

## Client Record

| Name Koren Monypenry   | Date of Birth 28 357   |
|--|--|
|  |  |
| tal Address 14 Cyperus Dr R  |  |
| ne Phone 40390216 Work 4   | +0330832 Mobile 0410579364   |
| ail Address K. monypenny @ opto  | snet con ou  |
| ergency Contact Details – Name and Number  |  |
|  | 3.   |
| rent Doctor Pr Twari   | Referred By <u>C3M</u> MBF   |
| upation and how long workshap n  | ranagar.   |
|  |  |
| sical Activities/Hobbies/Exercise  |  |
| t Medical History (major operations/conditions)  | Ad Nagrana   |
| and the second   | 21. 900  |
| ications - Prescribed or Natural:  |  |
| 100 - but  | de stran   |
| Please circle areas of soreness or   | Some conditions require your massage treatment to be modified. Please tick the conditions that apply to you:   |
| pain on the body chart below:  | PAST NOW   |
| COLUMN WOOD ON THE   | Allergies / Asthma   |
| (I)  | Any Contagious Disease / Skin Problem  |
|  | Arthritis  |
| $(\mathcal{O}_{\mathcal{O}}}}}}}}}}$ | Blood Pressure / Heart Problems  |
| A STATE OF THE STA   | - Bruising   |
|  | Chronic Pain   |
|  | - Cold / Flu   |
|  | of course is a more sac  |
| 900 ) 1500 am   1 1500   | - Diabetes   |
| \  | Dizziness  |
| 1:6:1  | - Fractured bones  |
| (3)  | □ Headache   |
| · / // / w/// ~ ~  | Numbness / Tingling  |
| ))(  | Pregnant or Breastfeeding  |
| hall   | Recent Illness / Surgery   |
| 1500   | Spinal / Back Problems   |
| Amount of Pain (1-10):   | to the transfer of the transfe |
| Type (sharp, dull, aching etc)   | Sprained/strained muscles  |
| When is the pain worst?  | □ Varicose Veins   |
| Telp Away 3465 Fer.  | Details regarding above selections   |
| ,  |  |

What type of massage pressure do you prefer?

Light 1....2....3....4....5 Very Hard

#### **CLIENT AUTHORISATION**

#### I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details liste 1 above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust 'nanipulation.





# movement Informed Consent for Massage

It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs. Do you agree to such discussion for the purpose of improving your well being?

Yes □ No

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

#### To minimise possible risk, you must:

**Be honest** about the information you provide regarding your health.

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

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

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

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

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

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

Your Name: Karen Maryken Date: 9-1.09

Client Record SOAP = SUBJECTIVE: clients states, OBJECTIVE: = therapists' observations, treatment, ANALYSIS: what worked, didn't, PLAN: what client will work on, plans for next session PLEASE NOTE FOR FUTURE REFERENCE: MBF member HATES WORK BEING TOUCHED I think unatever of manages in last few months-been sick had couple em. Used Chent TREATMENT NO. of manages in last few months been sind of his get regular manage (monthly) on o but insually has anounded nech tens olds: ES taut & stringer sp Tx. I more dom/larger curve in spine lop Tx but Lx to B Tayo upply esp taut. Pecs taut.

Traps upply esp taut. Pecs taut.

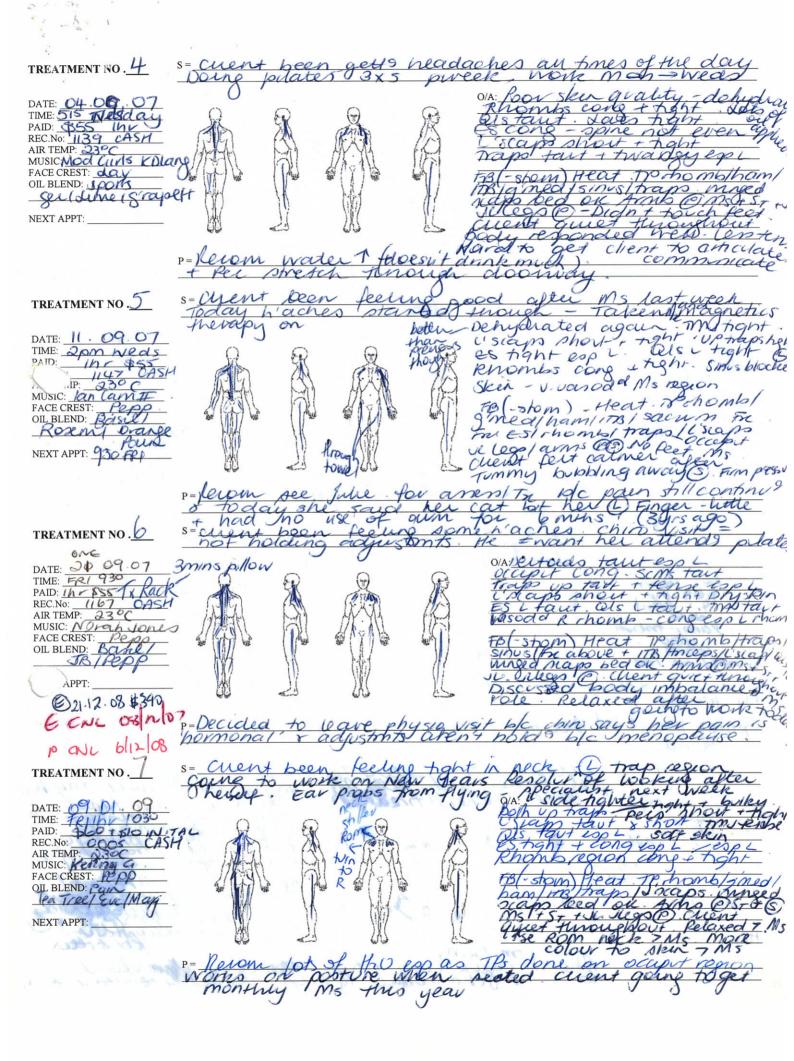
Litts V. tight Phomps tight with adhes to legg - V. hypotonic, I knie thow inserts builder skin - some vanodelat loack - ESI-homs from them Nething pare a DATE: 230 - 5 ea 20 PAID: \$45 - \$5 69 REC. No: b/c voucher 181 AIR TEMP: 30C-240C MUSIC: Jan Cam Smith FACE CREST: Pepp OIL BLEND: Relax -stom) Heat - TP rhomboure med / leu scaptrage winged scaps ok Atoms prone stretched + 1 masted - R stiffer Factors occeput / sacrum/
rombo icept pace gentle but firm ble + war fuce too much signess / lee past visits Patch ( Lemon / & NEXT APPT: role in balancing body goes to chino doonyay thetch wants weekly manage week s= Client had mi + fert better. # fler last manage but then the TREATMENT NO . R upper U. shovened, Litwist of O/A: DATE: <u>28 11.</u>06 some rejphons back Rishon thight isom tight but better than sall jes TIME: 330 Thes.
PAID: \$45 Thr-just. curl non iesp 6 REC.No: . Sood sken exted thems a AIR TEMP: MUSIC: Yann of there FACE CREST: PEPP OIL BLEND: Reco FF(-stom) Heat. TP mombiglite med / leu scaps/traps/
pin. Winged scaps ok. Arms prone scalp + ms.

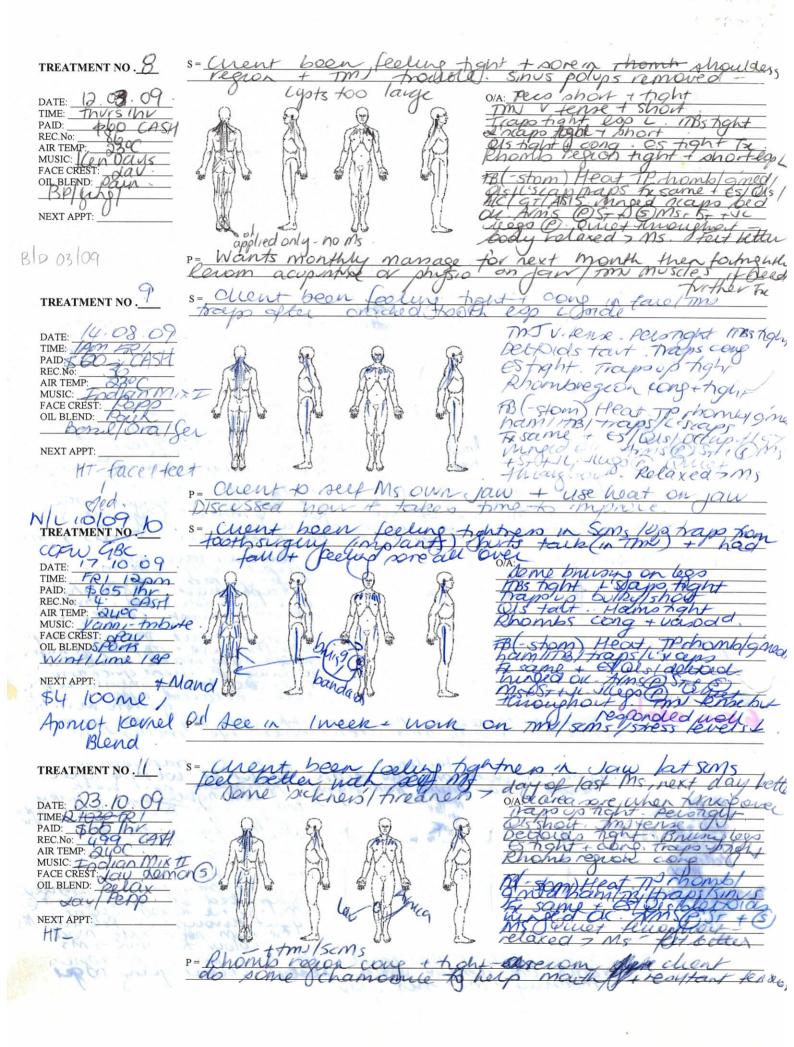
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quet thoushout. Frechs thombs / Cx / Samm

sooks like a shoulder soft higher sheart hashed her when stands up after momael Discussed votations

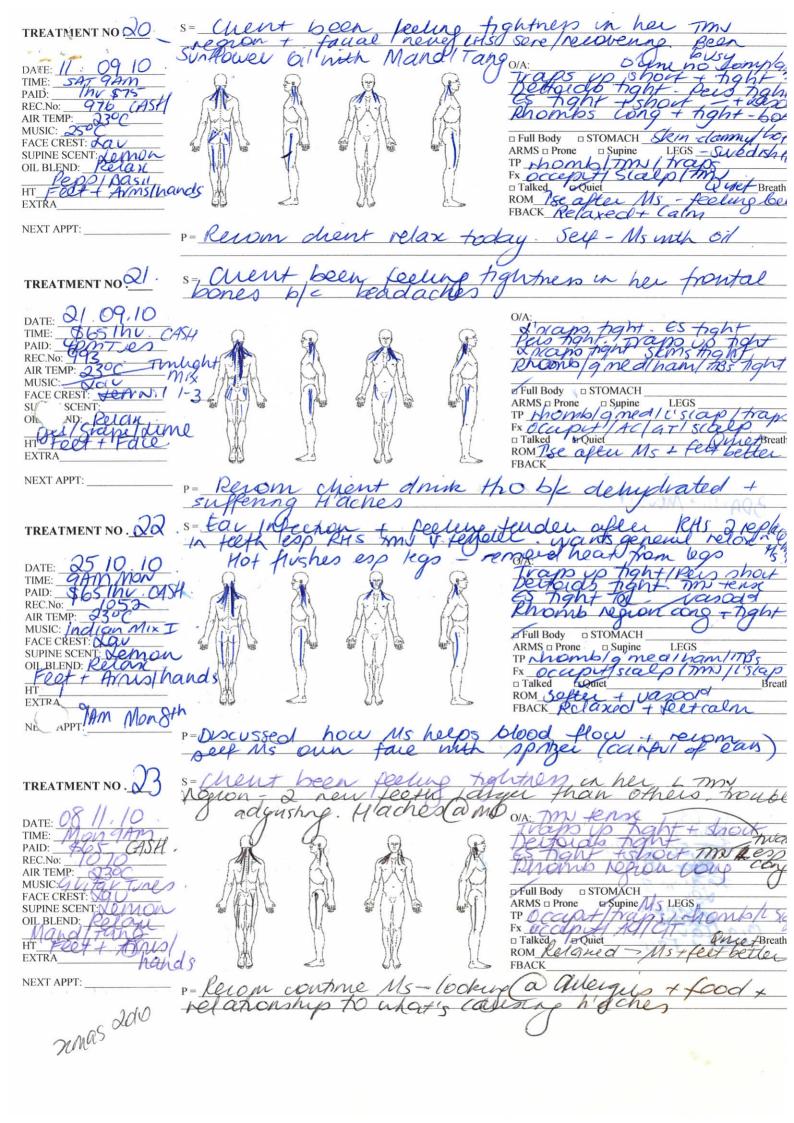
merent in body + improvent seen too

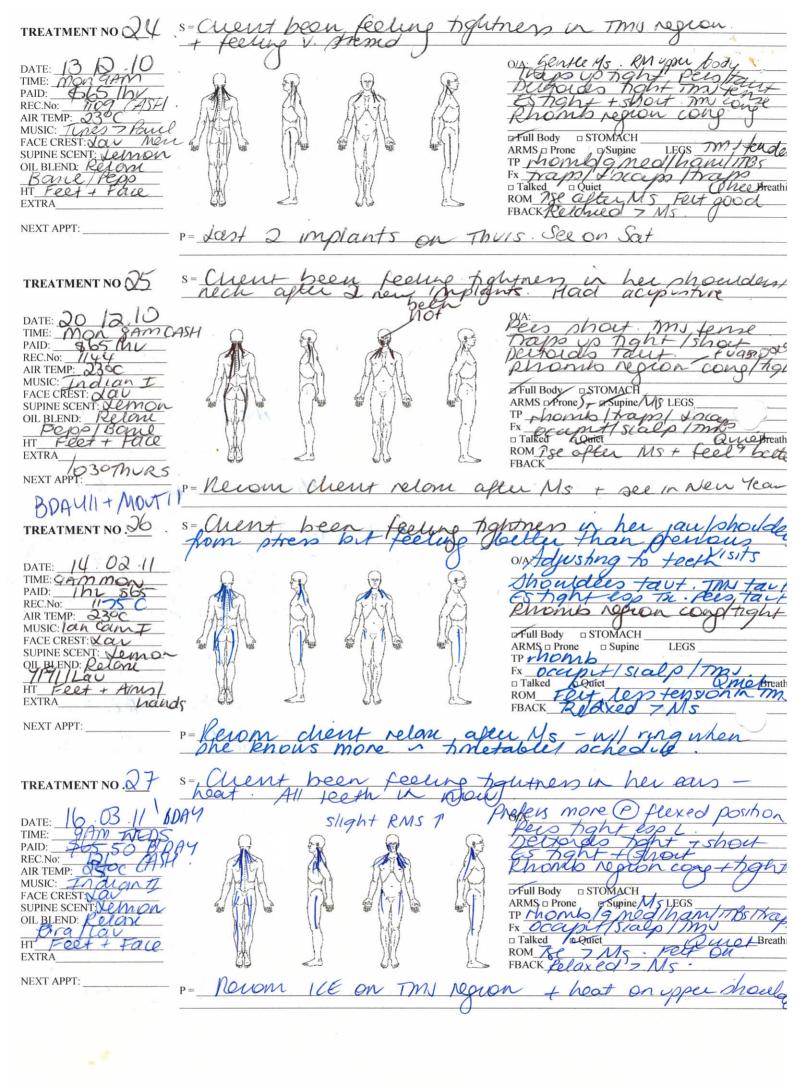
stretching in angellicular work on a halden Relax Isemon Sei NEXT APPT: 330pm Mon P= Recom continue stretchino gradually work on whalay s= cuent had mud headache sunday-didn't drink enough of TREATMENT NO . . been woming OIA: chin juting out
phombs cons + hight engl v warm
ture in spine es cons es R. Aco shout
QIS tout cop R & conscibrach tight
lifutes v lumpy + cons R tight & shout
shen-some vocodo DATE: 04 12.06 TIME: 330 Mon - Bearly PAID: \$45 CASH REC.No: \$30C AIR TEMP: SOF MUSIC: 6/1 OIL BLEND: RUAX FE show Heat of whomb (glute med pintram (rap) mms prope managed stalp and but ey Fanh thomb espit hot fact sound NEXT APPT: Weds Doud she P=Discussed Importance dunks the help, Away 31165 for holida Ad plc of my schedule work to day. F. S=Chart been lately TREATMENT NO. Feels Genydrated. Not the toda DATE: 11 12 06
TIME: 2nm 5 early
PAID: 11 \$45 Hamsesp R taut. 1785 cop R stiff peco short Ltraps esp right esp L. 8 mms REC.No: AIR TEMP: MUSIC: SOXOPHONE FACE CREST: et Tes mombles sleep itraps it chow poks up (on back) it ld super managed metrs less L. Isacum IES Momb shom Heat OIL BLEND: nich NEXT APPT: after -Hursh holiday nou E13.12.06 CNLP=Relax over

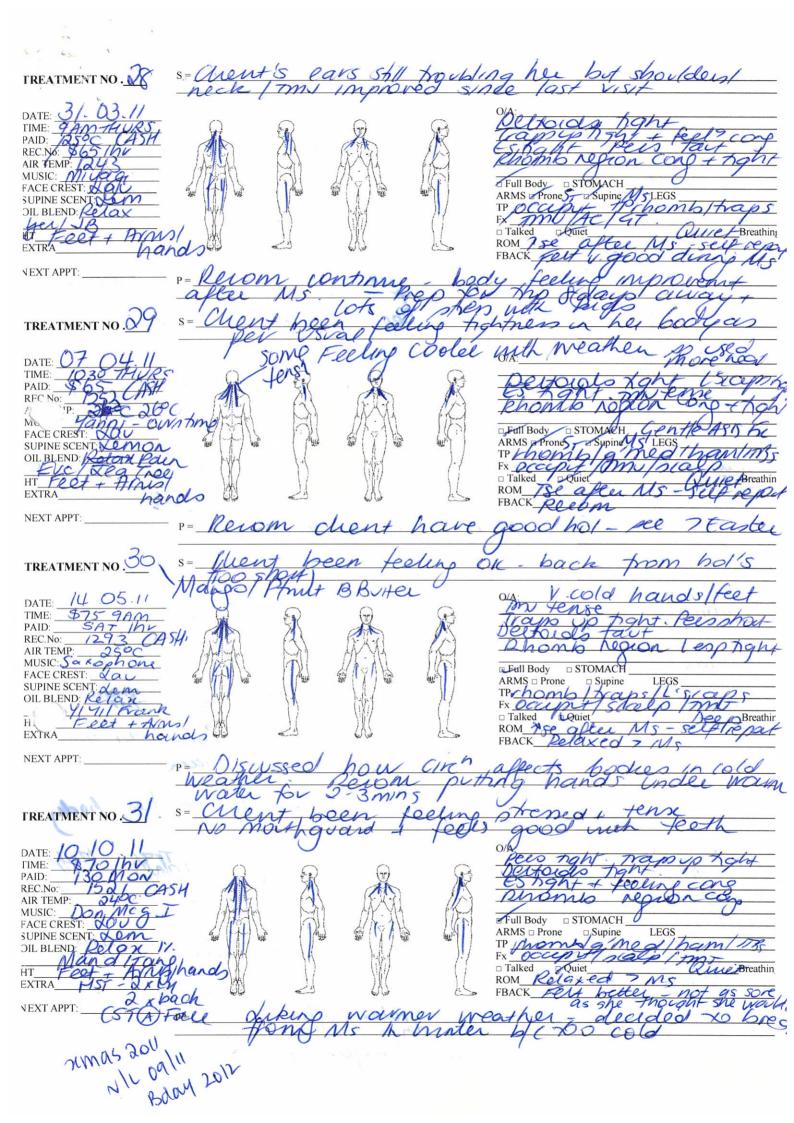


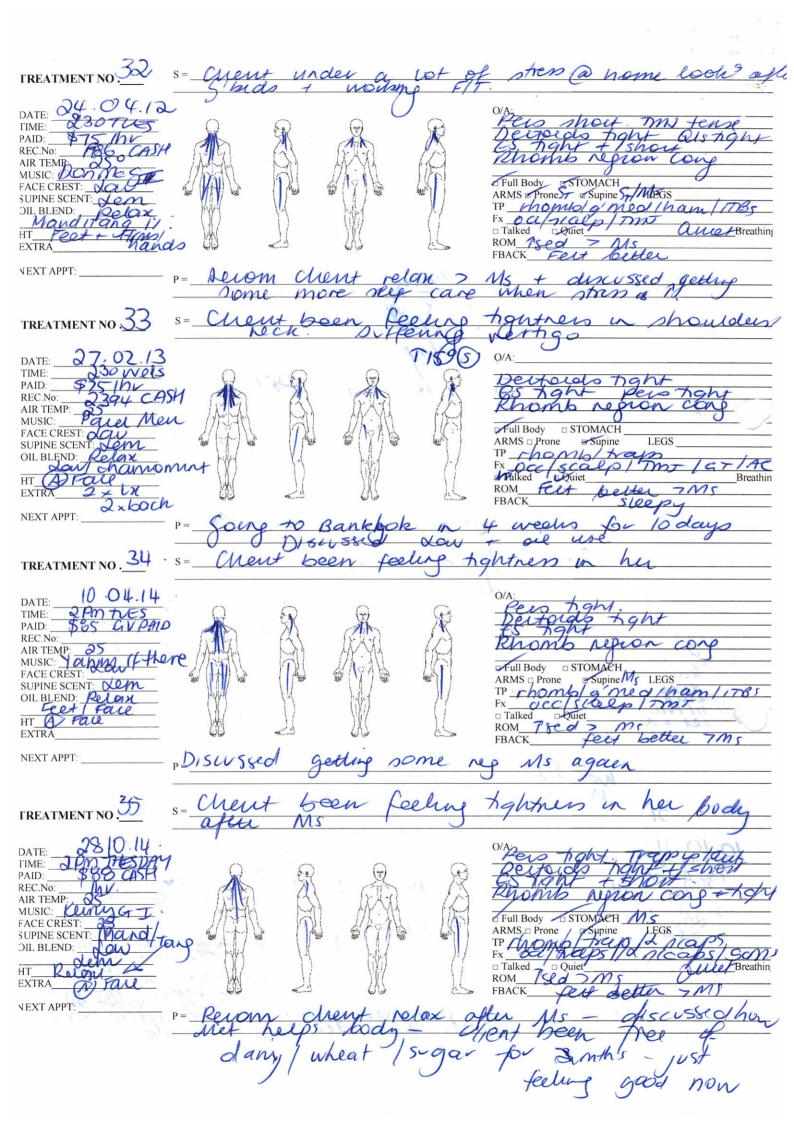


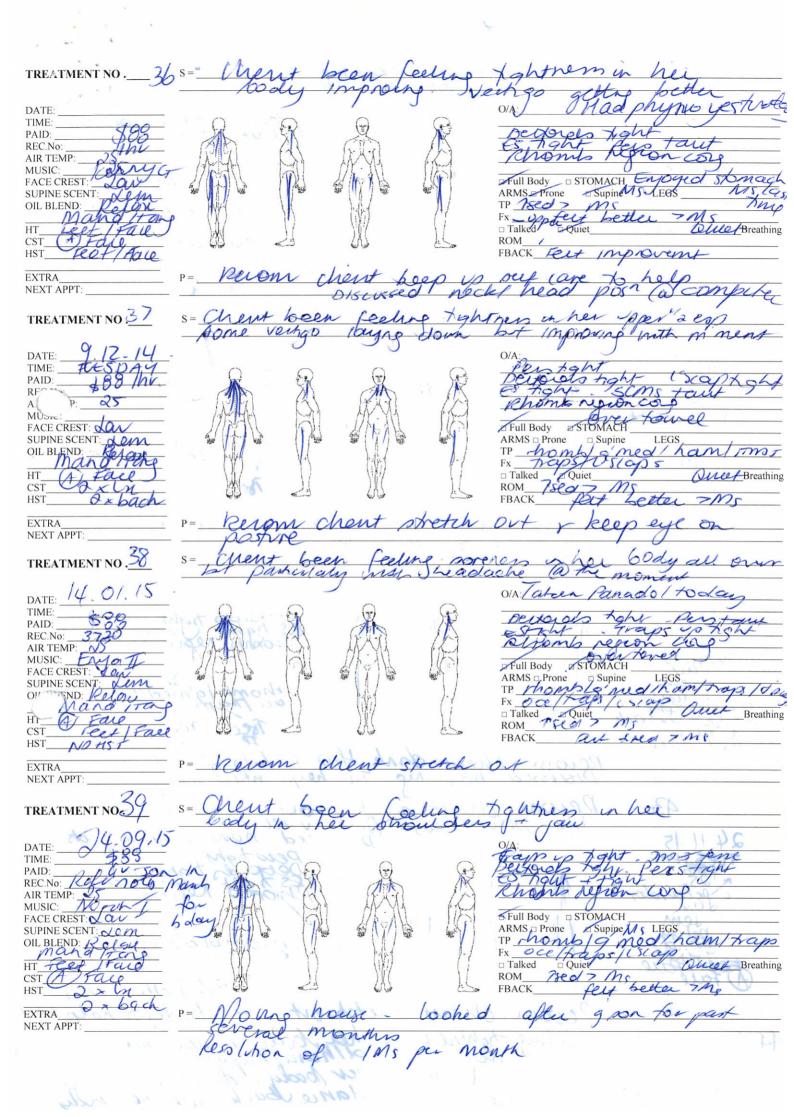
feeling trahtness in been in upper TREATMENT NO . S= cuent expenenció tense 90.10.0 1030 FR DATE: + occepus TIME: PAID: water REC.No: AIR TEMP: MUSIC: lan cam FACE CREST: SUPINE SCENT: OIL BLEND: Relax BP/GW TEMPO HT FOOD - JAYNS hands OIL BLEND: **EXTRA** work fines hextone P= Recom client stretch out, watch posture use heat s= Chent been feeling tight + TREATMENT NO 🔀 09.11.09 DATE: -daredream FACE CREST: 1000/ SUPINE SCENT OIL BLEND: 1014 AUGUST AUGU EXTRA POPPT CRAM NEXT APPT: = Monitor how More dental m work in rext 2MASO9 been seeling tightness chent TREATMENT NO. 14 rosson DATE: 2205.10 REC.No: Wanted AIR TEMP MUSIC: African hot FACE CREST: dav SUPINE SCENT: A CMOO er grape EXTRA NEXT APPT: Reson great continue phy discussed how N/L 5/10 2 MAS 2010 Leelin TREATMENT NO. 15 L Spitzer TIME: PAID: 1/14 575 REC.No. CASH AIR TEMP: AIR TEMP: 25 C MUSIC ACHE & BIR older FACE CREST: Jan SUPINE SCENT: NOMON OIL BLEND: 141 hadee EXTRA POET + tau bette NEXT APPT: Recom went use sprzei 7 Ms to come











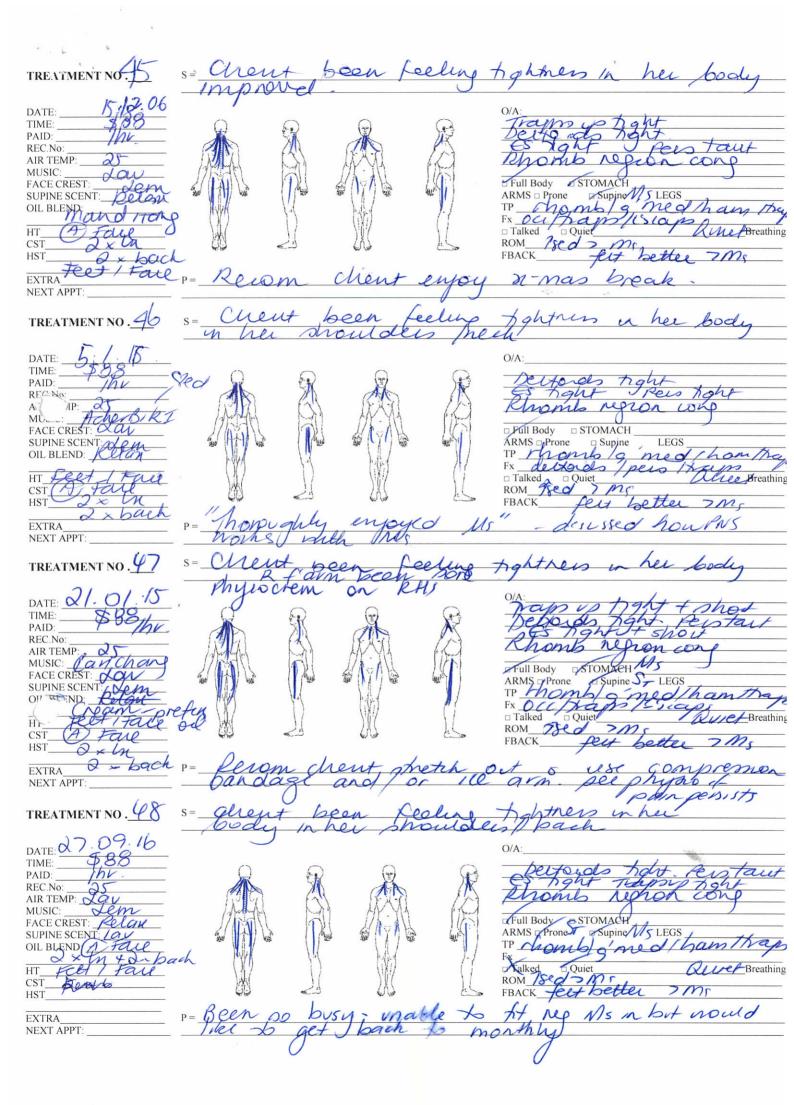
gift rext time TREATMENT NO . # quent feeling been over house ight + shout TIME: PAID: REC.No: AIR TEMP: 25
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FACE CREST: 000
SUPINE SCENT: 1000 Reprop cong Full Body STOMACH Lentle ARMS Prone Supine LEGS\_ TP\_Nomb| g meg/traps OIL BLEND: Rolan Feet Face (A) Face Talked Quiet
ROM 1 Sed
FBACK FELF Quet Breathing 2 x bach P= Recon flu herself inhile i chent after mbile helpin EXTRA losoh NEXT APPT: num move into a beens feeling tightness all over TREATMENT NO. move RedAPBle Nasmine Middle Helds have up taux 1.10.15 Pers tight PAID: REC No: MUSIC: Steve Hulper 1
FACE CREST: 23
SUPINE SCENT: Full Body STOMACH

ARMS Prone Supine OIL BLEND: Than thay Lem Peloni De Fail Talked Qujet\_ROM\_ Dure & Breathing feet better FBACK balance when ean 2 x bach P= Relondong chert discussed NEXT APPT: night Tightness in her body TREATMENT NO . 42 DATE: 10 11.15 TIME: \_ Delpids tight Perstant Enough Trappy tant Phones Noron comp PAID: REC.No: AIR TEMP: ☐ Full Body ☐ STOMACH ARMS Prone Supine LEGS SUPINE SCENT: COM OIL BLEND: Relow TP Homb g med ham rous

Fx oce ham

Talked Quiet branch

FBACK THE better 7 M mand Have HT 2 x ln + 2 x back CST (A) face Feet stace chient drak the to help fligh body P= Reson Chent DISUSSED how **EXTRA** NEXT APPT: s= Recon Client stretch TREATMENT NO .43 out body Discussed shoulders DATE: 24 11 -15 now stress affects it Dewtight Traps yotang TIME: TUSSIPM PAID: PAID: PEC.No: AIR TEMP: Pelevotes MUSIC: LON Full Body STOMACH FACE CREST: ARMS Prone Supine LEGS
TP mombly med/hanthap OIL BLEND: Mane SUPINE SCENT Fx OccHraps / Neap Quel Breathing ROM\_7sed lest better > Ms FBACK\_ P= Rower chest whetch out with **EXTRA** feeling tatters in her in her shoulder huy body Heat A Womb g med han Haps I Lnaps -Ms. Viteuse upper body - discussed, getting Fest better balance back FRIXI FAIR 2 . Un + 2 xback 457 with her body



| TREATMENT NO   | s= Chen   | t be  | en feel   | ing tog  | ghtness in her body string  |
|--|-----------|-------|-----------|----------|---|
| DATE: 5/7/17 TIME: 1.30 AIR TEMP: WEDS MUSIC: Vorah FACE CREST: Jan SUPINE SCENT: Jan OIL BLEND: Relan Hot Towel Feet / AT Cold Stones A Face Hot Stones A Face                        |           |       |           |          | Fees taut. Traps up tight Trap up tight Debloids tight Estaut Phomb region taut  Full Body STOMACH  ARMS Prone Supine/Ms LEGS  TP rhomb & med/ham/trap  Fx 6 cc/Traps / L'xaps  Talked Quiet  ROM Told 2 MS  FBACK feet botter 7 Ms   |
|  | P= Resom  | chen  | * stretch | body o   | vt. Discussed sprays,   |
| TREATMENT NO   | s= Chent  | - bee | n feele   | ne tight | then in her body. Improving   |
| TREATMENT NO.  Office: Scanned & filed  DATE: 9 17  TIME: 2.30  AIR TEMP: TIME: 17  MUSIC: 17  FACE CREST: 17  OIL BLEND: Rel qu.  Hot Towel 19  Loud Stones A Face  Hot Stones A Face | P = Revon |       |           |          | O/A: The taut Traps up hight. Traps hight ES hight Ols hight Perstan Dromb of hight  Full Body of STONACH ARMS Prone Supine MS LEGS TP hombo omedinas ES  Fx occhan (Stopp) Talked Quiet ROM Ked > MS FBACK Pert beller 7 MS  |
| TREATMENT NO   | S =       |       |           |          |   |
| TREATMENT NOOffice: □ Scanned & filed  DATE:TIME:AIR TEMP:MUSIC:FACE CREST:SUPINE SCENT:OIL BLEND:Hot TowelCold StonesHot Stones   | P =       |       |           |          | O/A:    Full Body   STOMACH   LEGS   TP     Fx   Talked   Quiet   Breathing     FBACK   FBACK |
| TREATMENT NO   | S =       |       |           |          |   |
| TREATMENT NO Office: □ Scanned & filed  DATE: TIME: AIR TEMP: MUSIC: FACE CREST: SUPINE SCENT: OIL BLEND: Hot Towel Cold Stones Hot Stones   | P =       |       |           |          | O/A:    Full Body   STOMACH   |

## **Karen Monypenny**

**DOB**28 Mar 1954**Occupation**Workshop Manager

## **Appointments**

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

| Date        | Time                 | Туре                          | Practitioner     |
|-------------|----------------------|-------------------------------|------------------|
| 10 May 2023 | 11:20AM –<br>12:20PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 8 Dec 2022  | 1:15PM –<br>2:15PM   | REBOOKING - 60 minute Massage | Christine Jervis |
| 1 Dec 2022  | 12:45PM –<br>1:45PM  | REBOOKING - 60 minute Massage | Christine Jervis |
| 23 Nov 2022 | 12:45PM –<br>1:45PM  | REBOOKING - 60 minute Massage | Christine Jervis |
| 10 Nov 2022 | 11:00AM –<br>12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 25 Feb 2019 | 12:30PM –<br>1:30PM  | 60 minute Massage             | Marina Franke    |
| 4 Feb 2019  | 10:00AM – 11:00AM    | 60 minute Massage             | Marina Franke    |
| 21 Dec 2018 | 11:00AM –<br>12:00PM | 60 minute Massage             | Marina Franke    |
| 16 Nov 2018 | 11:00AM –<br>12:00PM | 60 minute Massage             | Marina Franke    |
| 2 Nov 2018  | 2:30PM –<br>3:30PM   | 60 minute Massage             | Marina Franke    |
| 19 Sep 2018 | 2:30PM –<br>3:30PM   | 60 minute Massage             | Marina Franke    |

#### **Treatment Notes**

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

| Presenting complain     | t (relevant medical |
|-------------------------|---------------------|
| history or client info) |                     |

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

physio

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions

listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Kenny G music

Aromatherapy Massage oil - liquid coconut oil with peppermint and lavender

Spritzer - peppermint and lavender

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

Hot Pack Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -

Felt great after massage. Enjoyed her treatment

Plan for future results / treatment / progress / homework (including

discussion with client, advice, stretches)

Tried using no nut oil as she is allergic with some lavender

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

| Presenting complaint (relevant medical history or client info)  | What's going on now - client feeling bit stiff and sore, migraines in last few days.  |
|---|---|
| Medication or relevant procedures / info identified that may affect the massage.                                      | Injury  |
| Details of Medications / Red Flags /<br>Precautions needed etc (i.e. conditions<br>listed above)-                     |   |
| Assessment / Testing done (including ROM) / Observations  | Verbal consent obtained.  ROM - not checked today  Anything noteworthy - no  Anything specific to massage (E.g. no foot massage) - doesn't love foot massage  |
| Treatment details - what was done today to help the client  | Pressure used - 2-3 firm  Music - Chang music  Aromatherapy Massage oil - liquid coconut oil with peppermint and lavender  Spritzer - peppermint and lavender  Remedial techniques - shoulders, back, neck and hip and stomach. |
| Hot Pack  | Lower Body  |
| Hot Stones  | 2 x Hips; 2 x Back/Shoulders; Cold stones on face   |
| Hot Wet Towels  | Feet; Arms & Hands  |
| Topical Treatment   | Fisiocrem shoulders/neck  |
| What parts of the body were massaged?  Arms - Supine; Legs - Prone; Legs - Supine; Fo                                 | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; eet; Head / scalp; Face / sinuses  |
| Where any specific trigger points used?   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids   |
| Body Chart  |   |
| Feedback after treatment -  | Felt great after massage. Enjoyed her treatment   |
| Plan for future results / treatment /<br>progress / homework (including<br>discussion with client, advice, stretches) | Tried using no nut oil as she is allergic   |
| Infra-Red Sauna (if applicable -  | info is below)  |
| Time in Sauna (minutes) -   |   |
| Feedback after treatment -  |   |

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis **Appointment:** 23 Sep 2024, 12:45PM Created: 23 Sep 2024, 3:44PM Last updated: 23 Sep 2024, 3:47PM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client feeling bit stiff and sore but ok, overall feeling better

Medication or relevant procedures / info

identified that may affect the massage.

Injury

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Mod Girls KD lang

Aromatherapy Massage oil - Extreme H20 oil

Spritzer - peppermint eucalyptus

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

**Hot Pack** Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -Felt great after massage. Enjoyed.

Plan for future results / treatment /

Discussed using no nut oil as she is allergic

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

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis **Appointment:** 3 Sep 2024, 11:00AM **Created:** 3 Sep 2024, 10:53AM **Last updated:** 3 Sep 2024, 12:05PM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client felling but stiff and sore

Medication or relevant procedures / info

identified that may affect the massage.

injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions

listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Mod Girls KD lang

Aromatherapy Massage oil - Lav peppermint

Spritzer - peppermint eucalyptus

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

Hot Pack Lower Body

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

Hot Wet Towels Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -

Felt great after massage. Enjoyed treatment

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

Discussed keeping moving.

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

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

Medication or relevant procedures / info

identified that may affect the massage.

Injury

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Ian Cam Smith

Aromatherapy Massage oil - Lav peppermint

Spritzer - joyful rose

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

Hot Pack

Lower Body

**Hot Stones** 2 x Hips; 2 x Back/Shoulders; Cold stones on face **Hot Wet Towels** Feet; Arms & Hands **Topical Treatment** Fisiocrem shoulders/neck What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids **Body Chart** Feedback after treatment -Felt great after massage. Plan for future results / treatment / Discussed how massage helps progress / homework (including discussion with client, advice, stretches) Infra-Red Sauna (if applicable - info is below) Time in Sauna (minutes) -Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client stres are d because car is being put down so very sad

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

Injury

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Ken Davis

Aromatherapy Massage oil - sports blend

Spritzer - joyful rose

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

Hot Pack Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

**Feedback after treatment -** Felt great after massage.

Plan for future results / treatment / progress / homework (including

discussion with client, advice, stretches)

Discussed grief and loss

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

Time in Sauna (minutes) - 25

Feedback after treatment - Felt great afterwards - really enjoyed it

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

What's going on now - client sore.

history or client info)

Medication or relevant procedures / info

identified that may affect the massage.

Injury

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - miyagi

Aromatherapy Massage oil - lavender oil

Spritzer - joyful rose

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

**Hot Pack** Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -Felt good after massage.

Plan for future results / treatment / progress / homework (including

discussion with client, advice, stretches)

Discussed how sauna helps.

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

Last updated: 13 Jul 2024, 8:27AM

**Standard Consultation - Remedial Massage** 

Presenting complaint (relevant medical

history or client info)

What's going on now - client was feeling much better with her body since changing diet and after holiday, but now feeling very stressed.

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

Injury

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained. ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - miyagi

Aromatherapy Massage oil - lavender oil

Spritzer - joyful rose

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

**Hot Pack** Lower Body

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

**Hot Wet Towels** Feet: Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -Felt good after massage - lots of sore areas

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

Discussed doing another massage soon as she came up very red in shoulders and was sore and feeling stressed. Add a Sauna next time.

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

Time in Sauna (minutes) -

#### Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling much better with her body since changing diet and

after holiday. Broken toe 6 weeks agi

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - miyagi

Aromatherapy Massage oil - lavender oil

Spritzer - joyful rose

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

**Hot Pack** 

Lower Body

**Hot Stones** 

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

**Hot Wet Towels** 

Feet; Arms & Hands

**Topical Treatment** 

Fisiocrem shoulders/neck

What parts of the body were massaged?

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

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

**Body Chart** 

Feedback after treatment -

Felt good after massage

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

Discussed doing a bit more regular massage

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

Medication or relevant procedures / info

identified that may affect the massage.

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

What's going on now - client feekung much better with her body since changing diet

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Elton John tunes

Aromatherapy Massage oil - lavender oil

Spritzer - joyful rose

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

**Hot Pack Lower Body** 

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

**Hot Wet Towels** Feet; Arms & Hands **Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -

Felt good after massage

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

Heading away in holidays to Hong Kong

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

Practitioner: Christine Jervis
Appointment: 7 Mar 2024, 12:45PM
Created: 7 Mar 2024, 12:42PM
Last updated: 8 Mar 2024, 5:02AM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling sore, not been using her own sauna much.

Busy week. Some headaches

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

Injury

Details of Medications / Red Flags /
Precautions needed etc (i.e. conditions

listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Steve ahelpern and Ken Davis mix Aromatherapy Massage oil -relax h20 oil

|   | Spritzer - joyful rose  |  |  |
|---|---|--|--|
|   | Remedial techniques - shoulders, back, neck and hip and stomach.                    |  |  |
| Hot Pack  | Lower Body  |  |  |
| Hot Stones  | 2 x Hips; 2 x Back/Shoulders; Cold stones on face                                   |  |  |
| Hot Wet Towels  | Feet; Arms & Hands  |  |  |
| Topical Treatment   | Fisiocrem shoulders/neck  |  |  |
| What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |   |  |  |
| Where any specific trigger points used?   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids                                   |  |  |
| Body Chart  |   |  |  |
| Feedback after treatment -  | Felt good after massage, enjoyed  |  |  |
| Plan for future results / treatment /<br>progress / homework (including<br>discussion with client, advice, stretches)   | Discussed how stiff she has been feeling from fall and how regular massage can help |  |  |
| Infra-Red Sauna (if applicable - info is below)   |   |  |  |
| Time in Sauna (minutes) -   |   |  |  |
| Feedback after treatment -  |   |  |  |

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling sore, been using her own sauna

Medication or relevant procedures / info In

identified that may affect the massage.

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

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Steve ahelpern and Ken Davis mix Aromatherapy Massage oil -relax h20 oil

Spritzer - joyful rose

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

**Hot Pack** Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -

Felt good after massage

Plan for future results / treatment / progress / homework (including

discussion with client, advice, stretches)

Discussed getting some regular treatment as she is feeling better with treatment

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

Time in Sauna (minutes) - 2

Felt good, mild heat, not much sweat on towels

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

| Presenting complaint (relevant medical history or client info)  | What's going on now - client been feeling very sore after fall on road.  |
|---|--|
| Medication or relevant procedures / info identified that may affect the massage.                                      | Injury   |
| Details of Medications / Red Flags /<br>Precautions needed etc (i.e. conditions<br>listed above)-                     |  |
| Assessment / Testing done (including ROM) / Observations  | Verbal consent obtained.  ROM - not checked today  Anything noteworthy - no  Anything specific to massage (E.g. no foot massage) - doesn't love foot massage                   |
| Treatment details - what was done today to help the client  | Pressure used - 2-3 firm  Music - Ken Davis  Aromatherapy Massage oil -relax h20 oil  Spritzer - joyful rose  Remedial techniques - shoulders, back, neck and hip and stomach. |
| Hot Pack  | Lower Body   |
| Hot Stones  | 2 x Hips; 2 x Back/Shoulders; Cold stones on face  |
| Hot Wet Towels  | Feet; Arms & Hands   |
| Topical Treatment   | Fisiocrem shoulders/neck   |
| What parts of the body were massaged?  Arms - Supine; Legs - Prone; Legs - Supine; F                                  | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; eet; Head / scalp; Face / sinuses   |
| Where any specific trigger points used?   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids  |
| Body Chart  |  |
| Feedback after treatment -  | Really enjoyed   |
| Plan for future results / treatment /<br>progress / homework (including<br>discussion with client, advice, stretches) | Talked about Sauna next time. She has her son Sauna at home now  |
| Infra-Red Sauna (if applicable -  | info is below)   |
| Time in Sauna (minutes) -   |  |
| Feedback after treatment -  |  |

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling better

Medication or relevant procedures / info

identified that may affect the massage.

Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions

listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Ian Can smith

Aromatherapy Massage oil -relax h20 oil

Spritzer - joyful rose

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

**Hot Pack** Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment -Really enjoyed the massage

Plan for future results / treatment /

Talked about sauna

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

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

Time in Sauna (minutes) - 25

Feedback after treatment - Felt good after Sauna

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis **Appointment:** 29 Sep 2023, 1:00PM **Created:** 30 Sep 2023, 2:21PM **Last updated:** 30 Sep 2023, 2:26PM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling all over very unbalanced and tired still.

Medication or relevant procedures / info

identified that may affect the massage.

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

Injury

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Ian Can smith

Aromatherapy Massage oil -relax h20 oil

Spritzer - joyful rose

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

Hot Pack Lower Body

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

**Hot Wet Towels** Feet; Arms & Hands

**Topical Treatment** Fisiocrem shoulders/neck

·

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment - Really liked the massage

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

Talked about maintenance monthly

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info)

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

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today to help the client

Pressure used - 2-3 firm Music - Ian Can smith

Aromatherapy Massage oil - sports h20 oil

Spritzer - joyful rose

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

| Hot Pack  | Lower Body   |  |
|---|--|--|
| Hot Stones  | 2 x Hips; 2 x Back/Shoulders; Cold stones on face  |  |
| Hot Wet Towels  | Feet; Arms & Hands   |  |
| Topical Treatment   | Fisiocrem shoulders/neck   |  |
| What parts of the body were massaged? Supine; Feet; Head / scalp; Face / sinuses                                      | Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - |  |
| Where any specific trigger points used?   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids  |  |
| Body Chart  |  |  |
| Feedback after treatment -  | Really liked the massage   |  |
| Plan for future results / treatment /<br>progress / homework (including<br>discussion with client, advice, stretches) | Talked about maintenance monthly   |  |
| Infra-Red Sauna (if applicable - info is below)   |  |  |
| Time in Sauna (minutes) -   |  |  |
| Feedback after treatment -  |  |  |

#### **Standard Consultation - Remedial Massage**

Practitioner: Christine Jervis
Appointment: 10 May 2023, 11:20AM
Created: 10 May 2023, 12:23PM
Last updated: 10 May 2023, 12:35PM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling all over very unbalanced. Had 3 surgeries - hernia and cataracts. Still feeling yuck from anaesthetic. Migraines and upset tummy

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

Iniurv

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage Treatment details - what was done today Pressure used - 2-3 firm to help the client Music - Ian Can smith Aromatherapy Massage oil - sports h20 oil Spritzer - joyful rosw Remedial techniques - shoulders, back, neck and hip and stomach. **Hot Pack** Lower Body **Hot Stones** 2 x Hips; 2 x Back/Shoulders; Cold stones on face **Hot Wet Towels** Feet: Arms & Hands **Topical Treatment** Fisiocrem shoulders/neck What parts of the body were massaged? Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs -Supine; Feet; Head / scalp; Face / sinuses Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids **Body Chart** Feedback after treatment -Really liked the stomach massage Plan for future results / treatment / Talked about fortnightly and then some monthly maintenance progress / homework (including discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

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

## **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling shoulder and hip still sore. Specialist said

surgery in January

Medication or relevant procedures / info identified that may affect the massage. Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-Assessment / Testing done (including Verbal consent obtained. ROM) / Observations ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - doesn't love foot massage Treatment details - what was done today Pressure used - 2-3 firm to help the client Music - Ian Can smith Aromatherapy Massage oil - Lav H2O oil Spritzer - no Remedial techniques - shoulders, back, neck and hips. V vasodilated R shoulder. **Hot Pack** Lower Body **Hot Stones** 2 x Hips; 2 x Back/Shoulders **Hot Wet Towels** Feet; Face **Topical Treatment** Fisiocrem shoulders/neck What parts of the body were massaged? Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs -Supine; Feet; Head / scalp; Face / sinuses Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids **Body Chart** Feedback after treatment -Discussed seeing physio for diagnosis Plan for future results / treatment / Surgery Jan 13, see in March after 5 weeks recovery progress / homework (including discussion with client, advice, stretches) Infra-Red Sauna (if applicable - info is below) Time in Sauna (minutes) -Feedback after treatment -

### **Standard Consultation - Remedial Massage**

Practitioner: Christine Jervis
Appointment: 1 Dec 2022, 12:45PM
Created: 1 Dec 2022, 1:48PM
Last updated: 1 Dec 2022, 2:04PM

#### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - client been feeling better

Feedback from previous treatment - feeling an improvement. Specialist said surgery in

January

Medication or relevant procedures / info

identified that may affect the massage.

Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions

listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - doesn't love foot massage

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Music - Norah Jones

Aromatherapy Massage oil -

Spritzer - no

Remedial techniques - shoulders, back, neck and hips

Hot Pack Lower Body

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

**Hot Wet Towels** Feet; Face

**Topical Treatment** Fisiocrem shoulders/neck

What parts of the body were massaged? Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs -

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

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

**Body Chart** 

Feedback after treatment - Felt really good

Plan for future results / treatment / Discussed getting some more regular treatment

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

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

Practitioner: Christine Jervis Appointment: 23 Nov 2022, 12:45PM Created: 23 Nov 2022, 12:38PM Last updated: 23 Nov 2022, 1:47PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now -feelibg twinge in her r hip when walking still - felt better after massage . Sore all over from walking funny. Seen specialist who will remove hernias but

isn't sure pain is coming from there

Medication or relevant procedures / info

identified that may affect the massage.

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked

Anything noteworthy - no

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Face Hot Pack - Lower Body

Topical Treatment - Fisiocrem

Music - Tribal music

Aromatherapy Massage oil - lavender h20 oil

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

ITBs too

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Glutes; Psoas

#### **Body Chart**

Feedback after treatment -

Felt really good after massage

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

Discussed referring to a female physio if pain is still there

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis **Appointment:** 10 Nov 2022, 11:00AM **Created:** 10 Nov 2022, 12:09PM **Last updated:** 10 Nov 2022, 12:19PM

## **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

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

from walking funny

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM - not checked

Anything noteworthy - no

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

Treatment details - what was done today

to help the client

Pressure used - 2-3 firm

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Face Hot Pack - Lower Body

Topical Treatment - Fisiocrem

Music - Ian Cam Smith

Aromatherapy Massage oil - lavender h20 oil

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

ITBs too

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

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

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

**Body Chart** 

Feedback after treatment - Felt really good - had forgotten how good massage feels and wondering why she

stopped

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

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

there

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

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Marina Franke

**Appointment:** 25 Feb 2019, 12:30PM **Created:** 25 Feb 2019, 12:28PM **Last updated:** 25 Feb 2019, 1:40PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - stomach/generally stressed, shoulders & neck Saw physio last

week

Feedback from previous treatment - :)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

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

Treatment details - what was done today

to help the client

Pressure used - med firm, 'not too hard'- a little firmer on upper back only

Hot Stones -4 Hot Wet Towels -2 Cupping area -Topical Treatment -Music -nature

Aromatherapy -tangerine

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Prone; Arms - Supine; Legs -

Prone; Legs - Supine; Feet; Face / sinuses

Where any specific trigger points used?

Lev Scaps

Feedback after treatment -

relaxed and enjoyed

Plan for future results / treatment / progress / homework (including

self massage TMJ-shown previuosly

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

#### **Infra-Red Sauna**

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

Practitioner: Marina Franke
Appointment: 4 Feb 2019, 10:00AM
Created: 4 Feb 2019, 10:55AM
Last updated: 4 Feb 2019, 10:58AM

## **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - stomach/generally stressed, shoulders

Feedback from previous treatment -:)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

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

Treatment details - what was done today

to help the client

Pressure used - med firm, 'not too hard'

Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -Music -instrumental

Aromatherapy -tangerine/mandarin

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Prone; Arms - Supine; Legs -

Prone; Legs - Supine; Feet; Face / sinuses

Where any specific trigger points used?

**Lev Scaps** 

Feedback after treatment -

relaxed and enjoyed

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) self massage TMJ-shown

#### Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

Practitioner: Marina Franke

**Appointment:** 21 Dec 2018, 11:00AM **Created:** 21 Dec 2018, 11:59AM **Last updated:** 21 Dec 2018, 12:20PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - stomach/generally stressed

Feedback from previous treatment -:)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

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

Treatment details - what was done today

to help the client

Pressure used - med firm, 'not too hard'

Hot Stones -4 Hot Wet Towels -2 Cupping area -Topical Treatment - Music -instrumental
Aromatherapy -tangerine

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Prone; Arms - Supine; Legs -

Prone; Legs - Supine; Feet; Face / sinuses

Where any specific trigger points used?

Lev Scaps

Feedback after treatment -

relaxed and enjoyed

Plan for future results / treatment / progress / homework (including

self massage TMJ-shown

discussion with client, advice, stretches)

#### **Infra-Red Sauna**

Time in Sauna (minutes) -

Feedback after treatment -

#### **Standard Consultation - Remedial Massage**

**Practitioner:** Marina Franke

**Appointment:** 16 Nov 2018, 11:00AM **Created:** 16 Nov 2018, 10:55AM **Last updated:** 16 Nov 2018, 12:25PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - neck, jaw P into ears, stomach - stressed

Feedback from previous treatment -:)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

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

Treatment details - what was done today

to help the client

Pressure used - med firm, 'not too hard'

Hot Stones -4 Hot Wet Towels -2 Cupping area -

Cupping area -Topical Treatment -Music -instrumental What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Face / sinuses

Where any specific trigger points used? Lev Scaps

Feedback after treatment - relaxed and enjoyed

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

Infra-Red Sauna

Time in Sauna (minutes) -

### **Standard Consultation - Remedial Massage**

Practitioner: Marina Franke
Appointment: 2 Nov 2018, 2:30PM
Created: 2 Nov 2018, 3:34PM
Last updated: 2 Nov 2018, 3:40PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - neck, jaw P into ears Feedback from previous treatment - :)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

Anything specific to massage - E.g. no foot massage  $\,$ 

Treatment details - what was done today

to help the client

Pressure used - med firm, 'not too hard'

Hot Stones -4 Hot Wet Towels -2 Cupping area -Topical Treatment -Music - Nora Jones

Aromatherapy -tangerine

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Prone; Arms - Supine; Legs -

Prone; Legs - Supine; Feet; Face / sinuses

Where any specific trigger points used?

Lev Scaps

Feedback after treatment -

relaxed and enjoyed

Plan for future results / treatment / progress / homework (including

discussion with client, advice, stretches)

self massage TMJ-shown

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

### **Standard Consultation - Remedial Massage**

**Practitioner:** Marina Franke **Appointment:** 19 Sep 2018, 2:30PM **Created:** 19 Sep 2018, 3:51PM **Last updated:** 19 Sep 2018, 3:53PM

### **Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical

history or client info)

What's going on now - neck / shoulders a little sore

Feedback from previous treatment -:)

Details of Medications / Red Flags etc (i.e.

conditions listed above)-

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

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

Assessment / Testing done (including

ROM) / Observations

Verbal consent obtained.

ROM -

Anything noteworthy -Any precautions / Red Flags -

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

Treatment details - what was done today to help the client

Pressure used - med firm, 'not too hard'

Hot Stones -4 Hot Wet Towels -2 Cupping area -Topical Treatment -

Music - Nora Jones Aromatherapy -mandarin

| What parts of the body were massaged?   | Full Body Treatment; Arms - Prone; Face / sinuses |
|---|---|
| Where any specific trigger points used?   | Lev Scaps   |
| Feedback after treatment -  | relaxed and enjoyed                               |
| Plan for future results / treatment /<br>progress / homework (including<br>discussion with client, advice, stretches) |   |
| Infra-Red Sauna Time in Sauna (minutes) -   |   |
| Feedback after treatment -  |   |

# **Patient Forms**

There are no patient forms for Karen Monypenny.