

Ms Christina Petryszyn
DOB 24 Jan 1970

Appointments

Date	Time	Type	Practitioner
25 Sep 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
5 Sep 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
8 Aug 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
3 Jul 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
13 Jun 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
22 Apr 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
10 Apr 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
27 Mar 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
13 Mar 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
27 Feb 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
13 Feb 2025	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
2 Jan 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
19 Dec 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Nov 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
15 Nov 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
17 May 2024	3:30PM – 4:30PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Apr 2024	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
22 Mar 2024	4:30PM – 5:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
23 Feb 2024	4:30PM – 5:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
27 Jan 2024	9:30AM – 10:30AM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
5 Jan 2024	2:30PM – 3:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
15 Dec 2023	2:30PM – 3:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
4 Aug 2023	4:30PM – 5:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
15 Jun 2023	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
3 Apr 2023	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Mar 2023	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
24 Feb 2023	4:30PM – 5:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
12 Dec 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
21 Nov 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
31 Oct 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Oct 2022	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2022	4:15PM – 5:15PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
22 Aug 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Aug 2022	4:15PM – 5:15PM	Sauna & Massage	Christine Jervis
16 Jul 2022	9:00AM – 10:00AM	Sauna & Massage	Christine Jervis
4 Jun 2022	9:00AM – 10:00AM	Sauna & Massage	Christine Jervis
7 May 2022	10:20AM – 11:20AM	Sauna & Massage	Christine Jervis

Date	Time	Type	Practitioner
4 Apr 2022	4:15PM – 5:15PM	Sauna & Massage	Christine Jervis
21 Mar 2022	4:15PM – 5:15PM	Sauna & Massage	Christine Jervis
28 Feb 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
18 Feb 2022	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
31 Jan 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
31 Jan 2022	3:45PM – 4:15PM	Sauna with Massage	Christine Jervis
10 Jan 2022	3:45PM – 4:45PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Dec 2021	3:40PM – 4:40PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Nov 2021	2:20PM – 3:20PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Oct 2021	2:20PM – 3:20PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Sep 2021	2:20PM – 3:20PM	REBOOKING - 60 minute Massage	Christine Jervis
30 Aug 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Aug 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Jul 2021	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Jul 2021	2:30PM – 3:00PM	Sauna & Massage	Christine Jervis
14 Jun 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
31 May 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
10 May 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Apr 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
22 Mar 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Mar 2021	2:30PM – 4:00PM	Sauna with Massage	Christine Jervis
22 Feb 2021	2:30PM – 3:30PM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
16 Mar 2020	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
3 Feb 2020	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
3 Feb 2020	2:30PM – 3:00PM	Sauna & Massage	Christine Jervis
6 Jan 2020	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
16 Dec 2019	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
18 Nov 2019	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
4 Nov 2019	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
16 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
26 Aug 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
5 Aug 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
5 Aug 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke
29 Apr 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
8 Apr 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
18 Mar 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
25 Feb 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke

Date	Time	Type	Practitioner
4 Feb 2019	3:00PM – 4:00PM	60 minute Massage	Marina Franke
10 Dec 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
19 Nov 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
22 Oct 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
17 Sep 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
27 Aug 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
23 Jul 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
25 Jun 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke
28 May 2018	3:00PM – 4:00PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 5 Sep 2025, 4:30PM

Created: 5 Sep 2025, 5:35PM

Last updated: 8 Sep 2025, 1:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - still busy and usual body tension with shoulders and lower back but getting a bit better.

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

Injury

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

Injury

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

R shoulder numbness - neural referral down arm.
R sciatic pain. Scan and ultrasound done of shoulder

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today

	Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders/back Music - Saxophone Kenny G mix Aromatherapy - blend lac peppermint Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage, bit stiff.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about managing stress and wanting some massage a bit closer together.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 8 Aug 2025, 4:30PM Created: 8 Aug 2025, 5:31PM Last updated: 8 Aug 2025, 5:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders/back Music - Ian Cam 2 Aromatherapy - blend pain Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage, bit stiff. She could feel tension today, hard to relax.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about managing muscle tension especially with shoulders and back.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Jul 2025, 4:30PM

Created: 3 Jul 2025, 5:32PM
Last updated: 5 Jul 2025, 9:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - still busy and usual body tension with shoulders and lower back.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain. Scan and ultrasound done of shoulder

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - fisiocrem shoulders/back
Music - Enya mix
Aromatherapy - relax blend extreme

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time

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

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

Body Chart

Feedback after treatment - Feeling good after massage

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Talked about managing muscle tension

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

Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Jun 2025, 4:30PM Created: 13 Jun 2025, 5:36PM Last updated: 13 Jun 2025, 5:37PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Sore and been sick, still has cough
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Kenny Ball mix Aromatherapy - relax blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

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

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Apr 2025, 4:30PM Created: 22 Apr 2025, 4:19PM Last updated: 23 Apr 2025, 10:45AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Sore but feeling bit better with back and shoulder pain than last time.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - mod girls KD lang Aromatherapy - sports blend extreme

	Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage today
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about weather and pain
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Apr 2025, 4:30PM Created: 10 Apr 2025, 4:25PM Last updated: 10 Apr 2025, 5:39PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Sore but feeling bit better with back and shoulder pain than last time.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.

Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Ian cam and Ken Davis Aromatherapy - sports blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about using heat
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Mar 2025, 4:30PM Created: 27 Mar 2025, 5:41PM Last updated: 27 Mar 2025, 5:44PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Sore but feeling bit better with back and shoulder pain than last time.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Enya and Yanni end Aromatherapy - sports blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how exercise helps
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Mar 2025, 4:30PM Created: 13 Mar 2025, 5:32PM Last updated: 14 Mar 2025, 11:30AM	
Standard Consultation - Remedial Massage	

Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Biopsy healing in R shoulder well. Sore but feeling bit better with back pain than last time.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Enya Aromatherapy - sports blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about managing the hot weather
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 Feb 2025, 4:00PM

Created: 27 Feb 2025, 5:12PM

Last updated: 28 Feb 2025, 12:44PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Biopsy healing in R shoulder well. Sore after last massage.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Saxophone 2 Aromatherapy - sports blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins. Worked gently as sore last time
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	

Feedback after treatment -	Feeling great after massage. See how she goes with gentle work
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about getting regular treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Feb 2025, 4:30PM Created: 13 Feb 2025, 5:36PM Last updated: 13 Feb 2025, 5:38PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back. Biopsy healing in R shoulder
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Mod Girls 1 Aromatherapy - sports blend extreme Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins

What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about using heat to help
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat lots

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Jan 2025, 9:30AM
Created: 2 Jan 2025, 10:39AM
Last updated: 2 Jan 2025, 10:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back especially been sore still over Christmas. Thinks it may be her bed that's causing probs.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx

	Hot Wet Towels - Feet and Face
	Topical Treatment - fisiocrem shoulders
	Music - Yanni 2
	Aromatherapy - sports blend
	Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage. Felt improvement from last time.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing a Sauna next time to help.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 19 Dec 2024, 4:30PM Created: 19 Dec 2024, 4:33PM Last updated: 19 Dec 2024, 5:41PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back especially been sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Ian Cam 2 Aromatherapy - sports blend Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Holidays soon so discussed doing more then to help body
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 29 Nov 2024, 3:00PM Created: 29 Nov 2024, 4:08PM Last updated: 30 Nov 2024, 10:31AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders and lower back especially been sore.

Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain. Scan and ultrasound done of shoulder
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - Yanni 1 Aromatherapy - sports blend Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Recom getting back to some regulat massage to help back stiffness
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage
Practitioner: Christine Jervis

Appointment: 15 Nov 2024, 3:00PM

Created: 15 Nov 2024, 3:01PM

Last updated: 15 Nov 2024, 4:18PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - still busy and usual body tension with shoulders and lower back especially been sore.

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

Injury

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

Injury

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

R shoulder numbness - neural referral down arm.
R sciatic pain. Scan and ultrasound done of shoulder

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client

Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - fisiocrem shoulders
Music - Ian can smith
Aromatherapy - relax lavender blend

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Feeling great after massage.

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

Recom getting back to some regular massage, showed pelvic rocking

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 May 2024, 3:30PM
Created: 17 May 2024, 4:45PM
Last updated: 17 May 2024, 5:01PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - still busy and usual body tension with shoulders (bit better) and lower back.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain. Scan and ultrasound done of shoulder

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - fisiocrem shoulders
Music - saxophone tunes
Aromatherapy - relax lavender blend

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins

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

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

Body Chart	
Feedback after treatment -	Feeling great after massage. Stiffness and tightness.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Recom some regular massage to help after heavy lifting at work with staff away
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 19 Apr 2024, 4:15PM Created: 19 Apr 2024, 4:07PM Last updated: 19 Apr 2024, 5:27PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders sore. Scan and ultrasound done on shoulder
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem shoulders Music - saxophone tunes Aromatherapy - relax lavender blend

	Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today about 5mins
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage. Very tight
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Recom see results from doctor
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Mar 2024, 4:30PM Created: 22 Mar 2024, 5:46PM Last updated: 22 Mar 2024, 6:01PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy and usual body tension with shoulders sore
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3

	Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - zen shoulders Music - yanni if there Aromatherapy - relax lavender blend Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed a holiday massage
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Feb 2024, 4:30PM Created: 23 Feb 2024, 6:02PM Last updated: 23 Feb 2024, 6:05PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - still busy especially for last couple of weeks and usual body tension with shoulders and lower back been aching.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - zen shoulders Music - yanni if there Aromatherapy - cream Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra time today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling really good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed booking a sauna next month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Jan 2024, 9:30AM Created: 27 Jan 2024, 9:31AM Last updated: 27 Jan 2024, 2:09PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and lower back been aching.

Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - zen shoulders Music - yanni if there Aromatherapy - cream Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling really good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching out, client looks forward to more massage
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25min
Feedback after treatment -	Enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 5 Jan 2024, 2:30PM	

Created: 6 Jan 2024, 5:31AM
Last updated: 6 Jan 2024, 5:32AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - busy and usual body tension with shoulders and lower back been aching.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - zen shoulders
Music - yanni
Aromatherapy - h2o relax oil

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders and stomach today. Extra 10 minutes.

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

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

Body Chart

Feedback after treatment - Feeling really great after massage

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed regular massage again including sauna

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

Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 15 Dec 2023, 2:30PM Created: 15 Dec 2023, 2:19PM Last updated: 15 Dec 2023, 3:59PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders especially sore and lower back too
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - zen shoulders Music - yanni if there Aromatherapy - h2o oil sports Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	

Feedback after treatment -	Feeling great after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed regular massage again including sauna
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt really good

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 15 Jun 2023, 3:00PM
Created: 15 Jun 2023, 2:55PM
Last updated: 15 Jun 2023, 4:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - busy and usual body tension with shoulders especially sore and lower back too

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - zen shoulders
Music - natural upbeat mix
Aromatherapy - h2o oil sports

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.

What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed regular massage
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt great.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Apr 2023, 4:00PM
Created: 3 Apr 2023, 4:05PM
Last updated: 3 Apr 2023, 5:58PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders especially sore and lower back too
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face

	Topical Treatment - zen shoulders Music - natural upbeat mix Aromatherapy - h20 oil sports Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight, especially rhombs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good. Lots of tender spots
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using heat on body to help with tension.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt great.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 24 Feb 2023, 4:30PM Created: 24 Feb 2023, 4:13PM Last updated: 24 Feb 2023, 5:54PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders especially sore. L some impingement
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	<p>ROM - not checked today</p> <p>Anything noteworthy - not today.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - No.</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3</p> <p>Hot Stones - 2 x Back 2 x Lx</p> <p>Hot Wet Towels - Feet and Face</p> <p>Topical Treatment - zen shoulders</p> <p>Music - mod girls hallelujah mix</p> <p>Aromatherapy - cream</p> <p>Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight, especially rhombs</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing Physio Julie for assessment on shoulders as very jammed up. Good to be back with treatment again
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20mins
Feedback after treatment -	Felt great.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Dec 2022, 4:15PM
Created: 12 Dec 2022, 4:18PM
Last updated: 12 Dec 2022, 5:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - busy and usual body tension with shoulders especially sore.

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

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - zen shoulders Music - Yanni if there Aromatherapy - Lavender H2O oil Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight, especially rhombs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing Physio Julie for assessment on shoulders. Gave her contact details
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Nov 2022, 4:15PM
Created: 21 Nov 2022, 6:27PM
Last updated: 22 Nov 2022, 4:12AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and hips still. Shoulders very sore - pins/needles in R side and aching pain in the L.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Smith Aromatherapy - Lavender H2O oil Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight, especially L rhombs very tight, R as usual with tightness and tension.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing Physio Julie for assessment on shoulders.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 31 Oct 2022, 4:15PM

Created: 31 Oct 2022, 5:24PM

Last updated: 31 Oct 2022, 5:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - busy and usual body tension with shoulders and hips still. Hips especially sore

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

Injury

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

Injury

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

R shoulder numbness - neural referral down arm.
R sciatic pain

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.

Treatment details - what was done today to help the client

Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - Fisiocrem on shoulders
Music - Ian Cam Smith
Aromatherapy - cream

Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Feeling good after massage - didn't realise how sore she was.

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Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing self care at home
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 2022, 9:00AM Created: 8 Oct 2022, 10:08AM Last updated: 8 Oct 2022, 10:12AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and hips.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Yanni if there 2 Aromatherapy - cream Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. Shoulders really tight.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine;

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage - didn't realise how sore she was.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing self care at home
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 8 Sep 2022, 4:15PM Created: 8 Sep 2022, 5:24PM Last updated: 8 Sep 2022, 5:27PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and hips. Esp LHS shoulder been sore
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders

	Music - Yanni if there 2 Aromatherapy - cream
	Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today. L shoulder really tight.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed heat and using topical cream in sore body parts.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20mins
Feedback after treatment -	Felt good. Relaxed.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Aug 2022, 4:15PM Created: 22 Aug 2022, 5:22PM Last updated: 22 Aug 2022, 5:25PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and hips.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no.

	Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Yanni if there 2 Aromatherapy - Peppt Cream - liked Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed heat and using topical cream in sore body parts.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 Aug 2022, 4:15PM
Created: 9 Aug 2022, 5:25PM
Last updated: 9 Aug 2022, 5:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension with shoulders and hips.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Ian Can 2 Aromatherapy - Peppt Cream - liked Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good - many sore spots
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed full moon and it's affect on the body. She's had trouble sleeping the last couple of nights
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt really good after Sauna :-)

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Jul 2022, 9:00AM
Created: 16 Jul 2022, 10:06AM
Last updated: 16 Jul 2022, 11:37AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now - busy and usual body tensioneith shoulders and hips

history or client info)	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Yanni if there Aromatherapy - Peppt Cream - liked Still focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling really good after the full treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about getting regular treatment again - she is really looking forward to that
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt really good after Sauna :-)

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Jun 2022, 9:00AM
Created: 4 Jun 2022, 11:38AM
Last updated: 4 Jun 2022, 11:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - busy and usual body tension.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Ian Can 1 Aromatherapy - Peppt Cream - liked Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling really good after the full treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about sauna benefits

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

Time in Sauna (minutes) - 25mins

Feedback after treatment -

Felt really good after Sauna :-)

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 7 May 2022, 10:20AM**Created:** 7 May 2022, 10:27AM**Last updated:** 7 May 2022, 11:39AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - busy and usual body tension. Recovered from COVID ok.

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

Injury

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

Injury

Details of Medications / Red Flags etc (i.e. conditions listed above)-R shoulder numbness - neural referral down arm.
R sciatic pain**Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No.**Treatment details - what was done today to help the client**Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and FaceTopical Treatment - Fisiocrem on shoulders
Music - Ian Can
Aromatherapy - Peppt Cream - liked

Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.

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

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart**Feedback after treatment -**

Feeling really good after the full treatment - so many sore spots-)

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

Talked about how regular Massage helps!

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

Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt really good after Sauna :-)

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Mar 2022, 4:15PM
Created: 22 Mar 2022, 4:42AM
Last updated: 22 Mar 2022, 4:43AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - busy but going ok, usual body tension.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Norah Aromatherapy - Peppt Cream - liked Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Feeling really good after the full treatment :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how regular Sauna helps.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25mins
Feedback after treatment -	Felt really good after Sauna :-)

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Feb 2022, 4:15PM
Created: 28 Feb 2022, 5:32PM
Last updated: 28 Feb 2022, 5:33PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - L shoulder been sore and back been ok.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Smith Aromatherapy - Mental Clarity Blend Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling much better after treatment :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about getting back into routines with gym etc.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Feb 2022, 9:30AM
Created: 20 Feb 2022, 4:00PM
Last updated: 20 Feb 2022, 4:02PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders and back been ok. Had a full week off work so feeling relaxed.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Smith Aromatherapy - Mental Clarity Blend Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.

What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great after treatment :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing regular Sauna this year. She really enjoyed it last time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 Jan 2022, 4:15PM
Created: 1 Feb 2022, 2:43PM
Last updated: 1 Feb 2022, 2:53PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders and back been sore - looking forward to her massage and sauna today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face

Topical Treatment - Fisiocrem on shoulder/back esp RHS

Music - Ian Cam Smith

Aromatherapy - Mental Clarity Blend

Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.

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

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

Body Chart

Feedback after treatment - Feeling good after treatment :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed doing regular Sauna as she found that really helped

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 10 Jan 2022, 3:45PM

Created: 16 Jan 2022, 5:16AM

Last updated: 16 Jan 2022, 5:17AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - shoulders and back been sore. Busy New Years and holiday period, work busy. Not much time for gym.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No

Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Ian Cam Smith Aromatherapy - Mental Clarity Blend Focused on remedial techniques for shoulders/back/legs. Worked all over - esp back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after treatment :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed plan for this year with work and massage - end of day appointments will be good for her as she finishes work at 4pm each day. Monday is her early day.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Dec 2021, 3:40PM
Created: 7 Dec 2021, 2:24AM
Last updated: 7 Dec 2021, 2:25AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders and back been sore. Glad to get in today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Ian Cam Smith Aromatherapy - Mental Clarity Blend Focused on remedial techniques for shoulders/back/legs. Tender/tight in shoulders/back especially - worked lots on back and shoulders today.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling great :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Working through Christmas (Public Holidays off) - see in Jan.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Nov 2021, 2:20PM
Created: 23 Nov 2021, 4:34AM
Last updated: 23 Nov 2021, 4:35AM

Standard Consultation - Remedial Massage

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

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Ian Cam Smith Aromatherapy - Mental Clarity Blend Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that with Lx region tightness too.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage today :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about Christmas coming up and time off. Plus working on body balance over the busy month ahead.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Sep 2021, 2:20PM
Created: 8 Oct 2021, 11:24AM
Last updated: 8 Oct 2021, 11:28AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - shoulders and back been sore.. Looking forward to massage today.

Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Enya Aromatherapy - Mental Clarity Blend Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that with Lx region tightness too.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after - improved movement too :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed work.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 Aug 2021, 2:30PM
Created: 31 Aug 2021, 6:24AM
Last updated: 31 Aug 2021, 6:25AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders been sore. Back been sore. Looking forward to massage today. It's been longer than she wanted between treatments.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Enya Aromatherapy - Mental Clarity Blend Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that with Lx region tightness too.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after - improved movement:-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed dealing with stress at work.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Aug 2021, 2:30PM
Created: 5 Aug 2021, 2:59AM
Last updated: 5 Aug 2021, 3:00AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders been sore. Back been sore. Looking forward to treatment.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Ian Cam Smith. Aromatherapy - Mand/Tang Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that with Lx region tightness too.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after - lots of sore spots feeling relieved :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using a lumbar belt to help posture.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 19 Jul 2021, 3:00PM**Created:** 30 Jul 2021, 10:38AM**Last updated:** 30 Jul 2021, 10:39AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders been sore. Back been sore. Missed regular treatment and looking forward to today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Ian Cam Smith. Aromatherapy - Euc/Pepp Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after - lots of sore spots feeling relieved :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching out and using heat.

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

Time in Sauna (minutes) -	20minutes
Feedback after treatment -	Felt good after Sauna. Enjoyed it!

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 14 Jun 2021, 2:30PM
Created: 14 Jun 2021, 3:44PM
Last updated: 14 Jun 2021, 3:46PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders been sore. Back been sore. Lots happening at work.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Mixed tribal music. Aromatherapy - Euc/Pepp Focused on remedial on shoulders/back/legs. Tender/tight in shoulders/back especially. R shoulder still very tight so continued to work on that.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Feeling improvement after massage - see for next massage :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Realized she does lots of running around with her body in the warehouse at work 2 xs each afternoon with heavy lifting, thinks that is what is causing her Lx pain. Discussed she needs to do more self care and core work. Discussed activating tummy muscles when sitting too. Recom. get a Sauna next time too.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 May 2021, 2:30PM
Created: 5 Jun 2021, 4:45AM
Last updated: 5 Jun 2021, 4:45AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders been sore. Back in the gym.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Ian Cam Aromatherapy - Clarity Blend Focused on remedial on shoulders/back/legs. Tenderness in shoulders and tightness upper body/back. R shoulder still very tight so continued to work on that.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling improvement after massage - see for next massage :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching pecs.
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 2021, 2:30PM
Created: 23 May 2021, 5:44AM
Last updated: 23 May 2021, 5:46AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - looking forward to Massage.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - not today.
Any precautions / Red Flags - no.

Anything specific to massage - No

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - Fisiocrem on shoulder/back esp RHS
Music - Tunes - Ian Cam
Aromatherapy - Clarity Blend

	Focused on remedial on shoulders/back/legs. Tenderness in shoulders and tightness upper body/back. R shoulder still very tight.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Feeling good after massage - improved :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching out.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 8 Mar 2021, 2:30PM
Created: 23 Apr 2021, 11:10AM
Last updated: 23 Apr 2021, 11:11AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - looking forward to Sauna and Massage!
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx

	Hot Wet Towels - Feet and Face
	Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Yanni if there Aromatherapy - Mand/Tang - relax blend
	Focused on remedial on shoulders/back/legs. Tenderness in shoulders and tightness upper body/back.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Feeling great afterwards - loved the Sauna :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some more regular Saunas.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Feb 2021, 2:30PM
Created: 23 Apr 2021, 11:08AM
Last updated: 23 Apr 2021, 11:09AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - still feeling sore!
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no.

	Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Yanni if there Aromatherapy - Mand/Tang - relax blend Abdominal plus focused on remedial on shoulders/back/legs. Tenderness in shoulders and tightness upper body/back.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Feeling great afterwards :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some pelvic rocking.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Apr 2021, 2:30PM
Created: 23 Apr 2021, 10:11AM
Last updated: 23 Apr 2021, 10:12AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - still feeling sore. Feedback from previous treatment - in need of treatment today...been sore!
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Yanni if there Aromatherapy - Mand/Tang - relax blend Some abdominal massage today - focused on remedial on shoulders/back/legs. Some tenderness still in shoulders and tightness upper body especially.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt improvement in movement
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how rainy weather can affect the body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Mar 2021, 2:30PM
Created: 27 Mar 2021, 4:32AM
Last updated: 27 Mar 2021, 4:33AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - been exercising and moving lots. Still feeling sore.
 Feedback from previous treatment - Feeling sore.

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

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Yanni if there Aromatherapy - Mand/Tang - relax blend Some abdominal massage today - focused on remedial on shoulders/back/legs. Some tenderness in shoulders - especially RHS hasn't settled yet.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt tender but improved ROM.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still more work to do on shoulders and back but heading in the right direction with movement and exercise resuming.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Mar 2020, 2:30PM
Created: 16 Mar 2020, 3:53PM
Last updated: 16 Mar 2020, 3:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now - been exercising and moving lots. Feeling good.

history or client info)	Feedback from previous treatment - Feeling good - body is holding up ok.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on shoulder/back esp RHS Music - Tunes - Carl Chang Aromatherapy - Mand/Tang - relax blend No stomach massage today - focused on relaxation with remedial on shoulders/back/legs. Some tenderness in shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after massage - enjoyed it. Feels the regular massage makes a big difference with helping body balance.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still more work to do on shoulders and back but heading in the right direction with movement and exercise resuming.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Feb 2020, 3:00PM

Created: 3 Feb 2020, 4:00PM
Last updated: 28 Mar 2020, 4:49AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - been exercising and moving lots.
 Feedback from previous treatment - Discussed moving more at last visit and that's what she's done. Felt good after last massage.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
 R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - checked today - improved after massage. Limited ROM
 Anything noteworthy - not today.
 Any precautions / Red Flags - no.
 Anything specific to massage - E.g. no foot massage. No

Treatment details - what was done today to help the client Pressure used - 2-3
 Hot Stones - 2 x Back 2 x Lx
 Hot Wet Towels - Feet and Face
 Topical Treatment - Fisiocrem on shoulder/back esp RHS
 Music - Ian Cam Smith
 Aromatherapy - Mand/Tang - relax blend
 Psoas and ITBs released.

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

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

Body Chart

Feedback after treatment - Good treatment. Travelling ok.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Talked about health and avoiding the panic of what's happening with Covid-19.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Jan 2020, 2:30PM
Created: 6 Jan 2020, 3:41PM
Last updated: 6 Jan 2020, 3:57PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - R side pain.
 Feedback from previous treatment - Notices pain first up in the morning and when in bed. Still struggling with R side - shoulders/hips/neck/back.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm.
 R sciatic pain

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - checked today - improved after massage. Limited ROM
 Anything noteworthy - not today.
 Any precautions / Red Flags - no.
 Anything specific to massage - E.g. no foot massage. No

Treatment details - what was done today to help the client Pressure used - 2-3
 Hot Stones - 2 x Back 2 x Lx
 Hot Wet Towels - Feet and Face
 Topical Treatment - fisiocrem on shoulder/back esp RHS
 Music - Music saxophone.
 Aromatherapy - Mand/Tang - relax blend
 Psoas and ITBs released.
 Tenderness. Referral from sciatic too.

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

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

Body Chart

Feedback after treatment - "Really needed it today" - felt good to have massage. Body responded well - slept for some prone work. Felt better after. ROM looked better.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Explained how would like to work more on her body with shoulder and hip problems.
 Discussed how movement helps balance and not moving can cause soreness.

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

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Dec 2019, 3:00PM Created: 16 Dec 2019, 4:01PM Last updated: 16 Dec 2019, 4:15PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - sciatic pain at the moment. Moving done. Feedback from previous treatment - Notices pain first up in the morning and when in bed. Feeling better than previous Tx.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Injury
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	R shoulder numbness - neural referral down arm. R sciatic pain
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Didn't check today. Anything noteworthy - not today. Any precautions / Red Flags - no. Anything specific to massage - E.g. no foot massage. No
Treatment details - what was done today to help the client	Pressure used - 2-3 Hot Stones - 2 x Back 2 x Lx Hot Wet Towels - Feet and Face Topical Treatment - fisiocrem on shoulder/back esp RHS Music - Music saxophone. Aromatherapy - Mand/Tang - relax blend Psoas and ITBs released. Tenderness. Referral from sciatic too.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	

Feedback after treatment -	"Really needed it today" - felt good to have massage. Body responded well - slept for some prone work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Explained how would like to work more on her body with shoulder and hip problems. Discussed staying calm at Christmas.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Nov 2019, 3:00PM
Created: 18 Nov 2019, 10:39AM
Last updated: 18 Nov 2019, 4:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's whole body sore - moved warehouse.
Feedback from previous treatment - Feeling great after last massage but ongoing soreness because of all the moving around, moving boxes etc.

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

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- R shoulder numbness - neural referral down arm

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - Didn't check today.
Anything noteworthy - not today.
Any precautions / Red Flags - no.

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

Treatment details - what was done today to help the client Pressure used - 2-3
Hot Stones - 2 x Back 2 x Lx
Hot Wet Towels - Feet and Face

Topical Treatment - fisiocrem on shoulder/back esp RHS
Music - Tribal music/Shaminda
Aromatherapy - Rosemary/Peppermint/Euc Pain relief

Stomach was tender - psoas release

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

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt tenderness all over - enjoyed the massage today, "helping everywhere"
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Explained how would like to work more on her body with shoulder and hip problems. Discussed hot/cold showers to help with blood flow and DOMs recovery.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Nov 2019, 3:00PM
Created: 4 Nov 2019, 4:00PM
Last updated: 4 Nov 2019, 4:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's R shoulder very sore. Some numbness at times.
Feedback from previous treatment - Still struggling with pain.

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

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

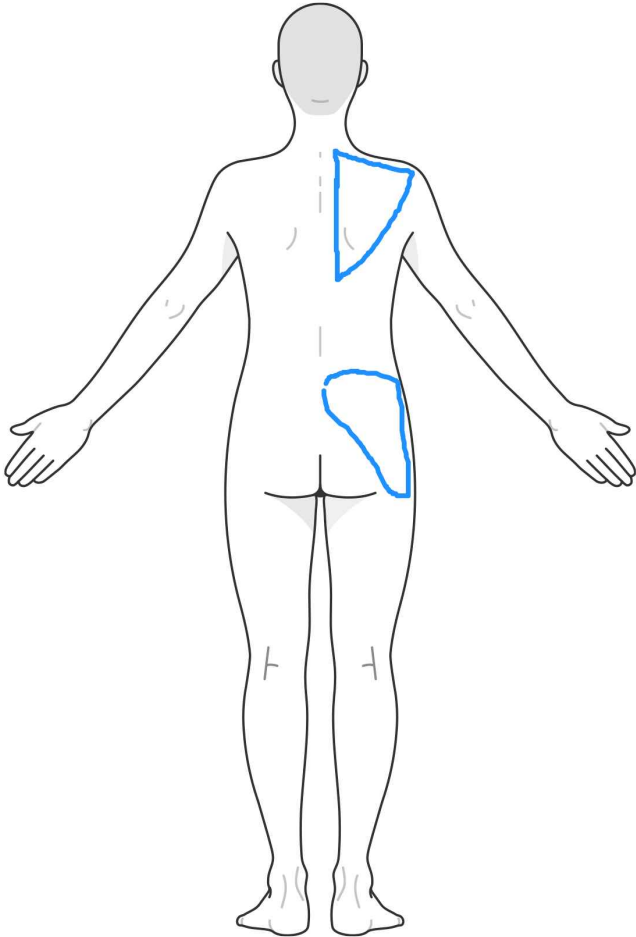
Details of Medications / Red Flags etc (i.e. conditions listed above)-

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 -
Hot Stones - 2 x Back
Hot Wet Towels - Feet and Face

Topical Treatment - fisiocrem on shoulder/back RHS
Music - Yanni
Aromatherapy - Rosemary/Peppermint Pain relief

What parts of the body were massaged?	
Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes	
Body Chart	
	
Feedback after treatment -	Still tightness in her lumbar region - sciatic pain. Feeling LHS good and RHS is very tender from hips to shoulder.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Explained how would like to work more on her body with shoulder and hip problems. Advised pelvic rocking and neutral side lying position.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Marina Franke	
Appointment: 16 Sep 2019, 2:30PM	
Created: 16 Sep 2019, 2:34PM	
Last updated: 16 Sep 2019, 6:37PM	

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulders sore always, mostly R into deltoid and lev scap- (R- some tingling near lev scap) started weights again
Feedback from previous treatment - :) too long between massages due to work

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

Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
Any precautions / Red Flags -
Anything specific to massage - * NO NEEDLING-doesn't like needles*

Treatment details - what was done today to help the client

Pressure used -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin,mid and u traps, L QL area
Topical Treatment - fisiocrem upper back
Music - Ian CS mix
Aromatherapy -tangerine/mandarin

What parts of the body were massaged?

Head / scalp; Face / sinuses

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

Where any specific trigger points used?

Upper Traps; Lev Scaps; Deltoids

Feedback after treatment -

feeling some improvement
really tight in upper body=started weights again

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

general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

20

Feedback after treatment -

It was ok, hard sitting still

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 26 Aug 2019, 2:30PM

Created: 26 Aug 2019, 4:05PM

Last updated: 26 Aug 2019, 4:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - shoulders sore always, mostly R into deltoid and lev scap- not doing weights because of it (R-some tingling near lev scap)
Feedback from previous treatment - :) too long between massages due to work

Details of Medications / Red Flags etc (i.e. conditions listed above)- Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
Any precautions / Red Flags -
Anything specific to massage - * NO NEEDLING-doesn't like needles*

Treatment details - what was done today to help the client Pressure used -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin,mid and u traps,
Topical Treatment -
Music - Ian CS mix
Aromatherapy -tangerine/mandarin

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

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

Feedback after treatment - feeling some improvement
really tight in upper body

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) - 20

Feedback after treatment - It was ok, hard sitting still

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Aug 2019, 2:30PM

Created: 5 Aug 2019, 2:08PM
Last updated: 7 Aug 2019, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - shoulders sore always, mostly R into deltoid- not doing weights because of it
 Feedback from previous treatment - :) too long between due to work

Details of Medications / Red Flags etc (i.e. conditions listed above)- Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
 Any precautions / Red Flags -
 Anything specific to massage - * NO NEEDLING-doesn't like needles*

Treatment details - what was done today to help the client Pressure used -hard
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -err spin, u traps,
 Topical Treatment -
 Music - Sacred Earth mix
 Aromatherapy - pep euc/rosemary

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

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

Feedback after treatment - :) felt some sore spots, mostly L arm
 really tight in upper body

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) - 20

Feedback after treatment - It was ok, hard sitting still

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 29 Apr 2019, 2:30PM**Created:** 29 Apr 2019, 2:28PM**Last updated:** 1 May 2019, 9:06AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - R low back dore last few weeks.
shoulders sore always, mostly R into deltoid
Since just before last visit P L forearm, underneath, near elbow-weight training
Feedback from previous treatment - :)

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

Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
Any precautions / Red Flags -
Anything specific to massage - * NO NEEDLING-doesn't like needles*

Treatment details - what was done today to help the client

Pressure used -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin, u traps, scaps, R glutes
Topical Treatment -
Music - Sacred Earth mix
Aromatherapy - pep euc/rosemary

What parts of the body were massaged?

Head / scalp; Face / sinuses

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids

Feedback after treatment -

:) felt some sore spots, mostly L arm
really tight in upper body

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

general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 8 Apr 2019, 2:30PM
Created: 8 Apr 2019, 2:22PM
Last updated: 8 Apr 2019, 3:52PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulders sore always, mostly R into deltoid
 Last few days P L forearm, underneath, near elbow-weight training
 Feedback from previous treatment - :) back has been better.

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

Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
 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 -hard
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -err spin, u traps
 Topical Treatment - fisiocrem shoulders
 Music - tribal
 Aromatherapy - pep euc/rosemary

What parts of the body were massaged?

Head / scalp; Face / sinuses

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids

Feedback after treatment -

:) felt some sore spots, mostly L arm
 really tight in upper body

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

general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 18 Mar 2019, 2:30PM
Created: 18 Mar 2019, 2:27PM
Last updated: 18 Mar 2019, 3:37PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders sore always, mostly R into deltoid Feedback from previous treatment - :) back has been better.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - R shoulder P 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - fisiocrem shoulders Music - instrumental Aromatherapy - pep euc/rosemary
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	:)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Feb 2019, 2:30PM
Created: 25 Feb 2019, 2:46PM
Last updated: 25 Feb 2019, 3:56PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders sore always, mostly R into deltoid Feedback from previous treatment - :) back has been better. Tonsils inflamed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - R shoulder P 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - Music - nature Aromatherapy - tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	:)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 4 Feb 2019, 3:00PM
Created: 4 Feb 2019, 3:57PM
Last updated: 4 Feb 2019, 4:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders sore always, mostly R into deltoid Feedback from previous treatment - :) back has been better
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - R shoulder P 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - Music - nature Aromatherapy - tangerine/mandarin
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	:)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 10 Dec 2018, 3:00PM

Created: 10 Dec 2018, 2:56PM

Last updated: 12 Dec 2018, 10:59AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulders sore always, mostly R into deltoid
Feedback from previous treatment - :) back has been better

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

Back P Lx, Tx & Cx, numbness, headaches

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 - R shoulder P
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 -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin, u traps
Topical Treatment -
Music - relax
Aromatherapy - tangerine

What parts of the body were massaged?

Head / scalp; Face / sinuses

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids

Feedback after treatment -

:)

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

general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 19 Nov 2018, 3:00PM
Created: 19 Nov 2018, 2:55PM
Last updated: 19 Nov 2018, 4:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders sore always, mostly R into deltoid Feedback from previous treatment - :) back has been better
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - R shoulder P 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - Music - relax Aromatherapy - mandarin
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	tender, started fitness 2/52
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 22 Oct 2018, 3:00PM
Created: 22 Oct 2018, 2:58PM
Last updated: 22 Oct 2018, 4:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - shoulders very sore always, mostly R Feedback from previous treatment - :) back has been better
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - R shoulder P 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Instrumental Aromatherapy - mandarin
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	started supine for pecs, finished prone slight increase ROM R shoulder
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor. Cupping on pecs

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 17 Sep 2018, 3:00PM**Created:** 17 Sep 2018, 2:54PM**Last updated:** 17 Sep 2018, 4:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - shoulders very sore always
 Feedback from previous treatment - :) back has been better

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

Back P Lx, Tx & Cx, numbness, headaches

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 -hard
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -
 Topical Treatment - Fisiocrem on back
 Music - African
 Aromatherapy - mandarin

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids

Feedback after treatment -

started supine for pecs, finished prone
 slight increase ROM R shoulder

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

general upper body stretching. Pecs with towel after shower, also lying on back on floor, elbows at side of body, hands 90' trying to touch floor.

Infra-Red Sauna

Time in Sauna (minutes) -**Feedback after treatment -**

Standard Consultation - Remedial Massage

Practitioner: Marina Franke**Appointment:** 27 Aug 2018, 3:00PM

Created: 27 Aug 2018, 4:06PM
Last updated: 27 Aug 2018, 4:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - back from gardening, shoulders etc - work. Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - L shoulder ROM equal with R 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Fisiocrem on back Music - Nora Jones Aromatherapy - tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	looser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching.

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Jul 2018, 3:00PM
Created: 23 Jul 2018, 2:43PM

Last updated: 23 Jul 2018, 4:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - been on holidays so all pretty good. Low B slightly
Feedback from previous treatment -

Details of Medications / Red Flags etc (i.e. conditions listed above)- Back P Lx, Tx & Cx, numbness, headaches

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 - L shoulder ROM equal with R
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 -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music -guitar/sax
Aromatherapy - mandarin

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

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

Feedback after treatment - looser

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) general upper body stretching.

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Jun 2018, 3:00PM
Created: 25 Jun 2018, 1:13PM
Last updated: 25 Jun 2018, 4:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -L shoulder to elbow, general soreness/ache. Worse sitting. Mostly anterior Feedback from previous treatment -
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Back P Lx, Tx & Cx, numbness, headaches
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 - L shoulder ROM equal with R 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 -hard Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -orchestra & piano Aromatherapy -
What parts of the body were massaged?	Full Body Treatment
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Feedback after treatment -	P reduced and looser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	general upper body stretching. Note if P reduces in next few days. trigger points? Talked about new sauna

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

Client Health Check

Practitioner: Christine Jervis

Appointment: 28 Feb 2022, 4:15PM

Completed: 24 Feb 2022, 11:39AM

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 Feb 2022, 9:30AM

Completed: 16 Feb 2022, 9:50PM

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

☐ Yes ☒ No ☐ I don't know

known to have COVID-19 in the last two weeks?

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: 31 Jan 2022, 4:15PM

Completed: 27 Jan 2022, 11:28AM

Travel History

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

No

Symptoms

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

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

How severe are your symptoms?

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

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

☐ Yes ☒ No

COVID-19

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

☐ Yes ☒ No ☐ I don't know

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

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 22 Nov 2021, 2:20PM

Completed: 18 Nov 2021, 11:22AM

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: 25 Oct 2021, 2:20PM
Completed: 15 Oct 2021, 6:39AM

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: 27 Sep 2021, 2:20PM
Completed: 16 Sep 2021, 11:26AM

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: 30 Aug 2021, 2:30PM
Completed: 26 Aug 2021, 11:08AM

Travel History

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

Symptoms

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

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

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

COVID-19

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

☐ Yes ☒ No ☐ I don't know

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

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 19 Jul 2021, 3:00PM

Completed: 11 Jul 2021, 11:29PM

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: 14 Jun 2021, 2:30PM

Completed: 10 Jun 2021, 8:04PM

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: 31 May 2021, 2:30PM
Completed: 27 May 2021, 9:48AM

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: 10 May 2021, 2:30PM

Completed: 7 May 2021, 6:40AM

Travel History

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

Symptoms

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

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

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

COVID-19

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

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

Client Health Check

Practitioner: Christine Jervis

Appointment: 19 Apr 2021, 2:30PM

Completed: 9 Apr 2021, 11:45AM

Travel History

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

Symptoms

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

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

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

COVID-19

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

☐ Yes ☒ No ☐ I don't know

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

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 22 Mar 2021, 2:30PM

Completed: 19 Mar 2021, 10:40AM

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

Personal Information			
Full Name		Occupation	
Christina Petryszyn		Cleric	
Postal Address			
237 Little Spence Street Pen. Bnglow			
Home Phone	Work Phone	Mobile	
	40 358812	0123361461	
Email Address			
tinapetryszyn@hotmail.com			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)			
<input checked="" type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input type="radio"/> Email
<input type="radio"/> Facebook Message			
Emergency Contact Details: Name and Number		Relationship to you (e.g. Partner).	
Nick Petryszyn		0129620941 Parent.	
Is it ok to email you massage tax invoices?		Please circle if you use any of the following:	
Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		<input checked="" type="radio"/> Facebook / <input type="radio"/> Twitter / <input type="radio"/> Instagram / <input type="radio"/> Pinterest / <input type="radio"/> Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
None.			
Client Signature		Date	
		5-6-17.	

☐ Office - Please tick after updated information is electronically entered

Full Name CHRISTINA PETRYSZYN D.O.B 24-01-70 Gender Female
 Address 32-55 MEER MEER ST MANLY
 Home Phone _____ Work 40358812 Mobile 0423361461
 Email Address cpetrystyn@bidvest.com.au
 Emergency Contact Details - Name and Number 40952409
 Current Doctor Dr Coyke Referred By _____
 Occupation and How long Accounts 4 years
 Physical Activities/Hobbies/Exercise Gym
 Past Medical History (major operations/conditions) N/A

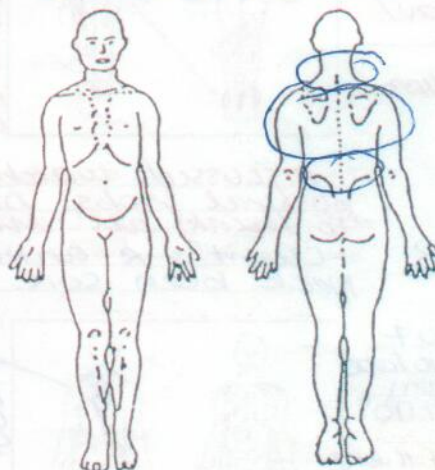
Medications - Prescribed or Natural: _____

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

Details regarding above selections: _____

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



Amount of Pain (1-10): 6

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.

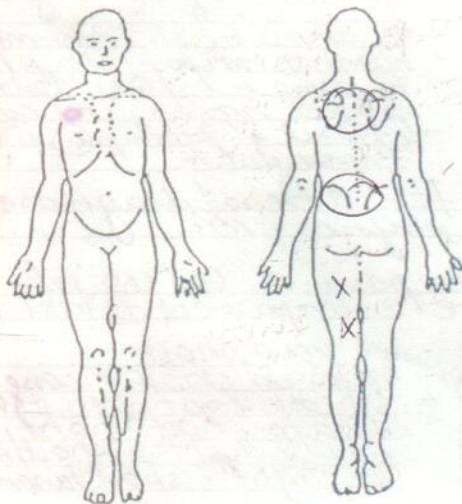
I agree to the Massage of: Christina Petrystyn (insert name of person being Massaged)

Signature: _____

Date: 24-06-06

Full Name Tina Petryszyn Date of Birth 24-01-1970
 Postal Address 237 Little Spence St
 Home Phone _____ Work 40358812 Mobile 0423361461
 Email Address *tinapetryszyn@hotmail.com Health Fund _____
 Emergency Contact Details - Name and Number NICK petryszyn 40954409
 Current Doctor Dr Coyke Referred By _____
 Occupation and how long Clerk 20 years
 Physical Activities/Hobbies/Exercise Gym Tennis
 Past Medical History (operations/illnesses/accidents/injuries) Back
 Medications - Prescribed or Natural: NO

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



Amount of Pain (1-10): 8
 Type (sharp, dull, aching etc) Sharp
 When is the pain worst? down my
 What relieves the pain? leg Pandal

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

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

Details regarding above selections:

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

Face Head Chest Stomach Back Buttocks Arms Legs Feet

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

CLIENT AUTHORISATION

I understand that

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

Signature: _____

Date: 27-03-09

Informed Consent for Massage

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

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

☒ **Yes** ☐ **No**

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

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.

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


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

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

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

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

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

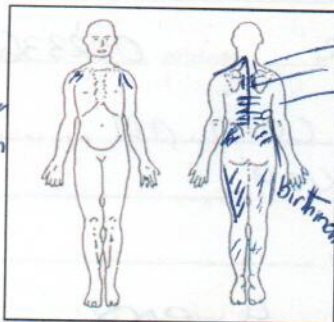
Your Name: Tina Beluszyn Signature:  Date: 27-03-09

TREATMENT NO. 1

S = Client @ stage where experiencing a lot of pain esp upper body + would like to address it before it gets worse. Had 3 massages before.

DATE: 24.06.06
TIME: 9am Sat - 51AR
PAID: 1hr. \$45 CASH
REC.No: 545
AIR TEMP: 22°C "good"
MUSIC: Ian Cam Smith
FACE CREST: Pepp Lav
OIL BLEND: Pain
May Lav / Ora

NEXT APPT: Sat 05th @ 130pm



O/A: Rhomboids v tight cong
Traps cong & v tight. Pecs shortened + tight
L v shortened + tight but R shoulder sits higher
ES tight. AS tight esp L. Gluteals tight
Calves taut, hamms esp medially v tight
Skin - some vasodilation in back

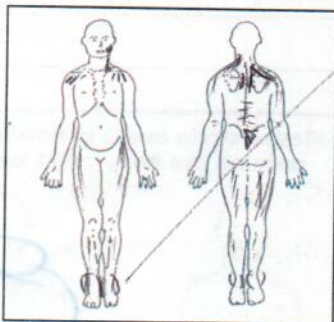
FB(-stom) Heat triggers rhomboids/occiputs/gluteals
ITBs/hamms (setatica). winged henné scap + calf
hip → ankle stretches Arms prone scalp +
tmt release. Client quiet throughout manage
gentle → mid firm pressure used. Feeling less tense
+ tight than I started. Client felt major difference
in muscles after

P = Recom heat on shoulders/neck, look @ reg. + mt for a few months, then maintenance visits. Continue gym + stretching
S = Client's body been v. sore all over - "everything hurt"
Client v. hot - not wearing underwear.

TREATMENT NO. 2

DATE: 02.12.06
TIME: 230 Sat - steady
PAID: 1hr (33mins)
REC.No: 845 802
AIR TEMP: 23°C CASH
MUSIC: Enya I
FACE CREST: Pepp
OIL BLEND: CS/Scap/
Pent

NEXT APPT: 15th 11pm JAN



O/A: Pecs v. short + tight. Slight rotatⁿ of hips
Oedema ankles. Traps esp upper v. congested
ES cong + tight. Lev scaps v. tight. L Traps + scap
ITBs v. tight. Legs stiff. Quads tight.
Rhomb v. tight. Puffy ankles
Skin - Some vasod. Feet v. dry. Cracked Heels

FB(-stom) Heat. TP rhomb/lev scaps/traps/ITBs/hamms
Factⁿs scalp/occiput/Cx/Rhomb/sacrum + glutes
b/c no undies on - kept covered with towel tuck
Client quiet throughout tmt. Not much pressure
nd to elicit deep breaths. Client felt v. relaxed
after, less tense + "v. sleepy" - ready to rest today
Has 1 week off over x-mas

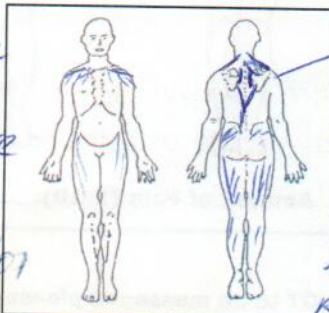
P = Discussed watch^g posture (open/down) + pec stretch help fight
postural probs. Discussed gradual approach - client seems
to think all will be better immediately.

S = Client's R ankle injured - fell down stairs & sore since
Neck been sore lately. Busy day - body feels tight

TREATMENT NO. 3

DATE: 16.02.07
TIME: 5pm Fri - 10 late
PAID: \$55 55mins
REC.No: 876 EFBS
AIR TEMP: 23°C
MUSIC: Yanni if there
FACE CREST: Jaw
OIL BLEND: Pain
Euc / May

NEXT APPT: Info sheet of given



O/A: Hamms taut. Calves taut.
Sup spins taut. ES taut + cong
Traps entire v. cong + stagnant, min miment
Rhomb^s taut. Pecs short. Deltoids taut esp
ES taut. Glutes taut. Lev scaps tight
Skin - v. varic - rhomboids region

FB(-stom) Heat. TP rhomb/lev scaps/traps
ITBs/hamms winged scaps/ok Arms prone
managed + stretched. Ex ES/rhomb/sacrum
sp spins/ITBs/hamms client quiet throughout
Body v. tense esp upper cong/tight, min mmt
R ankle slightly swollen still, min ROM

P = Shoulder down - concentrate RICE on R ankle
Client been working on posture - realised things not quite right

TREATMENT NO. 4

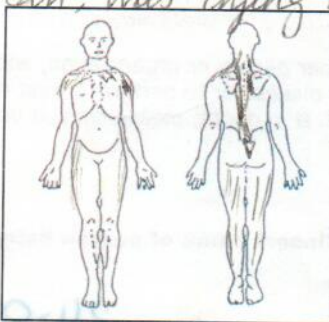
DATE: 16.03.07
TIME: 445 - 51 late
PAID: 1hr \$55 EFBS
REC.No: 927
AIR TEMP: 23°C
MUSIC: Piano music
FACE CREST: Jaw
OIL BLEND: dimelger

NEXT APPT: PCNL 01/12/08

PCNL 01/12/08

08.12.07

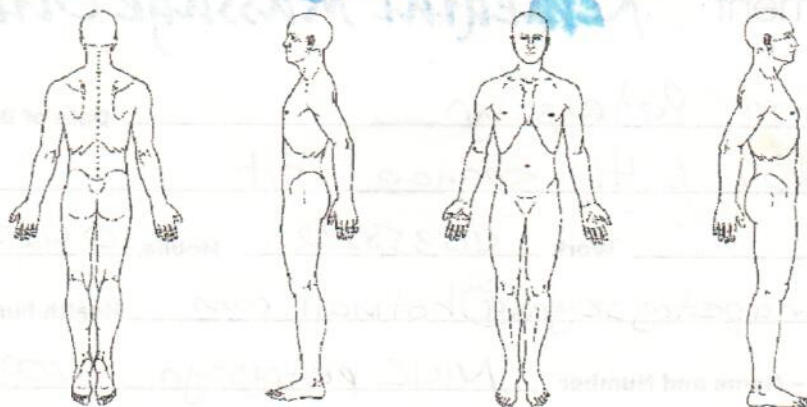
Seeing chiro



O/A: Rotatⁿ of hips Rhomb^s tight + cong
Pecs short + cong AS L v. tight. LES raised/long
Traps esp upper both cong esp L forearm taut
Deltoids taut + slumped right. Feet - swollen ankles
Hamms taut. ITBs tender/tight mid tmt. well managed
Skin - v. varic rhomb region esp good quality

FB(-stom) Heat. TP rhomb/glute med/hamms/lev scap
winged scaps ok. Arms prone managed + stretched
supplement backbnd. L legs prone Ex ES/rhomb
ITBs/hamms. Lots of flowing strokes. Release
under legs - elevate ankles. Client quiet through
Body v. tense esp shoulders - she noticed she
was tender esp L

P = Recom client use heat on shoulders + stretch out over towel
pool. Discussed how self-management/care important esp
during times of stress
Debra Am in north London



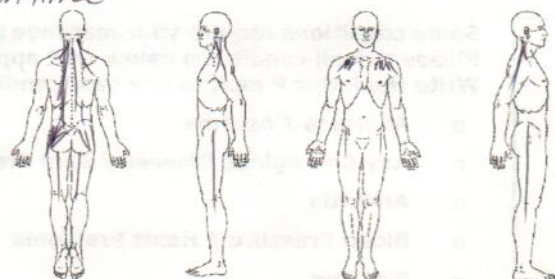
OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Seeing Specialist 2010 Dec

+ve slump @ - Rased leg on - calf tightness only

TREATMENT NO. 5 S = Client been feeling tightness + pain in her L hip
in region with numbness. Improved - Chiro but
still there occas. since Nov.

DATE: 27.03.09
TIME: 3pm FRIDAY - ontime
PAID: \$70 INITIAL
REC.No: 105 EAPOS
AIR TEMP: 23°C
MUSIC: Norah Jones I
FACE CREST: Pepp
OIL BLEND: Relax
Plant / Rang



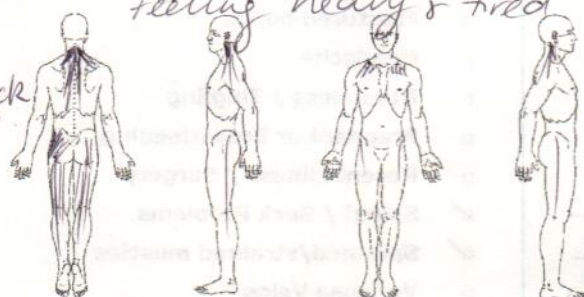
O/A: S med L v. tight
Rn tight L - cong
d traps tight. Deltoids tight
Qs - tight + short
Es tight + cong
Rhomb region cong + tight
(B-stom) Heat. TP rhomb/gmed
ham/IB/traps/placup/short
to same + Es/Qs/deltoids
in need scaps bed on Arms
(S) + JL + (S) ship @ quiet
throughout

P = Recom see physio Julie for assess/diagnose
Recom combination of physio + ms.

Gave some
Spinal

TREATMENT NO. 6 S = Client been feeling no pain in but leg ref but
shoulders + neck sore. Improved last ms.
Feeling heavy + tired

DATE: 03.04.09
TIME: TR 13pm
PAID: Inr \$60
REC.No: EMBS HeatPack
AIR TEMP: 23°C 116+117
MUSIC: Ken Davis
FACE CREST: Pepp
OIL BLEND: Rain
W/ May / Teatree

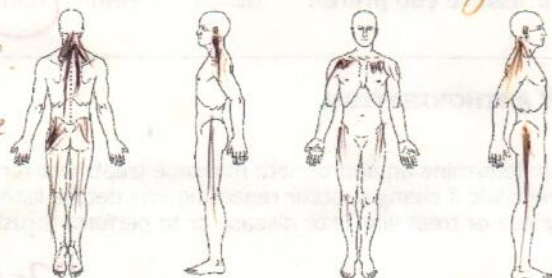


O/A: pers short
Traps up short + cong
Spinal exp tight + tender v. cong
+ traps short + tight
Fin L v. tight + short/long
Qs tight + short + tender rhombs
(B-stom) Heat. TP rhomb/gmed
Qs/Lscap/traps/Inys
to same + Es/deltoids/AC/tg
in need ou. Arms (S) + JL
+ SP + JL. Quiet throughout
Body less tense after 1st Rom
neck

P = Recom daily heat on shoulders/neck. stretch pers

TREATMENT NO. 7 S = Client been feeling tight in shoulders/neck - hasn't
had time to work on self-care (heat) - sciatic pain improved
but present with prolonged standing

DATE: 04.09.04
TIME: Thurs 4pm
PAID: Inr \$60 EAPOS
REC.No: 129
AIR TEMP: 23°C
MUSIC: Alvin/owntime
FACE CREST: Yan
OIL BLEND: Rain
W/ May / Teatree



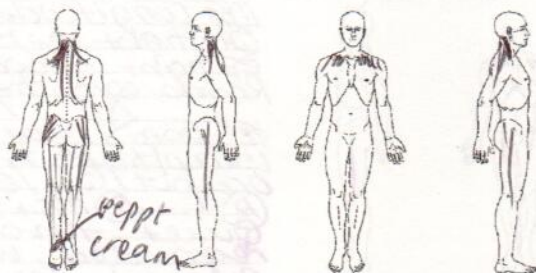
O/A: pers short. ITBs tender
Qs - tight. Traps up short + bulky
Es tight + cong. L y med tight
Rhomb region cong + tight + vascular
(B-stom) Heat. TP rhomb/gmed
traps/traps. to same + Es/ocap
GT/AC. in need scaps bed on
Arms (S) + JL + (S) ms + JL
in need ou. Arms (S) + JL
Quiet throughout - body v.
cong + tense esp upper
Responded well - can tense +

P = Recom use daily heat + work on sternum position
still v. cong
up to
more work needed

TREATMENT NO. 8

DATE: 17.04.09
TIME: TRI 230
PAID: 1hr \$160
REC.No: 144 CMBs
AIR TEMP: 23°C
MUSIC: Myagi I.
FACE CREST: 2au
OIL BLEND: Relax
ger / grape / lime
NEXT APPT:

S = Client been feeling tight + cong in L Shoulder (neck No sciatic pain or leg referral @ mo.

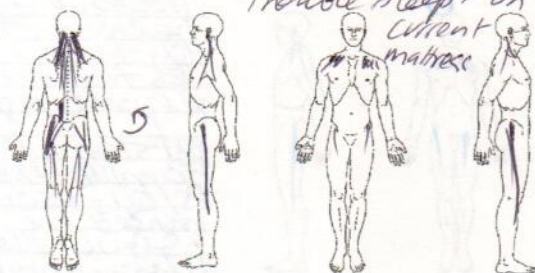


O/A: Trapezius tight + short + tender
Deltoids tight + short. scap tight
Pec tight + short + tender
Deltoids esp L. right
ES tight + short esp L
Rhomb region cong + tight
B(-stom) Heat. TP rhomb/g/med
ham/lnb/trape/sinus. For same + ES/
Delt/deltoids. unged mass bed
on. Arms ES + MSt. relaxed
Quiet throughout - body relaxed
Ms. still some hip cong. Upper
P = Kerom watch position when seating. Heat + relevant
stretches for neck/shoulders

TREATMENT NO. 9

DATE: 09.05.09
TIME: 10pm Sat
PAID: 1hr \$70
REC.No: 172 CMBs
MP: 23°C
MUSIC: Kenny G movies
FACE CREST: 2au
OIL BLEND: Relax
Mand / Tang
NEXT APPT:

S = Client been feeling sore in shoulders/neck but overall improvement in body. Back @ gym + no
Trousers
Trouble sleep's on current mattress



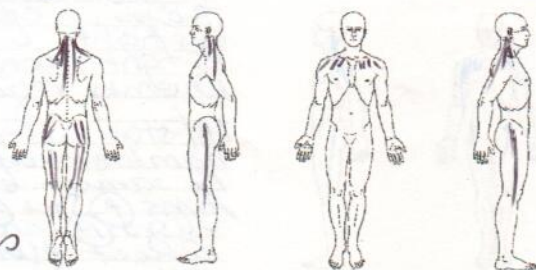
O/A: Pecs tight. Rotatⁿ of hip.
Trapezius tight + short
Deltoids up bulky + tight
Delt tight. Deltoids tight + cong
ES tight + cong. L. scap tight
Rhomb region cong + tight - trape
B(-stom) Heat. TP rhomb/g/med
ham/lnb/trape/sinus. For same + ES/
Delt/deltoids. unged mass bed
on. Arms ES + MSt. relaxed
Quiet + sleep's / deep breaths during
improvement 7 Ms + felt no pain today

P = Kerom watch posture @ gym + little bit each day @ work. Wants weekly Ms while this so stressful.

TREATMENT NO. 10

DATE: 16.05.09
TIME: 8.30 CMBs
PAID: 1hr \$70
REC.No: 185
AIR TEMP: 23
MUSIC: African I
FACE CREST: 2au
OIL BLEND: Relax
Tang / mand
NEXT APPT: See in 2 weeks

S = Client been feeling tight / stressed in upper shoulder region. Trouble sleeping on current mattress with no



O/A: Pecs tight. Al on
ham/lnb + adhered. trand /
Delt tight esp L. upper
ES tight + cong. Pecs tight
Rhomb region cong + tight
B(-stom) Heat. TP rhomb/g/med
ham/lnb/trape/sinus. For same + ES/
Delt/deltoids. unged mass bed
on. Arms ES + MSt. relaxed
Quiet throughout - relaxed
short P. The Rom neck

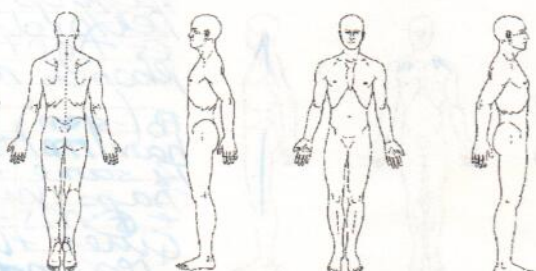
Some Eucalyptus
Floral
water

P = Discussed working on posture + using heat when possible.

TREATMENT NO. 11

DATE: 30.05.09
TIME: Sat 1130
PAID: 1hr \$70
REC.No: 195
AIR TEMP: 23°C
MUSIC: Mod Gals KJ Lang
FACE CREST: 2au
OIL BLEND: Relax
Y / I / Har / Tang
NEXT APPT:

S = Client had flu / sickness for 2 weeks - Lx now sore + shoulders / neck esp with haches



O/A: Pecs tight / short
Deltoids esp cong
ES / g med / cong
Delt esp tight
ES tight + cong L. trape
Rhomb region cong + tight
B(-stom) Heat. TP rhomb/g/med
ham/lnb/trape/sinus. For same + ES/
Delt/deltoids. unged mass bed
on. Arms ES + MSt. relaxed
Quiet after Ms + neck esp
softer + Tr Rom

P = Set back to gym / H2O / heat shoulders - look after self

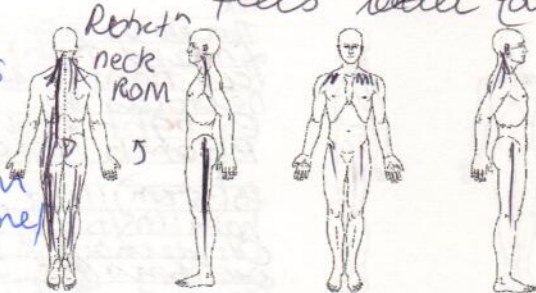
* Print Document

'Wynpark' - correct seat @ computer

TREATMENT NO. 12

DATE: 04.06.09
 TIME: 5:00 Thurs
 PAID: 4pm Inv EFBOS
 REC.No: 225
 AIR TEMP: 23°C
 MUSIC: Lav
 FACE CREST: Vanni Dore
 OIL BLEND: Relax - grape / Lime / Lav
 NEXT APPT:

S = Client been feeling tight + cong in shoulders/neck +
 Tx been little pinching sore Dog lost - stressed but
 feels better to work



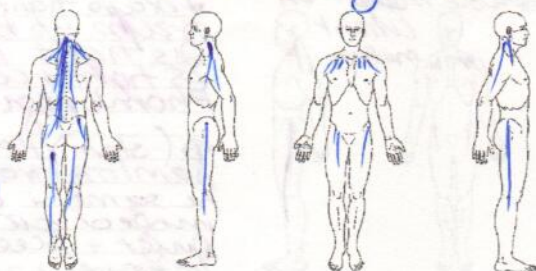
IBs cong/tender + hams tighter
 Als tight - pectorals tight
 ES tight + cong - Pectorals
 Rhomb region tight + vasod
 FB (stom) Heat TP, homb/g, med/p
 L'scap/traps - Tx same + ES/GT/ALT
 occiput/als/ES - winged ev. Trns
 (St + S) MS + ST + JL (JL) (St + S) MS
 Quiet throughout + body
 responded well - less tense MS
 Relaxed, feeling better

P = Discussed getting some physio done in the future to help
 with back/hips

TREATMENT NO. 13

DATE: 18.06.09
 TIME: Thurs 2:30
 PAID: 1hr \$60
 REC.No: 246 En
 AIR TEMP: 23°C
 MUSIC: Vanni tribute
 FACE CREST: Lav
 OIL BLEND: Relax / Pain
 Pepp / Basil / Rosem
 NEXT APPT:

S = Client been feeling soreness in neck/shoulders
 V. stressed busy @ work. Discovered Sat not
 best day for Ms



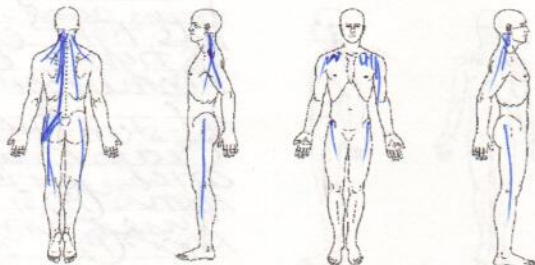
O/A: L'scap tight
 Traps up tight + bulky
 Pectorals tight - Pin/armed tight
 Als tight - Pectorals tight
 ES tight + vasod
 Rhomb region cong/tight
 FB (stom) Heat TP, homb/g, med/p
 hams/IBs/traps/L'scap Tx same +
 ES/Als/pectors/occiput/Trns
 winged ev. Trns (St + S) MS
 + ST + JL (JL) (St + S) MS
 Quiet throughout - body responded
 Be ROM - MS
 Tx ROM - MS

P = Client positioned better but needs to watch not too
 hyperkyphotic. Reom heat @ work + per stretch

TREATMENT NO. 14

DATE: 02.07.09
 TIME: Thurs 9pm
 PAID: 1hr \$60
 REC.No: 213 CASH
 AIR TEMP: 23°C
 MUSIC: Don Mc Guff
 FACE CREST: Pepp
 OIL BLEND: Relax
 Ger / Rose
 NEXT APPT:

S = Client been feeling tight + cong in shoulders
 Last week was good, this week sorer - stressed @
 work



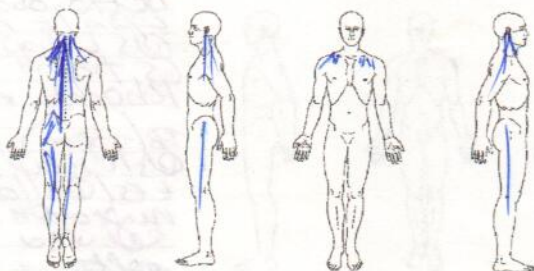
O/A: Snore/deep breath? du? Shores
 Traps up cong/tight + pinching
 Als tight - L'scap tight/armed tight
 ES tight + cong - Pectorals tight
 Rhomb region cong/tight
 FB (stom) Heat TP, homb/g, med/p
 hams/IBs/traps/sinus/L'scap
 Tx same + ES/Als/pectors
 Trns (St + S) MS + ST + JL
 (JL) (St + S) MS
 Quiet throughout - relaxed
 after MS

P = Discussed looking @ desk h'ant - h'ant to check
 seating position @ time sits down

TREATMENT NO. 15

DATE: 16.07.09
 TIME: 9pm Thurs
 PAID: \$60 1hr
 REC.No: 302 CASH
 AIR TEMP: 23°C
 MUSIC: Indian#
 FACE CREST: Pepp
 OIL BLEND: Relax
 Lemon / Rosem /
 Sugar
 NEXT APPT:

S = Client been feeling tight + cong. 20p shoulders
 Tx pinching a little



O/A: Pectorals tight + d'scap tight
 Traps up tight + cong
 Pectorals tight
 ES tight - Pectorals
 Rhomb region cong + tight
 FB (stom) Heat TP, homb/g, med/p
 hams/IBs/traps/sinus/L'scap
 Tx same + ES/Als/pectors
 Trns winged ev. Trns (St + S) MS
 + ST + JL (JL) (St + S) MS
 Quiet throughout - body
 responded throughout
 well

P = Reom towel for Tx - stretch out over towel

TREATMENT NO. 16 S = patient been feeling tight in Lx region - Dr
diagnosed slipped disc. Discussed options of seeing
phleb

DATE: 30 07. 09
TIME: 4pm Thurs
PAID: \$60 Inv
REC.No: 331. CASH
AIR TEMP: 23°C
MUSIC: (hang I.
FACE CREST: Pepp.
OIL BLEND: Pepp/9vc
(Pain)



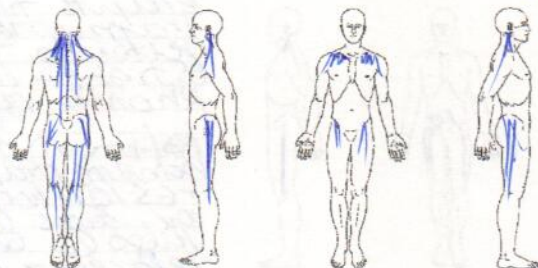
O/A: *rhombio*
 LG med. v. tight r. cong.
 Deco tight. (1/2 p.n. v. tight
 ES tight + short esp. C7.
 Rhomboid region cong + tight
 FB (stom) heat rhomboid LG med.
 ram. in B. 1/2 p.n. sinus (v. d. a.
 p. l. / G.T. mixed ok. Annot. (S)
 + (S) ms + ST + JOL. Over rhomboid
 relaxed after ms. The Rom
 1 leg still nerve ting - annoying
 1 cong lower

P = Return see physio Julie if pain continues + hospital physio can't see her

TREATMENT NO. 17

S = Client been feeling bad sciatic pain badly - no position comfortable. Struggling with pain / sleeping / work

DATE: 06 08 09
TIME: 530 Thurs
PAID: \$60 1hr
REC No: 352 errors
MID AP: 230C
MO: Indian mixed
FACE CREST: Pepp.
OIL BLEND: Pure
TBA Tree Demon
may
NEXT APPT: _____



O/A

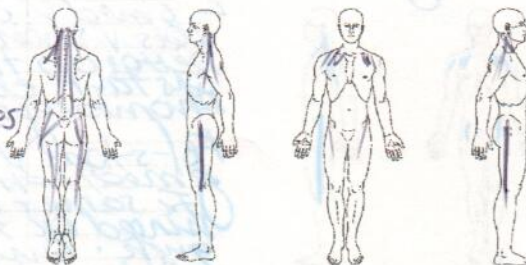
Beastavt; MBs tight
Traps up bulky.
~~MBs tight.~~ Gined tight
O/S taut & cong. Puv. tight
Rhomb region cong v. vascular
Ep(-stom) Heat TP rhomb/gined
ham/ITB/trap/L vap. In same
+ ES/OIS/deltoids/cramps/GT
nipped on Arms @ Sr + DMS + Sr
+ AD/S Fr over towel. Discusses
Anatomy of herniation / surgery

P= Person client see physio, ICE/heat, more pillow support @ or s/c. see next week

TREATMENT NO. 18

S = client been feeling tight in body - esp back

DATE: 13.08.09
TIME: \$60/hr
PAID: 4pm Thurs
REC No: 364 CASH
AIR TEMP: 33°C
MUSIC: Kenny G movies
FACE CREST: 180
OIL BLEND: Peter's
rain
oil / Basil



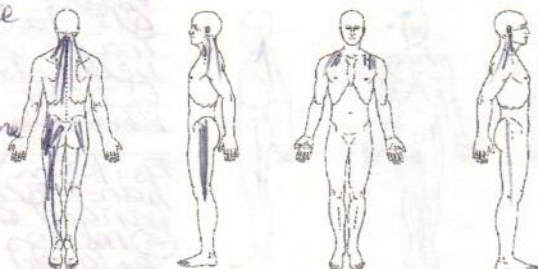
O/A:
 Rhomboid tight - Good from V
 Q's tight. Try up right
 Deltoids tight
 ES tight + long. Pecs short
 Rhomb region cong + tight
 T-spine
 Tot. stom. Heat rhomboid
 hamstrings/cables medially
 B/L same + GTAC. Arms @ 90°
 S/C both hips + some QL work
 on R sacrum. felt improvement
 getting off table.

P = going to call physio ^{therapist} tomorrow

TREATMENT NO. 19

S = chest been feeling tightness occas but big improvement
sore occas not all the time

DATE: 20 08 09 5 mins
TIME: Thurs 9pm 10 late
PAID: 14.50 6.60
REC.No: 382 6.50
AIR TEMP: 23°C
MUSIC: Aches & Bites
FACE CREST: 200V 2000
OIL BLEND: Relax
Mand 4/4/11av



O/A:
 TBs cop hum + C/B 20 MBs + right
 Delts right night. Pels right
 Q's right + 1/2 v right L
 G's right + short U med comp
 1/2 hombs egg L v. comp + vanced
 1/2 fentles jays
 1/2 stoms heat 1/2 hombs/med
 ham/1/2 haps/sins fl. rap
 1/2 same + 1/2 1/2 1/2 1/2 1/2
 1/2 rap 1/2 rap 1/2 rap 1/2 rap
 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2
 Some put 1/2 1/2 1/2 1/2 1/2 1/2
 but important

NEXT APPT: HT-Face/feet

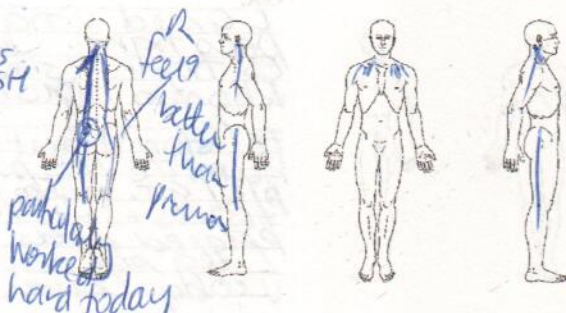
$P =$ Room S/L of more comfortably than
patience when new stretch with towel - palms/soles -
stretch pin

TREATMENT NO. 20

S = Client been feeling tightness located in hip
can't pain ref used

DATE: 27.08.09
TIME: 8.00 hr
PAID: 4pm Thurs
REC.No: 394 CASH
AIR TEMP: 23.0C
MUSIC: sampler
FACE CREST: Pepp
OIL BLEND: Pain
Pepp/lan

NEXT APPT:



O/A:

Trs tight/tender
Perv fast - mbs knotted
Dn tight - lumpy - gmed
Deltoids tight - v cong
Rhomboids tight + cong + vased
on legs/arms
FBI-stom Heat TP rhomboid med
ham/mb/traps/sinus/pt
Focused on L hip ext + mbs
Quiet throughout - sleep
@ still messy thigh/hips esp @

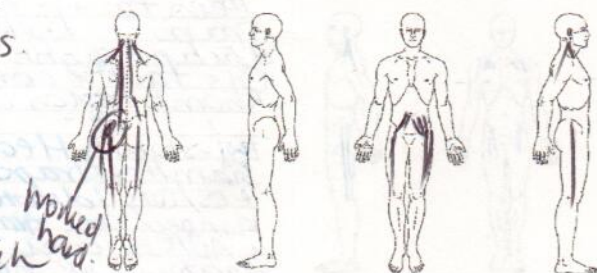
P = Continue doing stretches/ice/heat
recom seek mbs own mbs @ night

TREATMENT NO. 21

S = Client had bad day Tues - spasmed / noth? relax?
Stretching daily + but pain not improving - nothing

DATE: 03.09.09
TIME: 4pm Thurs
PAID: 8.00 CASH
REC.No: 407
AIR TEMP: 23.0C
MUSIC: Enya II
FACE CREST: Pepp
OIL BLEND: Relax
Mand/Tang

NEXT APPT:



O/A:

Traps tight / cong Resp
Traps up tight - l med v knotted
Deltoids tight - v cong
ES tight + cong on l esp cong
Rhomb region cong
FBI-stom Heat TP rhomboid med
ham/mb/traps/sinus - Tr same
+ ES @ l esp - tigt winged
OK - Trms @ St - @ Ms - St - Tr
Sleep @ Quiet throughout
relaxed - ms - st - esp - neck

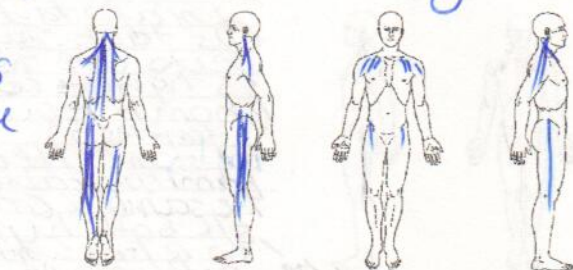
P = Discussed how Lx takes time + how Ms is one part
of recovery. Discussed physio/OT/Ms/acupuncture etc
seem specialist

TREATMENT NO. 22

S = Client been feeling better this week - some
numbers in leg/hip but overall better week

DATE: 10.09.09
TIME: 8.00 hr
PAID: 4pm Thurs
REC.No: 424 CASH
AIR TEMP: 24.0C
MUSIC: Saphire
FACE CREST: Pepp
OIL BLEND: Relax
Orakaviz

NEXT APPT:



O/A:

L med v cong mbs L v knotted
Dels v short - ups traps tight
Deltoids tight - v cong
ES tight esp l v short
Rhomb region red + tight
FBI-stom Heat TP rhomboid med
ham/mb/traps/sinus - Tr same
+ ES @ l esp - tigt winged
OK - Trms @ St - @ Ms - St - Tr
Sleep @ Quiet throughout
Relaxed - ms

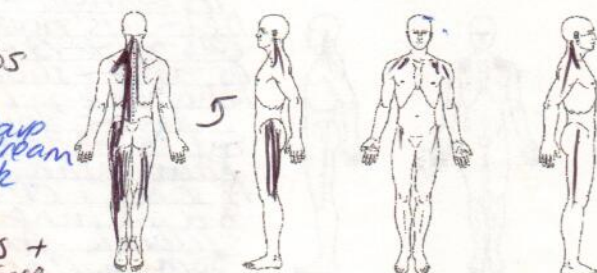
P = Person client speak with Dr - prepared - cortisone,
more physio being needed + future progress

TREATMENT NO. 23

S = Client been feeling tightness in body as usual
Been improvement this week - physio stretched/

DATE: 17.09.09
TIME: Thurs 4pm
PAID: 1hr 8.00
REC.No: 436 CASH
AIR TEMP: 24.0C
MUSIC: Pepp
FACE CREST: Pepp
OIL BLEND: Relax
led/Lav/Prank

NEXT APPT:



O/A:

Trs L v cong
Whole L side cong
Dels tight - l med + pin
Traps up cong - l med + pin
Deltoids tight - l med + pin
ES tight + cong L - vased
Rhomb region cong esp l
FBI-stom Heat TP rhomboid med
ham/mb/traps/sinus - Tr same
+ ES @ l esp - tigt winged
OK - Trms @ St - @ Ms - St - Tr
Sleep @ Quiet throughout
Relaxed - ms + feeling better

HT - Arms/Hands +
1 over face
feet

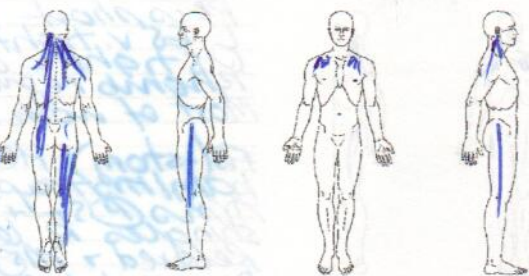
5 weeks of physio, epidurals every 5 weeks or surgery
Discussed osteopathy/acupuncture etc - holistic approach
weight loss/heat/exercise etc

Pepp

TREATMENT NO. 24

DATE: 12.11.09
TIME: 4pm Thurs
PAID: \$65/hr
REC.No: 531
AIR TEMP: 24°C
MUSIC: Yanni - dare
FACE CREST: pepp dream
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + face
EXTRA: Pepp cm feet

S = client been feeling good after seeing physio who stretched/pulled her back



O/A:
L pin/c med cong/short
Hams right esp R leg + calves R
QLs right. pectorals right
traps up tight + cong
upper v. stiff + tight + tender
Rhomb region cong + varoed
FB(-stom) Head. TP rhomb/g med
ham/mb/traps/sinus/l traps
Same + QLs/deltoids
yinged ok Arms @ Sr

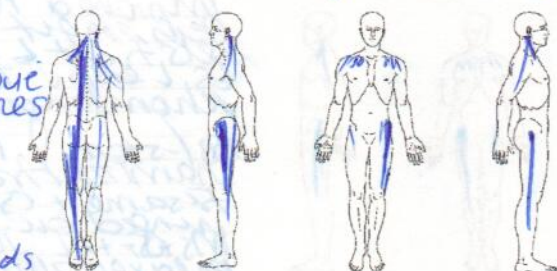
Next Appt:
Asked - gift vouchers

P = Wants fortnightly ms - still seeing physio fortnightly @ Cns base
Discussed role of ms - she needed diff stretching

TREATMENT NO. 25

DATE: 03.12.09
TIME: Thurs 4pm
PAID: 1hr \$65
REC.No: 574
IP: 240C
MUSIC: Yanni - tunes
FACE CREST: Pepp
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms
EXTRA: hands

S = Client been feeling tightness in L side after doing gardening + ex



O/A:
G med tight
Pec short. MBs tight
traps up tight. Quads tight
QLs tight. L traps tight
ES tight L esp. QL L tight
Rhomb region cong L esp
FB(-stom) Head. TP rhomb/g med
ham/mb/traps/l traps. Same yinged ok. Arms @ Sr + Ms + Sr quickly. Quiet throughout - relaxed - ms felt improvement 7ms

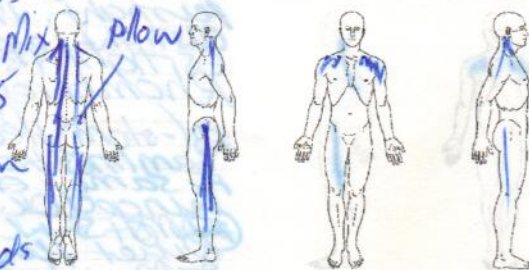
Next Appt:

P = Wants cv for friends. See Julie in New Year
Discussed using a towel to help stretch hammies + see Julie for more stretches
S = Client seen perianst yesterday - client upset about that but will work on it

TREATMENT NO. 26

DATE: 11.12.09
TIME: 4pm Thurs
PAID: \$65/hr
REC.No: 594
AIR TEMP: 23°C
MUSIC: Yanni - 115
FACE CREST: Pepp
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms
EXTRA: Arms/hands

plow



O/A:
L mb v. tender. Pin/c +
Quads + mb v. tight. G med
tr region cong. Legs v. stiff
traps up tight + short. QLs
deltoids tight esp L
Rhomb region cong + varoed
FB(-stom) Head. TP rhomb/g med
ham/mb/traps. Same + QLs/deltoids
Arms @ Sr + Ms + Sr. Quiet throughout - relaxed + ROM Tse ems

Next Appt:

P = Discussed being as active as possible + discussed using pool for exercise

TREATMENT NO. 27

DATE: 17.12.09
TIME: Thurs 4pm
PAID: 1hr \$65
REC.No: 614
AIR TEMP: 24°C
MUSIC: Yanni - 115
FACE CREST: Pepp
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: Arms/hands

S = Client been feeling tightness in L region stretching but no cardio



O/A:
traps up cong + tight
deltoids tender/tight esp L
QLs tight. Ham/mb/traps
Rhomb cong esp L varoed
L traps tight esp L
FB(-stom) Head. TP rhomb/g med
traps/traps/deltoids
yinged ok Arms @ Sr + Ms + Sr. Quiet throughout - relaxed - ms v. sleepy (thru)

Next Appt:

P = Discussed swimming in pool for cardio (at 9pm work)

BDAY 2010

7/1/09

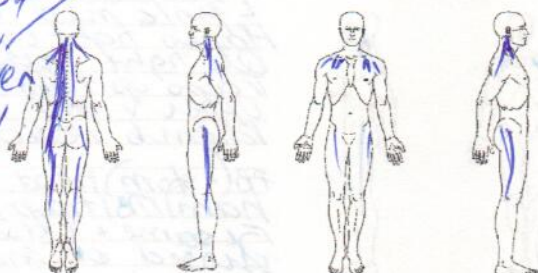
TREATMENT NO. 28

S = client has shingles RH leg. Good/Bad days

DATE: 08 01 10
TIME: 2:40 PM
PAID: 1hr \$65
REC.No: 631 CASH
AIR TEMP: 23°C
MUSIC: Medley Israel
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp
HT: face/feet
EXTRA:

NEXT APPT:

45 min



O/A:
Knee short, pain, tense
L. ES v. tight, traps up tight
R. ES tight, med. tight
Rhomb region cong
Most of neck on on hips/Lx
FB (stom) Heat, TP rhomb/med,
ham/mb traps/winged ok
Ansa (S) + Ms. G. Jugs @
shingles R leg - Ms. only
Relaxed + Ms.
Discussed fire attitude +
doing everything as much as possible
with self care

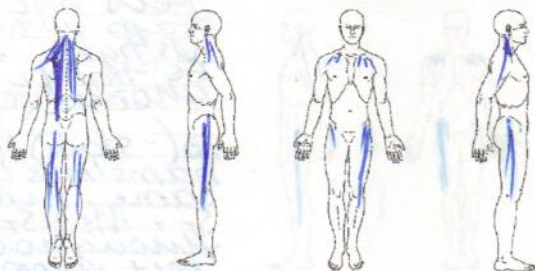
P = Reconn client

TREATMENT NO. 29

DATE: 14 01 10
TIME: Thurs 4pm
PAID: \$65 INC
REC.No: 645 CASH
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Pepp/Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Basil Pepp/Lav
HT: Feet + face
EXTRA:

NEXT APPT:

S = Client been feeling tightness in body
but had day off + notices he feels better today
Manne Nounsh Bilash



O/A:
Improved neurological feeling
Knee short + tight
L. ES tight, L. ES
ES L. ES v. tight, mb tight
Rhomb region cong
FB (stom) Heat, TP rhomb/med,
ham/mb traps/sinus/step
Same + ES/mb traps
winged ok, Ansa (S) +
Ms. G. Jugs @ ankles
Relaxed + Ms.

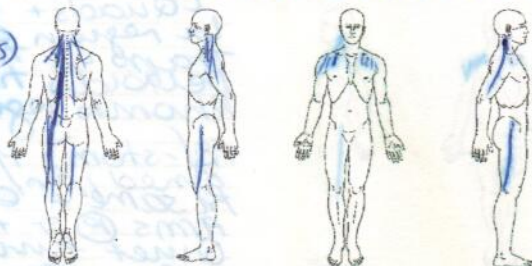
P = Discussed gradual return + care with physio's ex

TREATMENT NO. 30

DATE: 28 01 10
TIME: 4pm - 10 later
PAID: \$65 1hr (55mins)
REC.No: 661 CASH
AIR TEMP: 23°C
MUSIC: Paul Mire
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Lavdemon
HT: Feet + Arms/hands
EXTRA:

NEXT APPT:

S = Client been feeling tightness in her back today
numb R leg but being so busy with body + celebrations
hasn't had time to rest so > physio ex gym program



O/A:
Knee short, traps up tight
L. ES tight, L. ES
ES tight, L. ES
Rhomb region cong
FB (stom) Heat, TP rhomb/med,
ham/mb traps/sinus/step
Same + ES/mb traps
winged ok, Ansa (S) +
Ms. G. Jugs @ ankles
Quiet thought - relaxed
MS + back stiff tender but
improved

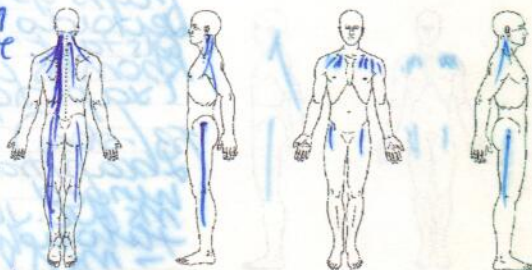
P = Reconn slowly note on things

TREATMENT NO. 31

DATE: 04 02 10
TIME: 2:40 PM
PAID: \$65 CASH
REC.No: 670
AIR TEMP: 23°C
MUSIC: Mya
FACE CREST: Lav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Lavdemon
HT: Face + Feet
EXTRA:

NEXT APPT:

S = Client been feeling tightness in her body - stiff/numb
as per usual. Less pain this week. no gym ex's



O/A:
Knee short, traps up tight
L. ES tight, L. ES
ES tight, L. ES
Rhomb region cong + tight
FB (stom) Heat, TP rhomb/med,
ham/mb traps/sinus/step
Same + ES/mb traps
winged ok, Ansa (S) +
Ms. G. Jugs @ ankles
Quiet thought - relaxed
MS + feeling better. Smiling @

P = Reconn client go to pool if in pain after physio
gym session

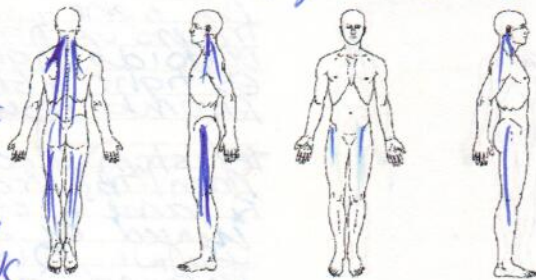
Gym - 3x5 week under physio's program

TREATMENT NO. 32

DATE: 18.02.10
TIME: 5:45 hr
PAID: 4pm Thurs
REC.No: 689
AIR TEMP: 23°C
MUSIC: Indian Mix I
FACE CREST: Lau
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Grap/line
EXTRA: Feet + Arms/hands

NEXT APPT:

S = Client been feeling tightness in her Lx region
Numb foot occas → big walk. Minimal pain drag
improvement - walking 1 hour few times per week



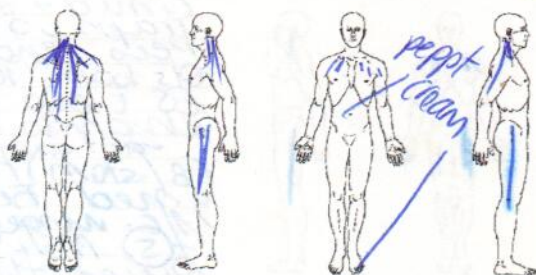
O/A:
Hams + (cave) esp Lx tight
traps up tight esp L
traps up tight esp L
Rhomb region cong esp L
Rt/stom Heat. TP rhomb/line
wall scap/line. In same - es
10/5/1 scaps - winged ok. Air
@ 5 + 5/MSKs. Quiet through
relaxed → MS + feeling better
Noticeable diff in body - ex

TREATMENT NO. 33

DATE: 25.10.02
TIME: Thurs 4pm
PAID: 1hr \$65
REC.No: 701
MP: 23°C
Ken Davis
FACE CREST: Lau
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: Feet + Arms/hands

NEXT APPT:

P = Discussed muscular awareness vs injury + how he's
feeling tight not injured. Wants slightly MS → this
next week
S = Client been feeling sick with numb
but back ok - managing things no ex



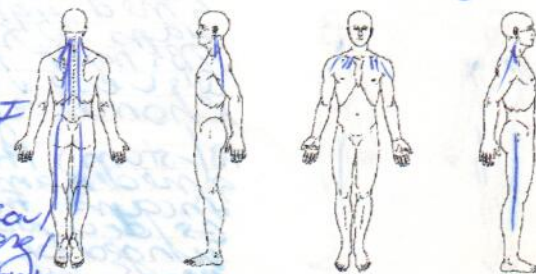
O/A:
Cimed tight
Pec tight Traps up tight
In tight
Es tight + short
Rhomb region cong + tight
Rt/stom Heat. TP rhomb/line
ham/MS traps Lx scap
In same + 25/MSKs - winged ok
MSKs - winged ok. Traps @ 5 + 5/MSKs
Still well off

TREATMENT NO. 34

DATE: 11.03.10
TIME: 5:45 hr
PAID: 4pm Thurs
REC.No: 719
AIR TEMP: 23°C
MUSIC: Steve Hesper I
FACE CREST: Lau
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Mandi Tang
EXTRA: Feet + Arms/hands

NEXT APPT:

P = Discussed managing Lx region esp when sick
S = Client been feeling tightness in her body
esp R side starting to get sore



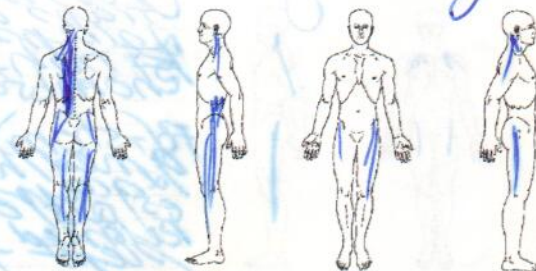
O/A:
Dis tight
Es tight
Rhomb cong + tight
Rt/stom Heat. TP rhomb/line
traps Lx scaps. In same + es
10/5/1 scaps - winged ok
Traps @ 5 + 5/MSKs - winged ok
Body

TREATMENT NO. 35

DATE: 25.03.10
TIME: Thurs 4pm
PAID: 1hr \$65
REC.No: 736
AIR TEMP: 23°C
MUSIC: Indian I
FACE CREST: Lau
SUPINE SCENT: demon
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA: Feet + Arms/hands

NEXT APPT:

P = Perom client continue doing everything
slowly + carefully
S = Client been feeling tightness in her Lx neck/
shoulder → gym only now - sick with + injury
bug still



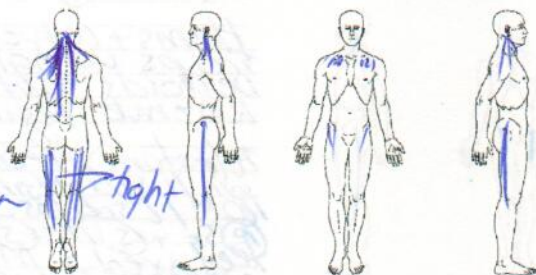
O/A:
traps up v. locked/short
Pec tight Lx tight
Lx Lx cong. Rhomb Lx
Lx Lx cong. Rhomb Lx
Lx Lx cong. Rhomb Lx
Rt/stom Heat. TP rhomb/line
ham/MS traps Lx scap
In same + 25/MSKs - winged ok
Traps @ 5 + 5/MSKs - winged ok
Body

P = Perom client use heat on shoulders
Discussed taking some vitamins/feeding healthy
for body (prevent sickness)

TREATMENT NO. 36

DATE: 08.04.10
TIME: 4pm Thurs
PAID: \$65/hr
REC.No: 759 EFFBS
AIR TEMP: 23°C
MUSIC: Sampler
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax Pain
HT: Feet + Face
EXTRA:

S = client been feeling tightness in Qls/low region + feeling v. tired



O/A:
Pin tight + short
traps up tight + med tight
traps up tight + med tight
ES tight + short
Rhomb region cong + tight
FB/stom Heat TP rhomb/med
ham/IBs traps/lyap
+ same + cs/als/lt/r
winged ok. Arms @ 5 + 5 ms
+ 5 ms Quiet throughout
relaxed -> ms

NEXT APPT:

TREATMENT NO. 37

DATE: 29.04.10
TIME: 4pm Thurs
PAID: \$65/hr
REC.No: 780
AIR TEMP: 23°C CASH
MUSIC: Enya
FACE CREST: Lau
SUPINE SCENT: Relax
OIL BLEND: Relax Pain
HT: Feet + Arms/Hands
EXTRA:

P = Perom client do some stretching + be careful @ gym - Am to do more sessions for intensity with gradual build up
S = client been feeling tightness in R hip + some numbness + pain down LRS. Work v. busy



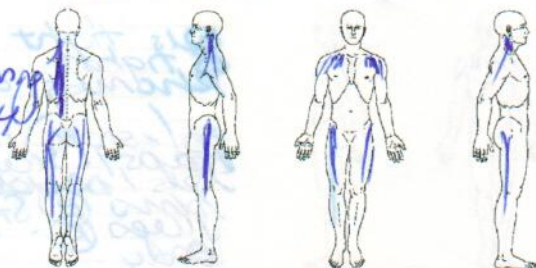
O/A:
Gined + d traps + Pin tight
traps up tight
Pis tender + tight
ES both knotted + cong
ES L esp v. tight
Rhomb region cong
- ant axng
FB/stom Heat TP rhomb/
gined. Tr same + G/sgm
MC winged ok. Arms @ 5 ms
+ 5 ms + 5 ms Quiet throughout

NEXT APPT:

TREATMENT NO. 38

DATE: 13.05.10
TIME: 4pm Thurs
PAID: \$65/hr
REC.No: 799
AIR TEMP: 23°C CASH
MUSIC: Kenny G
FACE CREST: Lau
SUPINE SCENT: Relax
OIL BLEND: Relax Pain
HT: Feet + Face
EXTRA:

P = Perom work on stretching + doing some physio ex to help 'weak' strong - R/R balance + hip rotation
S = client been feeling tightness in her whole body - still v. stressed @ work - some days ok + some sore



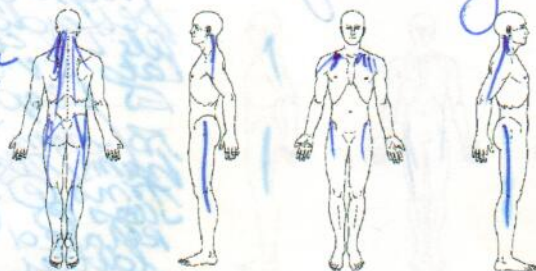
O/A:
Gined tight esp. TRs tight
traps up tight - Quads high
TRs tight Piss tight
ES L esp v. short
Rhomb region cong L esp
FB/stom Heat TP rhomb/
gined ham/IBs/traps/lyap
+ same + Tr same + Tr/
cs/acc/pt/lt/r
winged ok. Arms @ 5 + 5 ms
+ 5 ms + 5 ms

NEXT APPT:

TREATMENT NO. 39

DATE: 21.05.10
TIME: Thurs 1hr
PAID: \$65 - used
REC.No: 815
AIR TEMP: 23°C CASH
MUSIC: Yanni - Miro
FACE CREST: Lau
SUPINE SCENT: Relax
OIL BLEND: Relax Pain
HT: Feet + Face
EXTRA:

P = Perom enjoy week off next week + balance gym/ex with self care
S = client been feeling tightness in her shoulders/neck + back + week off didn't seem long enough



O/A:
Piss short Gined tight
traps up tight - traps high
traps up tight - traps high
ES tight + esp mid-high
Rhomb cong esp - back
FB/stom Heat TP rhomb/
gined ham/IBs/traps/lyap
+ same + Tr same + Tr/
cs/acc/pt/lt/r
winged ok. Arms @ 5 + 5 ms
+ 5 ms + 5 ms

NEXT APPT:

TREATMENT NO. 40

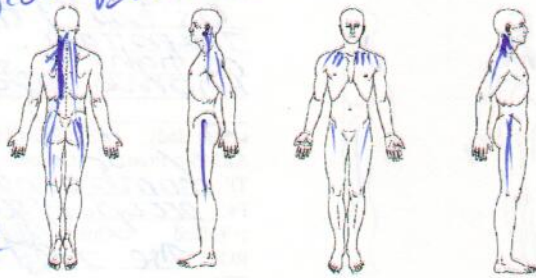
DATE: 28.05.10
TIME: Thurs 1hr
PAID: \$65 - used
REC.No: 815
AIR TEMP: 23°C CASH
MUSIC: Yanni - Miro
FACE CREST: Lau
SUPINE SCENT: Relax
OIL BLEND: Relax Pain
HT: Feet + Face
EXTRA:

P = Plans to take more time off again to rest

TREATMENT NO. 40

DATE: 10.06.10
 TIME: Thurs 4pm
 PAID: 1hr \$65
 REC.No: 838 CASH
 AIR TEMP: 23°C
 MUSIC: Norah Jones
 FACE CREST: day
 SUPINE SCENT: demon
 OIL BLEND: Delta
 HT: Pepp/day
 EXTRA: Feet + face

S = Client been feeling some tightness in shoulders
 Lx/hypo been on



O/A: IBS/IBS taut
 Both hams tighter than quad
 Lats + traps tighter
 Q's esp. right
 Rhomb region cong L esp
☒ Full Body ☐ STOMACH quick release
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBS
 Fx occiput/sacrum/scalp/9T
☐ Talked ☒ Quiet sleep (P) Breathing
 ROM Improved walking fast no
 FBAC Relaxed

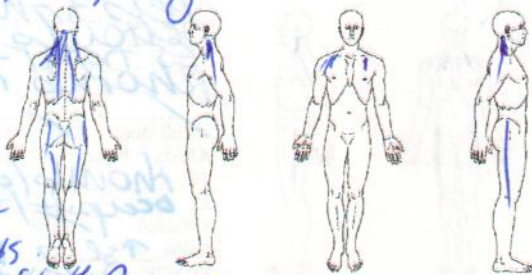
NEXT APPT:

P = kerom heat on shoulders

TREATMENT NO. 41

DATE: 24.06.10
 TIME: Thurs 4pm
 PAID: \$65 1hr
 REC.No: 85
 AIR TEMP: 23°C
 MUSIC: Soul Chang
 FACE CREST: day
 SUPINE SCENT: demon
 OIL BLEND: Brel/Ging/demon
 HT: Feet to Anus
 EXTRA: hands + face

S = Client been feeling tightness in her whole body
 9c sick with flu
 Peppt Sprtzer



O/A: Pin + Gmed L v. tight
 Traps up tight/short-L esp
 Belts tight-L esp
 Es tight L esp
 Rhomb region cong + tight
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBS
 Fx AC/9T/scalp/sacrum sinus
☐ Talked ☒ Quiet sleep (S) Breathing
 ROM rest improved
 FBAC

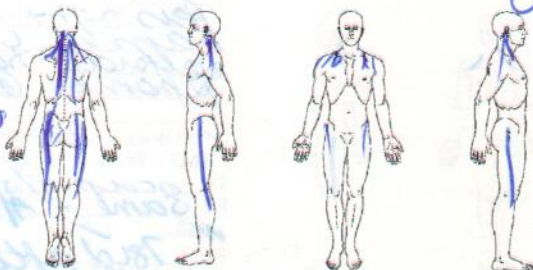
NEXT APPT:

P = Reion client use peppt sprtzer on face

TREATMENT NO. 42

DATE: 08.07.10
 TIME: Thurs 4pm
 PAID: 1hr \$65
 REC.No: 875
 AIR TEMP: 23°C
 MUSIC: Kenny G moves
 FACE CREST: day
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Pepp/day
 EXTRA: Feet + face

S = Client been feeling tightness in hips + shoulders
 cough/flu gone. Strenuous work



O/A: IBS + TFL v. tight
 Pels tight Traps up tight
 Pin + Gmed v. tight
 Rhombs cong + varied expl
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBS
 Fx occiput/scalp/9T
☐ Talked ☒ Quiet sleep Breathing
 ROM Relaxed 2ms
 FBAC Some sleep. More alert today

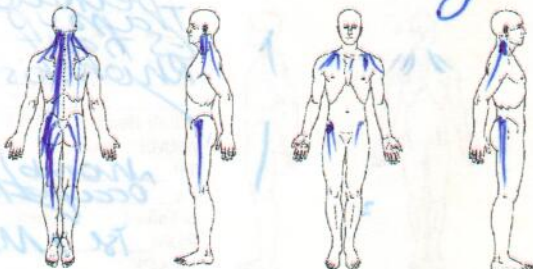
NEXT APPT:

P = Kerom client use some heat on body
 Cendrage gym lex

TREATMENT NO. 43

DATE: 22.07.10
 TIME: Thurs 4pm
 PAID: 1hr \$65
 REC.No: 903
 AIR TEMP: 23°C
 MUSIC: Ian Cam Smith
 FACE CREST: day
 SUPINE SCENT: demon
 OIL BLEND: Wint/day/Pepp
 HT: Feet + face
 EXTRA: Arms/hands

S = Client been feeling tightness in her body
 esp shoulders. Can't break down so catching
 up to work's working longer hours + walking home
 with groceries + using ironing



O/A: Traps up tight Rhombs cong
 Hams tight Traps up tight
 Q's tight - Pels short
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBS/traps
 Fx occiput/scalp/9T
☐ Talked ☒ Quiet Breathing
 ROM Rhombs improved + felt
 FBAC better v. relaxed

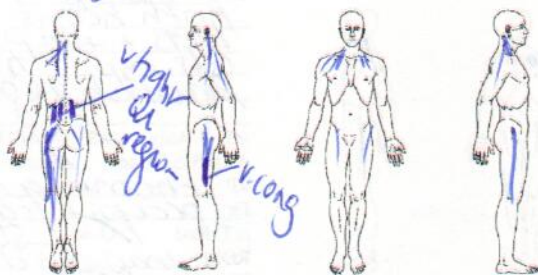
NEXT APPT:

P = Going to show tonight
 attachments. Kerom day warm

TREATMENT NO. 44

DATE: 05.08.10
TIME: 4pm Thurs
PAID: \$65 Inv
REC.No: 915
AIR TEMP: 23°C
MUSIC: Guitar Tunes
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = Client been feeling tightness in hips +
Lx region - shifted fracture on wend



O/A: TFLs Leg tight
as esp right esp
Trap/Taut. Hams tight
as right + short Lx reported
Rhomb region cong + tight
Full Body ☐ STOMACH some tightness
ARMS ☐ Prone ☐ Supine MS LEGS esp RM
TP rhomb/med/ham/Taps
Fx occiput/scalp/mn
☐ Talked ☐ Quiet deep Breathing
ROM Use 7 MS - Reported Relaxed
FBACK

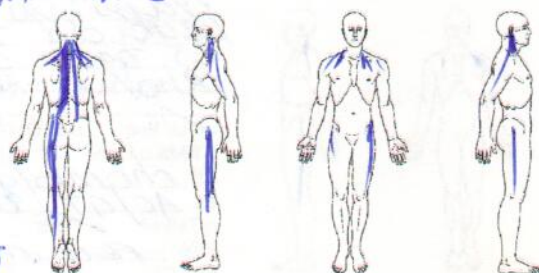
NEXT APPT:

P = Perom client get walking + stretching

TREATMENT NO. 45

DATE: 18.08.10
TIME: 4pm Thurs
PAID: \$65 Inv
REC.No: 938
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Hands
EXTRA:

S = Client been feeling tightness in her
shoulder/neck + left gras. pinching
extra time



O/A: TFLs + TFLs right esp
Pec right esp short/solid
Deltoids tight
as right + short esp
Rhomb region cong
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS stiff/tight
TP rhomb/med/ham/Taps
Fx occiput/scalp/mn
☐ Talked ☐ Quiet deep Breathing
ROM Use 7 MS - self reported
FBACK Relaxed

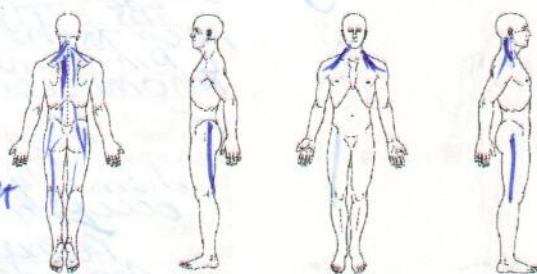
NEXT APPT:

P = Perom client continue current regime

TREATMENT NO. 46

DATE: 02.09.10
TIME: 4pm Sept Thurs
PAID: \$65 Inv
REC.No: 958
AIR TEMP: 23°C
MUSIC: Mixed MS-16
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax/Pepp
HT: Feet + Face
EXTRA:

S = Client been feeling sore in shoulder region +
neck a bit stiff Be stable + hips ok



O/A: Pec right. SCMs right
Trap to L esp tight
Deltoids right esp
Rhomb cong + tight Lx
Full Body ☐ STOMACH - stomach. Heal
ARMS ☐ Prone ☐ Supine LEGS
TP occiput/scalp/mn
Fx same + 4/5/6/7/8/9/10
☐ Talked ☐ Quiet deep Breathing
ROM 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th
FBACK Relaxed + felt good

NEXT APPT:

P = Perom client gently stretch out pecs

TREATMENT NO. 47

DATE: 16.09.10
TIME: 4pm Thurs
PAID: \$65 Inv
REC.No: 984
AIR TEMP: 23°C
MUSIC: Twilight Remix
FACE CREST: Lau
SUPINE SCENT: Lemon
OIL BLEND: Relax/Pepp
HT: Feet + Face
EXTRA:

S = client been feeling tightness in shoulder + back



O/A: Pectorals right + cong
Trap up right + bulky
as right pecs short Lx
Rhombos cong + tight Lx
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/1/2/3/4/5/6/7/8/9/10/scalp
Fx occiput/scalp/mn
☐ Talked ☐ Quiet deep Breathing
ROM Use 7 MS in neck
FBACK

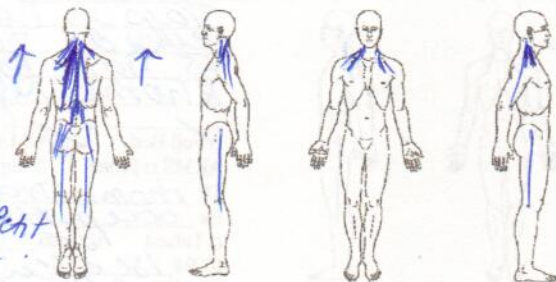
NEXT APPT:

P = Perom heat at least 3 x 5 this fortnight to help
soften. Stretch pecs out

TREATMENT NO. 48

DATE: 07/010
 TIME: Thurs 4pm
 PAID: \$65
 REC.No: 1022 CMBs
 AIR TEMP: 23°C
 MUSIC: Indian
 FACE CREST: Thr. Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Pain
 HT: Banet/Ying/JB/Pet + Feet + Face
 EXTRA:

S = Client been feeling tightness in her traps + neck - been v. stressed + feeling hacher @ accept



O/A: Traps up cong + v. short
 Deltoids tight
 ES right esp tr
 Rhomb region v. short
 Full Body ☐ STOMACH ☐ Traps tight
 ARMS ☐ Prone ☐ Supine ☐ LEGS ☐ Pelv v. tight
 TP rhomb/g med/traps/scap
 Fx accept/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM Rise after Ms
 FBAC Relaxed - felt better

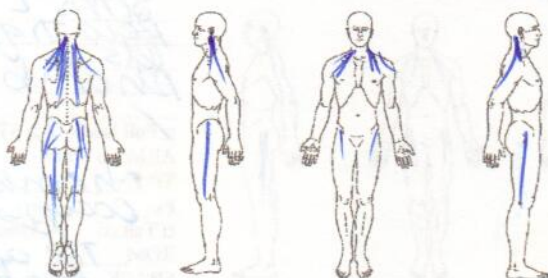
NEXT APPT:

P = Reconc client stretch pers / traps + heat to help soften neck. Discussed how reg Ms helps body feel better esp durg

TREATMENT NO. 49

DATE: 28 10 10
 TIME: 4pm
 PAID: \$65
 REC.No: 1058
 AIR TEMP: 23°C
 MUSIC: Archer Birk old
 FACE CREST: Lav
 SUPINE SCENT: Lemon I
 OIL BLEND: Pain
 HT: Wint/Pepp
 EXTRA: Feet + Face

S = Client been feeling tightness in her back + shoulders v. busy + stressed @ work, no time for ex @ mo.



O/A: Pees tight. Traps up tight
 Deltoids tight
 ES right esp tr
 Rhomb region cong + tight
 Full Body ☐ STOMACH ☐ Traps tight
 ARMS ☐ Prone ☐ Supine ☐ LEGS ☐ Pelv v. tight
 TP rhomb/g med/ham/MBs/trap
 Fx accept/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM Rise after Ms - self report
 FBAC V. relaxed esp LHS softer

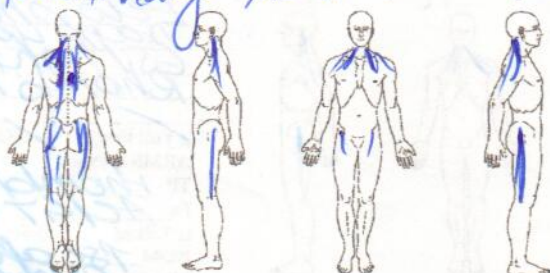
NEXT APPT:

P = Reconc client relax after Ms + recon heat on back

TREATMENT NO. 50

DATE: 11 11 10
 TIME: 4pm
 PAID: \$65
 REC.No: 1077 CMBs
 AIR TEMP: 23°C
 MUSIC: Saxophone
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Pain
 HT: Repet/Banet
 EXTRA: Feet + Face

S = Client been feeling tightness in her shoulders been sick with stomach bug - "always feels sick there" lately



O/A: Traps tight
 Pees tight. Traps up tight
 esp and tr
 Rhomb region cong + tight
 Full Body ☐ STOMACH ☐ Gentle Ms for oil
 ARMS ☐ Prone ☐ Supine ☐ LEGS ☐ absorb
 TP rhomb/g med/ham/MBs/trap
 Fx accept/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM Rise after Ms - self report
 FBAC Relaxed

NEXT APPT:

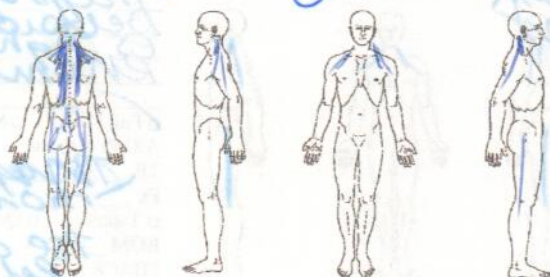
P = Discussed about seeing Dr if sickness persists

xmas 2010

TREATMENT NO. 51

DATE: 02 12 10
 TIME: 4pm
 PAID: \$65
 REC.No: 1098 CMBs
 AIR TEMP: 23°C
 MUSIC: Rave Men
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Pain
 HT: Sing/BP/Lemon
 EXTRA: Feet + Face

S = Client been feeling tightness in her body after beginning exercise



O/A: Traps up tight + better pos
 Deltoids tight
 ES right esp tr
 Rhomb region cong + tight
 Full Body ☐ STOMACH ☐ Traps tight
 ARMS ☐ Prone ☐ Supine ☐ LEGS ☐ Pelv v. tight
 TP rhomb/g med/ham/MBs/trap
 Fx accept/scalp/m
☐ Talked ☐ Quiet Breathing
 ROM Rise after + feel nice diff
 FBAC V. cong/tight @ mo

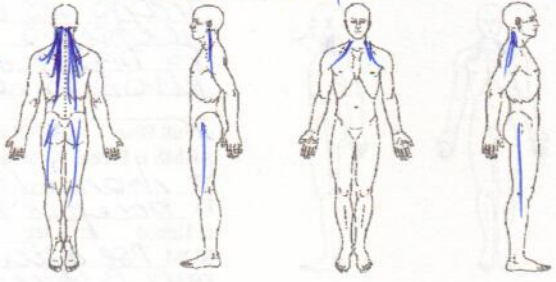
NEXT APPT:

P = Starting gym this week so plan is for reg tr + gym

TREATMENT NO. 52

DATE: 03.03.11
 TIME: 4pm THURS
 PAID: \$65 hr
 REC.No: 1203
 AIR TEMP: 24°C
 MUSIC: Miyagi I
 FACE CREST: Sav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in shoulders
 6x on. Been stretching couple of weeks - not
 TRMS a little (not much needed) Traps tight



Traps up Cong + pvs tight
 Deltoids tight
 ES tight esp tx
 Rhomb Region Cong + tense
☒ Full Body ☒ STOMACH ☒ LEGS
 ARMS ☒ Prone ☒ Supine
 TP rhomb/traps/l traps
 Fx occiput/scalp/neck
☒ Talked ☒ Quiet ☒ Breathing
 ROM 1st after Ms - softer
 FBAC Relaxed - Ms + feet better

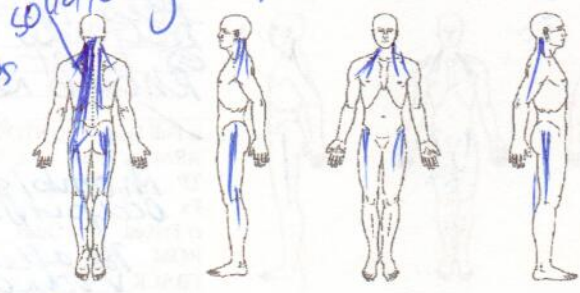
NEXT APPT:

P = Discussed stress + Ms + how it all is helped with Ms + self care

TREATMENT NO. 53

DATE: 23.03.11
 TIME: 4pm THURS
 PAID: \$65 hr
 REC.No: 1236
 AIR TEMP: 24°C
 MUSIC: Arjan
 FACE CREST: Sav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in LHS shoulder
 - woke up with stiff neck. Been v. busy looking after



O/A: Sems L stiff - Deltoids tight
 Traps tight
 ES L. tight
 Rhomb Region Cong + tense
☒ Full Body ☒ STOMACH ☒ LEGS
 ARMS ☒ Prone ☒ Supine
 TP rhomb/med/ham/traps
 Fx occiput/scalp/neck
☒ Talked ☒ Quiet ☒ Breathing
 ROM 1st after Ms
 FBAC Reconn stretch/heat

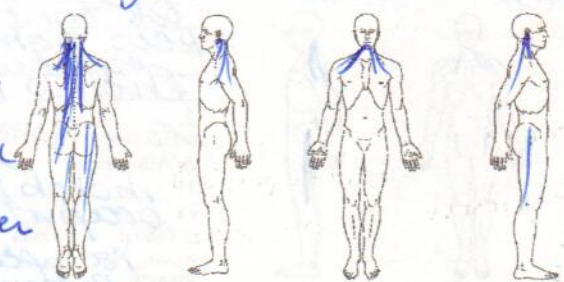
NEXT APPT:

P = back @ gym this week

TREATMENT NO. 54

DATE: 07.04.11
 TIME: 4pm THURS
 PAID: \$65 hr
 REC.No: 1255
 AIR TEMP: 25°C
 MUSIC: Tunes 7 Paul
 FACE CREST: Sav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client's shoulder more than previous see how
 the region/hips sore also



O/A: Worked v. DTRM
 Traps tight
 ES tight
 Rhomb region Cong + tense
☒ Full Body ☒ STOMACH ☒ LEGS
 ARMS ☒ Prone ☒ Supine
 TP rhomb/med/ham/traps
 Fx AC/ST
☒ Talked ☒ Quiet ☒ Breathing
 ROM 1st after Ms
 FBAC Relaxed at v. stiff

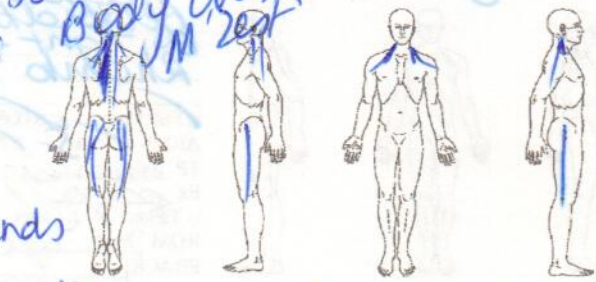
NEXT APPT:

P = Reconn see physio/heat shoulders next week if noise/pain on Mon

TREATMENT NO. 55

DATE: 21.04.11
 TIME: 4pm THURS
 PAID: \$65 hr
 REC.No: 1271
 AIR TEMP: 25°C
 MUSIC: Yanni - if there
 FACE CREST: Sav
 SUPINE SCENT: Lem
 OIL BLEND: Rain
 HT: Feet + Arms/hands
 EXTRA: See in 3 wks

S = Client been feeling tightness in LHS improved
 after last Ms. Using improvised device to stretch out on



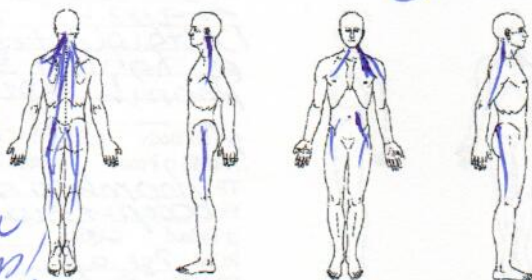
O/A: Traps tight
 Traps up tight esp L
 Deltoids tight esp L
 ES tight esp L
 Rhomb Region Cong + tense
☒ Full Body ☒ STOMACH ☒ LEGS
 ARMS ☒ Prone ☒ Supine
 TP Traps/med/ham/traps
 Fx rhomb/med/l traps
☒ Talked ☒ Quiet ☒ Breathing
 ROM 1st after Ms
 FBAC Relaxed - Ms + feet better than previous week

NEXT APPT:

P = Reconn client relax over w/end continue with pressure on rhombs

TREATMENT NO. 56 S= Client feeling sore in her lx region
shoulder not too
 DATE: 12.05.11 O/A:

DATE: 12-05-11
TIME: 4pm THURS
PAID: \$65 Inv
REC.No: 1292
AIR TEMP: 25.0
MUSIC: Saxophone
FACE CREST: ddu
SUPINE SCENT: Lem
OIL BLEND: Pili
HT: 5' 4" / Frank / ddu
EXTRA: Feet + Am



O/A: *Deltoids tight. Traps tight. ES tight. Neck tight. Improved + deltoids. Shoulder region caught in*

☐ Full Body ☐ STOMACH *tender from*

ARMS ☐ Prone ☐ Supine *US* LEGS

TP *cramp/drop / when banded*

Fx *deltoids / ES / traps / shoulder* *pin*

☐ Talked ☐ Quiet *Breathing*

ROM *use after US - feet diff*

FBACK *relaxed enjoyed this*

muscles

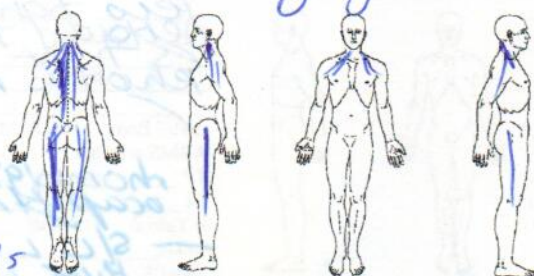
NEXT APPT:

p = Discussed activating tummy muscles

TREATMENT NO. 51

S = Client's started walking lots for work challenge
Some numbness in L foot but did run for 4 mins
+ feeling good considering all ex done

DATE: 26.05.11
TIME: THURS 4pm
PAID: INR \$65
PHONE: 1300 EFT
MP: 250C
MUSIC: Mix MSB 30
FACE CREST: dar
SUPINE SCENT: dem
OIL BLEND: Relax
yef/apek/Lime
HT: meet + Hms
EXTRA: new



cutting all ex done
O/A: Hand/calfes less tight
Feet tight Right
Ms tight L g med/pin
Rhombos L tight but improved
tr. 175 over tone
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS g med
TP rhomb/g med/traps/trap
Fx reput/scalp tend tr. 175
F ☒ Talked ☒ Quiet Quiet Breathing
ROM Tse after Ms - self report
FBACK V. tired but felt good

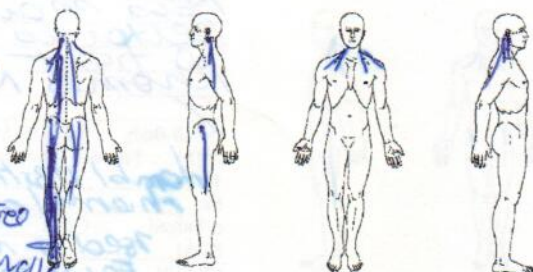
NEXT APPT:

P =

TREATMENT NO. 58

S = Client been feeling tightness in her L heel of foot + swollen ankle. Stopped walking

DATE: 09.06.11
TIME: 4:45 PM
PAID: \$6 inc
REC.NO: 1324 cmbs
AIR TEMP: 64°C
MUSIC: Rich Davis
FACE CREST: N/A
SUPINE SCENT: 2cm
OIL BLEND: Relax
• For Dem/ Teat
Hi Feet + force
EXTRA



O/A: 2 foot swollen
traps up tight + short
Deltoids tight. Traps up tight
ES tight pectorals short
Rhomb region comp less

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine LEGS

TP rhomboid/lat/ham

Ex occipital/sclap/ham/act/lt

☐ Talked ☒ Quiet Quiet Breathing

ROM 75e after MS

FBACK rest better

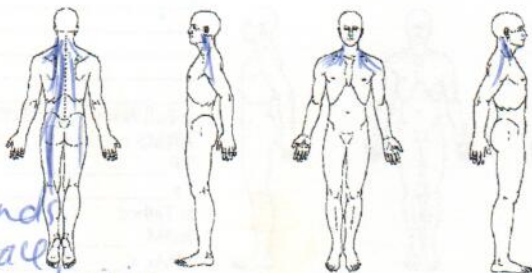
NEXT APPT:

p = Room client see physio if needs.
Room compression + ice + epsom salt foot bath

TREATMENT NO. 59

S = client been stressed & feeling sore in shoulders
ex oc - slight pinching

DATE: 14.07.11
TIME: THURS 14h
PAID: \$20
REC.No: 1398 PMBS
AIR TEMP: 350C
MUSIC: step helper
FACE CREST: LOW
SUPINE SCENT: lemon
OIL BLEND: peppax
Eupl + Tea Tree
HT Red + Arm
EXTRA



O/A: *Traps up tight* *Rees tight*
Deborahs tight *Timed's tight*
W. tight + short
Rhomb region cong + tight

☒ Full Body ☒ STOMACH

ARMS ☐ Prone ☐ Supine *Ms* LEGS _____

TP *rhomb/g/med/ham/TMS*

Fx *except scalp/TM*

☐ Talked ☐ Quiet *allies* Breathing _____

ROM *1st after Ms.*

FBACK *Relaxed TMS*

NEXT APPT:

$$\frac{\#ST \times p = \text{legs skinnies}}{2 \times bc}$$

$$= 2 \times \text{bigger ho}$$

Qed NST + felt relaxed - "melting M₃"

Bar of Goat's Milk Soap

TREATMENT NO. 60

S = client's shoulders been sore - recovery from flu - br region tender

DATE: 11.08.11
TIME: 4.45 PM
PAID: 1hr \$70
REC.No: 1434 CTS/65
AIR TEMP: 25.0C
MUSIC: Paul Hen
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: feet + hands
EXTRA: HST - 2x 1x - 2x 1x

NEXT APPT: 1st - 1 Face

P = Recom client relax & get back to reg MS

TREATMENT NO. 61

S = client been feeling tightness / soreness in the glute - cramping

DATE: 25.08.11
TIME: 8.30 PM
PAID: 1.45 PM
REC.No: 1450 E
AIR TEMP: 23.0C
MUSIC: Indian I
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: feet + face
EXTRA: HST - 2x 1x - 2x 1x

NEXT APPT: CST - 1st - 1 Face

P = Recom heat on hips to help

TREATMENT NO. 62

S = Client been feeling tightness in her whole body lots happened & needed time for

DATE: 20.01.12
TIME: 6.30 PM
PAID: 2 FRI MS
REC.No: 1713 CASH
AIR TEMP: 25.0C
MUSIC: Mix Mod 3
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: feet + face
EXTRA: HST - 2x 1x - 2x 1x

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

TREATMENT NO. 63

S = Client been feeling tightness in her whole body lots happened & needed time for

DATE: 20.01.12
TIME: 6.30 PM
PAID: 2 FRI MS
REC.No: 1713 CASH
AIR TEMP: 25.0C
MUSIC: Mix Mod 3
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: feet + face
EXTRA: HST - 2x 1x - 2x 1x

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

O/A: trap up tight, pectoral tight, deltoids tight, l med tight, es tight + short, Rhomb region comp + tight
☐ Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP rhomb/med/ham/1/2/3/4/5
Fx occipital/scalp/neck
☐ Talked ☐ Quiet ☐ Breathing
ROM use all MS
FBACK relaxed - also + few v. sore

O/A: legs tight, trapezius tight, deltoids tight, l med tight, es tight + short, Rhomb region comp
☐ Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP rhomb/med/ham/1/2/3/4/5
Fx occipital/scalp/neck
☐ Talked ☐ Quiet ☐ Breathing
ROM use all MS
FBACK huge improvement - also + few v. sore

O/A: legs tight, trapezius tight, deltoids tight, l med tight, es tight + short, Rhomb region comp
☐ Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP rhomb/med/ham/1/2/3/4/5
Fx occipital/scalp/neck
☐ Talked ☐ Quiet ☐ Breathing
ROM use all MS
FBACK felt great - MS but sore

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

NEXT APPT: 1st - 1 Face

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P = Notices how much she struggles without regular MS - this year away for every 3 weeks

NEXT APPT: 1st - 1 Face

P = Notices how much she struggles without regular MS - this year away for every 3 weeks

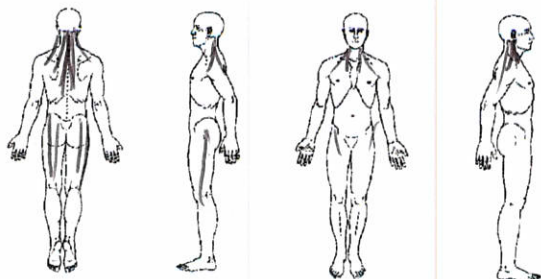
Bday 2012
N/L ball
xmas 2011

TINA P.

TREATMENT NO. 1

DATE: 5/6/17
 TIME: 10:30 AM
 PAID: \$35.77
 REC.No: 2pm
 AIR TEMP: 25°C
 MUSIC:
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Belou
 HT: Feet / Face
 CST: A. Fale
 HST: 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 shoulder couldn't move



O/A:
 traps up tight: scms taut
 deltoids tight: pas tender
 es tight: ribs taut
 rhomb: upper con

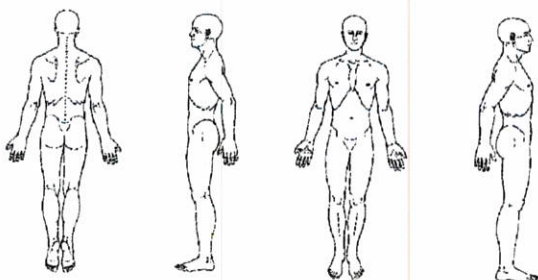
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS - ant legs
 TP Gentle - no ms.
 Fx occres - rhomb
☐ Talked ☐ Quiet Quiet Breathing
 ROM 7 sed > ms
 FBACK felt better > ms.

P = Perom client stretch out - discussed gentle approach

TREATMENT NO. _____

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

S = _____



O/A: _____

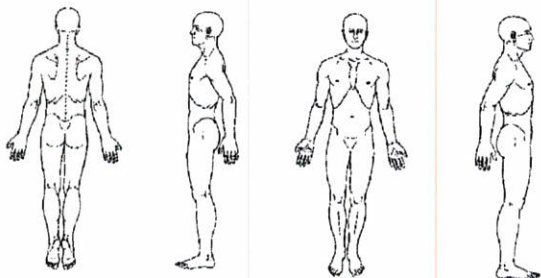
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS _____
 TP _____
 Fx _____
☐ Talked ☐ Quiet Breathing
 ROM _____
 FBACK _____

P = _____

TREATMENT NO. _____

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

S = _____



O/A: _____

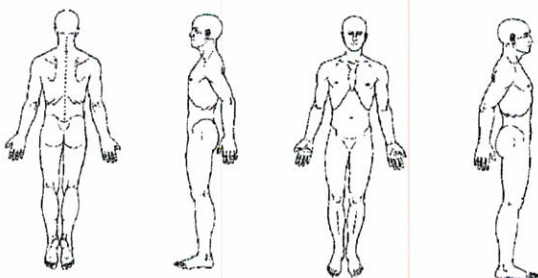
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS _____
 TP _____
 Fx _____
☐ Talked ☐ Quiet Breathing
 ROM _____
 FBACK _____

P = _____

TREATMENT NO. _____

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

S = _____



O/A: _____

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

P = _____

TINA P.

TREATMENT NO. 1

Office: ☐ Scanned & filed

DATE: 3.7.17

TIME: 3pm Mon

AIR TEMP: 25

MUSIC: *Ady Lau Lam*

FACE CREST: *Ray*

SUPINE SCENT: *dem*

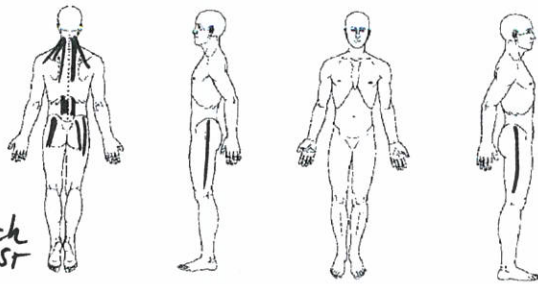
OIL BLEND: *Relax*

Hot Towel: *2x Lu + 2x back*

Cold Stones: *(A) Face*

Hot Stones: *Feet / Face*

S = Tina's body v. sore - lots going on "all over"



O/A:

*ITBs tight. Trap tight
Gentle to help body
SCMs tight. Deltoids
Rhombus tight*

☒ Full Body ☒ STOMACH

ARMS ☐ Prone ☐ Supine LEGS

TP *rhomb/g' med / traps*

Fx *occ/traps / ITBs / etc.*

☐ Talked ☐ Quiet

ROM *Bed > Ms quality* *Relief* Breathing

FBACK *felt good but tender*

P = *Recom hydrate. Discussed how it takes time to get balance.*

TREATMENT NO. 2

TREATMENT NO. 3

Office: ☐ Scanned & filed

DATE: 31/7/17

TIME: 3pm Mon

AIR TEMP: 25

MUSIC: *Don Mc G*

FACE CREST: *Ray*

SUPINE SCENT: *dem*

OIL BLEND: *Relax*

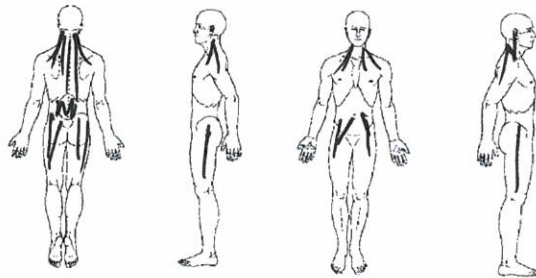
Hot Towel: *Mand / Tang*

Cold Stones: *Feet / Face*

Hot Stones: *(A) Face*

Hot Stones: *2x Lu*

Hot Stones: *2x back*



O/A:

*Pers tight. Trap tight
Rhombus tight
Qls tight and also dls tender
ES tight + short. ITBs tight*

☒ Full Body ☒ STOMACH

ARMS ☐ Prone ☐ Supine *Ms* LEGS

TP *rhomb/g' med / ham / traps*

Fx *occ/traps / ITBs*

☐ Talked ☐ Quiet

ROM *Bed > Ms* *Quiet* Breathing

FBACK *felt better > Ms*

P = *Recom client stretch out pers to help shoulders*

TREATMENT NO. 4

TREATMENT NO. 5

Office: ☐ Scanned & filed

DATE: 21/8/17

TIME: *MON*

AIR TEMP: *21.5*

MUSIC: *Norah*

FACE CREST: *Ray*

SUPINE SCENT: *dem*

OIL BLEND: *Relax*

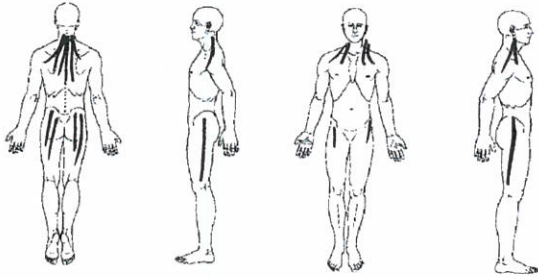
Hot Towel: *Mand / Tang*

Cold Stones: *Feet / Face*

Hot Stones: *(A) Face*

Hot Stones: *2x Lu*

Hot Stones: *2x back*



O/A:

*Hams + ITBs tight
Deltoids tight. Qls tight
ES tight. Pers tight
Rhomb region cong*

☒ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine *Ms* LEGS

TP *rhomb/g' med / ham / traps*

Fx *occ/traps / ES*

☐ Talked ☐ Quiet

ROM *Bed > Ms* *Quiet* Breathing

FBACK *felt good following Tx*

P = *Recom client stretch out for shoulders*

TREATMENT NO. 6

TREATMENT NO. 7

Office: ☐ Scanned & filed

DATE: 28/8/17

TIME: *21.5*

AIR TEMP: *MON*

MUSIC: *Ray*

FACE CREST: *Ray*

SUPINE SCENT: *dem*

OIL BLEND: *Relax*

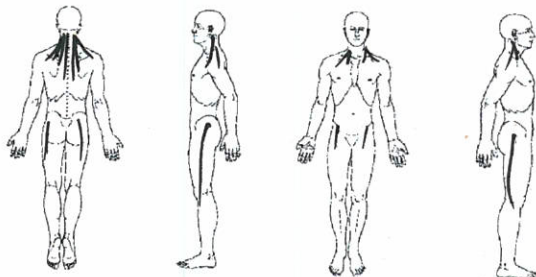
Hot Towel: *Mand / Tang*

Cold Stones: *Feet / Face*

Hot Stones: *(A) Face*

Hot Stones: *2x Lu*

Hot Stones: *2x back*



O/A:

*Deltoids tight
ITBs + hams tight
Rhomb region tight*

☒ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine LEGS

TP *rhomb region + upper / dls*

Fx *trap / ITBs*

☐ Talked ☐ Quiet

ROM *Bed > Ms* *Quiet* Breathing

FBACK *felt better > Ms*

P = *Recom client stretch hips*

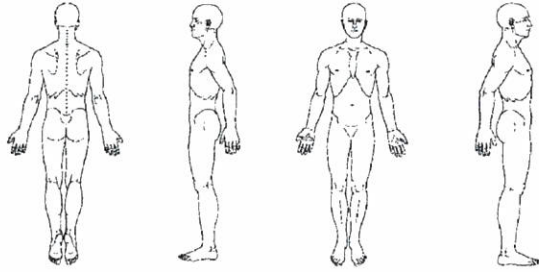
TREATMENT



DATE: 6/11/17
 TIME: 2.15
 PAID: \$77 card
 REC.No:
 AIR TEMP: 24
 MUSIC: Gortar Sax
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND: L/M/P
 HT: feet chest
 CST
 HST: 2x Lx 2x Back

EXTRA
 NEXT APPT:

S = Lx and Shoulders.
 standing @ Tina



O/A: @ Glutes/hip ↑

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

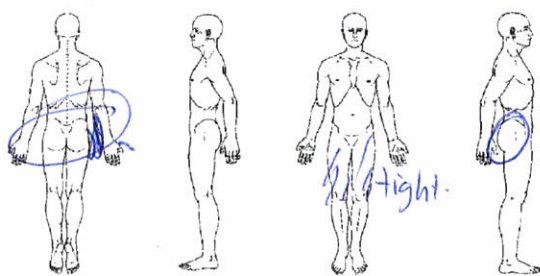
P = sitting cross leg. whilst on cussions.

TREATMENT NO. 1

DATE: 4/12/17
 TIME: 2-15
 PAID: \$77 3/4 hr
 REC.No:
 AIR TEMP: 22.
 MUSIC: MASS long.
 FACE CREST:
 SUPINE SCENT: lemon.
 OIL BLEND:
 HT: 4'11" almond
 CST: feet chest
 HST: glutes v. back.
 EXTRA
 NEXT APPT: 18/12/17.

S = (R) hip. Sweeping irritates. (Yesterday).

Tina



O/A: quads ↑

(R) hip not as tight as (L)
 MFR (R) hip.

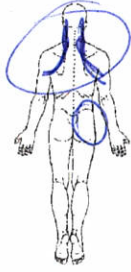
no arms - ↓ time.

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

P = stretch. quads + psoas.

DATE: 18/12/17.
TIME: 3-30 3/4
PAID: \$77
REC.No: _____
AIR TEMP: 22
MUSIC: Mass lang
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: Mand / lav. almond
HT: feet chest.
CST
HST: glutes, v-back.
EXTRA
NEXT APPT: _____

tina



O/A: _____

☐ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS prone
TP lev scaps, v-traps.
Fx
☐ Talked ☒ Quiet Breathing
ROM
FBACK

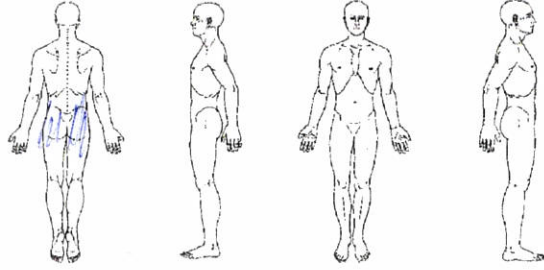
P = Hard pressure * try cupping (lateral) @ hip, ITB, quads.

TREATMENT NO. 1

DATE: 26/2/18
TIME: 3
PAID: _____
REC.No: _____
AIR TEMP: 23
MUSIC: guitar sax
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: _____
mand / tang
HT feet chest
CST _____
HST glutes
v-back
EXTRA _____
NEXT APPT: _____

S = feeling looser - been stretching

Tina



O/A: ① glute ↑ ② hip area ↑
v-back ↑

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

P = likes hard pressure.

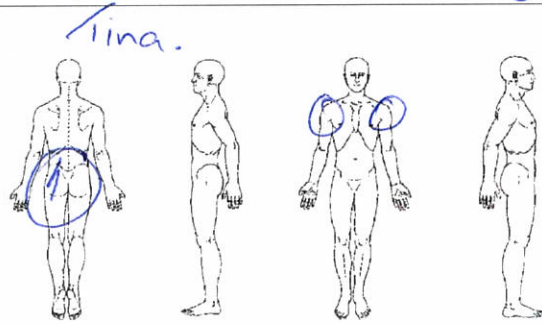
TREATMENT NO



S = hips & pecs - sitting at desk

DATE: 19/3/18
TIME: 3
PAID: \$88
REC.No:
AIR TEMP: 23
MUSIC: mass tunes lms:
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND:
MIT
HT x 2
CST
HST x 4

EXTRA
NEXT APPT:



O/A: ① pec tender
② glute ↑ a little

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

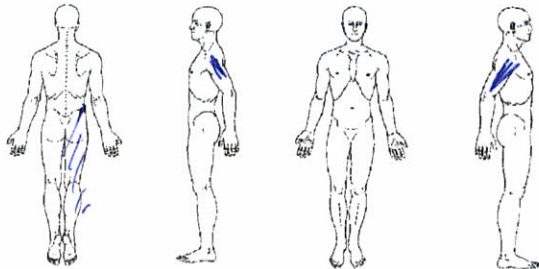
P =

TREATMENT NO. 13

S = deltoids sore, L.B.

DATE: 28/5/18
TIME: 3pm
PAID: 488
REC.No: _____
AIR TEMP: 24
MUSIC: Don McLean
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: _____
HT x 2 Mand
CST _____
HST x 4
EXTRA _____
NEXT APPT: _____

Tina



P = med.

O/A: (R) hamie a glute 1.

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