



Personal Information		
Full Name <i>Robyn Vizzard.</i>		Occupation <i>Admin officer</i>
Postal Address <i>3 Lynd Street Mt Storden.</i>		
Home Phone <i>40863034</i>	Work Phone <i>40815222</i>	Mobile <i>0405322563.</i>
Email Address <i>Robyn-viz@hotmail.com</i>		
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage) ☒ Text Message ☐ Home Telephone ☐ Work Telephone ☐ Email ☐ Facebook Message		
Emergency Contact Name: <i>Brenda Squire</i>	Emergency Contact Number: <i>0438 768 161</i>	Relationship to you (e.g. Partner). <i>Sister</i>
Is it ok to email you massage tax invoices? Please circle: ☒ Yes (please email) / ☐ No (please print)		Please circle if you use any of the following: ☐ Facebook / ☐ Twitter / ☐ Instagram / ☐ Pinterest / ☐ Linked In
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) 		
Client Signature <i>[Signature]</i>		Date <i>11/4/18</i>

☒ Office - Please tick after updated information is electronically entered

Remedial Massage Client Record

Full Name Robyn Vizzard ^{3 Lynd Street} ^{changed 24/11/11} ^{MT Sheridan Qld 4868} Date of Birth 10/4/63
 Postal Address 67 Wirrah Close Bayview Hts 4868
 Home Phone 40544045 Work 40410591 Mobile 0405322563
 Email Address robyn-viz@hotmail.com Health Fund MSF

Emergency Contact Details – Name and Number _____

Current Doctor Dr Tony Turner Referred By _____

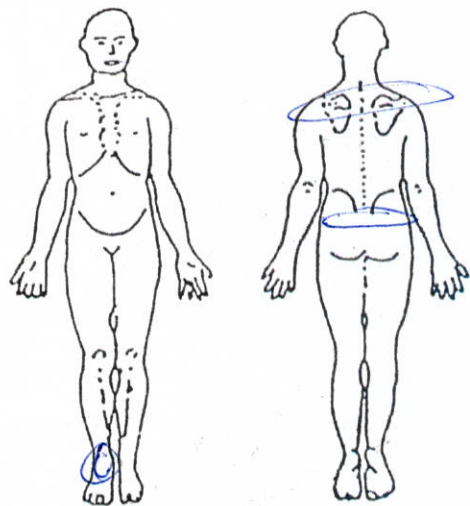
Occupation and how long Bookseller -

Physical Activities/Hobbies/Exercise Walking Garden

Past Medical History (operations/illnesses/accidents/injuries) Right knee snapped ACL

Medications – Prescribed or Natural: _____

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



Amount of Pain (1-10): _____
 Type (sharp, dull, aching etc) _____
 When is the pain worst? _____
 What relieves the pain? _____

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

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

Details regarding above selections: _____

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:
 Face Head Chest Stomach Back Buttocks Arms Legs Feet

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

CLIENT AUTHORISATION

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

Signature: _____ Date: 12/12



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.

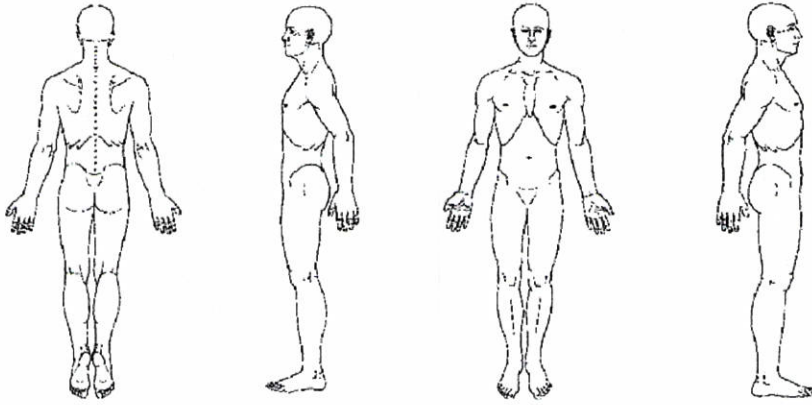
Keep well hydrated with water especially in the 24-48 hours after treatment.

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: Febryn Vizard Signature: [Signature] Date: 15/2

TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)
Head (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion



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

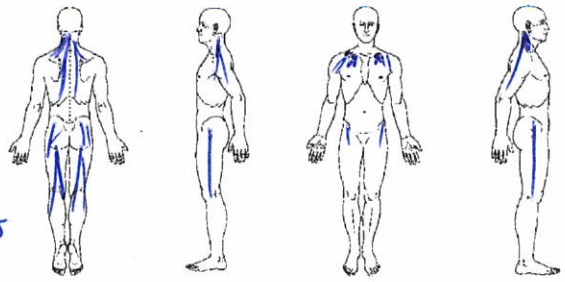
Sees Phil Nolan

TREATMENT NO. 1 S = client been feeling tightness in R foot + L shoulder been there for 2 weeks - started with per pain, rhombos then sore

DATE: 15.02.10
 TIME: 4pm - 10 late
 PAID: \$10.00 57mins
 REC.No: 677 CASH
 AIR TEMP: 23°C
 MUSIC: Norah Jones I
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + arms/hands
 EXTRA: 1/2 to given
 NEXT APPT: wants approx 2 wks - will ring

O/A: R. ITBs/ITLs tender/tight
 L traps + traps v. tight esp L
 QLS tight L A/c v. tender
 Varied rhombos + tight/shape
 FB(-stom) Heat TP rhomboid
 ham/ITB/traps/syns/L scap
 Ft same + ES/QLs/occiput/scap
 winged OK Arms @ St + S Ms
 + St all. Joints @ @ quiet
 Relaxed - Ms + feeling
 better after

P = Perrom client H2O

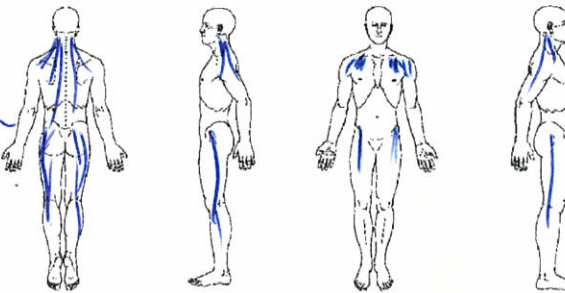


TREATMENT NO. 2 S = client been feeling tightness in her body

DATE: 15.04.10
 TIME: 4pm Thurs
 PAID: \$65 Inv
 REC.No: 766 PAID by
 AIR TEMP: 23°C madden
 MUSIC: Lutar tunes (G)
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Face + Feet
 EXTRA: 1/2 to given

O/A: Trns tense
 traps up tight esp R
 Deltoids tight
 ES tight + short
 Rhomb region cong
 FB(-stom) Heat TP rhomboid
 med/ham/ITB/traps/L scap
 Ft same + ES/QLs/occiput/scap
 winged OK Arms @ St + S Ms
 + St all. Joints @ + client
 feeling better - Ms - v. rel
 can go deeper - v. DT/tem
 next time

P = Discussed how Ms can help body

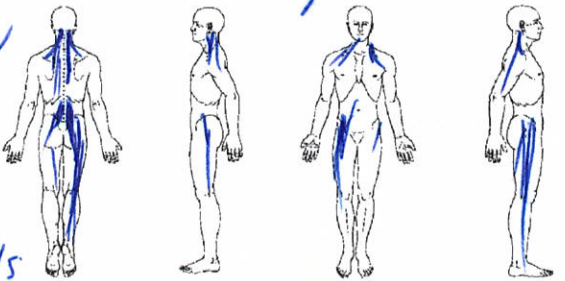


TREATMENT NO. 3 S = client been feeling tightness in her hips/back esp sacral plexus on RHS slump - ve

DATE: 00.09.10
 TIME: 520 Mon
 PAID: 140 - \$65 GV
 REC.No: 988 PAID
 AIR TEMP: 23°C
 MUSIC: Tinseltown
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Traps/hands
 EXTRA: 1/2 to given

O/A: Deltoids tight
 QLS tight Resp + L scap tight
 ES tight Tr + ITBs/ITLs v. high
 Rhomb region cong Resp
 FB(-stom) Heat TP rhomboid
 L traps/ITB/deltoids
 Ft same + ES/QLs/occiput/scap
 winged OK Arms @ St + S Ms
 + St all. Joints @ + client
 relaxed - Ms + feeling better

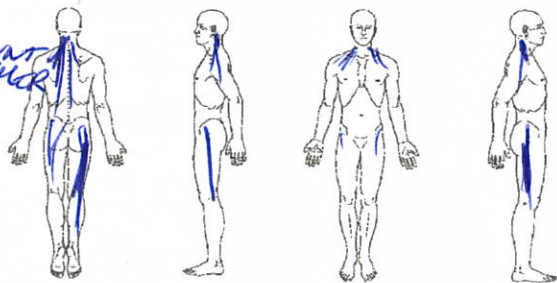
P = Perrom how Ms can help body



TREATMENT NO. 4

DATE: 29.09.10
 TIME: Weds 330
 PAID: \$65 Thru Discount
 REC.No: 184
 AIR TEMP: 23°C
 MUSIC: Ken Dams
 FACE CREST: Lau
 SUPINE SCENT: Lemon
 OIL BLEND: Relom
 HT: Feet + Face
 EXTRA:

S= client been feeling tightness in lxx region, RITBs (distally) been tight. Feeling improved but notched soreness starting today



O/A: Traps up tight. Pecs short. Deltoids tight. Trns tense. ES tight + short. Rhombos cong + unarood.

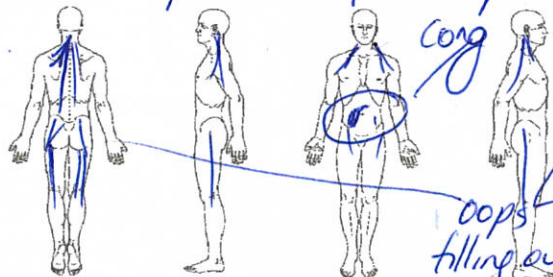
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP: Occupied / 4's cap / 17Bs / 17Ls
 Fx: Rhomb / 9 med / ham / 17B / 17L
 ROM: Talked / Quiet / Slept / Quiet / Breath
 FBAC: Felt v. relaxed

NEXT APPT:

TREATMENT NO. 5

DATE: 13.10.10
 TIME: 3pm Weds
 PAID: \$45 Thru CASH
 REC.No: 1036
 AIR TEMP: Stomach Ms.
 MUSIC: Indian I
 FACE CREST: Lau
 SCENT: Lemon
 OIL: Pepp 3:1
 HT: Feet + Face
 EXTRA:

S= client been feeling tightness + soreness in lxx region after struggling with constipation from mop



O/A: Traps up tight. Trns short. Deltoids tight. ES tight + short. Rhomb region cong.

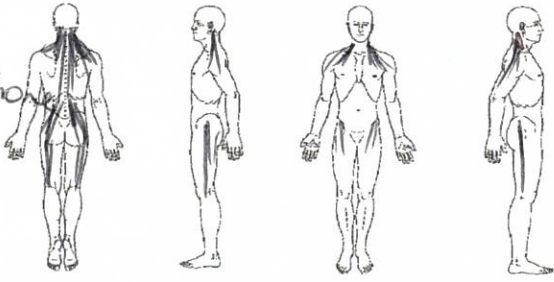
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP: Rhomb / 9 med / h
 Fx: oops filling out another client's chart!
 ROM: Talked / Quiet / Stomach Ms only / Breath
 FBAC: 25mins + 5mins on face

NEXT APPT:

TREATMENT NO. 6

DATE: 09.11.10
 TIME: Tues 230pm
 PAID: \$65 Thru CASH
 REC.No: 1073
 AIR TEMP: 23°C
 MUSIC: Saxophone
 FACE CREST: Lau
 SUPINE SCENT: Lemon
 OIL BLEND: Relom
 HT: Feet + Face
 EXTRA:

S= Client been feeling tightness in sacrum + lxx region + up trap. Feeling may need to go to Phil's



O/A: Traps up tight. Pecs short. Deltoids tight. ES tight + short. Rhomb region cong + tense.

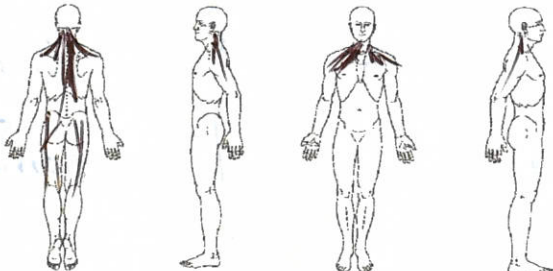
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP: Trap / 17Bs / 17Ls / 17R / 17L
 Fx: Ac / 17 / ES / 17L
 ROM: Talked / Quiet / Gentle / Breath
 FBAC: 15e after Ms - self report. Felt v. relaxed + better 2/3

NEXT APPT:

TREATMENT NO. 7

DATE: 15.02.11
 TIME: Tues 4pm
 PAID: \$65 Thru XMAS
 REC.No: PAID -
 AIR TEMP: 23°C
 MUSIC: Ian Cam II
 FACE CREST: Lau
 SUPINE SCENT: Lemon
 OIL BLEND: Relom
 HT: Feet + Face
 EXTRA:

S= client been feeling tightness in her shoulders esp RHS esp up trap / rhomb. lxx been hurt's occass.



O/A: 17Bs + 17Bs tender + tight. Deltoids tight. Traps up tight. ES tight. Pecs short. Rhomb region cong. Resp.

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP: Trap / 17Bs / 17Ls / 17R / 17L
 Fx: Rhomb / 9 med / ham / 17B / 17L
 ROM: Talked / Quiet / Quiet / Breath
 FBAC: 15e after Ms + felt better. Most of RM on upper

NEXT APPT:

P= client going for operation on stomach for anaemia (small intestines clotting)

Bday 11

+ NOV 11

Bday 2012

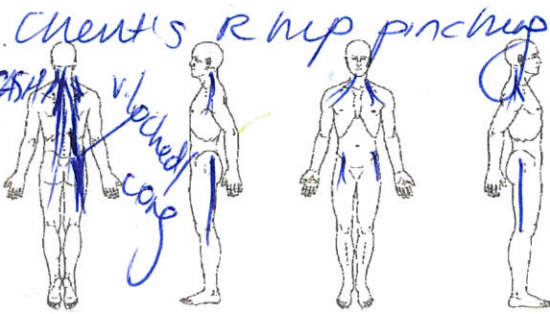
xmas 2011

N/L 09/11

TREATMENT NO. 8

S =

DATE: 19.04.11
 TIME: 12.00
 PAID: 12.66
 REC.No: 350
 AIR TEMP: 25.0C
 MUSIC: 1st - if there
 FACE CREST: Low
 SUPINE SCENT: lem
 OIL BLEND: Tea Tree / euc
 HT: Feet + Face
 EXTRA:



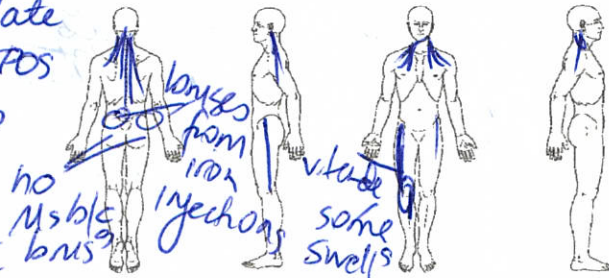
O/A: both Lx regions
Feet - spine + car
ES tight
Rhomb comp - G med / pm +
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS
 TP rhomb / g med / ham / trs
 Fx occiput / sacrum
☒ Talked ☒ Quiet ☒ Breathin
 ROM felt better
 FBACK felt better

NEXT APPT:

P = Discussed how to move better - client feels
he is getting pinching pain - moving
 S = Just had iron injection on RHS butt + RH knee

TREATMENT NO. 9

DATE: 22.11.11
 TIME: Tues 350
 PAID: \$70
 REC.No: 16
 AIR TEMP: 25.0C
 MUSIC: Aches Oldies
 FACE CREST: Low
 SUPINE SCENT: lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: 2x back



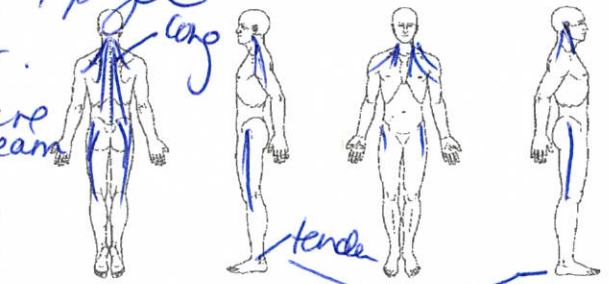
O/A: Brus
Feet - spine + car
Rhomb region comp
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS
 TP rhomb / g med / ham / trs
 Fx occiput / sacrum
☒ Talked ☒ Quiet ☒ Breathin
 ROM felt better
 FBACK felt better

NEXT APPT:

P = Reason client get another Tx before
umas
 S = Client been feeling tightness in her
body - working R d/b week

TREATMENT NO. 10

DATE: 11.05.12
 TIME: SAT 10.50
 PAID: 1hr
 REC.No: 1895
 AIR TEMP: 25
 MUSIC: Yannu - dare
 FACE CREST: Low
 SUPINE SCENT: lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: 2x back



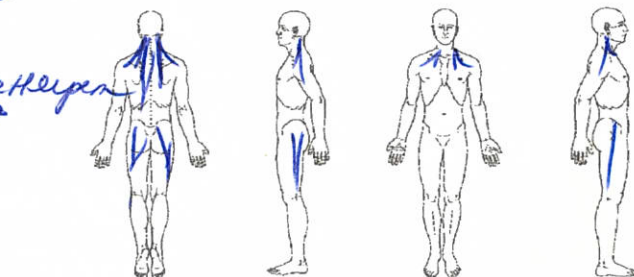
O/A: Traps up tight
Feet - spine + car
Rhomb region comp + v. comp
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS
 TP rhomb / g med / ham / trs
 Fx occiput / sacrum
☒ Talked ☒ Quiet ☒ Breathin
 ROM felt better
 FBACK felt better

NEXT APPT:

P = Reason need more reg Ms - v. comp
 S = Client been feeling v sore + weak / dizzy
last week - poss - low iron + neck comp

TREATMENT NO. 11

DATE: 04.07.12
 TIME: 8.15
 PAID: \$75
 REC.No: 1950
 AIR TEMP: 25
 MUSIC: Steve Hagen
 FACE CREST: Low
 SUPINE SCENT: lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: 2x back



O/A: Traps up tight
Feet - spine + car
Rhomb region comp + v. comp
☒ Full Body ☒ STOMACH ☒ ARMS ☒ PRONE ☒ SUPINE ☒ LEGS
 TP rhomb / g med / ham / trs
 Fx occiput / sacrum
☒ Talked ☒ Quiet ☒ Breathin
 ROM felt better
 FBACK felt better

NEXT APPT:

P = client been feels tightness in neck
> adjust @ osteo. LHS restricted ROM
Feet - spine + car
Rhomb region comp + v. comp
felt better
 S = Reason need more reg Ms - v. comp
client been feels tightness in neck
> adjust @ osteo. LHS restricted ROM
Feet - spine + car
Rhomb region comp + v. comp
felt better

TREATMENT NO. 13

DATE: 5.11.12

TIME: 5:30 PM

PAID: \$75/hr

REC.No: 25

AIR TEMP: 25

MUSIC: Enya

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Mand/orange

CST: Feet + Face

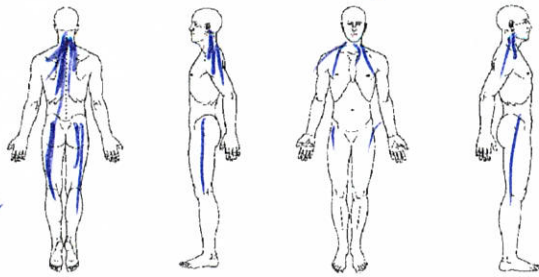
HST: (A) Face

2x Ln

2x back

EXTRA

NEXT APPT:

S= Client's LHS neck + up traps v. comp
"not right" since last adjustment

O/A:

L up traps short + tight

Q's target: rhomb/g med/ham/1785

☐ Full Body ☐ STOMACH ☒ Prone ☐ Supine ☒ MS ☒ LEGS

TP 1

Fx

☐ Talked ☐ Quiet ☒ Breathing

ROM Used > MS

FBACK Felt better > MS

P= Revom some neg Tx
off to n2

TREATMENT NO. 14

DATE: 16.1.13

TIME: Weds 9am

PAID: 1hr \$75

REC.No: 25

AIR TEMP: 25

MUSIC: 12/13

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Chamomile

CST: Feet + Face

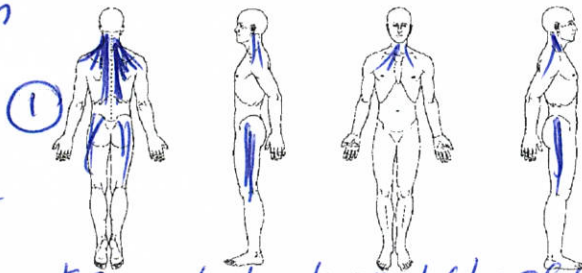
HST: (A) Face

2x Ln

2x back

EXTRA

NEXT APPT:

S= Client been feeling tightness in her neck
mp went well. 6 aches

O/A: L ankle swollen

1785 tight

occ v. comp

up traps v. tight/tender

Rhomb region comp/vased

☒ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/traps/1785

Fx 1785-tender + es/acc

☐ Talked ☐ Quiet ☒ Breathing

ROM Felt improvement

FBACK visible diff in neck

P= \$squat to bend b/c of knees
Revom RLE on L ankle - loads LHS more

TREATMENT NO. 15

DATE: 01.05.13

TIME: 4:15 PM 1hr

PAID: B'Day MS

REC.No: 2500

AIR TEMP: 25

MUSIC: 12/13

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Jaw/ora/Bonel

CST: Feet + Face

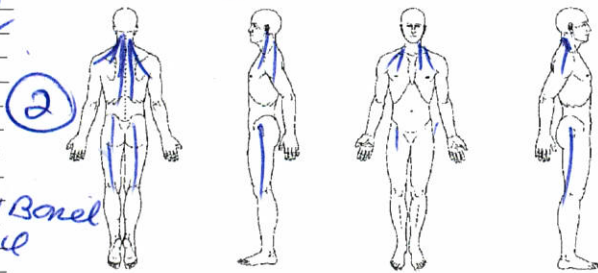
HST: (A) Face

2x Ln

2x back

EXTRA

NEXT APPT:

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

O/A:

Pecis tight

Deltoids tight

Es tight

Rhomb region comp

☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/ham/1785

Fx occ/salp/1785

☐ Talked ☐ Quiet ☒ Breathing

ROM Used > MS

FBACK Felt better

P= Finding osteo not helping - feeling
better > visits. Liked MS response

TREATMENT NO. 16

DATE: 18.09.13

TIME: 5PM 1hr

PAID: \$25

REC.No: G Used

AIR TEMP: 25

MUSIC: Steve Nicks

FACE CREST: Jaw

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Mand/orange

CST: Feet + Face

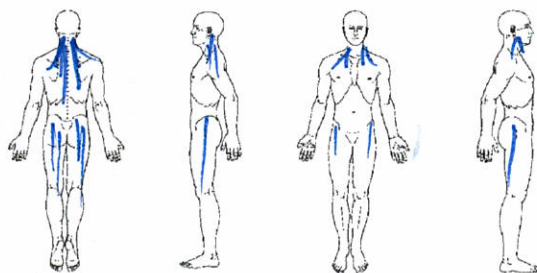
HST: (A) Face

2x Ln

2x back

EXTRA

NEXT APPT:

S= Client been feeling tightness in her body
in neck esp. H'ached wanting to develop

O/A:

Deltoids tight. Pecis tight

Es tight

Rhomb region comp

☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☒ MS ☒ LEGS

TP rhomb/g med/ham/1785

Fx occ/salp/1785

☐ Talked ☐ Quiet ☒ Breathing

ROM Used > MS

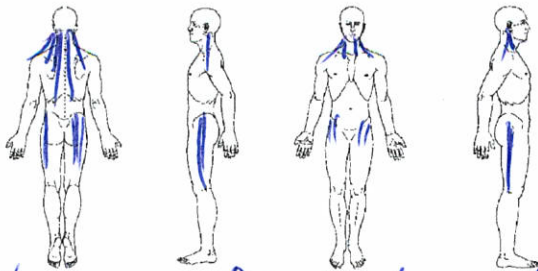
FBACK Felt better > MS

P= Revom client see osteo if restriction persists

TREATMENT NO. 17

DATE: 13.05.14.
 TIME: 9am Tues
 PAID: \$85 Inv.
 REC.No: 25 PAID
 AIR TEMP: 25
 MUSIC: Yamm - I
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: (A) Face
 CST: 2x
 HST: 2x back
 EXTRA: Feet / Face
 NEXT APPT:

S = Client been feeling tightness in her
 hips / back



O/A:

Traps / TFLs tight / tender
 2 traps, 2 trs tight
 rhomb / s med / ham / traps

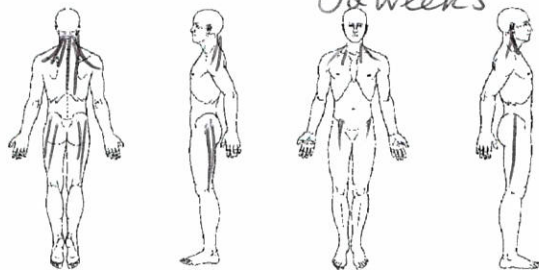
☒ Full Body ☒ STOMACH tight
 ARMS ☒ Prone ☒ Supine MS LEGS
 TP rhomb / s med / traps / TFLs
 Fx occ / traps / TFLs / ES / GT
☐ Talked ☐ Quiet Breathing
 ROM 7sd 7 ms
 FBACK

she is Discussed not lifting Varena
 P = 1 Feeling like she needs adjustment so rework
 see Phil Nolan if it continues

TREATMENT NO. 18

DATE: 1.10.14.
 TIME: 5.15 Thurs
 PAID: \$88 wps
 REC.No: Refer notes
 AIR TEMP: 25
 MUSIC: Ian / Am I
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2x
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her shoulders / neck
 Back twingy. Inner leg has veins that are
 Redundant from job in 12 weeks aching dull



O/A:

Legs - some Swells - gentle MS
 Deltoids tight.
 ES tight
 Rhomb region using

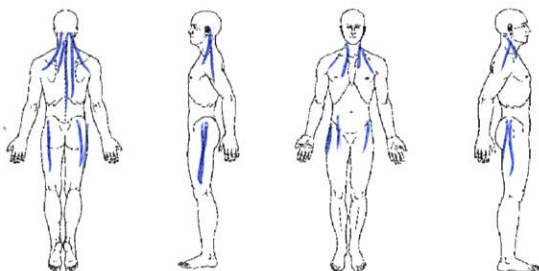
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / traps / GT
 Fx occ / 47 / ALE
☐ Talked ☐ Quiet Quiet Breathing
 ROM 7sd 7 ms
 FBACK felt better 7 ms. V. sore

P = Reom client remain +ve where possible - encouraged
 gradual look for work / balance of self care

TREATMENT NO. 19

DATE: 23.10.14
 TIME: Thu
 PAID: \$88
 REC.No: Refer notes
 AIR TEMP: 25
 MUSIC: Kenny GT
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: (A) Face
 CST: 2x
 HST: 2x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her body in
 her hips esp + low back under / aching /



O/A:

pinching / niggling
 Deltoids tight
 ES tight Trs taut
 Rhomb region cony

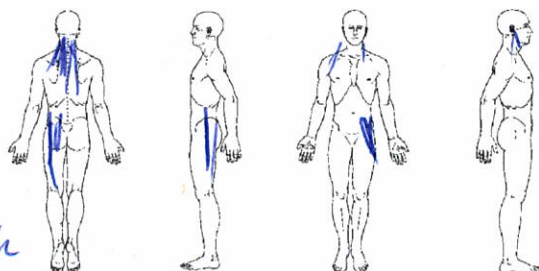
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / s med / ham
 Fx traps / traps
☐ Talked ☐ Quiet
 ROM 7sd 7 ms
 FBACK felt better 7 ms

P = Reom client stretch out after MS + look after
 body / mind whilst job hunting

TREATMENT NO. 20

DATE: 08.04.15
 TIME: \$98
 PAID: Inv.
 REC.No: 25
 AIR TEMP: 25.0C
 MUSIC: Mijagi
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Shred Blend
 HT: Feet / Face
 CST: 2x
 HST: 2x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her L hip -
 sharp pain



O/A:

Trs tight
 Deltoids tight
 ES tight Trs taut
 Rhomb region / leg

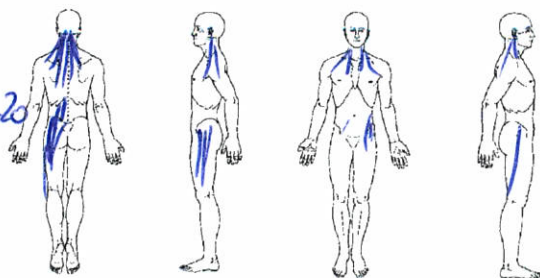
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / s med / ham / traps
 Fx occ / traps / traps / GT
☐ Talked ☐ Quiet Quiet Breathing
 ROM 7sd 7 ms
 FBACK felt better 7 ms

P = Reom Julie Hamlyn

TREATMENT NO. 21

DATE: 30.06.15
TIME: \$88
PAID: 1hr
REC.No: 3756
AIR TEMP: 25
MUSIC: Mix MS tunes 1-20
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Mental Vary
HT: Feet / Face
CST: (A) Face
HST: 2 x in
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her body in
hips esp lms.



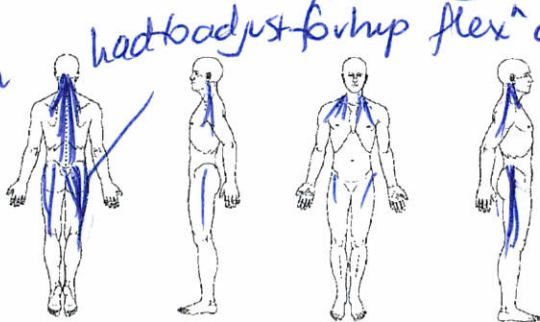
O/A: lms esp right
Pec short. Glutes + QLS tight
Deltoids tight
ES tight Traps up tight
Rhomb region cong
Full Body STOMACH Ms s/c trap / leg
ARMS Prone Supine LEGS
TP Trs / mbs / es / QLS
Fx Dec / traps / CT / mbs / Trs
Talked Quiet Quiet Breathing
ROM Red > ms
FBACK feet lots of tenderness

P = Discussed moving right + working
on posture

TREATMENT NO. 22

DATE: 25.11.15
TIME: \$88 WEDS
PAID: 1hr 4:45pm
REC.No: 25
M: Relax MS-HS
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Mental Vary
HT: Feet / Face
CST: (A) Face
HST: 2 x in
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her body in hips
+ shoulders / neck



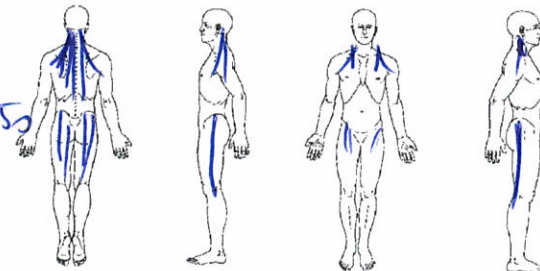
O/A: restricted in hips - leg to
Traps up tight
Deltoids tight + short
ES tight Pecs tight
Rhomb region cong
Full Body STOMACH Ms s/c trap / leg
ARMS Prone Supine LEGS
TP rhomb / g med / ham / traps
Fx act / traps / diaphragm
Talked Quiet Quiet Breathing
ROM Red > ms
FBACK feet better with Ms

P = Perom client stretch out with hips > ms.

TREATMENT NO. 23

DATE: 24.02.16
TIME: \$88
PAID: 1hr
REC.No: 25
AIR TEMP: 25
MUSIC: Music Mix 30-50
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Mental Vary
HT: Feet / Face
CST: (A) Face
HST: 2 x in
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her body



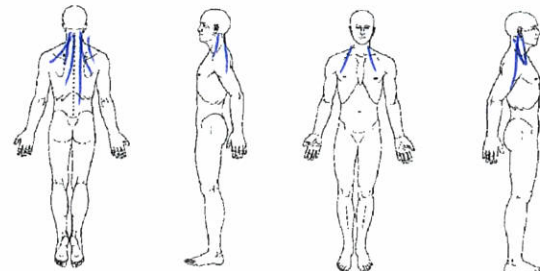
O/A: Pecs tight mbs taut
Deltoids taut
ES tight Traps up tight
Rhomb region cong
Full Body STOMACH Ms s/c trap / leg
ARMS Prone Supine LEGS
TP rhomb / g med / ham / traps
Fx occ / traps / diaphragm
Talked Quiet Quiet Breathing
ROM Red > ms
FBACK

P = Feet better > ms.

TREATMENT NO. 24

DATE: 15.04.16
TIME: \$88
PAID: 1hr
REC.No: 25
AIR TEMP: 25
MUSIC: dan
FACE CREST: Low
SUPINE SCENT: Relax
OIL BLEND: Relax
Mental Vary
HT: 2 x in + 2 x back
CST: Feet / Face
HST: Feet / Face
EXTRA
NEXT APPT:

S = client been feeling tightness in her body
in her leg region. Veins ok by vein doctor.



O/A: Deltoids tight
ES tight Pecs tight
Rhomb region cong
Full Body STOMACH Ms s/c trap / leg
ARMS Prone Supine LEGS
TP rhomb / g med / ham / traps
Fx occ / traps / diaphragm
Talked Quiet Quiet Breathing
ROM Red > ms
FBACK feet better > ms

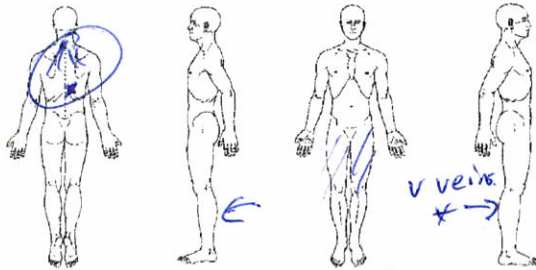
P = Perom client stretch out with body

TREATMENT NO. 25

S = neck & shoulders

DATE: 11/4/18
 TIME: 8:45
 PAID: G-V.
 REC.No:
 AIR TEMP: 23
 MUSIC: Don't
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND: m/x
 HT: x2
 CST:
 HST: x4
 EXTRA: quad stretches
 NEXT APPT:

Robyn ✓



O/A: quads both P.

U. back really ↑ but
 med pressure only

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS
 TP gentle v-back.
 Fx
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK

P = firm only (no cupping). bruises easily & saw cup marks on her sister.

MERRY CHRISTMAS!



To: Robyn With Love

Your Gift is a 60 minute Remedial Massage
including Aromatherapy and Hot Towels

From:



Ma X. Enjoy
Relax - the
New Year



focus on  movement

PHONE: 0439 775 003
EMAIL: relax@focusonmovement.com.au
CLINIC: 51 Lyndel Drive Woree 4868
WEB: www.focusonmovement.com.au



A Gift of Massage

Lots of Love To: Robyn, Thanks so much for all your help and being part
From: Lyn Brooks xxx 😊 of the Cyclone Removal team once again!
Your Gift is: 45minute Initial Massage Date of Issue: 26.11.09
Valid for three months from the date of issue

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

MERRY CHRISTMAS!



Hi Robyn, For \$10 you can upgrade
Lyn's gift certificate to 60 min Xmas massage special.
Bonus - Christmas Special
Cheers, Christine

GIFT CERTIFICATE for 60 MINS MASSAGE

(includes Hot Towels + Aromatherapy)

only **\$55** (Normally \$75 for new client).

Valid for Jan-Feb use only. Must be purchased before 18th
December 2009. Limit of one \$55 massage per person.



Look out for your
handmade birthday
card in 2010!



Clinic CLOSES ON 17th December and OPENS 6th January 2010



A Gift of Massage

To: Robyn enjoy a relaxing hour with Christine

From: Love you Always (many thanks)

Your Gift is: One hour massage Date: 09.06.10



Valid for three months from the date of issue

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

MERRY CHRISTMAS!



To:

Robyn



Your Gift is a 60 minute Remedial Massage
with Aromatherapy and Hot Towels

From:

(2013)



focus on  movement

PHONE: 0439 775 003
CLINIC: 51 Lyndel Drive Woree 4868
WEB: www.focusonmovement.com.au

Massage

aromatherapy

hot stones

pregnancy
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web www.focusonmovement.com.au

Aquatics

A Gift of Healthy Movement

To: Robyn

From: With love for your continual help. Max

Your Gift: One hour remedial massage Date: 30.5.13

Valid for three months from the date of issue

Massage

aromatherapy

hot stones

pregnancy
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web www.focusonmovement.com.au

Aquatics

A Gift of Healthy Movement

To: Robyn Vizzard

From: _____

Your Gift: One hour massage

Date: 11.10.16

Valid for three months from the date of issue

Robyn Vizzard

DOB 10 Apr 1963
Occupation Bookseller

Appointments

Date	Time	Type	Practitioner
21 Sep 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
20 May 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
12 Mar 2025	5:00PM – 6:00PM	60 minute Massage	Christine Jervis
28 Dec 2024	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
25 Sep 2024	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
3 Jul 2024	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Mar 2024	1:30PM – 2:30PM	Sauna & Massage	Christine Jervis
25 Feb 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jan 2024	11:00AM – 12:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
11 Sep 2023	4:00PM – 5:00PM	Gift Certificate - Book your Massage	Christine Jervis
24 Feb 2020	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
25 Feb 2019	5:30PM – 6:30PM	60 minute Massage	Marina Franke
21 Dec 2018	2:30PM – 3:30PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage
Practitioner: Christine Jervis Appointment: 21 Sep 2025, 3:00PM Created: 21 Sep 2025, 4:11PM Last updated: 21 Sep 2025, 4:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - yes improved.
Anything noteworthy - veins
Anything specific to massage (E.g. no foot massage) - watch veins

Treatment details - what was done today to help the client Pressure used - 2, gentle on legs with veins - flushing.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack / Lower Body
Topical Treatment - Fisiocrem and zen in back
Music - Yanni if there
Aromatherapy Massage oil - lavender and peppermint

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

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

Body Chart

Feedback after treatment - Felt lots of tender areas, esp ITBs and shoulders sore

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 May 2025, 4:00PM
Created: 20 May 2025, 5:14PM
Last updated: 22 May 2025, 12:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee. esp shoulders and neck lots of pain. Pinching shoulder - poss rotator cuff problems?

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

Red Flags

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

Watch veins.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - yes improved.
 Anything noteworthy -
 Anything specific to massage (E.g. no foot massage) - watch veins

Treatment details - what was done today to help the client

Pressure used - 2, gentle on legs with veins - flushing.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack / Lower Body
 Topical Treatment - Fisiocrem
 Music - ian cam smith
 Aromatherapy Massage oil - lavender and peppermint

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -

Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

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

Discussed getting some more treatment and scans on shoulder to see what's so painful

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Mar 2025, 5:00PM
Created: 18 Mar 2025, 9:30PM
Last updated: 18 Mar 2025, 9:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee. R wrist hurts and L shoulder catching

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - yes improved.
 Anything noteworthy -
 Anything specific to massage (E.g. no foot massage) - watch veins

Treatment details - what was done today to help the client Pressure used - 2, gentle on legs with veins - flushing.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack / Lower Body
 Topical Treatment - Fisiocrem
 Music - Acker Bilk
 Aromatherapy Massage oil - lavender and peppermint

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

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

Body Chart

Feedback after treatment - Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some more treatment.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 28 Dec 2024, 1:30PM

Created: 28 Dec 2024, 2:56PM

Last updated: 28 Dec 2024, 2:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee. R wrist hurts and L shoulder catching
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) - watch veins
Treatment details - what was done today to help the client	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Acker Bilk Aromatherapy Massage oil - lavender and peppermint
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed New year - been a hard few months putting her mum in a home for dementia

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis

Appointment: 25 Sep 2024, 9:00AM

Created: 25 Sep 2024, 10:01AM

Last updated: 25 Sep 2024, 10:08AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - yes improved.
Anything noteworthy -
Anything specific to massage (E.g. no foot massage) - watch veins

Treatment details - what was done today to help the client Pressure used - 2, gentle on legs with veins - flushing.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack / Lower Body
Topical Treatment - Fisiocrem
Music - Mod Girls KdLang
Aromatherapy Massage oil - extreme sports h2o oil
Spritzer - pepper euc and tea tree

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

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

Body Chart

Feedback after treatment - Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

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

Discussed booking in regular treatment as she has a lot of stress with her mum now in the home and the grandkids living with her.

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 2024, 2:30PM

Created: 3 Jul 2024, 3:33PM

Last updated: 3 Jul 2024, 3:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in lumbar region plus shoulders and neck been sore and knee

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

Red Flags

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

Watch veins.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - yes improved.
Anything noteworthy -
Anything specific to massage (E.g. no foot massage) - watch veins

Treatment details - what was done today to help the client

Pressure used - 2, gentle on legs with veins - flushing.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack / Lower Body
Topical Treatment - Fisiocrem
Music - Ian Cam Smith
Aromatherapy Massage oil - lavender oil
Spritzer - joyful

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

Where any specific trigger points used?

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

Body Chart	
Feedback after treatment -	Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more regular massage to help, especially because so tight and tender at the moment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Mar 2024, 1:30PM
Created: 23 Mar 2024, 1:17PM
Last updated: 23 Mar 2024, 4:14PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in lumbar region (bit better than last time) plus shoulders and neck been sore and knee
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) - watch veins
Treatment details - what was done today to help the client	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body Topical Treatment - Fisiocrem Music - Yanni Piano Aromatherapy Massage oil - lavender oil Spritzer - joyful
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone -

quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

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

Body Chart

Feedback after treatment - Felt lots of tender areas, esp ITBs and shoulders sore but enjoyed it

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some more regular massage to help

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

Time in Sauna (minutes) - 20

Feedback after treatment - Lots of sweat, felt good afterwards.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 25 Feb 2024, 3:00PM
Created: 25 Feb 2024, 4:16PM
Last updated: 6 May 2024, 10:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in lumbar region especially, but shoulders hurt and knees, neck - everything even feet.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - yes improved.
 Anything noteworthy -
 Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client Pressure used - 2, gentle on legs with veins - flushing.
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack / Lower Body
 Topical Treatment - Fisiocrem
 Music - Yanni if there
 Aromatherapy Massage oil - relax h2o oil

Spritzer - joy	
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt lots of tender areas, esp ITBs and glutes sore.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed Sauna next time. She'd like monthly massage if she can.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Jan 2024, 11:00AM
Created: 6 Jan 2024, 5:23AM
Last updated: 6 Jan 2024, 5:25AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in lumbar region especially, but shoulders hurt too.
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) -
Treatment details - what was done today to help the client	Pressure used - 2, gentle on legs with veins - flushing. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack / Lower Body

	Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy Massage oil - relax h2o oil Spritzer - joy
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt lots of tender areas, esp ITBs and glutes sore.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed Sauna next time. She'd like monthly massage.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Sep 2023, 4:00PM
Created: 11 Sep 2023, 5:08PM
Last updated: 11 Sep 2023, 5:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in shoulders and back.
Medication or relevant procedures / info identified that may affect the massage.	Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Watch veins.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - yes improved. Anything noteworthy - Anything specific to massage (E.g. no foot massage) -
Treatment details - what was done today to help the client	Pressure used - 2-3

Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack / Lower Body
 Topical Treatment - Fisiocrem
 Music - mixed modern girls
 Aromatherapy Massage oil - relax h2o oil
 Spritzer - joy

What parts of the body were massaged? Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Upper body treatment (hips, back, shoulders, neck, arms)

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

Body Chart

Feedback after treatment - Felt lots of tender areas. Loved lower back massage with hot stones.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed doing more to help with her body balance

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Feb 2020, 4:00PM
Created: 24 Feb 2020, 5:06PM
Last updated: 24 Feb 2020, 5:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling very sharp pain in RHS shoulder.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - yes improved.
 Anything noteworthy -

	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 Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face / Arms & Hands / Back Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem / Zen / Balm Music - Yanni if there Aromatherapy Massage oil - Pepp/Rosem/Euc Spritzer - Frank.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Upper body treatment (hips, back, shoulders, neck, arms)
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Peccs; SITS; Deltoids
Body Chart	
Feedback after treatment -	Felt lots of tender areas.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing more to help with her body balance and mentioned about rebooking specials.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Feb 2019, 5:30PM
Created: 25 Feb 2019, 5:23PM
Last updated: 25 Feb 2019, 6:37PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -usually neck and shoulders, L B occasionally- mid lift Feedback from previous treatment -
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	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 -gentle/firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - fisio crem L calf- cramp at night Music -instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	bruises on outer glutes-bruises easily, quads tight. :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Dec 2018, 2:30PM
Created: 21 Dec 2018, 2:25PM
Last updated: 21 Dec 2018, 4:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -LB from mowing, usually neck and shoulders
 Feedback from previous treatment -

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -gentle/firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	bruises on outer glutes-bruises easily, quads tight. :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Robyn Vizzard.