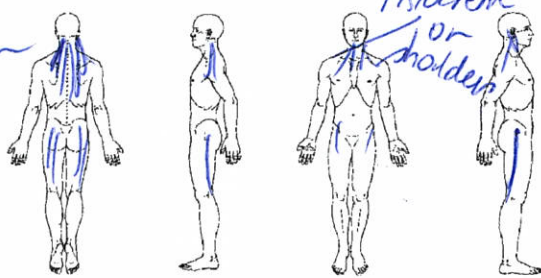
P = Discussed using a roller to help with ITB tightness



TREATMENT NO. 

S = Client been feeling tightness in  
low shoulders/neck in region

DATE: 06-10-16  
TIME: 10:30  
PAID: \$88  
REC.No: 1hr  
AIR TEMP: 25  
MUSIC: Instrumental  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Peppercorn Balm  
HT: Relax  
CST: Face  
HST: 0 x 1m  
EXTRA: Foot bath  
NEXT APPT: 1st/10/17



Trapezius  
on  
shoulder

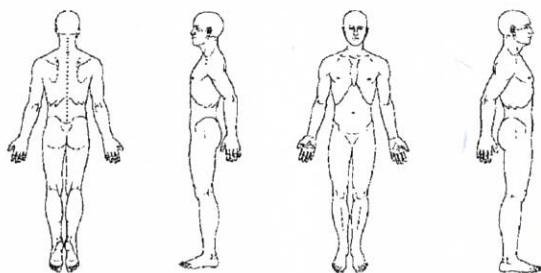
O/A: Receptor  
Receptor  
Receptor  
Receptor  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine LEGS  
TP Receptor  
Fx ham/ham  
☐ Talked ☐ Quiet Breathing  
ROM Receptor  
FBACK Receptor

P = Ad bed - sleep's in unit

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

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

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



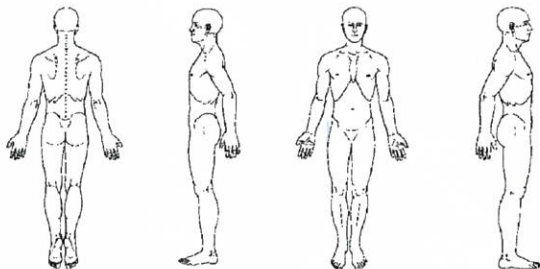
O/A: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

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

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

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

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



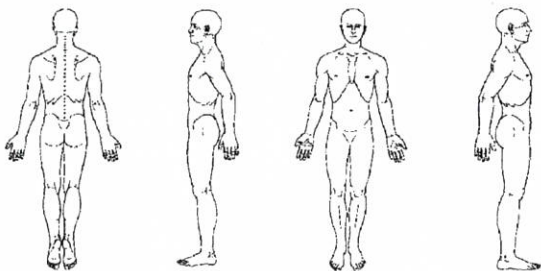
O/A: \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

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

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

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

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



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

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

TREATMENT NO. D

DATE: 6/12/17  
TIME: 2:15  
PAID:  
REC.No:  
AIR TEMP: 22  
MUSIC: Mass long  
FACE CREST:  
SUPINE SCENT: lemon  
OIL BLEND: 1/1 almond.  
HT: Feet & chest.  
CST  
HST: 2x L.B.  
EXTRA: 2x upper  
NEXT APPT:

S = (R) mid tx to scap - see.ing Naturopath also.  
Would like general FBM also

Kerry Moya



O/A: (R) QL & (L) glute ↑  
↑ general. (L) quad ↑

☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS ☒  
TP (R) Lev scap.  
Fx  
☐ Talked ☒ Quiet ☒ Breathing  
ROM  
FBACK

P = pigeon pose or sitting cross leg on floor with cushion.

Massage

aromatherapy

hot stones

pregnancy  
and infants

remedial

focus on movement



Contact

Phone 0439 775 00

Clinic 51 Lyndel Drive Woree Qld 48

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



Aquatics

# A Gift of Healthy Movement

To: KERRY MOYER

From: JESS

Your Gift: 60min Remedial Massage Date: 7/5/15

Valid for three months from the date of issue





focus on movement

# A Gift of Massage

To: KERRY

From: JESSICA & DAVID

Your Gift is: FOR 1 HOUR Date: \_\_\_\_\_



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

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



Kerry Moyer

DOB 23 Oct 1960  
Occupation Teacher

Appointments

Date	Time	Type	Practitioner
24 Aug 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
30 May 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
10 Apr 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
23 Mar 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
23 Feb 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
28 Dec 2024	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
17 Nov 2024	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
18 Oct 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
12 Sep 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
23 Aug 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
18 Jul 2024	4:40PM – 5:40PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
19 Jun 2024	4:15PM – 5:15PM	Sauna & Massage	Christine Jervis
1 Jun 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 May 2024	2:30PM – 3:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
14 Apr 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Mar 2024	3:00PM – 4:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis



Date	Time	Type	Practitioner
11 Feb 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
12 Jan 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
15 Dec 2023	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
29 Sep 2023	4:00PM – 5:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
7 Jul 2023	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
25 Mar 2023	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
12 Feb 2023	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Dec 2022	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Nov 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
29 Aug 2022	4:30PM – 5:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 Jul 2022	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
31 May 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Apr 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Mar 2022	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
17 Jan 2022	3:45PM – 4:45PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Nov 2021	8:00AM – 9:00AM	REBOOKING - 60 minute Massage	Christine Jervis
18 Sep 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
28 Aug 2021	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
27 Nov 2019	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
27 Nov 2019	4:00PM – 4:30PM	Sauna & Massage	Christine Jervis
25 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke



Date	Time	Type	Practitioner
25 Sep 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke
28 Aug 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
28 Aug 2019	3:30PM – 4:00PM	Sauna & Massage	Marina Franke
27 Jul 2019	11:15AM – 12:15PM	60 minute Massage	Marina Franke
27 Jul 2019	10:45AM – 11:15AM	Sauna & Massage	Marina Franke
18 Feb 2019	5:15PM – 6:30PM	60 minute Massage	Marina Franke
24 Oct 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
15 Sep 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
18 Aug 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage	
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 30 May 2025, 4:30PM</p> <p><b>Created:</b> 30 May 2025, 5:32PM</p> <p><b>Last updated:</b> 1 Jun 2025, 2:51PM</p>	
<p><b>Standard Consultation - Remedial Massage</b></p>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore - Neck still been crunching and sore. Achilles treatment begins May and done several now and there is improvement. Doing calf raises 3 times per day
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.

<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Indian Mix 2 Aromatherapy- lav peppermint spritzer with extreme sports massage blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Very stiff when moving over.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed marking and the effect on shoulders
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 10 Apr 2025, 3:00PM <b>Created:</b> 10 Apr 2025, 4:05PM <b>Last updated:</b> 10 Apr 2025, 4:06PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated. Calves very tight and sore and L achilles been investigated - treatment begins May. Doing calf raises 3 times per day
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the



<b>listed above)-</b>	right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam 2 Aromatherapy- lav peppermint spritzer with extreme sports massage blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Very stiff when moving.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Heading to Melbourne for holidays. Reckon use fisiocrem with calf raises daily
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 23 Mar 2025, 4:00PM  
**Created:** 23 Mar 2025, 3:33PM  
**Last updated:** 23 Mar 2025, 5:06PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated. Calves very tight and sore and L achilles
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lav peppermint spritzer with extreme sports massage blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Very stiff when moving.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seeing podiatrist about foot
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	23
<b>Feedback after treatment -</b>	Lots of sweat

### Standard Consultation - Remedial Massage



**Practitioner:** Christine Jervis  
**Appointment:** 23 Feb 2025, 4:00PM  
**Created:** 23 Feb 2025, 5:08PM  
**Last updated:** 23 Feb 2025, 6:25PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated. Calves very tight and sore and L achilles
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lav peppermint spritzer with extreme sports massage blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Very stiff when moving.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some treatment more regularly. See how lump in Achilles goes

Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Lots of sweat

Standard Consultation - Remedial Massage	
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 28 Dec 2024, 3:00PM</p> <p><b>Created:</b> 28 Dec 2024, 4:10PM</p> <p><b>Last updated:</b> 4 Jan 2025, 6:33AM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated in Jan with surgeon. Calves very tight 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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lav peppermint spritzer with extreme sports massage blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes



Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 17 Nov 2024, 4:00PM Created: 17 Nov 2024, 5:12PM Last updated: 17 Nov 2024, 6:47PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Old hip getting investigated in Jan with surgeon
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith and Ken Davis Aromatherapy- lab peppermint  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today

	plus legs
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some treatment in either 3 weeks on final school week or at end of the month after she returns home from Melbourne
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	20
<b>Feedback after treatment -</b>	Sweat a lot! 52 degrees today - loved it.

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 18 Oct 2024, 4:30PM <b>Created:</b> 18 Oct 2024, 4:19PM <b>Last updated:</b> 18 Oct 2024, 5:35PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Plus shoulders. Some Achilles tightness. Old hip sorer since doing 5 days of gym.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back



	Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and Yanni Aromatherapy- lab peppermint  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed gentle movement esp through marking with her neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweat a lot! 50 degrees today - most she has ever sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Sep 2024, 4:30PM Created: 12 Sep 2024, 5:37PM Last updated: 12 Sep 2024, 5:38PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Plus shoulders.
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.

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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Carl Chang Aromatherapy - extreme sports h20 clove oil  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage - loved the warm oil.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed managing body with travel.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot! 50 degrees today - most she has ever sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Aug 2024, 4:30PM Created: 23 Aug 2024, 5:52PM Last updated: 28 Aug 2024, 9:11PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck been crunching and sore. Plus shoulders.

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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith Aromatherapy - relax oil lavender blend peppermint  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage - felt difference. Very tense.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment to help manage pain, especially before she heads away.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot! 52 degrees today

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 18 Jul 2024, 4:40PM	



Created: 18 Jul 2024, 4:11PM

Last updated: 18 Jul 2024, 5:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling improvement with regular massage. Neck been crunching and continually sore. Enjoying time in gym. Very sore after last visit

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)-

Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - Yes.  
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 - 2

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Feet / Face

Hot Pack - Lower

Topical Treatment - fisiocrem shoulders and neck

Music - Don Mac G 2

Aromatherapy - relax oil lavender blend

FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

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 more treatment to help manage pain.

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

Time in Sauna (minutes) -

25

Focus On Movement | Created 12 Aug 2025, 9:33AM

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Feedback after treatment -	Sweat a lot.
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Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 19 Jun 2024, 4:15PM

Created: 20 Jun 2024, 12:10PM

Last updated: 14 Jul 2024, 10:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular 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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith Aromatherapy - relax oil lavender blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good.
Plan for future results / treatment / progress / homework (including	Discussed getting some more treatment and sauna next time.

discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 1 Jun 2024, 3:00PM Created: 1 Jun 2024, 4:10PM Last updated: 1 Jun 2024, 4:11PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Acupuncture still helping. Had cold.
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ken Davis Aromatherapy - relax oil lavender blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes



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 more treatment and sauna next time. 1st week home, 2nd week away, 3rd in Melbourne
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 5 May 2024, 2:30PM Created: 5 May 2024, 2:25PM Last updated: 5 May 2024, 3:43PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Acupuncture helped this week
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Enya Aromatherapy - relax oil lavender blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today plus legs

<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some more treatment and using heat
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	25
<b>Feedback after treatment -</b>	Lots of sweating

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 14 Apr 2024, 4:30PM <b>Created:</b> 14 Apr 2024, 5:43PM <b>Last updated:</b> 14 Apr 2024, 8:31PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Tightened up and licked up last week. Seeing naturopath/acupuncturist and physio
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck

	Music - Carl Chang 2 Aromatherapy - relax oil lavender blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good, huge improvement in movement
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Ordered a Thera pack. See in 2-3 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Mar 2024, 3:00PM Created: 23 Mar 2024, 4:15PM Last updated: 23 Mar 2024, 4:45PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight.
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.



<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Carl Chang 2 Aromatherapy - relax oil lavender blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good, has a cough still.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	discussed using some heat on shoulders to help with tension. Lent her my Therapack for her neck
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 11 Feb 2024, 3:00PM <b>Created:</b> 11 Feb 2024, 8:26PM <b>Last updated:</b> 11 Feb 2024, 8:27PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in neck shoulders, hurts even just having bra straps on
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the

listed above)-	right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Steve Helpern Aromatherapy - relax oil blend h2o blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good after treatment, very relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on looking after herself more this year
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good, enjoyed the heat. Didn't sweat as much as last time

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Jan 2024, 4:30PM Created: 12 Jan 2024, 4:18PM Last updated: 12 Jan 2024, 5:51PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client been feeling sore especially in neck shoulders and neck

history or client info)	been crunching
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there blend Aromatherapy - pain oil blend h2o blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on looking after herself more this year
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good, enjoyed the heat.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis



**Appointment:** 15 Dec 2023, 11:00AM**Created:** 15 Dec 2023, 12:12PM**Last updated:** 15 Dec 2023, 12:14PM

## Standard Consultation - Remedial Massage

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

What's going on now - client been feeling sore especially in neck shoulders. Got dry needling yesterday

**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)-**

Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.

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

Verbal consent obtained.  
ROM - Yes.  
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 - 2  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Feet / Face  
Hot Pack - Upper Back  
Topical Treatment - fisiocrem shoulders and neck  
Music - Yanni if there blend  
Aromatherapy - lav oil blend

FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight

**What parts of the body were massaged?**

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

**Body Chart****Feedback after treatment -**

Felt really good.

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

Back from New Zealand. Off to Melbourne next week for Christmas

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

**Time in Sauna (minutes) -**

23

Feedback after treatment -	Felt really good - thinks she might do that more often.
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Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 29 Sep 2023, 4:00PM  
**Created:** 30 Sep 2023, 2:28PM  
**Last updated:** 30 Sep 2023, 2:29PM

Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in neck shoulders and body is stiff even with shopping, she notices it. Lots of computer work
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there blend Aromatherapy - lav oil blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip - avoided scars
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good.

<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about recovery and going slowly and building gradually. Heading to Kenya tomorrow for 2 week school trip
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 7 Jul 2023, 10:30AM <b>Created:</b> 7 Jul 2023, 11:42AM <b>Last updated:</b> 8 Jul 2023, 2:51PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in neck still. Lots of computer work while recovering.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there blend Aromatherapy - lav oil blend  FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip - avoided scars
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery and going slowly and building gradually.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 25 Mar 2023, 10:20AM Created: 25 Mar 2023, 11:33AM Last updated: 25 Mar 2023, 11:42AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck still - limited ROM
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)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. 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 - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - cream  FB Massage with gentle massage all over. Remedial techniques on hips and neck.



<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good and improved movement after massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about stress nd neck tension. Surgery booked for May 9.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 12 Feb 2023, 4:30PM <b>Created:</b> 13 Feb 2023, 10:52AM <b>Last updated:</b> 13 Feb 2023, 10:56AM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in neck still - got sore on the holidays even without computer work
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - cream

FB Massage with gentle massage all over. Remedial techniques on hips and neck.

**What parts of the body were massaged?** Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -** Felt good after massage. Lots of tender spots.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Talked about stress. Looking at getting surgery in Term 2.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 12 Dec 2022, 3:00PM  
**Created:** 12 Dec 2022, 4:07PM  
**Last updated:** 12 Dec 2022, 4:17PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling sore especially in R neck still. Tired after sickness

**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)-** Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM - Yes.  
 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 - 2  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Feet / Face  
 Hot Pack - Upper Back

	Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - cream  FB Massage with gentle massage all over. Remedial techniques on hips and neck.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Looking brighter
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about holidays and recharging
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 5 Nov 2022, 10:20AM <b>Created:</b> 5 Nov 2022, 11:35AM <b>Last updated:</b> 5 Nov 2022, 11:45AM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore especially in R neck. Seeing physio.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2

	<p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Upper Back</p> <p>Topical Treatment - fisiocrem shoulders and neck</p> <p>Music - Yanni if there and beyond mix</p> <p>Aromatherapy - oil peppermint</p> <p>FB Massage with gentle massage all over. Remedial techniques on hips and neck.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about heat when doing marking and computer stuff
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 29 Aug 2022, 4:30PM  
**Created:** 29 Aug 2022, 5:40PM  
**Last updated:** 29 Aug 2022, 6:15PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore in LX and shoulder region, will need hip replacement in 12 mths still. Neck improved with 4 needling visits with physio
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No.



	Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - zen hips and neck Music - Yanni if there Aromatherapy - cream peppermint  FB Massage with gentle massage all over. Remedial techniques on hips and neck.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about managing body aches and pains
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	20mins
<b>Feedback after treatment -</b>	Enjoyed sauna

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 18 Jul 2022, 4:30PM  
**Created:** 18 Jul 2022, 4:34PM  
**Last updated:** 18 Jul 2022, 5:55PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths still. Neck been very stiff and sore for 3 days
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - zen hips and neck Music - Yanni if there Aromatherapy - cream peppermint  FB Massage with gentle massage all over. Remedial techniques on hips and neck.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about heat with her neck
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 31 May 2022, 4:15PM  
**Created:** 31 May 2022, 5:13PM  
**Last updated:** 31 May 2022, 6:09PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths still

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

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Lx and zen Music - Ian Cam Smith I Aromatherapy - cream  FB Massage with gentle massage all over. Remedial techniques on hips.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly but really enjoyed it.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Long service showed her how stressed she is and needing some relaxing. Discussed gentle movement.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 22 Apr 2022, 12:45PM  
**Created:** 22 Apr 2022, 2:32PM  
**Last updated:** 22 Apr 2022, 2:34PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Lx and zen Music - Ian Cam Smith I Aromatherapy - Peppermint cream  FB Massage with gentle massage all over. Remedial techniques on hips.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Long service 1 week left, discussed gentle movement. Exercise physiologist gave her 5 simple activities to do. Cat stretch, bridge, hip flexion, getting up from chair...
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 12 Mar 2022, 10:30AM  
**Created:** 12 Mar 2022, 10:30AM  
**Last updated:** 12 Mar 2022, 11:42AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client been feeling sore in LX region, lots of sitting with work

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



<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Lx and zen Music - Ian Cam Smith II Aromatherapy - Pepp/Euc/Rosemary  FB Massage with gentle massage all over.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage - enjoyed the massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Long service coming up soon, discussed gentle movement
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 17 Jan 2022, 3:45PM  
**Created:** 18 Jan 2022, 6:20AM  
**Last updated:** 18 Jan 2022, 6:22AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client had Covid isolation with daughter for 11 days. Feeling sick from booster shot for 4 days.

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

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith Aromatherapy - Pepp/Euc/Rosemary  FB Massage with gentle massage all over.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage - enjoyed the massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talked about gentle massage and recovery and looking after herself as school resumes.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 20 Nov 2021, 8:00AM  
**Created:** 23 Nov 2021, 4:25AM  
**Last updated:** 23 Nov 2021, 4:26AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client has found some improvement after massage but body still hurting. Hips sore. Has adjusted exercise to suit.

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

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Music - Ian Cam Smith Aromatherapy - Pepp/Euc/Rosemary  FB Massage with psoas release work too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Many tender areas.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed that it's ok to "just walk the dog" and talked about doing different exercise to help inflammation.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 18 Sep 2021, 10:30AM  
**Created:** 6 Oct 2021, 4:08AM  
**Last updated:** 6 Oct 2021, 4:53AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client has found some improvement after massage but still struggling with hip pain and inflammation.

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

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy - Pepp/Euc/Rosemary  FB Massage with psoas release work too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Lots of sore spots too.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed more about finding balance with inflammation.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 28 Aug 2021, 9:00AM  
**Created:** 3 Sep 2021, 3:55PM  
**Last updated:** 3 Sep 2021, 3:58PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client has been struggling badly with inflammation of her hips. Really sore and been working with a physio, but not going great. Not sure of what's setting off the pain...

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



<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy - Pepp/Euc/Rosemary  FB Massage with psoas release work too.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Client enjoyed treatment - it's been a long time. Many sore spots...
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed how regular massage can help.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 27 Nov 2019, 4:30PM  
**Created:** 27 Nov 2019, 4:24PM  
**Last updated:** 28 Nov 2019, 1:38PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's R shoulder and Lx region is sore. Been struggling with pain all year for lower back. Enjoyed trip away to India.

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

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Not sure what's caused Lx pain but has been seeing physio for Tx. Stretching and doing gym everyday.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy - Pepp/Euc/Rosemary  Client enjoying
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Many sore spots...
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Showed pelvic rocking. Discussed how regular massage can help.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	20mins
<b>Feedback after treatment -</b>	Enjoyed it. We buggered up with missing music/water/body wash so no charge on this sauna.

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 25 Sep 2019, 2:30PM  
**Created:** 25 Sep 2019, 3:33PM  
**Last updated:** 9 Oct 2019, 10:34AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now-lower back pain, sitting at computer. R shoulder also going to India with school tomorrow for 2 weeks  
 Feedback from previous treatment - :)

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Mobic daily for R knee P
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Sacred Earth mix Aromatherapy - pep eucalyptus/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
<b>Feedback after treatment -</b>	very relaxed now, really tight when she came in, and rushed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	regular massage, psoas stretch shown
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	20
<b>Feedback after treatment -</b>	enjoyed it

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 28 Aug 2019, 4:00PM  
**Created:** 28 Aug 2019, 3:58PM  
**Last updated:** 4 Sep 2019, 12:42PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now-lower back pain, sitting at computer. R shoulder also  
Feedback from previous treatment - :)

**Details of Medications / Red Flags etc (i.e.** Mobic daily for R knee P

<b>conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Enya mix Aromatherapy - pep eucalyptus/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
<b>Feedback after treatment -</b>	very relaxed now, really tight when she came in, and rushed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	regular massage, psoas stretch shown
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Initial Consultation - Dry Needling Therapy

**Practitioner:** Marina Franke  
**Appointment:** 27 Jul 2019, 10:45AM  
**Created:** 27 Jul 2019, 12:28PM  
**Last updated:** 27 Jul 2019, 12:29PM

### Initial Consultation - Dry Needling Therapy

**Presenting complaint (relevant medical history or client info)**      What's going on now -  
 Any previous treatment -  
 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 -	
<b>Dry Needling Therapy</b>	
What parts of the body were treated?	
<b>Infra-Red Sauna</b>	
Time in Sauna (minutes) -	20
Feedback after treatment -	enjoyed it

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 27 Jul 2019, 11:15AM  
**Created:** 27 Jul 2019, 12:20PM  
**Last updated:** 27 Jul 2019, 12:21PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now SIJ P, saw physio a few times, still niggles on L  
 Feedback from previous treatment - :)

**Details of Medications / Red Flags etc (i.e.)** Mobic daily for R knee P



<b>conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Acker Bill Aromatherapy - pep eucalyptus/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
<b>Feedback after treatment -</b>	very relaxed extra 15 mins so added in abdominal massage last visit
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 18 Feb 2019, 5:15PM  
**Created:** 18 Feb 2019, 5:09PM  
**Last updated:** 18 Feb 2019, 6:41PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now SIJ P, saw physio a few times, still niggles  
 Feedback from previous treatment - :)

**Details of Medications / Red Flags etc (i.e.** Mobic daily for R knee P

<b>conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - nature Aromatherapy - pep eucalyptus/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
<b>Feedback after treatment -</b>	very relaxed extra 15 mins so added in abdominal massage
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 24 Oct 2018, 4:00PM  
**Created:** 24 Oct 2018, 5:01PM  
**Last updated:** 24 Oct 2018, 5:08PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**      What's going on now - Feeling good-holidays. neck& shoulders, hips sleeping on mattress camping  
 Feedback from previous treatment - :)

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Mobic daily for R knee P
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - uplifting Aromatherapy - mandarin
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
<b>Feedback after treatment -</b>	very relaxed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 15 Sep 2018, 10:00AM  
**Created:** 15 Sep 2018, 10:08AM  
**Last updated:** 15 Sep 2018, 11:02AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - (neck& shoulders, L back) woke up with R glute/hip P-didn't take Mobic yesterday and did legs at the gym 2/7  
Feedback from previous treatment - :)

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Ceased Mobic yesterday
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin Tx12 - Cx1 Topical Treatment - fisiocrem Music - Ian CS Aromatherapy - mandarin
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes
<b>Feedback after treatment -</b>	R glutes not as toned as L, R ql's tight very relaxed & ROM increased
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	stretch glutes and ql's
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 18 Aug 2018, 10:00AM  
**Created:** 18 Aug 2018, 9:45AM  
**Last updated:** 18 Aug 2018, 11:06AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**      What's going on now - neck& shoulders, L back  
 Feedback from previous treatment -

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags -  Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin Tx12 - Cx1 Topical Treatment - fisiocrem Music - Kenny G Aromatherapy - tangerine
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; Glutes
<b>Feedback after treatment -</b>	very relaxed & ROM increased
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	stretch
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

<b>Client Health Check</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 17 Jan 2022, 3:45PM <b>Completed:</b> 13 Jan 2022, 9:31AM	
<b>Travel History</b>	
<b>Have you been out of the country in the past 2 months? If so, where.</b>	no



## Symptoms

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

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

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

## COVID-19

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

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

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 20 Nov 2021, 8:00AM  
**Completed:** 17 Nov 2021, 4:52PM

## Travel History

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

## Symptoms

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

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

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

## COVID-19

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

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

## Client Health Check

**Practitioner:** Christine Jervis**Appointment:** 18 Sep 2021, 10:30AM**Completed:** 14 Sep 2021, 12:05PM

## Travel History

Have you been out of the country in the past 2 months? If so, where.

no

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough   ☐ Fever   ☐ Shortness of breath   ☒ None of the above

How severe are your symptoms?

☐ Not severe   ☐ Mildly severe   ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☒ Yes   ☐ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes   ☒ No   ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes   ☒ No

## Client Health Check

**Practitioner:** Christine Jervis**Appointment:** 28 Aug 2021, 9:00AM**Completed:** 24 Aug 2021, 7:46PM

## Travel History

Have you been out of the country in the past 2 months? If so, where.

no

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough   ☐ Fever   ☐ Shortness of breath   ☒ None of the above

How severe are your symptoms?

☐ Not severe   ☐ Mildly severe   ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or

hospital in the last two weeks?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
<b>COVID-19</b>		
Have you been in contact with anyone known to have COVID-19 in the last two weeks?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No <input type="checkbox"/> I don't know
<hr/>		
Have you had to self-isolate any time within the last month due to COVID-19 symptoms?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No