

NO HIF

DISCOUNT PHYSIOTHERAPY

Full Name Jennifer David D.O.B 6/11/75 Gender F

Address 139 McFarlane Dr, Kanimbla, 4870

Home Phone 40342451 Work _____ Mobile 0409727188

Email Address _____

Emergency Contact Details - Name and Number Peter David, 40342451

Current Doctor _____ Referred By Anne Major

Occupation and How long Teacher - 12 years / Fitness Instructor - 10 yrs.

Physical Activities/Hobbies/Exercise Running, Aerobics / Weights

Past Medical History (major operations/conditions) _____

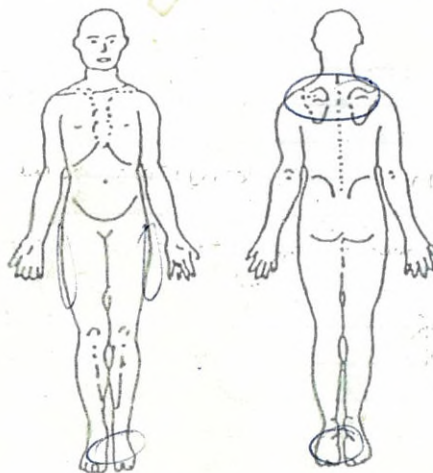
Medications - Prescribed or Natural: Pill

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

- | | |
|---|--|
| <input type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart / Blood Problems |
| <input type="checkbox"/> Arthritis | <input 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 type="checkbox"/> Spinal / Back Problems |
| <input checked="" type="checkbox"/> Cold / Flu | <input 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): 3

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

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

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

I agree to the Massage of: Jenny David (insert name of person being Massaged)

Signature: J David Date: 22/09/05

*careful winged nerve scap stretch

Lolly taken ☺

Client Record

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

Date	Treatment Given
22.09.05 \$35 Teacher Pain-Mari/Euc Mas Music Mixer 1-16	S - Client had regular massage before. Osteo told her R side enlarged b/c compression. dbr L leg length difference v. fit person. Feet have heel spurs on them. Sore feet + neck tension. Has flu @ mo. ITBs tight from running. O - Client's R side more enlarged / dominant. L gluteals / iliac region + errec spinae v. tight. Traps taut esp @ scap insertion. Traps congested esp R but both bad. Rhomboids v. knotted - entire length of scap border knotted. ITBs v. tight / congested. Hammies solid ^{pecs knotty} muscle. Good pliable skin, healthy + easily spreads oil - use minimal. A - FB (- stomach). Heat used. Triggers occiputs / rhomboids / gluteals (tender) / ITBs / Sacral hammies + feet. Used firm pressure - did sports style rub. Girec Spinae - L iliac region + traps really responded well to treatment. Fingers quite highly neural. P - work on pec stretch - coming 2wks. Talked - compensation of muscles: how massage will help prevent injuries + also take strain off some of her muscles.
08.10.05 \$45 Mr 5 Pain-Pop/Basil Rose/Ced Mas Music Cup lan Cam Smith 1-17 12:30pm Sat Lav face crest WAVE Chris Heron card + lux	S - Client felt a little tender in traps for 1-2 days > last massage. Legs / shoulders. O - Client's R legs tighter, hammies congested esp in R. R calf tighter medially. Ankles clicking lots. R gluteal tight but both tight. R scap / rib cage not as enlarged today - nothing more even with L. Rhomboids both knotted esp R. Traps taut @ scap insertion. R ant leg tighter. Tib ant. it esp L (shortened side). Pecs taut / pulling "Knotting" on L cervical vertebra. A - FB (- stomach). Heat used. Triggers for rhomboids / occiputs / gluteals / traps / hammies (sacral). Winged nerve stretch - less extension in R. Stretched calves Ant neck # to ea side. P - Neural neck nerve stretch - head to side fingers up. Client also does slump stretch @ pilates. Recum seeing Chris Heron before she sees me again - check cervical vertebra. Advised drink H ₂ O.
29.10.05 \$45 Mr CASH 15 free - b'day Relax - ger/ora / lav Girls Mas Music 2-20 1pm Sat. Lav face Crest	S - client went to Chris Heron - mid-thoracic sitting v. badly. some Cen vertebra out too - feels much better, happy with his treatment. Traps been a little sore. O - LEGS -> L tib ant tight. L quad tighter. R hammies tighter. Calves tight / tender. ARMS -> Forearms taut. fingers more relaxed this week. R Pect taut. NECK -> NO poking vertebra. R trap v. congested, ant trap + cervical twangy. (BACK -> Scaps much more even! Errec Spinae little taut. R Rhomboids more knotted (tender)). HIPS -> Gluteals taut, Gls little tight - both of them. A - FB (- stomach). Heat used. Extra time spent on everything to lengthen massage time to 15mins. Triggers occiputs / rhomboids / gluteals / ITBs / hammies / pecs. lat stretch. winged nerve scap -> gentle b/c sensitive to P - See Chris heron when she needs to, look after self. Feels she has lots more energy being aligned / relaxed muscles / bones.
19.11.05 \$45 Au credit Pain - Lav face Crest V anis - H Therap -	S - Client back been a little sore, otherwise feeling great. O - LEGS -> R hammies tighter. R hammies feel great. R quad tighter. BACK -> side little more enlarged (better than 08/10) - R rhomboids. NECK -> ant trap more congested + L spin cap tight. L SCM tight. HIPS -> gluteal taut. @ L errec spinae - tighter. A - FB (- stomach). Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / hammies / pecs. lat stretch. winged nerve scap -> gentle b/c sensitive to P - See Chris heron when she needs to, look after self. Feels she has lots more energy being aligned / relaxed muscles / bones.

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Date

Treatment Given

12.12.05	S - Client had stiff neck 2wks ago - took 2-4 days to heal
\$45 Inv	R ITB v. sore - stretch ⁹ not enough. Used ice on neck
Relax -	O - LEGS - R hamstrings/ITB/TFLs tighter. Hip flexors + quads R tighter
6/11/06	BACK - Rhomboids knotted. Lev scap tight. errec spinales/lumbar t.
2pm Mon	NECK - Pecs v. congested esp R. R trap v. congested tight. both scap v. tight
(school hol's)	HIPS - R QL tighter. R gluteal tighter. both gluteals v. congested
22°C	A - FB(- stomach) - arms. Heat used. triggers rhomboids/occiputs,
Enya 05-09	gluteals/ITBs/R hamstrings. winged nerve scap stretch. Scalp release
	esp R occiput region. Lots of shoulder/neck/leg congestion
	P - Recom heat to area now to relieve congest ⁹ + stretch ⁹ neck/pecs
	with neural + muscular stretches to lengthen shorter
	muscles that have had some trauma. Recom relax ⁹ over
	holidays + take ⁹ soaks in bath (hot) - help muscles see new
01.06	S - Client been stretching neck + using heat. Neck still little sore
6/11/06	ITBs tight Back to school next week (3 days)
Relax -	O - LEGS - Hamstrings v. tight/congested esp R leg. Calves taut esp medially
Oral/11/11/06	BACK - R rhomboids v. knotted. L lev scap + splin scap tight.
1pm Fri	NECK - Traps both v. tight. scaps taut. L trap more bulky/fat
(school hol's)	HIPS - QLS taut esp L. L errec spinales lumbar v. tight.
23°C	SKIN - Vasodilated @ mid-high thoracic
Ken Davis	A - FB(- stomach) Heat used. triggers rhomboids/occiputs/gluteals/wing,
	nerve scap + quick calf + hip - trigger points + calf stretch. Scalp
	massage. Fairly firm pressure. Ion of flowing stroke to relax
	P - Recom continue heat + stretch ⁹ esp when necessary
18.02.06	S - Client's ITBs been v. sore. tone extra classes this week
\$45 Inv	R side ITB v. sore esp near quad proximal to knee
6/11/06	O - LEGS - Hamstrings esp medially + ITB - L hip - leg tighter. R quad
13/02/06	BACK - Errec Spinales v. tight lumbar - mid-thoracic. Rhomboids v.
13/02/06	NECK - Traps v. taut but feeling better than 13/01
Music tunes	HIPS - QLS L v. tight. Gluteals E - tight. L - tighter
4pm Sat	SKIN - v. vasodilated back skin. Well nourished/moistured
to late. 22°C	A - FB(- stomach) Heat used. triggers rhomboids/occiputs/gluteals
(@conference)	hamstrings (sciatica). winged nerve scap - calf + hip - ankle
	stretch. Scalp release. Arms massaged prone. Worked legs hard
	esp v. tight. Thoracic region been stiff wonderfully relieved since then
	P - Recom. stretching ITBs + hip flexors. heat when necessary
01.04.06	S - ITBs + neck been sore - "usual suspects". work ⁹ client not
\$35 - 5th	hard. holidays up soon. (phenomenal pain since)
10 - on time	O - LEGS - L Quads/Hip flexors/TFLs v. tight. Hamstrings medially + ITBs v. tight
Alend-Sports	BACK - Errec Spinales taut esp L. R rhomboids/traps v. tight
5/11/06	NECK - Lev scap jnc esp R v. tight. Calves v. tight esp R
Saxophone	HIPS - QLS tight. Gluteals v. tight esp R. Insert ⁹ tender/tight
music	SKIN - Supple/well-nourished. Warmth - from ginger?
22°C	A - FB(- stomach) Heat used. triggers rhomboids/occiputs/gluteals
	ITBs. winged nerve scap + calf + hip - ankle stretch. Scalp
	release. Arms prone. Worked legs v. hard - esp post-exercise
	P - Recom. concentrate on stretch ⁹ hamstrings + legs b/c tightest
	they have ever been

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22.04.06 \$45 CASH HR5 Sports - Ging/Lime Modern Music 33-50 Lav face 10 sat 5 late	But sore after last massage when used v.d. prepure on legs S - Neck/shoulders been OK, ITBS v. sore + pulling on knee Running on road lately (inard, leary) + stretch. Usually runs on firm O - LEGS - hamms + ITBS v. tight esp R, L Quads tighter. TFLs tight BACK - L vertebrae spinae tighter. Qls both tight. ITBS adhered NECK - traps tighter, traps ^{feet} ok - some tension Rhomboids tight HIPS - L Qls hip flexors piriformis v. tight SKIN - vasodilated legs + back. Supple/well nourished A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals ITBS/hamms (suaical). winged nerve scap + calf + hip → ankle stretch. Arms prone. Most time spent on lower body - legs pto 20mins, 15mins ant legs. No time left for ant neck just did scalp to finish off with P - person stretching gluteals + ant hip flexors to help Lax ITBS. Get someone to check over running style
27.05.06 \$45 CASH Inv3 Sat Blend - Pam 30m 20min Jape Denley Lav face	S - client been feeling better esp in legs + shoulders/neck O - LEGS - Hamms R more cong, ITBS tight - both - quads + BACK - ES tight ^{esp} Rhomboids tight, back s. # even NECK - traps tight esp L. Pecs tight scms tight HIPS Qls + gluteals tight. Quads tight + HF tight SKIN - vasodilated to back - even legs. Feet ticklish/klo A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals/ITBS ITBS/hamms (suaical). winged nerve scap + calf + hip → ankle Arms prone managed scalp + m. Overall, client feels so much better than previous visits (len strain) - she notice Continue stretching + look after herself diff too
07.06.06 \$45 CASH Inv. Pain - Basil/Lav Cici T. D. H. Yung 11pm 10min on time	S - client been feeling little sore in lx b/c of clean (spongy clean) in hold. Back to work next week O - LEGS - ITBS esp L v. tight calves tight, hamms cong BACK - ES tight esp L. Rhomboids esp R tight NECK - traps tight esp L shortened, scms esp R tight HIPS - Qls tight both sides esp L, gluteals tight SKIN - scms vasodilation. Supple/well - nourished/hydrated A - FB/stom, -ant neck. Heat used. Triggers rhomboids/occiput/gluteals ITBS/hamms (suaical). winged nerve scap + calf hip → ankle + arm → ground. Arms stiff when manage prone legs stiff too. Client talked while legs managed then relaxed. Body responded well. anything P - water + enjoy day today - sunny + warm yet windy. See next month on Sat - she took down date 10/6 when I am away for training

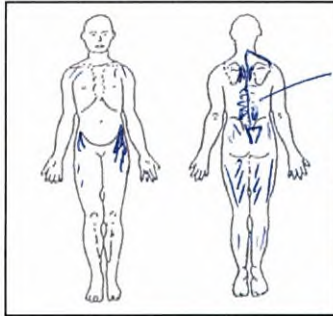
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NOTE FOR FUTURE REFERENCE:

TREATMENT NO. 9 S = client been feeling good - usual spots sore but "nothing jumping out" that's hurting

DATE: 05.08.06
TIME: 10.30am - 1hr.
PAID: \$45 CASH
REC.No: 610
AIR TEMP: 23°C
MUSIC: Guit Modern 65-80
FACE CREST: Pepp
OIL BLEND: Sports
(Ger / Grape) /
NEXT APPT: Sept 16th 3pm



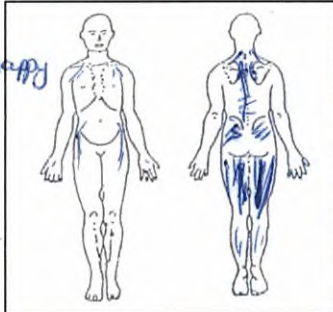
O/A: ITBs tight esp medially. HFs ant v. tight esp L. Traps cong + tight - Hammies tight. L-tight right Rhomboids tight esp R (left higher side slight ES taut, some cong. Pecs taut. Glutes taut, gluteals esp L-taut. Some rotat of sacrum - some vasodilation, feet cold.

FB(-stom) Heat. trigger rhomboids/occiput/glute/ITBs/hammies winged scap + calf + hip -> ankle + neural arm stretches. Scalp + TMJ release. Tr prone. Client's nose v. runny prone (poss. of den. effect). Client's legs v. tense - prone + supine + arms started tense, relaxed pressing & relaxed. Breathing heavy when supine - blocked nose + relaxed!

P = See Sept. Enjoy weather + take care doing classes @ gym (1 sat per month)

TREATMENT NO. 10 S = client been feeling good. longest term v. busy. just taught class @ 1pm. Gym opening day - v. busy today. usual spots sore

DATE: 09.06
TIME: 3pm Sat
PAID: account \$25 - v. happy
REC.No: 667
AIR TEMP: 22°C
MUSIC: Enya 2
FACE CREST: Pepp
OIL BLEND: sports
serif / orange
NEXT APPT: 28th Sept 995



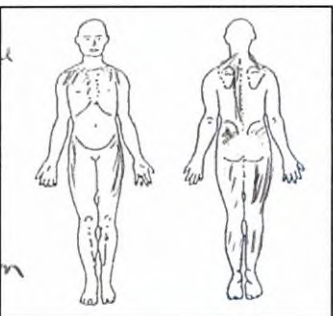
O/A: Leg difference noticeable today ITBs tight esp R. Trs taut. Glutes esp R-tight Hammies taut Pecs taut. Splin caps taut Rhomboids taut esp L. ES taut esp L. Microscopically skin - v. vasodilated feet red

FB(-stom) Heat trigger rhomboids/occiput/glute med + piriform hamstrings/ITBs/psaos stretch. Arms prone + stretch. Scalp + TMJ - quick release. Winged scap ok. Client felt v. relaxed after. Held legs stiffly but upper relaxed - sitting & feeling the best it's felt.

P = Reconc H2O today & relax. Discussed podiatry & how Steve Lynch helped her shoes & heel gus

TREATMENT NO. 11 S = client been feeling ok - working hard - already week 3 school lots to get done before end of the year

DATE: 08.10.06
TIME: Sat 9.45 - continue
PAID: \$45 CASH
REC.No: 748 (741)
AIR TEMP: 22°C
MUSIC: Enya II
FACE CREST: Pepp
OIL BLEND: Relax
serif / orange
NEXT APPT: Sat 2nd @ 3pm



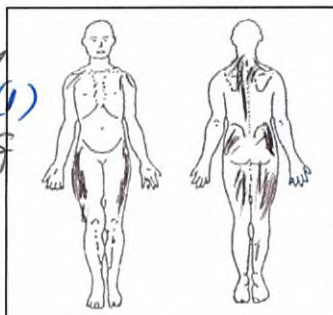
O/A: TMJ taut & twitchy. L ES tight & short, R overdeveloped. Glutes taut esp R. Rhomboids tight. Upper traps taut. Pecs tight. Latiss taut, R high tight esp SINIST. ITBs tight esp L. Skin - v. vasodilated back. Feet - toes callused / cracked

FB(-stom) Heat trigger rhomboids/glute med/occiput/piriform hamstrings winged scaps OK. Nerve - arms prone stretched. Trs managed prone. Scalp + TMJ - quick. Feet in GFC up + 1 rhomboids/intercostals deep like stuff esp spine. Client talked @ start then relaxed for remainder - body feeling less tense overall - body going well.

P = Sending her hubby for 4mt. Discussed difference regular marriage has in looking after body

TREATMENT NO. 12 S = client been little sore in neck + ITBs esp R side sore end of yr coming up in 5 days - been a busy year!

DATE: 02.12.06
TIME: Sat 3pm - Seardy
PAID: 1hr \$45
REC.No: GV Prepaid (1)
AIR TEMP: 24°C
MUSIC: Kenny G
FACE CREST: Pepp
OIL BLEND: Sports
NEXT APPT:



O/A: L lev scaps taut + sup spin taut. Rhomboids tighter. ITBs v. tight. Pecs short. Glutes taut esp med. Piriform esp R TP tender. Traps taut but feeling. Neck ant-taut. Rhomboids tight but better than usual (esp L). Skin - Vasodil back. Good quality, supple.

FB(-stom) Heat. TP rhomboids/glute med/piriform/ham/ITBs. Winged scap ok. Nerve arm stretch. Scalp + TMJ + ES + sacrum + rhomboid front. Lots of humming noises. Client quiet throughout, talked a little while doing legs. Feet great after. Body really feeling good @ mo esp upper mts

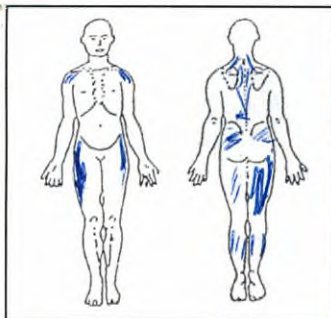
P = Discussed improvement in client's body since started Spring away on holidays overseas

18.12.06
P CNL

TREATMENT NO. 13

DATE: 05.01.07
TIME: 1130 - on time
PAID: 1hr \$45 GV II
REC.No: Prepaid
AIR TEMP: 23°C
MUSIC: Act Don Mcg
FACE CREST: Lav
OIL BLEND: Sports
Reem/Ging/Keme
NEXT APPT:

S = client's R hamie strained + sore - been gradually getting better. calves been v. tight



O/A:
@/esp L taut. Hams (R) v. cong + tight.
Traps taut. ES taut. Lev scaps taut
Hips uneven. ITBs tight. + upper body shorter.
Rhombos tight. L glute taut. Pecs taut.
Skin - some vasculature. Quad attachments v. tight

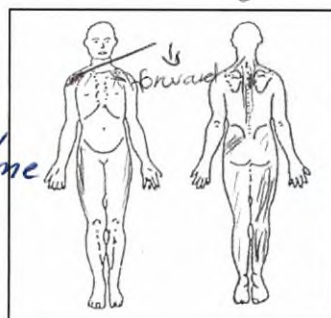
FB(-stom) Heat. TP rhomb/hamis/ITBs/lev scaps/traps. winged scaps ok. Arms prone managed + stretched. Scalp/Trm/rhomb/ITB frictioned.
client quiet throughout most. Legs held stiffly. JL legs prone + arms prone. Client's body felt less tense discussed altering body mechanics when injured/sore.

P = Reem PNF stretch hams not static b/c still v. tight + tense + will better improve receptors response. Next time check response

TREATMENT NO. 14

DATE: 09.02.07
TIME: 430 FR
PAID: 1hr GV II
REC.No: -
AIR TEMP: 23°C
MUSIC: Yanni-mixed
FACE CREST: Lav on time
OIL BLEND: Lav
NEXT APPT:

S = client been feeling good - usual things little tender - been running harder + trying load. Calves tight



O/A:
Overall upper - best its been. Th Ants
qls taut. R ac slightly forward / rounded shou
Traps taut. esp L. Calves esp R tight
Rhombos R tight. Pecs taut.
Skin - v. vascular rhomb.

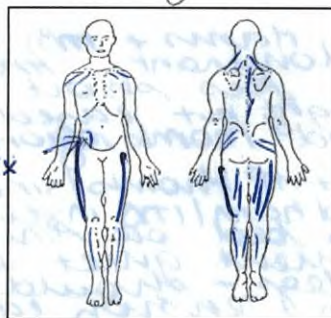
FB(-stom) Heat. TP rhomb R. ES/rhomb/trap
qls/ITBs. winged scaps ok. Arms prone
stretched + managed. JL arms/legs.
client quiet thought - "v. relaxed" after
deep breaths + almost sneezing

P = Reem continue current regime - feeling the best she's been esp upper, coping with lower leg/ted load v. well

TREATMENT NO. 15

DATE: 09.03.07
TIME: 430 FR
PAID: 1hr GV IV
REC.No: -
AIR TEMP: 22°C
MUSIC: Get's Mod-girls mix
FACE CREST: Lav
OIL BLEND: Lav
NEXT APPT:

S = client's usual spots sore - feeling good otherwise work busy and quite stressful.



O/A:
Pecs short. esp R. Lev scaps taut
ITBs tight. Some rotatⁿ R hip ant
ES L taut. qls taut. esp pm/med.
Rhombos esp L taut. qls taut
Skin - some vascular back. Lots flowing state

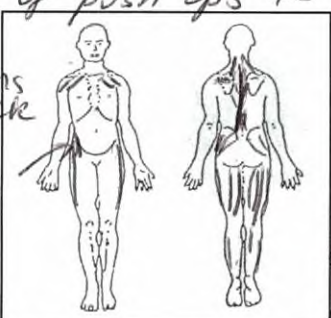
FB(-stom) Heat. TP rhomb/glute med/ham/ITBs/lev scap. winged scaps ok. Arms prone managed + stretched. JL legs. ES/rhomb/sacrum
upper half v. good - most balanced
less tense its been. client fairly quiet
throughout - deep breathing. by end

P = Reem do some neural slump stretching

TREATMENT NO. 12 PAID

DATE: 13.04.07
TIME: 3pm FR CASH
PAID: \$55 1hr + 5mins
REC.No: 977 Tr Rack
AIR TEMP: 23°C
MUSIC: Acher Bill
FACE CREST: Lav
OIL BLEND: Relax
Lav/977/1era
NEXT APPT:

S = client been sore in the neck esp R side - 'pinched' her trap when talking about it. Doing fitness challenge - lots of push ups + sit-ups



O/A:
qls esp L med tight. Right rotatⁿ hips
qls tight esp L. Hams taut esp R. Calves taut
IS tight + short. esp L. ITBs tight esp medial.
Rhombos esp R tighter. Pecs short.
ES taut esp R larger - L shorter. ES but R raises
Skin - some vascular back. qls tight. feet
feeling

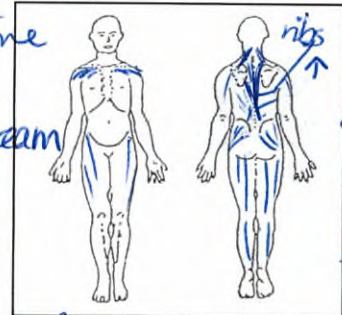
FB(-stom) Heat. TP rhomb/glute med/ham/ITBs/lev scap. winged scaps ok. Arms prone managed + stretched. JL legs. ES/rhomb/sacrum
some Ms + S. JL legs prone. client quiet
throughout. Lots flowing state, firm pressure
upper taut esp traps short + quite puffiness post
client happy after - body v. opened with
stretch - liked arm extension

P = Reem client do some stretching - Tr upper stretch over ball esp when doing lots of push ups!

TREATMENT NO. (17)

DATE: 01.06.07
TIME: 4:30 FRI - ontime
PAID: \$55 CASH
REC.No: 1035
AIR TEMP: 22.0C hr
MUSIC: Kanni - Dave Dream
FACE CREST: slat
OIL BLEND: 4/1/1 lav / orange

S = client been doing report cards - neck sore legs been better since started RPM + running



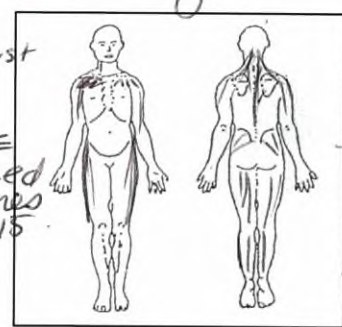
O/A: Hams taut. Calves taut
Traps upper taut + short
Lats taut esp L. V. stiffly held body
ES taut esp L. Sides taut. Pecs short
Rhombos taut - better than normal
Skin - vasod back. Quads taut

FB (stom) Heat. TP rhomb/ham/ITB/sinus
ES/rhomb/glutes/lats/lscaps. Arms prone MS + ST. Winded
slaps on bed. R arm chky. Client quiet
fell most of manage sleep by end - v. deep
breathing. Body sets well except for R Tx

P = Remon client see Chris Henson if not feeling quite right b/c R Tx Tx. high

TREATMENT NO. (18)

DATE: 06.07.07
TIME: 11:45 FRI 1hr just
PAID: \$55 CASH
REC.No: 2004
AIR TEMP: 23.0C
MUSIC: Norah Jones
FACE CREST: Mixed
OIL BLEND: Lav 17. 1-15



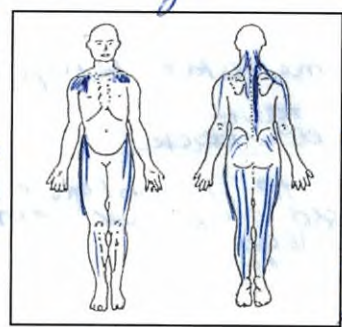
O/A: Deltoids taut. Traps esp upper taut
Lscaps taut. Hams taut.
Pecs esp R tender + cong. Traps upper taut.
Lscaps taut. Sides taut. ES taut esp L.
Rhombos taut. Pecs taut.
Skin - v. vasod rhombos. Feet cool

FB (stom) Heat. TP rhomb/ham/ITB/sinus
ES/rhomb/sacrum. Arms prone MS + ST. Winded
slaps on bed. Client quiet for so. e
deep breaths. talked pregnancy +
contraindications/treatment etc. Body
feeling good - responded well

P = Remon client take care - continue manage for pregnancy

TREATMENT NO. (19)

DATE: 03.08.07
TIME: \$55 CASH
PAID: 4:30 FRI 1hr
REC.No: 2061
AIR TEMP: 23.0C
MUSIC: Norah Jones
FACE CREST: Lav 17.
OIL BLEND: Lav 17.



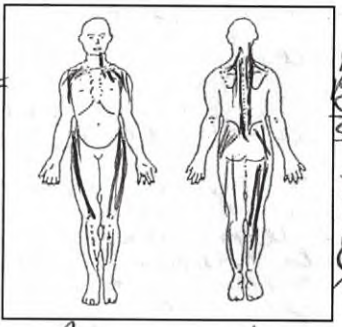
O/A: Traps upper, Hams + ITBs tight
R ES more dominant. HFS taut. S med +
traps taut. Pecs short. Lscaps short
Rhombos v. tight but eased quickly + well
Skin - v. vasod rhomb region

FB (stom) Heat. TP rhomb/sinus/traps
ES/rhomb/ham/ITB/inset
single scaps bed. Arms @ MS + ST + VL
slaps @. Client quiet for most
remedial legs + shoulders caution R
legs Lx region + Ten non eased + softer

P = Discussed listening to her body - not doing too much if not feel well

TREATMENT NO. (20)

DATE: 14.09.07
TIME: \$55 CASH
PAID: 4:30 FRI - 10 late
REC.No: 230C 1hr 5
AIR TEMP: 23.0C
MUSIC: Mod curls
FACE CREST: Lav 17.
OIL BLEND: Mandi Tang



O/A: Black eyes - looks v. tired
Wider girth. Softer skin
Hams/calves taut. ITBs tight esp R
Rhombos taut. Lscaps short
Upper skin - softening really. ES taut
Skin - vasod rhomb region. V. warm

FB (stom) Heat. TP rhomb/sinus/traps
ES/rhomb/ham/ITB/sacrum
winded scaps bed. Arms @ MS + ST
positioning comfortable. Pelvis tilt
on back @. Client responded well -
body softened well. Best she's felt in
a while gentle pressure elicited big
response

P = Remon heat for 10mins on back esp @ night
Next time get pregnancy blend for her

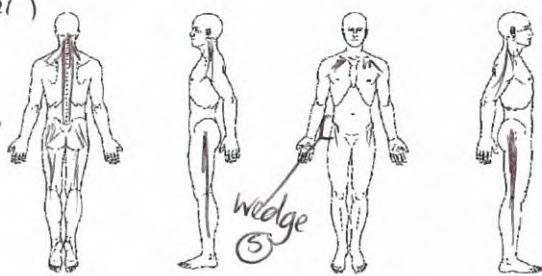
TREATMENT NO. 1

S = Client been feeling OK - back been better
Tired from school - on hol's now

DATE: 02/10/07 (21)
TIME: 1145 Tues lhr
PAID: \$55
REC.No: 1200 CASH
AIR TEMP: 23°C
MUSIC: Guitar Tunes
FACE CREST: - sl/49g
OIL BLEND: 1%
Tang/mand

NEXT APPT:

100ml given
Tang/mand
1%



O/A: Body not as stiff s/l
Feet short. Traps tight
Glutes tight. Spin + med
L'scaps tight. ITBs tight
ES tight. DLS tight
Rhomboids tight. Deltoids tight

FB(-stom) Heat. Rhomboid/med
ham/ITB/sacrum. Arms ⑤ Ms + St
Legs ⑤ + S/L Ms. Relaxed by
time on 2nd shoulder. "Different
to preg Ms. Feat good after -
talk more next time (husband
there so not able to talk much
after)

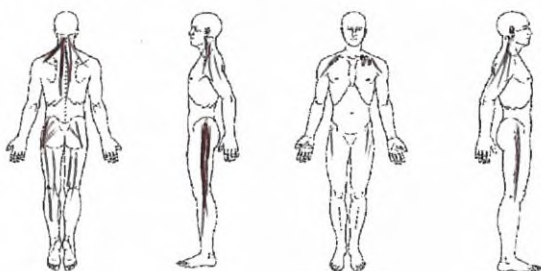
P = Reom client use preg blend (tang/mand)
T husband can use on her too

TREATMENT NO. 2

S = Client been feeling sore in upper body - traps/shoulders
neck. ITBs been sore. Still teach/runs/classes
he been on

DATE: 02/11/07
TIME: FRI 430-5eady
PAID: \$55 lhr 5
REC.No: 1244 CASH
A: 22°C
MUS: Steve Helsen
FACE REST:
OIL BLEND: 1% Tang/mand

NEXT APPT:



Deltoids tight
QLs tight. S' med tight / Ant/leg.
ES tight esp L. Pees short
Up traps tense + cong. mtenx
Rhomboids cong + tight.

FB(-stom) Heat. Rhomboid/glutes,
GT/ITB/ES/sacrum s/l. 45° ⑤
FE Arms ⑤ client quiet for
most - body leg tense after
xob flowing strokes,
PT/Remedial ITBs/shoulders

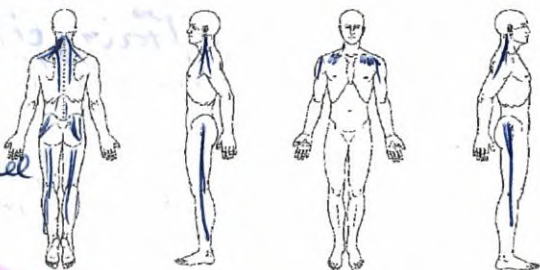
P = Reom client continue (100ml of preg blend) b/c
skin v. dry @ mo

TREATMENT NO. 3

S = Client been feeling sore in usual spots - ITBs
+ shoulders. Finished reports + school now

DATE: 14/12/07
TIME: FRI 1145 - on time
PAID: lhr \$55 CASH
REC.No: 1329 lhr 2
AIR TEMP: 23°C
MUSIC: Ian Cam Smith
FACE CREST: 1/1
OIL BLEND: 1% Tang/mand

NEXT APPT:



O/A: S' med short + tight
Hams/Calves tight
ITBs tight. GT tight. Quads/ham
Pees short. ES L tight
Rhomboids tight esp L. QLs tight
Traps up short + tight. MN tight

FB(-stom) Heat. Rhomboid/med
GT/ITBs/traps. mixed xap on
s/l. 45° ⑤ Arms + legs. Client
talked throughout + everything
discussed postnatal Ms
+ body/skin care durg/7 preg.
It discussed baby ms.

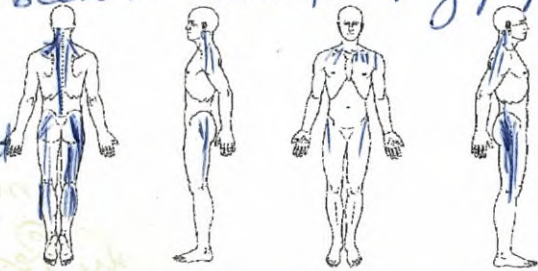
P = Discussed self ms tummy nightly with preg blend
Reom stretch with care

TREATMENT NO. 4

S = Client been feeling pain in R hip/Lx/hammy
physio said from hamstring. Sym/Plates/teaching
step with Lx belt for support
Been 1st class for preg prep.

DATE: 11/01/08
TIME: FRI 1030 lhr
PAID: \$55 90
REC.No: Paid
AIR TEMP: 23°C
MUSIC: Enya I
FACE CREST: Nu
OIL BLEND: 1% Tang/mand

NEXT APPT:



O/A: Quads R tight
ITBs esp R cong. R GTV cong
Deltoids tight + varicose
Calves tight. X'riams short
Rhomboids tight. Ham/esp R
Traps up short + tight. Tight

FB(+stom) Heat. TP rhomb. Fe
ES/spin/med/GT/ITB/ES
bringed arms over tower - ⑤ m.
+ St + L. Client quiet
for most. V. cong R side
holding tight

P = Reom client self ms tummy. showed her strokes
discussed stretching + using belts following
physio exercises. Next time labour blend

Baby on
21/01/09

\$950 + 840
15/01/08

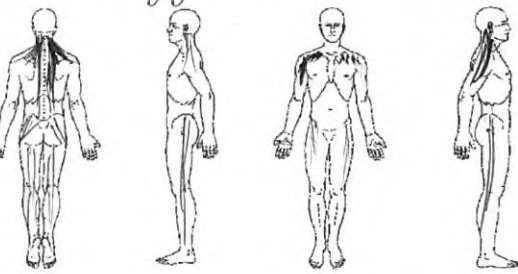
TREATMENT NO. 25

DATE: 14.02.08
TIME: Thurs 1hr 5
PAID: \$60 CASH
REC.No: 1310
AIR TEMP: 23°C
MUSIC: Yanni - mirror
FACE CREST: - own time
OIL BLEND: Mandi/Tang

NEXT APPT: _____

Carpal Tunnel @ present

S= client been feeling good after 5'2hr natural delivery. no stitches or complications or epidural. 6 weeks early. Back @ gym. breast feeding hourly. Jogging a little. R traps tight - both tight. Deltoids R. (R) AC tighter. 2 traps short esp (R) Pectorals ES tight esp (R) MBs tight esp R Rhomboids tight esp R



FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body less tense after. Everything still soft. No heat/ath/redness - feeling +

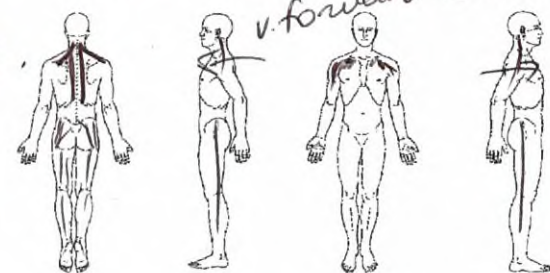
P= Revmom client feel baby on chest in bath, showed lumbar vibrations + kneading. Revmom RICE R on hands gentle stretching + bandages for wrist

TREATMENT NO. 26

DATE: 07.04.08
TIME: 14.04.08
PAID: \$60 CASH
REC.No: 1420
AIR TEMP: 23°C
MUSIC: Yanni - white
FACE CREST: - own
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: _____

S= client been feeling tight + sore in shoulders/neck. Started planes (3 per week) teaching pump. Some occas. tingling + carpal tunnel. P traps short + tight. Ant tight. Deltoids tight esp (R) bulky. QLS tight. MBs tight. Pectorals ES tight. Deltoids tight. Rhomb region comp + tight.



FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet for most. Tension less again for deep breaths/legends upper

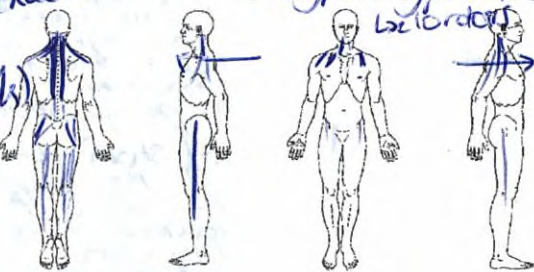
P= Discussed getting into extension + using heat pack when breast feeding

TREATMENT NO. 27

DATE: 19.05.08
TIME: Mon 230
PAID: 1hr 15 CASH
REC.No: 1473
AIR TEMP: 23°C
MUSIC: Acher Silk II
FACE CREST: Pepp
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: _____

S= client's @ wrist sore over last couple of days. Neck/shoulders mainly sore from breast feeding. Tx Rack. v. hypertrophy. Deltoids.



O/A: AC both v. tight/comp + dets traps short + tight esp R. Mid traps. P traps (R) comp. QLS tight. Pectorals tight. Rhomboids comp + adhered. MBs tender esp L. RICE shoe.

FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body less tense well with cone after + opened from rack.

P= Discussed client to per stretch + posture wall check several times daily. Heat on neck/shoulders

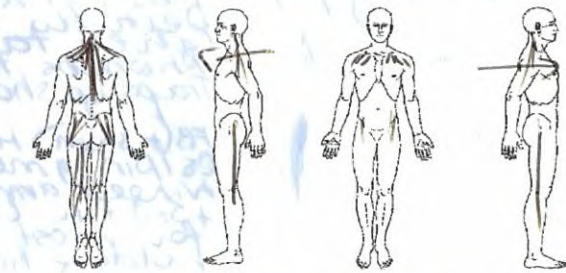
Referral 12/06/08
Melissa Kerner ✓

TREATMENT NO. 28

DATE: 23.06.08
TIME: Mon 1pm
PAID: 1hr 15 \$60
REC.No: 1510
AIR TEMP: 23°C
MUSIC: Le Noel Paul
FACE CREST: Pepp
OIL BLEND: 1/2 Mandi/Tang

NEXT APPT: _____

S= client been feeling tight + sore in shoulders/neck region. @ Carpal tunnel - trapping/icing while Red.



O/A: Ham/Calves tight. AC R. P traps short + tight. Deltoids short + tight. P traps short + tight. Ham tight + Calves tight. Rhomb region comp + tight.

FB (stom) Heat. TP rhomboids traps ES/rhomboids/mid traps need scaps bed ok. Arms (P) MSO+ST+LT illegal (P) client quiet throughout. Body responded well - leg tense after

P= Discussed per stretch + testing posture daily + using ice/shopping on wrist

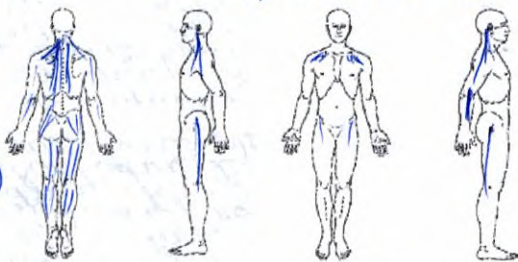
20/10/08

TREATMENT NO. 29

DATE: 14.09.08
TIME: 1pm Mon
PAID: \$60 Inv CASH
REC.No: 1541
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Jay
OIL BLEND: 17. Mandi Tang

NEXT APPT:

S = client been feeling pain in R thumb + Extensors +
① wrist started hurting so physio said
Tx Rack ② mins pillow, 1 1/2 no pillow to stretch



O/A: trapezius short + tight - relaxed
Deltoids short + tight - flexion tight
traps up short + short + DLS - wrist
TBS tight - esp L - Teres tight.
ES tight + Cong. Pecs short + tight
Rhomb region Cong + tight.
FB (stom) Heat TP rhomb/med/ham/leg
traps/sinus. Fix same + ES/EL/Scap/Tran
wired traps bed on. Arms (S) Mts +
Jugs (S). Arms V. tight + tender
Client quiet throughout Body less
tense after. Shuff legs against gym.

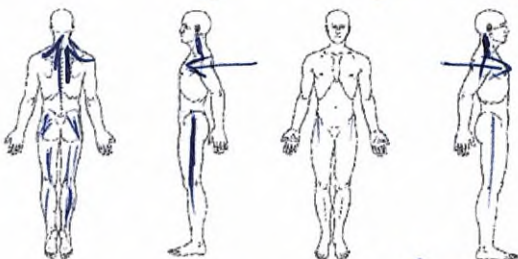
P = Showed client how to sup - ms using elbows/forearms
Relom ICE + strap + stretch daily. Refer to Ms Jordan

TREATMENT NO. 30

DATE: 18.08.08
TIME: Mon 1hr 5. \$60
PAID: 1675 CASH
REC.No: 1675
AIR TEMP: 23°C
MUSIC: Piano music -
FACE CREST: Pepp Van
OIL BLEND: Pepp Van
Mandi Tang

NEXT APPT:

S = baby 7mths, 6kg - heavy to hold been sick so Tse hold?
① shoulder but stiff. ② wrist v. sore - not bad
enough for physio though



O/A: Deltoids tight + med tight
traps up short + bulky esp R
L traps short + tight
TBS tight. Pecs v. short/tight esp R
Hams/Calves tight esp R side
Rhomb region Cong + tight + v. sore R
FB (stom) Heat TP rhomb/med/ham/leg
traps/sinus. Fix same + ES/EL/Scap/Tran
wired traps bed on. Arms (S) Mts +
Jugs (S). Arms V. tight + tender
Client quiet throughout - Body less
congruous. Improved ROM. relaxed
some, relaxed, deep breaths

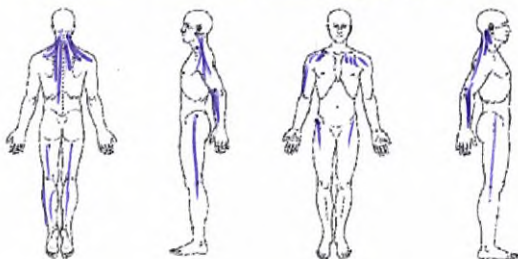
P = Discussed self-care of carpal tunnel + of shoulders/body
being weekly FB Baby Ms. 3 classes. working up spin class fitness
Relom pec stretch? posture check on chin

TREATMENT NO. 31

DATE: 29.09.08
TIME: 1pm Mon
PAID: \$60 Inv
REC.No: 1611 CASH
AIR TEMP: 23°C
MUSIC: Sample music
FACE CREST: Pepp Van
OIL BLEND: Jay/Mandi
Relax i.v.
Peg

NEXT APPT:

S = client been feeling tight in neck + shoulders +
carpal tunnel ring. FB feeds. baby heavier now
client looks heavier set + hyper kyphosis (w/ought today)



O/A: Pecs v. short + tight
DLS short + tight. q. med tight
ES tight + Cong + short. TBS tight
Hams/Calves tight. Deltoids esp R
Rhomb region Cong + tight
FB (stom) Heat TP rhomb/med/ham/leg
traps/sinus. Fix same + ES/EL/Scap/Tran
wired traps bed on. Arms (S) Mts +
Jugs (S). Arms V. tight + tender
Client quiet + sleeping throughout
Legs stiff. relaxed after Ms

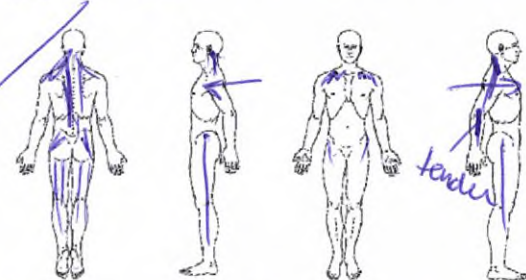
P = Gave lavender Apr sheet + LTS book
Pump class teach + doing 4 classes incl new spin class this week

TREATMENT NO. 32

DATE: 29.10.08
TIME: Tues 1pm
PAID: 1hr \$60
REC.No: 1437 CASH
AIR TEMP: 23°C
MUSIC: Mixed Ms Music
FACE CREST: Jay
OIL BLEND: 17. Prep
Mandi Tang

NEXT APPT:

S = client been feeling tenderness + pain in wrist R Decas
+ 'usual' places sore. Baby gett' heavier crawling now
BFeed still (almost)



O/A: L traps up esp short. L SCM tight
Deltoids tight esp R. D traps
Hams/Calves tight. TBS tight
Pecs short + tight. ES tight esp R
Rhomb region Cong + tight

FB (stom) Heat TP rhomb/med/ham/leg
traps/sinus/deltoid R. Fix same +
ES/EL/Scap/Tran/wired traps bed on
wired traps bed on. Arms (S) Mts +
Jugs (S). Arms V. tight + tender
Client quiet + sleeping throughout
Legs stiff. relaxed after Ms

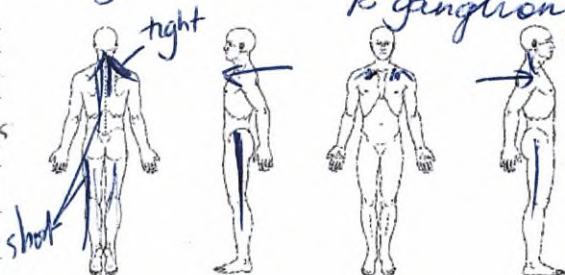
P = Relom client stretch pecs + flex/ext wrists. Ice 7 pump
have another LTS book

PCN 6/12/08 ✓

TREATMENT NO. 33

DATE: 15.12.08
TIME: Mon 1pm 6
PAID: \$60 CASH
REC.No: 1700
AIR TEMP: 23°C
MUSIC: Kenny G MOVIES
FACE CREST: Damon
OIL BLEND: 1/2 Rose
Mand/Tang
NEXT APPT:

Same running schedule + teach's schedule
S = Client been feeling tight in R shoulder/neck region. R forearm less tight b/c been ms + stretch's
R ganglion gone



O/A: R traps cong + tender. Quad Hamis + TBs tight esp L. Trap up short + tight. Deltoids R tight + cong. D's short ES tight + cong. Rhomb region esp R L tight.
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/deltoids. Winged traps bed on Arms @ MS + ST. Use Rom & feet v. relaxed after slept for some esp @ R shoulder & knee

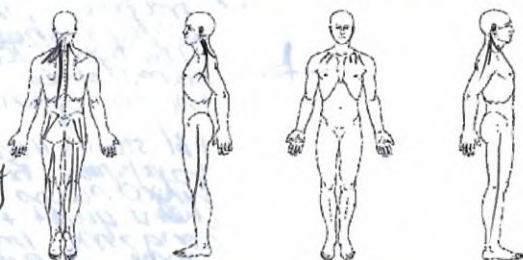
Gave 50ml

Body wash - x-mao

TREATMENT NO. 34

DATE: 12.01.09
TIME: Mon 1pm
PAID: \$60 CASH
REC.No: 0007
AIR TEMP: 23°C
MUSIC: Indian
FACE CREST: Nil
OIL BLEND: Pain
Sea Tree/Wet May
Tues 17th
NEXT APPT: 1pm

P = Re Rom also vera on dry hands
Discussed baby's separation anxiety & how it stresses her
S = Client been feeling tight + cong in shoulder (L trap) + got ache in neck - been using heat. Sym on thumb RE now instead of 2 sat claps



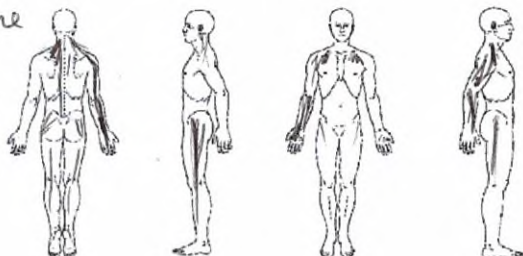
O/A: Deltoids tight esp L. Pecs short & tight. Trap up v. tight. D's taut. Deltoids taut. Hamis tight. Calves taut. Rhomb region cong + tight.
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/scap/scalp/ocaput/ASIS winged traps bed on Arms @ MS + ST. Use Rom & feet v. client for v. little stalked mostly the Rom neck > MS to L use C

P = Re Rom per stretch + use heat on shoulders. Discussed baby @ 12 mths now - can use aromatherapy / stop feed

S = Client been feeling tightness in usual areas Teach 9 x 2 Mon Thurs + Jordan. Running daily

TREATMENT NO. 35

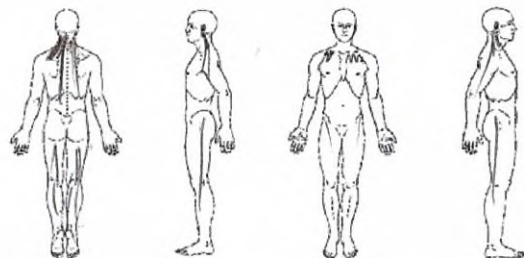
DATE: 03.03.09
TIME: Tues 1pm - on time
PAID: 1hrs \$60
REC.No: 0062 CASH
AIR TEMP: 23°C
MUSIC: Kenny G MOVIES
FACE CREST: 2/3
OIL BLEND: Sea/Grape Relax
NEXT APPT:



O/A: Pecs v. adhered. LTBsep tight. Traps up short + tight. Deltoids tight esp R tender. Traps tight + TBscap R tight. ES tight + short - esp L. Rhomb region cong + tight + vasc.
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/scap/winged traps bed on Arms @ ST + STMS + ST + UL. V. legs @ Quiet time. Body responded well - ven cong after MS. Relaxed

P = Discussed icing + stretch's for carpal tunnel - occur. Sharp/dull pain 24-48hrs ex

S = Client been feeling tight + cong in usual areas of shoulders esp L. Aches in back but not as bad as usual



O/A: Upper short tight. Traps tight esp L. Trap up bulky + short esp L. Deltoids tight esp L. D's tight esp L. ES esp right. Rhomb region cong + tight.
FB(-stom) Heat. TP rhomb/gline ham/TB/traps/sinus. Ex same + ES/D's/deltoids. Ocaput/scalp. Winged on Arms @ MS + ST. Use Rom & feet v. relaxed MS

P = Re Rom heat on shoulders/neck - Use lav for self - care refresh

DATE: 14.04.09
TIME: 1pm 45 min
PAID: \$60 CASH
REC.No:
AIR TEMP: 23°C
MUSIC: African
FACE CREST: Pepp
OIL BLEND: Sports
Sea/Grape/dune
NEXT APPT:

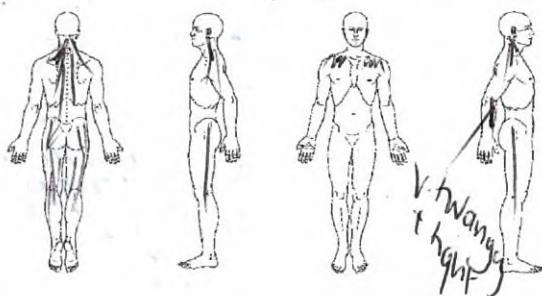
Spencer Lav 50ml for 35th

TREATMENT NO. 36

TREATMENT NO. 37

DATE: 19.05.09
TIME: Tues 1pm
PAID: 1hr \$60
REC.No: 188 CASH
AIR TEMP: 23°C
MUSIC: Natural
FACE CREST: Low
OIL BLEND: Relax
NEXT APPT:

S= client been feeling tight + cong in 'usual areas' (traps / shoulders) - shoulder sore from new clasp (step - hasn't done in V. long time)



O/A: Upper respnd
Hams tight. Traps tender
Traps up tight + cong
Neck short. Quad + cong
Traps p tight + bulky. Als right
Es tight esp L. Als L tight
Rhomb region cong esp L.

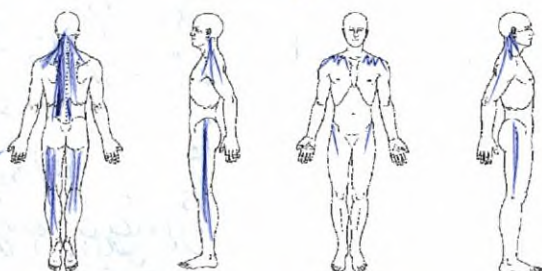
FB (stom) Heat TP rhomb/g/med
ham/MB/traps/sinus/L scap/tra
+ same + es/als/deltoids
wired on. Arms @ St + (S) MS/S
Quiet for most - snor @ end.

P= Reom client keep active with teach' clanes

TREATMENT NO. 38

DATE: 16.06.09
TIME: Tues 1pm
PAID: \$60 1hr 5
REC.No: 242
IP: 23°C
MU: Saxophone
FA: REST: Relax
OIL BLEND: Relax
NEXT APPT:

S= client been feeling tightness in Cx region / chest / shoulders tight > pump (break for past 2 weeks)



O/A: Traps / Traps tender
Lats L tight. Traps up bulk
Deltoids tight. Traps tight
Es tight + cong. L esp + Als
Rhomb region cong + tight L.

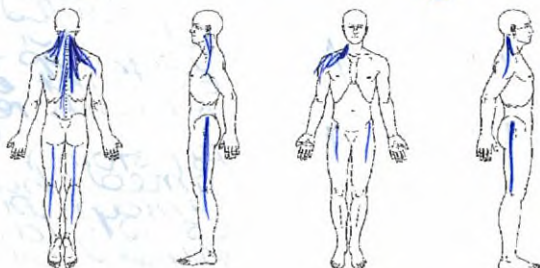
Arms @ St + (S) MS + St + VL
FB (stom) Heat TP rhomb/g/med
ham/MB/traps/sinus/L scap. +
same + es/als/deltoids/trap
wired on. Quiet for most - sleepy @ end.

P= Reom client get in H2O to help hip recovery

TREATMENT NO. 39

DATE: 16.06.09
TIME: Tues 1pm
PAID: 1hr \$60
REC.No: 283
AIR TEMP: 23°C
MUSIC: Miyagi
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT:

S= client been feeling tight + cong in R upp trap
Tough pump + body sore after that in shoulder some stiffness



O/A: L scaps tight / cong
Deltoids tight. Traps tight +
Als tight. Spin (ap) tight
Es tight + cong. Delt tight +
Rhomb region cong + tight

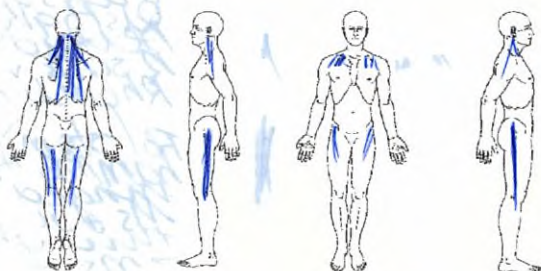
FB (stom) Heat TP rhomb/g/med
ham/MB/traps/sinus/L scap
+ same + es/als/deltoids
wired on. Arms @ St + (S) MS + VL
Quiet throughout - relaxed @ end.

P= Reom heat + keep open shoulders

TREATMENT NO. 40

DATE: 04.08.09
TIME: Tues 1pm
PAID: 1hr \$60
REC.No: 3401 CASH
AIR TEMP: 23°C
MUSIC: Indian Mixed I
FACE CREST: Pepp
OIL BLEND: Pepp / Lav
NEXT APPT:

S= client been feeling tenderness in 'usual areas' esp
lunge (every 2nd week) - Lx / Traps tender. Traps improved
last ms



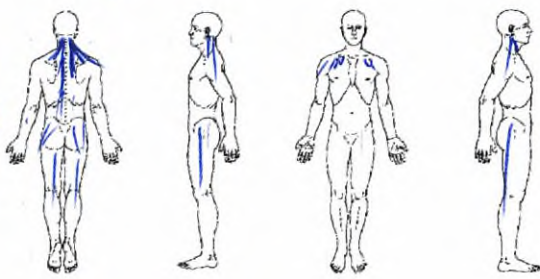
O/A: Hams taut. Traps tender +
Traps up short + tight
Deltoids taut. G/med + pish
Es tight + short. Traps tight
Rhomb region cong + tight

FB (stom) Heat TP rhomb/g/med
ham/MB/traps/sinus/L scap
+ same + es/als/deltoids
wired on. Arms @ St + (S) MS + VL
Quiet throughout. Relaxed @ end.

P= Reom client stretch more on days doing lunges in cl, s

TREATMENT NO. 45 S= Client been feeling tightness in neck R + traps

DATE: 12/1/10
 TIME: 10:30 AM
 PAID: 1hr \$65
 REC.No: 638 CASH
 AIR TEMP: 74.8
 MUSIC: Nocturns prelude
 FACE CREST: Lemon 5
 SUPINE SCENT: Lav
 OIL BLEND: Relax
 HT: Back + Feet
 EXTRA:

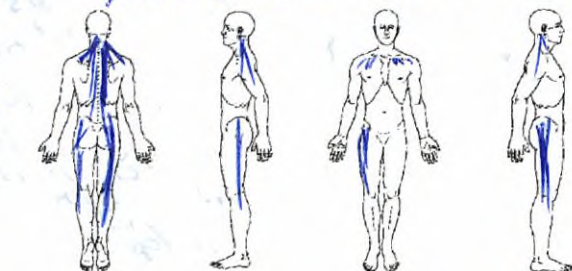


O/A: Pers tight. Mbs tight. Traps tight + short esp R. Mbs tight. L traps tight esp R. ES tight + short. Rhomb region cong esp R. Tol-stom Heat. TP rhomb/ g med /als / L scap. Tr same + ES /als / occip / scap / trm / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - stiffen upper

NEXT APPT: P= Recommend client use some heat on shoulders or hot shower. Stretch pers + scms

TREATMENT NO. 46 S= Client's R MB been tight for 2 days, neck / shoulders but stiff - could feeling good. Sister's jaw broken - referral to JLF

DATE: 16/02/10
 TIME: 4pm 1hr 5
 PAID: \$65 CASH
 REC.No: 680
 AIR TEMP: 23.0C
 MUSIC: Piano tunes
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

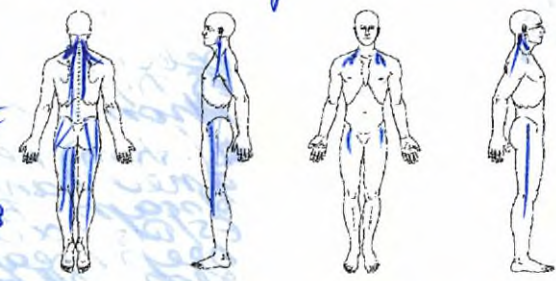


O/A: Pers tight + short. Trm tense. Traps tight + esp R. Traps up tight + Repp. Mbs tight. Resp tight. Mbs v. tight + short. Rep. Tol-stom Heat. TP rhomb/ trm / Mbs / traps / L scap. Tr same + ES /als / deltoids / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - Ms + feeling better.

NEXT APPT: pm 9th March P= Recommend client use some heat on MBs to help

TREATMENT NO. 47 S= Client's L4 neck been tight R neck feeling better. Legs ok. same schedule

DATE: 09/03/10
 TIME: 1pm Tues
 PAID: \$65 1hr
 REC.No: 713
 AIR TEMP: 23.0C
 MUSIC: Steve Noyes
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: 3pt Lemon / JB
 EXTRA: Feet + face

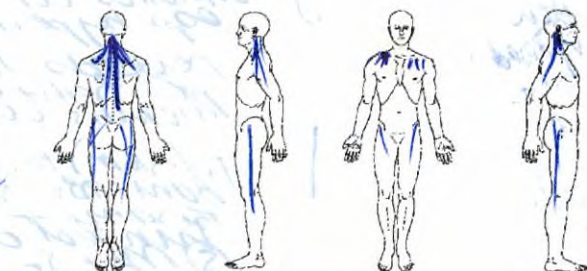


O/A: Pers tight. Traps up tight + short. Mbs tight. ES tight + short esp L. Rhomb region cong + tight. Tol-stom Heat. TP rhomb/ g med / trms / Mbs / traps / L scap. Tr same + ES /als / occip / trm / unged oc. Trms @ St + Ms + S. Quiet throughout. Relaxed - Ms + feeling better.

NEXT APPT: 10:30 22nd Tues P= Training marathons anymore - just run for fitness

TREATMENT NO. 48 S= Client been feeling tightness in her shoulders neck - pump workshop on Sat - Doms

DATE: 13/04/10
 TIME: Tues 10:30
 PAID: \$65 Tues
 REC.No: 1hr 10a
 AIR TEMP: 23.0C
 MUSIC: Don McLean CASH
 FACE CREST: Lav
 SUPINE SCENT: Lemon
 OIL BLEND: Relax Pump
 HT: gng / BP / Lemon
 EXTRA: Feet + face




O/A: Traps up tight. Traps tight. Mbs tight + short. Qls tight. Pers tight. Rhomb region cong + tight. Tol-stom Heat. TP rhomb/ g med / trms / Mbs / traps / L scap. Tr same + ES /als / deltoids / unged oc. Trms @ St + S. Quiet throughout.

NEXT APPT: P= Recommend H2O in next few days. Husband on hols

Had Lx pain in past - hasn't
had it for long time

up when sleep?

TREATMENT NO. 49 S= Client been feeling tightness in her Lx
region esp R hip slump test - ve, just h'ings tightness
DATE: 11.05.10
TIME: Tues 1pm
PAID: \$65 Thru
REC.No: 795 CASH
AIR TEMP: 23°C
MUSIC: Kenny G moves
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/ hands
EXTRA: higher side




O/A: R legs v. tight + flanks v. tight
Pecs tight. Traps up tight. G. med R thigh
Deltoids tight. ES tight. IBS v. tight.
Rhomb region cong. + head
Fol-stom Heat. T. rhomb/ g. med/ham/IBS Traps/ traps
fx same + ES/rhomb/AT/AT
pinged ok. Arms @ 5 + 5 ms
+ 50 + 10. Jugs @ Quiet
throughout - feeling better

NEXT APPT: N/L 05/10
MAS 2010

P= Reiom client stretch out legs/HFS + use iie on 7ms
sacrum + squat low to open pelvis

TREATMENT NO. 50 S= Client been feeling tightness in her
R shoulder - deltoid/AT region pinching occas
Mango pit nail even throughout day. No apparent Reg
DATE: 15.06.10
TIME: \$55 Thru
PAID: Tues 1pm
REC.No: 840 CASH
AIR TEMP: 23°C
MUSIC: Lang-Dare Dream
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + jaw
EXTRA: B/Biter

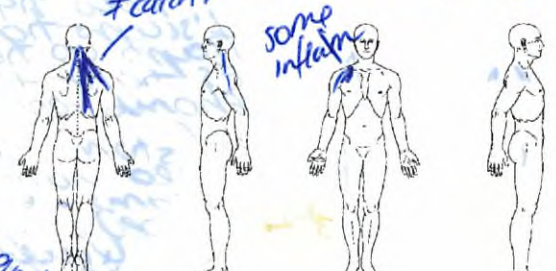


O/A: R lats + ATs v. tight
Pecs tight + short
Deltoids tight esp R/H
ES tight
Rhomb region cong
Fol-stom Heat. T. rhomb/ g. med/ham/IBS Traps/ traps
fx same + ES
occiput/sialp/ATM
pinged ok. Arms @ 5 + 5 ms
+ 50 + 10. Jugs @

NEXT APPT:

P= Reiom see physio if pain persists. Reiom heat
on shoulder

TREATMENT NO. 51 S= Client been feeling tightness in her R
shoulder occurs ball
DATE: 06.07.10
TIME: 1pm Tues
PAID: \$65 Thru
REC.No:
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/ hands
EXTRA: + catching some inflation

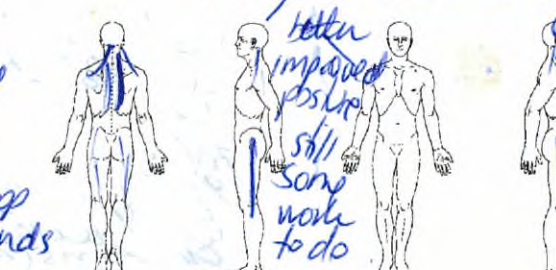


O/A: Pecs short R/esp
Traps up tight R/esp
Deltoids tight R/esp
ES tight some inflation
Rhomb region cong
Fol-stom Heat. T. rhomb/ g. med/ham/IBS Traps/ traps
fx same + ES
occiput/sialp/ATM
Deep breathing - all
deep staff to neck + shoulder
Improved = 100%

NEXT APPT:

P= Reiom see physio if pain in shoulder
continues. Reiom heat. iie - ex + stretch
pecs

TREATMENT NO. 52 S= Client been feeling tightness in her
R scalenes/ pectus short @ sub scap
Physio believes leg difference + not wearing
dihoxos contributed to R
DATE: 03.08.10
TIME: \$65 Thru
PAID: 1pm Tues
REC.No: 841 CASH
AIR TEMP: 23°C
MUSIC: Queen tunes
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Arms/ hands
EXTRA: better improved pos hip still some work to do



O/A: Pectus short R/esp
Traps up tight R/esp
Deltoids tight R/esp
ES tight some inflation
Rhomb region cong
Fol-stom Heat. T. rhomb/ g. med/ham/IBS Traps/ traps
fx same + ES
occiput/sialp/ATM
Deep breathing - all
deep staff to neck + shoulder
Improved = 100%

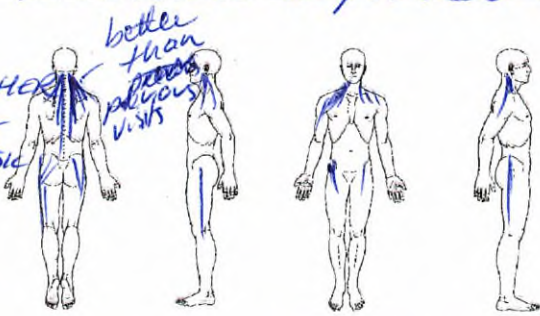
NEXT APPT:

P= 1 more physio Tx - ex + working on pectus

TREATMENT NO. 53

DATE: 07.09.10
 TIME: 1pm Tues
 PAID: \$55 Inv VOUCHER
 REC.No: 962
 AIR TEMP: 23°C
 MUSIC: Mixed Ms Music
 FACE CREST: Jav
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in neck anymore
 shoulder improved after 1TB; as usual 'sofe'



O/A: 1TBs + TFLs
 Reils R tighter. Quiet (S) -
 Traps up tighter R
 Deltoids tighter R
 Rhomb region cong/tight
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/1 scap/traps
 Fx occiput/scalp/arms
☐ Talked ☐ Quiet mostly. Quiet Breathing
 ROM 78 7 ms best report
 FBACK V. relaxed. Slept thru night

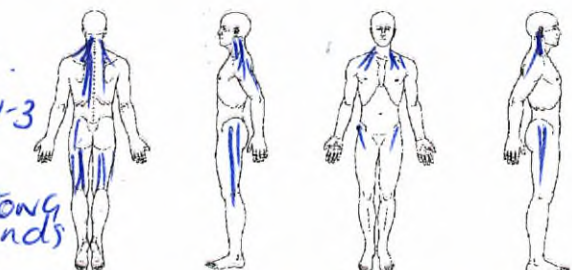
NEXT APPT:

P = July Duty possibly coming in October doing extra
 gym shifts over school h'd's to cover staff

TREATMENT NO. 54

DATE: 12.10.10
 TIME: Tues 1pm
 PAID: \$65 Inv
 REC.No: 1032 CASH
 AIR TEMP: 23°C
 MUSIC: Twilight Mix 1-3
 FACE CREST: Jav
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Hands/Hands
 EXTRA:

S = Client been feeling tightness / niggles occur with shoulder
 Did some



O/A: Upper position improved
 Deltoids tight. Traps up tight
 ES tight - fast
 Rhomb region cong + tighter
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/traps/1 scaps
 Fx occiput/scalp/arms
☐ Talked ☐ Quiet Quiet Breathing
 ROM 78 (Self report)
 FBACK Relaxed 2 Ms. feeling good

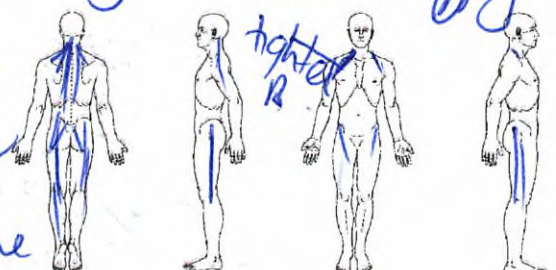
NEXT APPT:

P = Rhom continue physio ex - as shoulder improved

TREATMENT NO. 55

DATE: 16.11.10
 TIME: TUES 1PM
 PAID: Inv \$65
 REC.No: 1082 CASH
 AIR TEMP: 23°C
 MUSIC: Blue Merg
 FACE CREST: Jav
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in her
 body after doing more ex claims (teaching)
 but happy that holding up ok



O/A: R side v. tight attachment
 traps tight at start
 Deltoids cong RHS esp v. a
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/1 scaps/traps
 Fx Rhomb/ES
☐ Talked ☐ Quiet Deep Breathing
 ROM 78 after 1st self-report
 FBACK Relaxed 7 Ms + enjoyed

NEXT APPT:

P = Rhom stretch pers esp after RPM dances b/c
 short/tight

TREATMENT NO. 56

DATE: 14.10.10
 TIME: TUES 1PM
 PAID: \$65 Inv
 REC.No: 1114 CASH
 AIR TEMP: 23°C
 MUSIC: Jav Paul Hen
 FACE CREST: Jav
 SUPINE SCENT: demon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in R h'ing
 pulling when teaching + pushing in yesterday + today
 Javender
 goat's milk soap



O/A: Tight hams + PDS tight
 Deltoids tight. Persistent
 Traps up tight
 ES tight. Hams R + RV. 3/4
 Rhomb region cong esp v. a
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/1 scap/TFLs
 Fx occiput/scalp/arms
☐ Talked ☐ Quiet (S) snoring/deep Breathing
 ROM Feet better. Soften/good
 FBACK Improved. Relaxed

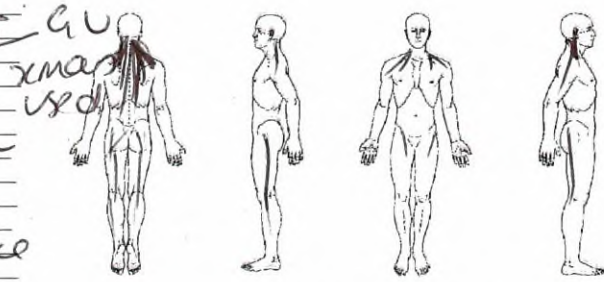
NEXT APPT:

P = Rhom apply foam x see how h'ing responds

BOA 4/11 + MOLT 11

TREATMENT NO. 57 S= Client been feeling tightness in usual areas

DATE: 01.02.11
TIME: 1pm TUES
PAID: \$65 Inv
REC.No: 1216
AIR TEMP: 23°C
MUSIC: Jay
FACE CREST: demon
SUPINE SCENT: Jay
OIL BLEND: Relax
Pepp/Bone
HT: Feet + Face
EXTRA:

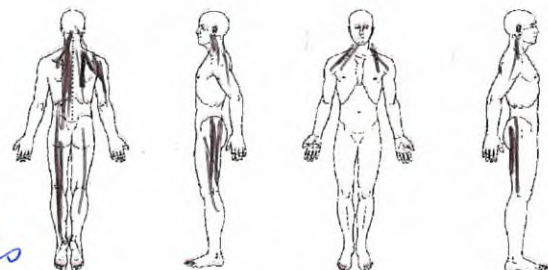


O/A: Pecs tight, scap tight
Deltoids tighter
ES tight Resp. Rls tight
Rhomb region comp Resp
☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine MS LEGS
TP rhomb/med/ham/ITBs/ham
Fx occiput/scalp/TMs
☐ Talked ☒ Quiet Breathing
ROM Tse after Mresp Rhs
FBACK

NEXT APPT: P= Relax client relax + look after shoulder as it is still tight

TREATMENT NO. 58 S= Client been feeling tightness esp in left side. Legs esp sore from new inserts

DATE: 14.03.11
TIME: 1pm THURS
PAID: \$65 Inv
REC.No: 1216 CASH
AIR TEMP: 21°C
MUSIC: Indian I
FACE CREST: Jay
SUPINE SCENT: demon
OIL BLEND: Relax
Jay/Dra
HT: Feet + Ankle
EXTRA: hands

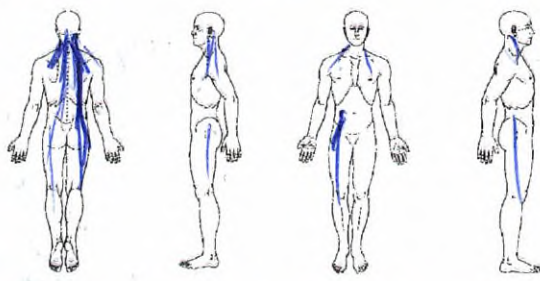


O/A: Pecs + TMs, J. tender/tight
Deltoids tight - Trapp up co
ES tight esp Tx
Rhomb region comp
☒ Full Body ☒ STOMACH ☒ Over to
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/med/ham/ITBs
Fx occiput
☐ Talked ☒ Quiet mostly Breathing
ROM Tse after Mresp - set report
FBACK felt better

NEXT APPT: P= See how she goes - see in 3 wks
feeling used to inserts in shoes

TREATMENT NO. 59 S= Client been feeling good - just some tightness in her ITBs/TMs

DATE: 19.04.11
TIME: TUES 1PM
PAID: \$65 CASH
REC.No: 1265
AIR TEMP: 25°C
MUSIC: Enya I
FACE CREST: Jay
SUPINE SCENT: demon
OIL BLEND: Relax
Tea Tree/Euc
HT: Feet + Face
EXTRA:

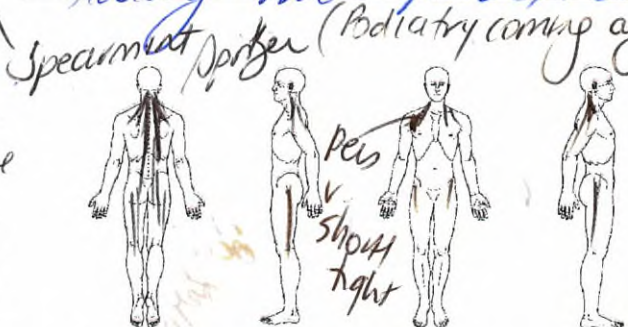


O/A: Trapp up tight Resp
Deltoids tight TMs/ITBs
ES tight Resp
Rhomb region comp Resp
☒ Full Body ☒ STOMACH Resp over right
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/med/ham/ITBs
Fx occiput/scalp/TMs
☐ Talked ☒ Quiet
ROM Tse after Mresp
FBACK Tse in Mvt + felt better

NEXT APPT: P= New orthotics adjusted - hopefully will fix probs

TREATMENT NO. 60 S= Client's R pec + shoulder sore - woke up today with pain/restriction

DATE: 10.05.11
TIME: TUES 1PM
PAID: \$65 CASH
REC.No: 1286
AIR TEMP: 25°C
MUSIC: Minnifthere
FACE CREST: Jay
SUPINE SCENT: Lem
OIL BLEND: Relax
Nurt/Relp
HT: Feet + Face
EXTRA:



Specimen at Porter (Podiatry coming along)
Relax Pecs stretch on table
Tenses major resp R tight
Pecs esp R v. tight/shock
ES tight esp around Tx
Rhomb region comp
☒ Full Body ☐ STOMACH ASIS below
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb/med/ham/ITBs
Fx occiput/scalp/TMs
☐ Talked ☒ Quiet Breathing
ROM Tse after Mresp
FBACK Feet improvement

NEXT APPT: P= Relax thoracic tunnel roll stretch + ball stretch

Handwritten signature/initials in the bottom left corner.

04.55+

TREATMENT NO. 61

S =

Foot settled now from running
Client been feeling good - nothing
v. more or tight. As usual

DATE: 07.06.11
TIME: 10.00 AM
PAID: 10.00
REC. No: 10.00
AIR TEMP: 25.0C
MUSIC: CASI Ken
FACE CREST: dan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
EXTRA: 1st 2 small hips
CST A Face 2 ger hands/back

NEXT APPT:

P =

Relom client relax today.

TREATMENT NO. 62

S =

Client sore in "usual" areas - nothing new

DATE: 07.11
TIME: 10.00 AM
PAID: 10.00
REC. No: 10.00
AIR TEMP: 25.0C
MUSIC: CASI Ken
FACE CREST: dan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
EXTRA: 1st 2 small hips
CST A Face 2 ger hands/back

NEXT APPT:

P =

asked as in swimming

TREATMENT NO. 63

S =

Client been feeling tightness in ITBs @ pump
+ shoulder been sore - position is forward

DATE: 23.08.11
TIME: 10.00 AM
PAID: \$70 CASH
REC. No: 1343
AIR TEMP: 25.0C
MUSIC: Mixed Ms tunes
FACE CREST: dan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
EXTRA: 1st 2 small hips
CST A Face 2 ger hands/back

NEXT APPT:

P =

warm not hot
got to turn on machine!

TREATMENT NO. 64

S =

Client done extra 5 clanes per week
none & recovering from that. Using deep heat

DATE: 27.09.11
TIME: 10.00 AM
PAID: \$70 CASH
REC. No: 1498
AIR TEMP: 25.0C
MUSIC: sampler
FACE CREST: dan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
EXTRA: 1st 2 small hips
CST A Face 2 ger hands/back

NEXT APPT:

P =

Relom active recovery +
discussed how MS
can help break cycle

O/A:

Traps up tight Perstart
Deltoids tight
ES tight
Rhomb region cong
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g med/ham/ITBs
Fx occiput/scalp/tn
Quiet Breathing
ROM 7se after MS
FBACK Relaxed 7MS

O/A:

ITBs tender traps
Perstart tight ES tight + short
Rhomb region cong + varied
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g med/ham/ITBs/trap
Fx occiput/scalp/tn
Quiet Breathing
ROM 7se after MS
FBACK thought rocks "different"

O/A:

ITBs + TEs v. tight
Perstart tight MS tense
Traps up tight AC R cong
Deltoids tight
Rhomb region cong + tight
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/traps/ITBs/ham
Fx occiput/scalp/tn
Quiet Breathing
ROM 7se after MS
FBACK

O/A:

Traps up tight Perstart
Deltoids tight MS tense
ES tight
Rhomb region cong
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb/g med/ham/ITBs
Fx occiput/scalp/tn
Quiet Breathing
ROM 7se after MS
FBACK felt better 7MS
sore still - hopes
soreness wears soon

TREATMENT NO

65

S = Client been feeling better since last Ms same running + clabs

DATE

TIME: 25 10 11

PAID: TUES 1pm

REC.No: \$70 1hr

AIR TEMP: 15°C CASH

MUSIC: Don McG I

FACE CREST: 15°C

SUPINE SCENT: dom

OIL BLEND: Relax

HT: 15°C

EXTRA: 15°C

NEXT APPT: 15°C

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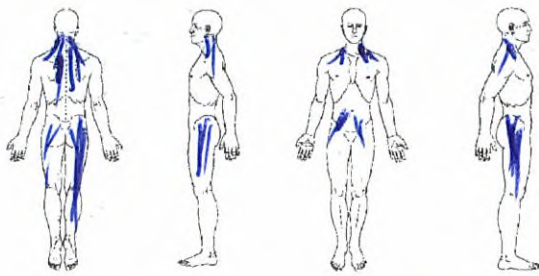
15°C

15°C

TREATMENT NO. 70

DATE: 16 03 12
 TIME: FRI 1hr
 PAID: \$75
 REC.No: 1805 CASH
 AIR TEMP: 25°C
 MUSIC: Miyagi +
 FACE CREST: Lavi
 SUPINE SCENT: Lem
 OIL BLEND: Relax
basil/lemon
 HT: Feet + Face
 CST: @ Face
 HST: 2xLx
2x back
 EXTRA
 NEXT APPT:

S = white ginger + Frang
Client been feeling tighter in her back in
still but improved



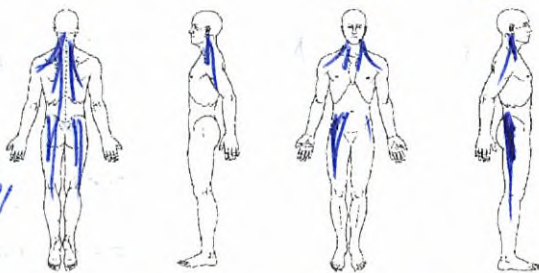
O/A: Reps short. TM tend
als fair. TBS Rep +
es tight esp L
Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/ham/TBS
 Fx acc/scalp/TMT
☐ Talked ☐ Quiet Ames Breathing
 ROM Tsed - self report
 FBACK Tsed + looked slow/sleepy

P = Perom continue psoas work + stretches

TREATMENT NO. 71

DATE: 13 04 12
 TIME: FRI 1PM
 PAID: 1hr \$75
 REC.No: 1805 CASH
 AIR TEMP: 25°C
 MUSIC: Paul Hen
 FACE CREST: Lavi
 SUPINE SCENT: Lem
 OIL BLEND: Relax
lavender/yl/yl
 HT: Feet + H
 CST: @ Face
 HST: 2xLx
2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her R hip
but some niggling @ midline of she wates



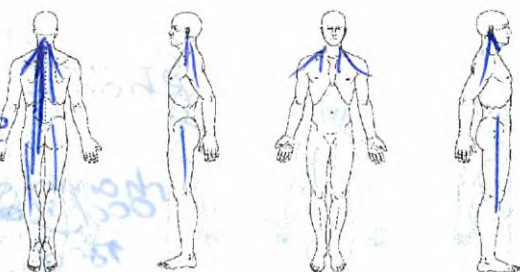
O/A: TBS tighten R
als tight. L med tight
Detoids tight
es tight
Rhomb region cong
☐ Full Body ☐ STOMACH light prod
 ARMS ☐ Prone ☐ Supine LEGS Passive ROM Rhy
 TP rhomb/papp/GT/TBS/als
 Fx rhomb/GT/acc/scalp/TMT
☐ Talked ☐ Quiet Ames Breathing
 ROM Tsed > MS self report
 FBACK Feet better

P = Perom client continue stretching out

TREATMENT NO. 72

DATE: 11 05 12
 TIME: 2:30 FRI
 PAID: \$75 1hr
 REC.No: 1892
 AIR TEMP: 23
 MUSIC: Tanni there
 FACE CREST: Lavi
 SUPINE SCENT: Lem
 OIL BLEND: Relax
manditarg
 HT: Feet + AM
 CST: @ Face
 HST: 2xLx
2x back
 EXTRA
 NEXT APPT:

S = Client has cold sore on down
sore - R shoulder (rhombs been tender)



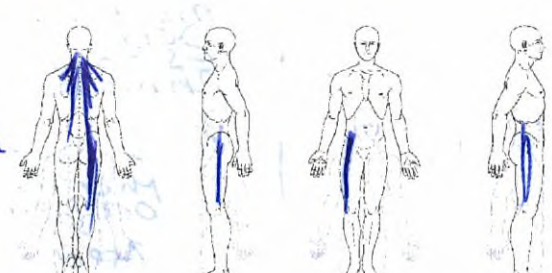
O/A: Trap up tight. Reps show
es tight TM tend
Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med/ham/TBS
 Fx acc/scalp/TMT
☐ Talked ☐ Quiet Ames Breathing
 ROM Tsed > MS
 FBACK Feet tender but better

P = Client been feeling tighter in body

TREATMENT NO. 73

DATE: 15 06 12
 TIME: FRI 1hr
 PAID: \$75
 REC.No: 1920 CASH
 AIR TEMP: 23
 MUSIC: Vanni - Dave
 FACE CREST: Lavi
 SUPINE SCENT: Lem
 OIL BLEND: Relax
manditarg
 HT: Feet + AM
 CST: @ Face
 HST: 2xLx
2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tighter in her R hip
still - hurt @ rest
OK when teaching



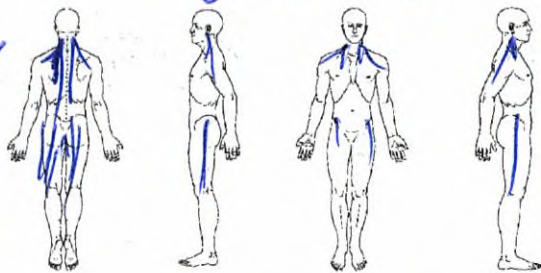
O/A: als tight. es tight
Detoids tight. TM tend
es tight
Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/med
 Fx acc/scalp/TMT
☐ Talked ☐ Quiet Ames Breathing
 ROM Tsed > MS
 FBACK Feet better > MS

P = Seeing physio on wed

TREATMENT NO. 74

DATE: 27.07.12
 TIME: FRI 1PM
 PAID: \$5
 REC.No: 1992 CASH
 AIR TEMP: 25
 MUSIC: Ken Davis
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Pepp / Lav
 HT: Feet + Face
 CST: @ Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = Client seen physio 3x5 in last month
 Impact injury diagnosed in back



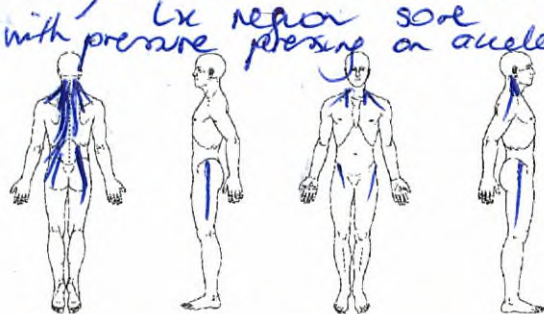
O/A: Feet short Tightness back
 deltoids tight. traps up
 ES tight
 Rhomb region conc
 Full Body ☒ STOMACH Ms.
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp/mnt
☒ Talked ☒ Quiet Quiet Breathing
 ROM Used 7 Ms. Feet better
 FBACK Feet better 7 Ms

P = Return client look after ref. physio given
 new stretches

TREATMENT NO. 75

DATE: 25.09.12
 TIME: 1PM TUES
 PAID: \$75 CASH
 REC.No: Log File
 AIR TEMP: 25
 MUSIC: Piano tunes
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mand / tang
 HT: Feet + Face
 CST: @ Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tighter in her lx +
 R knee - torn meniscus @ class



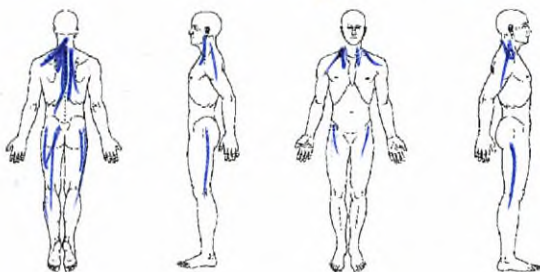
O/A: 1 week off
 Been @ physio
 ES tight
 Flush R leg
 Rhombos tail
 Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/als/IBs
 Fx traps/ GT/ AC
☒ Talked ☒ Quiet sleep Breathing
 ROM Feet better 7 Ms
 FBACK

P = 1 more week off - physio return to check/
 assess before starting ex

TREATMENT NO. 76

DATE: 19.10.12
 TIME: \$75 FRI
 PAID: 1PM FRI
 REC.No: 2152
 AIR TEMP: 25
 MUSIC:
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mand / tang
 HT: Feet + Face
 CST: @ Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body lx
 knee improving. usual spots sore



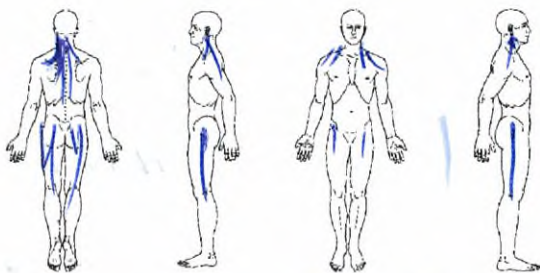
O/A: Feet short. mnt tail
 ES tight Traps up tight
 Rhomb region conc
 Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp/mnt
☒ Talked ☒ Quiet ing
 ROM Used 7 Ms
 FBACK Feet better

P = Return client relax after Ms

TREATMENT NO. 77

DATE: 23.11.12
 TIME: FRI 1PM
 PAID: \$60
 REC.No: 2221 CASH
 AIR TEMP: 25
 MUSIC: Norah I
 FACE CREST: Low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Chamomile
 HT: Feet + Face
 CST: @ Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S = Client feeling good - big training workshop
 tomorrow



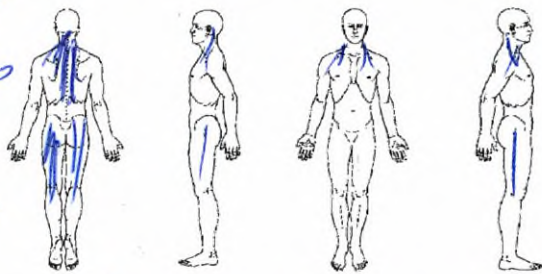
O/A: Traps tense @ tight
 Deltoids tight
 ES tight Feet short
 Rhomb region conc
 Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/trap
 Fx occ/scalp/AC/ST
☒ Talked ☒ Quiet Quiet Breathing
 ROM Used - sup repeat
 FBACK Feet good

P = 2 weeks off from 16th, few extra darts
 on in Dec

78. 18.12.12 Client's usual bits sore. Big workload last week -
 recovery
 \$75 Thu. 18 (-stom) Meat. TP rhomb/g med/ham/IBs traps
 Mx MS1-15 in same + ES/als. mnt
 2x HST lx / back No + St + J.L. Arms @ St (5)

TREATMENT NO. 79 S= Client been feeling tightness in usual areas

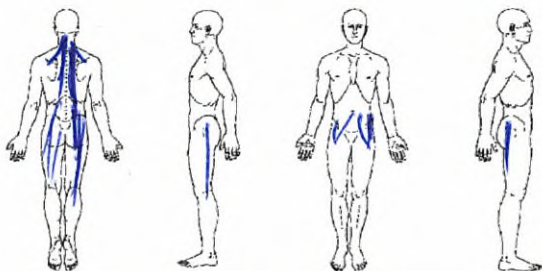
DATE: 11/01/13
TIME: 1 PM PAID
PAID: \$75/hr.
REC.No: 2416 CASH
AIR TEMP: 25
MUSIC: Ken G
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
CST: 2xLn
HST: 2x back
EXTRA: P=
NEXT APPT:



O/A: Detroids tight. Pecs shoul
ES tight. Traps tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP Rhomb/s med/ham/IBs
Fx Quiet Breathing
☐ Talked ☐ Quiet
ROM Tsed 7 Ms
FBACK Felt better 7 Ms
Balance well
mo

TREATMENT NO. 80 S= next time giff Client's hip been sore lately
Client been feeling better 7 Ms

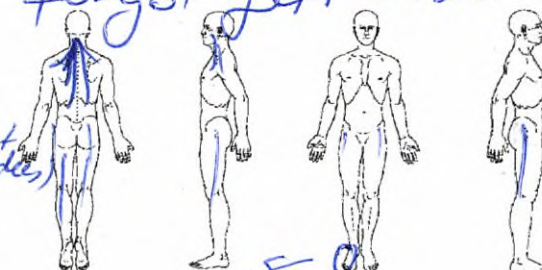
DATE: 12/02/13
TIME: 1 PM TUES
PAID: \$75/hr
REC.No: Relax notes
P: 25
MUSIC: Ken baurs
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
CST: 2xLn
HST: 2x back
EXTRA: P=
NEXT APPT:



O/A: Pecs tight. Traps up cong
Detroids tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH worked hips alot
ARMS ☐ Prone ☐ Supine LEGS
TP Rhomb/s med/ham/IBs
Fx 5 med/IT/IBs/ES
☐ Talked ☐ Quiet Breathing
ROM Rhomb/s/hips better 7 Ms
FBACK Felt ok 7 Ms

TREATMENT NO. 81 S= Client been feeling tightness

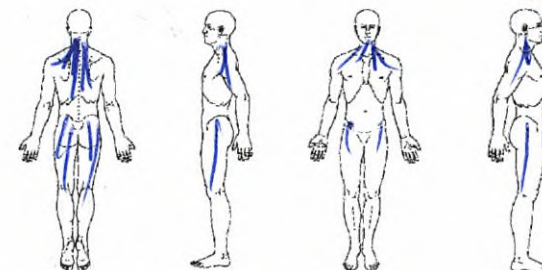
DATE: 12/03/13
TIME: 1 PM TUES
PAID: \$75/hr
REC.No: 2416 CASH
AIR TEMP: 25
MUSIC: Acker Bille
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
CST: 2xLn
HST: 2x back
EXTRA: P=
NEXT APPT:



O/A: Pecs tight. Traps up tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP Rhomb/s med/ham/IBs
Fx Quiet Breathing
☐ Talked ☐ Quiet
ROM Tsed 7 Ms
FBACK Felt better 7 Ms

TREATMENT NO. 82 S= Client been feeling tightness in
her back - "went out" during class

DATE: 23/04/13
TIME: 1 PM TUES
PAID: \$75/hr
REC.No: 2488 CASH
AIR TEMP: 25
MUSIC: Don McGT
FACE CREST: Low
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet + Face
CST: 2xLn
HST: 2x back
EXTRA: P=
NEXT APPT:



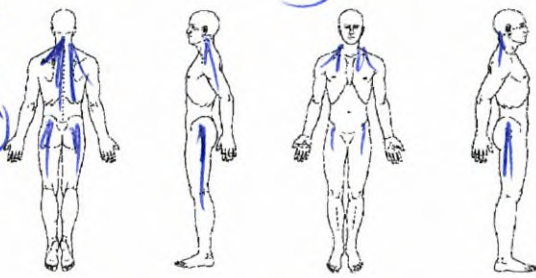
O/A: Pecs tight. Traps up tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH light. 1785 tight
ARMS ☐ Prone ☐ Supine LEGS
TP Rhomb/s med/ham/IBs
Fx Quiet Breathing
☐ Talked ☐ Quiet
ROM Really tight psoas/hips
FBACK Relaxed 7 Ms

P= Client felt better - discussed reg Tx with physio

TREATMENT NO. 83

DATE: 2 05.13
 TIME: 1PM THURSDAY
 PAID: \$75 CASH
 REC.No: 25
 AIR TEMP: 25
 MUSIC: Arjan
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Exc / Med Tree
 HT: Feet +
 CST: Face
 HST: 2 x Lx
2 x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her body in ribs Sp/ damp 7# clares



O/A: Back feeling better
Pectorals tight. ribs 2g
Es tight. Pecs tight
Rhomb region cony

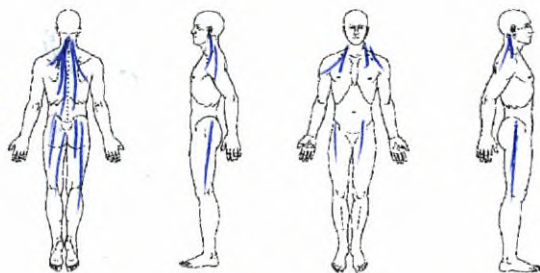
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP
 Fx rhomb / g' med / ham
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK Feet better > Ms

P = Discussed swimming + techniques

TREATMENT NO. 84

DATE: 25 06.13
 TIME: 5PM TUES
 PAID: 1hr \$75
 REC.No: 2616
 AIR TEMP: 25
 MUSIC: Lan chow
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Bp / Lav /
 HT: Feet + Face
 CST: Face
 HST: 2 x Lx
2 x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her body in usual areas bx improved



O/A: Detroids tight
Es tight. Pecs tight
Rhomb region cony

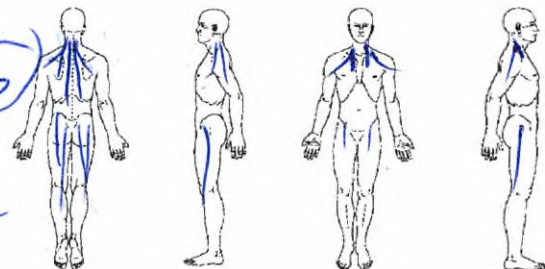
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g' med / ham
 Fx traps / traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK Feet better > Ms

P = Remom client be doing regular stretches for
bx region

TREATMENT NO. 85

DATE: 30.07.13
 TIME: 1PM TUES
 PAID: \$75 CASH
 REC.No: 2684
 AIR TEMP: 25
 MUSIC: Ken Davis
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Chamomile
 HT: Feet + Face
 CST: Face
 HST: 2 x Lx
2 x back
 EXTRA:
 NEXT APPT:

S = Client been feeling soreness in usual spots - extra clare



O/A: Pecs tight
Detroids tight
Es tight. Pecs tight
Rhomb region cony

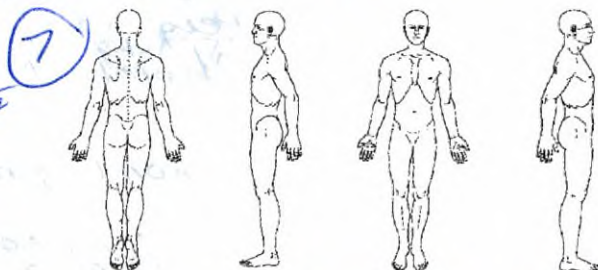
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb / g' med / ham / ribs
 Fx sc / sc / ant
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK Feet better > Ms

P = Remom client relax > Ms

TREATMENT NO. 86

DATE: 20.08.13
 TIME: 1PM TUES
 PAID: \$75 CASH
 REC.No: 2740
 AIR TEMP: 25 CASH
 MUSIC: Acher Bilk
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
Org / sed
 HT: Feet + Face
 CST: Face
 HST: 2 x Lx
2 x back
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her body in hips / ribs - usual spots



O/A: poas rth5 esp tight
Pecs tight. ribs tight
Es tight. Detroids tight
Rhomb region cony

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / g' med / ribs
 Fx traps / es / als
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBACK Feet better > Ms

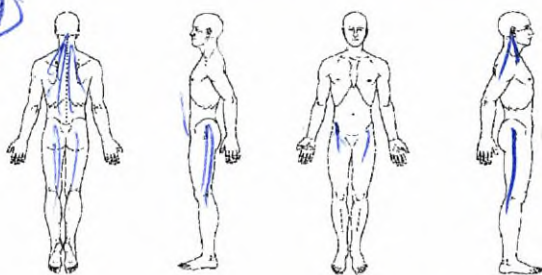
P = Feeling physis @ 12 week mark (last time 10)
8 weeks in mo. on extra classes for
another 3 weeks

8) \$85 OK next time
8/7.10.09.13 \$85 Client been feeling tightness in her body in usual areas
1hr. HST. Rg (-stom) Heat. 11 rhomb/traps / g' med / als
Ken Davis 2 x Lx. bc same t. Gentle ROM / of legs / arms.

TREATMENT NO. 88

S = client been feeling tightness in her body in usual places

DATE: 20.11.13
 TIME: 11:45 AM
 PAID: \$85
 REC.No: 9
 AIR TEMP: 25
 MUSIC: Ken Davis
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Mandi tang
 HT: (A) Face
 CST: 2 x in
 HST: 2 x back



O/A:

Deltoids tight
 ES tight
 Rhomb region comp

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP rhomb/med/ham/traps
 Fx ☒ Talked ☒ Quiet Breathing
 ROM 7sec > ms
 FBAC felt better > ms

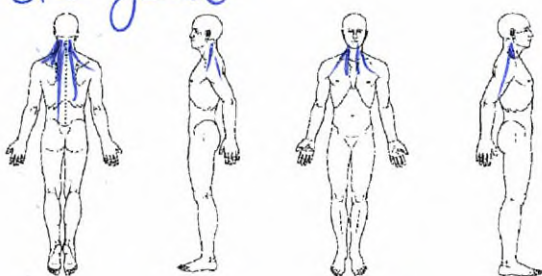
EXTRA
 NEXT APPT:

P = Reom client look after body while doing more shifts @ the moment

TREATMENT NO. 89

S = client been feeling tightness in her body in trbs lately

DATE: 11.12.13
 TIME: 1pm wed
 PAID: \$85/hr
 REC.No: CASH
 TP: 55
 FA: Kenny G I
 CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Basil/dem
 HT: Feet + Face
 CST: 1 Face
 HST: 2 x leg
 2 x back



O/A: Tender trbs
 Deltoids tight
 Traps p traps tight
 G med + trbs + trbs tight
 Rhomb region comp

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP rhomb/med/traps/ham
 Fx ☒ Talked ☒ Quiet Breathing
 ROM 7sec > ms
 FBAC felt better > ms

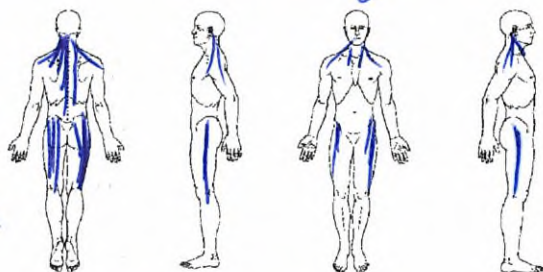
EXTRA
 NEXT APPT:

P = client been advised to enjoy holidays + work on stretching i.e. continuing over hols

TREATMENT NO. 90

S = client been feeling tightness in her body in trbs especially

DATE: 14.01.13
 TIME: 1pm paid
 PAID: \$85/hr
 REC.No: 30 N/A
 AIR TEMP: 25
 MUSIC: Steve Huper I
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Mandi tang 11
 HT: Feet + Face
 CST: 1 Face
 HST: 2 x leg
 2 x back



O/A: Traps up tight
 Deltoids tight
 ES tight
 Rhomb region comp

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP rhomb region comp
 Fx ☒ Talked ☒ Quiet Breathing
 ROM 7sec > ms
 FBAC felt better > ms

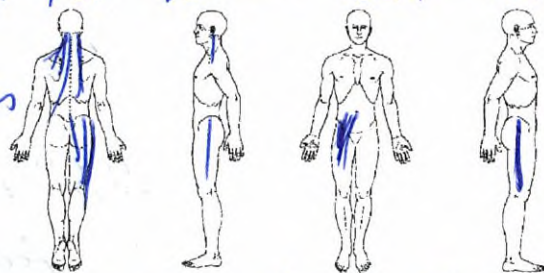
EXTRA
 NEXT APPT:

P = client felt better > ms

TREATMENT NO. 91

S = client been feeling tightness in her body esp in R trbs 1hb ant

DATE: 25.02.14
 TIME: 1pm Tues
 PAID: \$85/hr
 REC.No: 3161
 AIR TEMP: 25
 MUSIC: Kenny G mones
 FACE CREST: low
 SUPINE SCENT: dem
 OIL BLEND: Relax
 Ser/dem
 HT: Feet + Face
 CST: 1 Face
 HST: 2 x leg
 2 x back



O/A: R leg v. tight
 Deltoids tight
 ES tight
 Rhomb region comp

☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP traps/trbs/trbs
 Fx ☒ Talked ☒ Quiet Breathing
 ROM felt better > ms
 FBAC felt better > ms

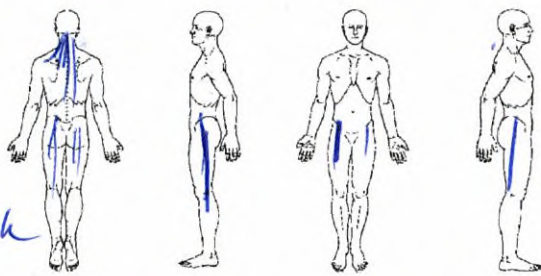
EXTRA
 NEXT APPT:

P = Reom client stretch out May be sore from extra classes s/o extra weeks delayed from Mr

TREATMENT NO. 92

DATE: 25.03.14
TIME: 1pm Tues
PAID: \$85/hr
REC.No: 3250
AIR TEMP: 25
MUSIC: lan tam
FACE CREST: lan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: 2x ln + 2x back
CST: (A) Face
HST:

S = Client been feeling tightness in her ITBs R esp. Running as usual



O/A: Pecs tight. Traps up tight
Deltoids tight
ES tight
Rhomb region comp

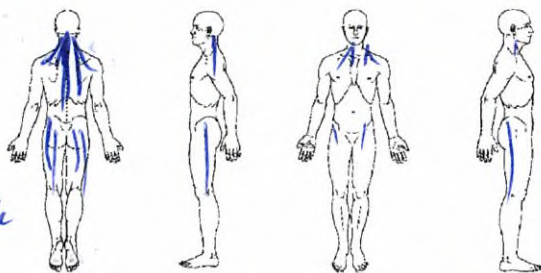
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/s med/ham/ITBs
Fx: occ/scalp/traps/ITBs
☐ Talked ☐ Quiet Breathing
ROM: Bed > ms
FBACK:

P = Perom client stretch out for ITBs

TREATMENT NO. 93

DATE: 29.04.14
TIME: 1pm Tues
PAID: \$85
REC.No: 3299
AIR TEMP: 25
MUSIC: No Miyagi
FACE CREST: lan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: 2x ln + 2x back
CST: (A) Face
HST: Feet + Face

S = Client been feeling tightness in her body in leg/ITBs as per previous



O/A: Pecs tight. ITBs tight
Deltoids tight + short
ES tight
Rhomb region comp

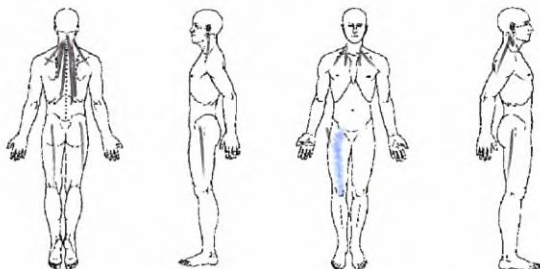
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/s med/traps
Fx: occ/scalp/ITBs
☐ Talked ☐ Quiet Breathing
ROM: Bed > ms
FBACK: felt better

P = Perom see Julie for ant

TREATMENT NO. 94

DATE: 17.06.14
TIME: Tues hr
PAID: \$88/hr
REC.No: Refer notes
AIR TEMP: 25
MUSIC: Luvitar songs
FACE CREST: lan
SUPINE SCENT: dem
OIL BLEND: Relax
HT: Feet / Face
CST: (A) Face
HST: 2x ln
2x back

S = Client been feeling tightness in her body in usual areas esp legs been tight



O/A: ITBs tight
Deltoids tight. Pecs tight
ES tight. Traps up tight
Rhomb region comp

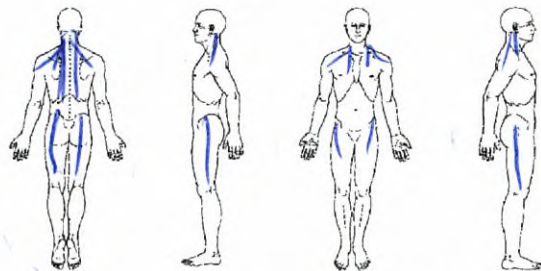
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP: rhomb/s med/ham
Fx: traps/d traps
☐ Talked ☐ Quiet Breathing
ROM: Bed > ms
FBACK: felt better 7ms

P = Discussed client taking up more work while boss is away for 11 weeks

TREATMENT NO. 95

DATE: 07.14
TIME: \$88
PAID: hr
REC.No: 125
AIR TEMP: 25
MUSIC: lan
FACE CREST: dem
SUPINE SCENT: Relax
OIL BLEND: Feet / Face
HT: (A) Face
CST: 2x ln
HST: 2x back

S = Client been feeling tightness in her body in hips



O/A: traps up tight
Deltoids tight
ES tight
Rhomb region comp

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

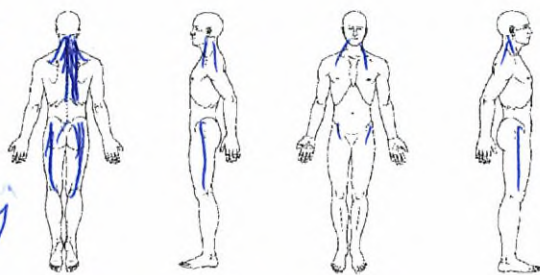
P = Doing extra clanes @ gym - onto 9 clanes

96. Client been feeling tightness in her body in hips/ITBs + shoulders
Doing extra clanes
Usual FB Tr focussing on RM for legs/hips/shoulders.
Perom client stretch out & count down
at extra work/week

TREATMENT NO. 97

S = Client been feeling tightness in her body

DATE: 16.09.14.
TIME: \$88
PAID: Inv. PMILES
REC.No: 354 CASH
AIR TEMP: 25
MUSIC: Day
FACE CREST: Dem
SUPINE SCENT: Relax
OIL BLEND: Pain
HT: Feet / Face
CST: @ Fall
HST: 2 x ln
2 x back



O/A:
Pectorals tight. Traps y tight
Pst tense. DLS tight
Traps up tight. Pecs short
Rhombus taut DLS tight
☒ Full Body ☒ STOMACH esp LHS psoas/ham
ARMS ☒ Prone ☒ Supine MS LEGS
TP: rhomb / g med / ham
Fx: occ / traps / L / scap
☐ Talked ☐ Quiet Breathing
ROM: Tied > ms
FBACK: felt better > ms

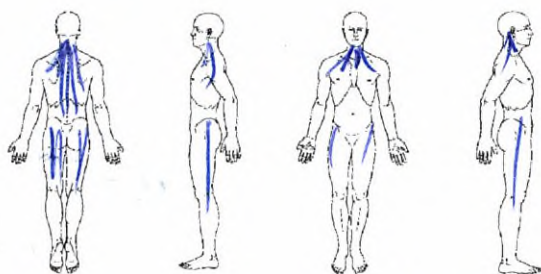
EXTRA
NEXT APPT:

P = Perom client recover as much as possible
next week trying big load of work

TREATMENT NO. 98

S = Client been feeling tightness in her body
in her

DATE: 18.11.14
TIME:
PAID: 25
REC.No: 25
MP: Low
CREST: Dem
SUPINE SCENT: Relax
OIL BLEND: 2 x ln
2 x back
HT: Feet / Face
CST: @ Fall
HST:



O/A:
Pecs taut
Deltoids tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP: rhomb / g med / ham
Fx: traps / L / scap
☐ Talked ☐ Quiet Breathing
ROM: Tied > ms
FBACK: felt better > ms

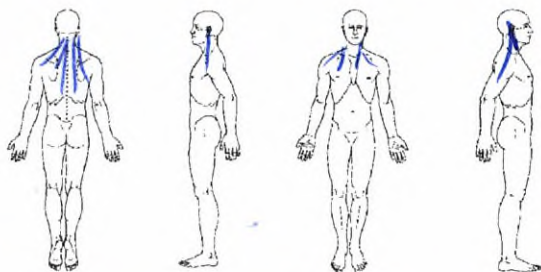
EXTRA
NEXT APPT:

P = Perom client stretch out

TREATMENT NO. 99

S = Client been feeling tightness in her HPS

DATE: 9.12.14
TIME: \$88
PAID: \$88
REC.No: 25
AIR TEMP: 25
MUSIC: Day
FACE CREST: Low
SUPINE SCENT: Relax
OIL BLEND: 2 x ln
2 x back
HT: Feet / Face
CST: @ Fall
HST: Feet / Face



O/A:
Pectorals tight
Traps tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP: rhomb / g med / ham
Fx: traps / L / scap
☐ Talked ☐ Quiet Breathing
ROM: Tied > ms
FBACK: Perom client stretch

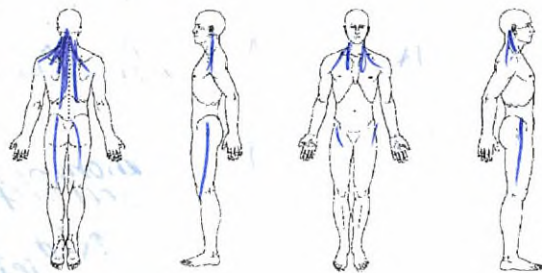
EXTRA
NEXT APPT:

P = going on 2 week o'sea's hol's

TREATMENT NO. 100

S = Client been feeling tightness in her body in
gilt hst time

DATE: 27.01.15
TIME: \$88
PAID: \$88
REC.No: 25
AIR TEMP: 25
MUSIC: Day
FACE CREST: Low
SUPINE SCENT: Relax
OIL BLEND: 2 x ln
2 x back
HT: Feet / Face
CST: @ Fall
HST: 2 x ln
2 x back



O/A:
Deltoids tight
Traps tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP: traps / g med / ham
Fx: traps / L / scap
☐ Talked ☐ Quiet Breathing
ROM: Tied > ms
FBACK: felt better > ms

EXTRA
NEXT APPT:

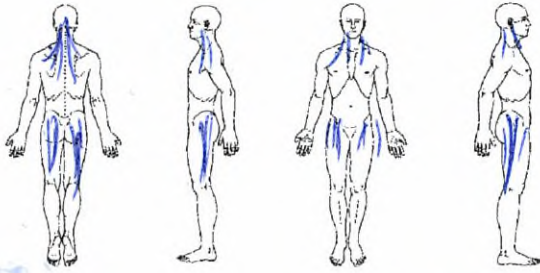
P =

5 chest been feeling tighten in her body in upper
her shoulders still not 100%
- Ms. Reom chest stretch out. FB (+5cm) Heat TP
Max - home traps / traps / traps - plutoes / als / TBs
1-3-7-9-11-13-15-17-19-21-23-25-27-29-31-33-35-37-39-41-43-45-47-49-51-53-55-57-59-61-63-65-67-69-71-73-75-77-79-81-83-85-87-89-91-93-95-97-99-100

TREATMENT NO. 1

DATE: 2/22/15
 TIME: 5:00
 PAID: \$88
 REC.No: 583
 AIR TEMP: 110
 MUSIC: 25
 FACE CREST: 25
 SUPINE SCENT: Low
 OIL BLEND: 2x dem
 HT: 2x face
 CST: 2x face
 HST: 2x face
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body in her whole body, nothing specific "usual areas"



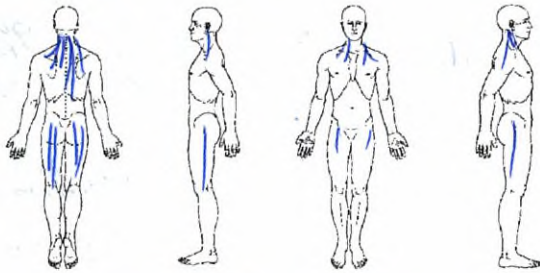
O/A:
 Traps tight
 Deltoids tight
 Pecs tight
 Rhomb region cong
☒ Full Body ☒ STOMACH/MS
 ARMS ☒ Prone ☒ Supine LEGS
 TP rhomb/med/ham/traps
 Fx occ/traps/11'scapes
☒ Talked ☒ Quiet Breathing
 ROM Red > ms
 FBACK felt better > ms

P = Perom client stretch out

TREATMENT NO. 2

DATE: 18.09.15
 TIME: \$88
 PAID: 1hr
 REC.No: 1hr CASH
 P: 25
 FACE CREST: 25
 SUPINE SCENT: Low
 OIL BLEND: 2x dem
 HT: 2x face
 CST: 2x face
 HST: 2x face
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body is improving - feeling balanced & good @ mo



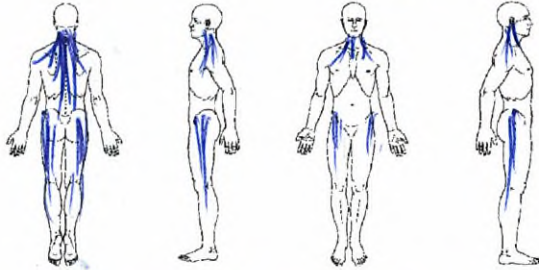
O/A:
 Traps up tight. Deltoids tgh
 Deltoids tight. Pecs taut
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine MS LEGS
 TP rhomb/med/traps/11'scapes
 Fx occ/traps/11'scapes
☒ Talked ☒ Quiet Breathing
 ROM Red > ms
 FBACK felt better with Ms

P = Discussed client's moment & keeping things in balance

TREATMENT NO. 3

DATE: 15.09.15
 TIME: \$88
 PAID: 1hr
 REC.No: 4599079
 AIR TEMP: 25
 MUSIC: 25
 FACE CREST: 25
 SUPINE SCENT: Low
 OIL BLEND: 2x dem
 HT: 2x face
 CST: 2x face
 HST: 2x face
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her phanny (happened @ night)



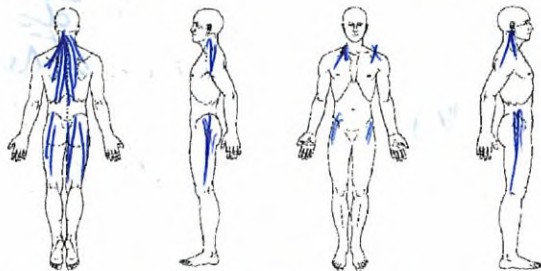
O/A:
 Hams tight
 Pecs taut
 Traps up tight
 Deltoids tight
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine MS LEGS
 TP rhomb/med/ham/traps
 Fx occ/traps/11'scapes
☒ Talked ☒ Quiet Breathing
 ROM Red > ms
 FBACK felt better > ms

P = Perom client stretch out with Ms

TREATMENT NO. 4

DATE: 20/10.15
 TIME: \$88
 PAID: 1hr
 REC.No: 25
 AIR TEMP: 25
 MUSIC: Mix 120
 FACE CREST: 25
 SUPINE SCENT: Low
 OIL BLEND: 2x dem
 HT: 2x face
 CST: 2x face
 HST: 2x face
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body is improving



O/A:
 Dts tight. Pecs taut
 Pecs taut. Traps up tight
 Deltoids taut
 Rhomb region tght
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine MS LEGS
 TP occ/traps/11'scapes
 Fx rhomb/med/ham/traps
☒ Talked ☒ Quiet Breathing
 ROM Red > ms
 FBACK felt better > ms

P = Perom client stretch

P= Discussed icing + using foam roller to help

TREATMENT NO. 114

DATE: 12.04.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC:

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

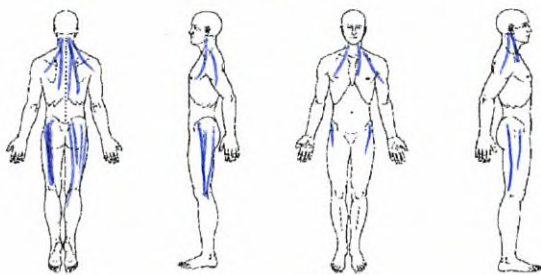
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in usual areas of body



O/A:

Traps up tight
 Deltoids tight
 Es tight
 Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb / g med / ham traps
 Fx occ traps / scap / glutes
☐ Talked ☐ Quiet ☐ Breathing
 ROM Bed > Ms
 FBACK felt better > Ms

P = Perom client stretch out with body

TREATMENT NO. 115

DATE: 24.05.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Ms Music

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

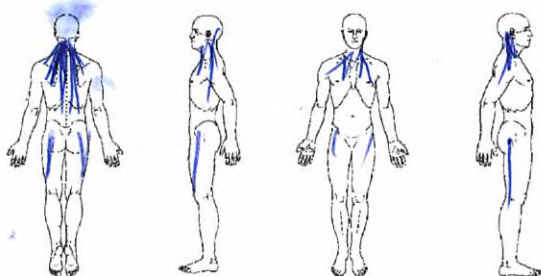
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her R shoulder / cold sore. Immunity bit low



O/A:

Traps up tight esp RPS
 Deltoids tight
 Es tight
 Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb / g med / ham traps
 Fx occ traps / scap / glutes
☐ Talked ☐ Quiet ☐ Breathing
 ROM Bed > Ms
 FBACK felt better > Ms

P = client to stretch + use heat. Perom physiochem

TREATMENT NO. 116

DATE: 21.06.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Ms music - 20

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

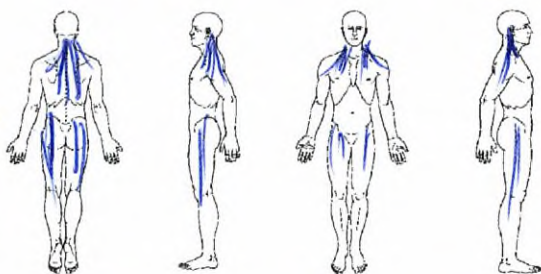
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her shoulders improved.



O/A:

Traps up tight
 Deltoids tight
 Es tight
 Rhomb region comp

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb / g med / ham traps
 Fx occ traps / scap / glutes
☐ Talked ☐ Quiet ☐ Breathing
 ROM Bed > Ms
 FBACK felt better > Ms

P = Client to stretch out for body.

TREATMENT NO. 117

DATE: 20.7.16

TIME: 5:30

PAID: 1hr

REC.No:

AIR TEMP: 25

MUSIC: Warm / there

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet / Face

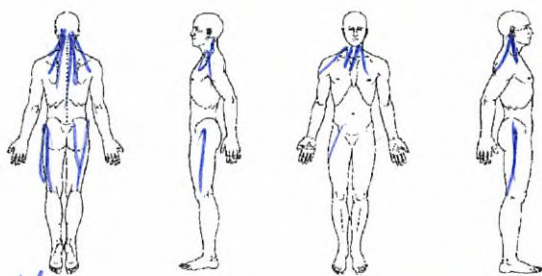
CST: 2x face

HST: 2x ln

EXTRA: 2x back

NEXT APPT:

S = Client been feeling tightness in her body in her ln region



O/A:

Traps up tight
 Deltoids tight
 Es tight
 Rhomb region comp

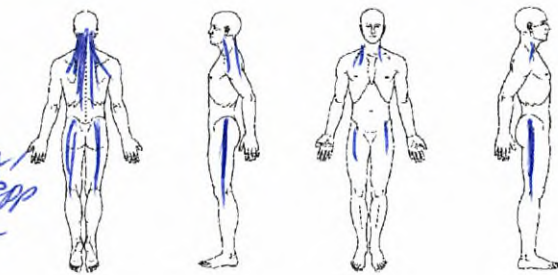
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
 TP rhomb / g med / ham traps
 Fx occ traps / scap / glutes
☐ Talked ☐ Quiet ☐ Breathing
 ROM Bed > Ms
 FBACK felt better > Ms

P = Had spasm in days following last Ms Had to moderate + rest

TREATMENT NO. 118

DATE: 10.08.16
TIME: \$88
PAID: 1hr
REC.No:
AIR TEMP:
MUSIC: Enya
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Pelan - Pepp
HT: 2x1h + 2x back
CST: @ Fair
HST:
EXTRA:
NEXT APPT:

S = client been feeling back lx still bit stiff + not quite right



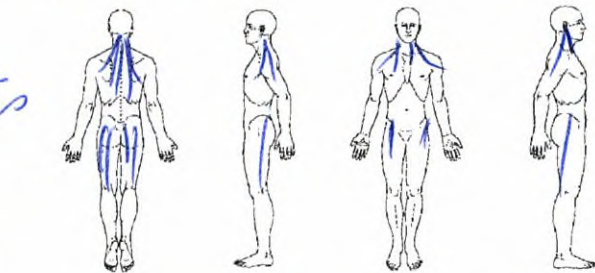
O/A: Pels tight. trapping
Deltoids tight
ES tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb/med/ham/trap
Fx occ/trap/ham
☒ Talked ☒ Quiet Breathing
ROM felt better > ms
FBACK Discussed stretching
+ using roller for back

P =

TREATMENT NO. 119

DATE: 06.09.16
TIME: \$88/hr
PAID:
REC.No:
AIR TEMP:
MUSIC: Nix Ms
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Mandi tang
HT: Feet / Fair
CST: @ Fair
HST: 2x1h
EXTRA:
NEXT APPT:

S = client been feeling sore after seeing physio yesterday. Feet joint probs as diagnosed by physio



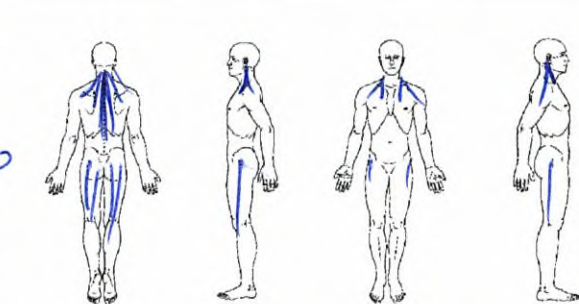
O/A: Pels tight. Tender Dls
Deltoids tight
Trap up tight
Rhomb tight
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb/med/ham/trap
Fx occ/trap/ham
☒ Talked ☒ Quiet Breathing
ROM Ised > ms
FBACK felt better > ms

P = Perom client use gentle recovery > physio
msh exercise. Perom physio

TREATMENT NO. 120

DATE: 11.10.16
TIME: \$88
PAID: 1hr
REC.No: #28
AIR TEMP: 25
MUSIC: Mix Ms - 20
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Mandi tang
HT: Feet / Fair
CST: @ Fair
HST: 2x1h
EXTRA:
NEXT APPT:

S = Client been feeling tighter in his



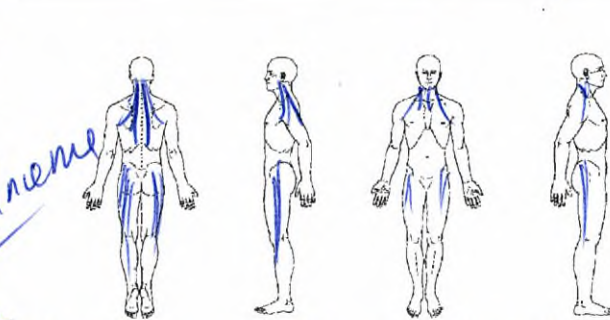
O/A: Pels tight Trap
Deltoids tight
ES tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb/med/ham/trap
Fx trap/occ/diaps/ham
☒ Talked ☒ Quiet Breathing
ROM Ised > ms
FBACK felt improvement

P = Perom client stretch out with body to help
continue pain management / tighter of muscles

TREATMENT NO. 121

DATE: 15.11.16
TIME: \$88
PAID: 1hr
REC.No:
AIR TEMP: 25
MUSIC: Low
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Mandi tang
HT: Feet / Fair
CST: @ Fair
HST: 2x1h
EXTRA:
NEXT APPT:

S = Client been feeling tightness in her body

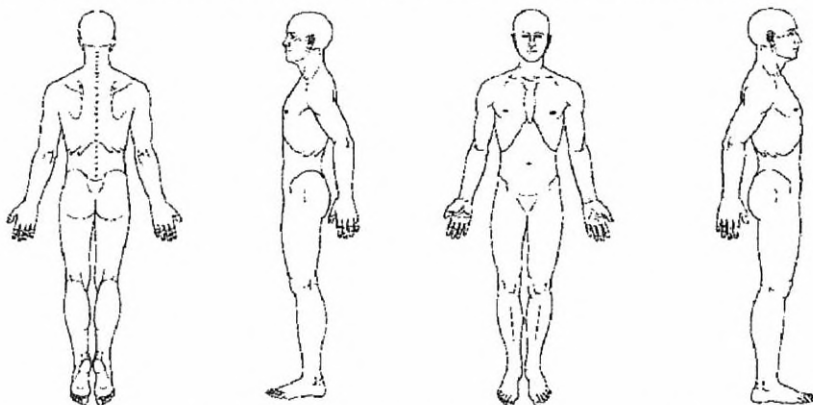


O/A: Deltoids tight
Deltoids tight
ES tight
Rhomb region comp
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine Ms LEGS
TP rhomb/med/ham/trap
Fx occ/trap/ham
☒ Talked ☒ Quiet Breathing
ROM Ised > ms
FBACK felt better > ms

P = Perom client stretch out with body to help in

122 client been feeling tightness in her body in her
shoulders / hips. FB / stom Heat. TP rhomb/med/ham
trap / diaps / pels / ms / rbs. Brung for bike fall @ home
Test better > ms. Felt better > ms. Perom client
Test better > ms. Felt better > ms. New year

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
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:

TREATMENT NO. 123

S =

DATE: 24.01.16

TIME: 8:08pm

PAID: P

REC.No: P

AIR TEMP: 25

MUSIC: Alan Mix lan

FACE CREST: 20v

SUPINE SCENT: Dem Cam

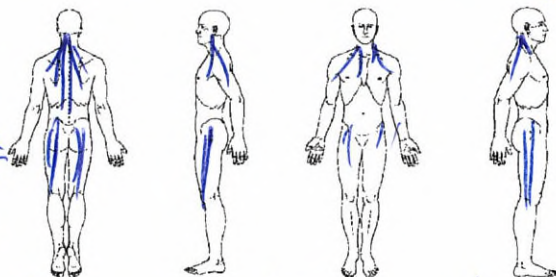
OIL BLEND: Relax II

HT: Ant Mandray

EXTRA: A Face

NEXT APPT: _____

P =



O/A:

Client been feeling lighter in her body in her legs
good. started with this
pers tight
Dequels tight
Es tight
rhombiagon can
bad
normal
clame

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/gneg/haw
Fx occ trap rhamp
☐ Talked ☐ Quiet Breathing
ROM Red > ms
FBACK felt better 7ms

TREATMENT NO. _____

S =

DATE: _____

TIME: _____

PAID: _____

REC.No: _____

AIR TEMP: _____

MUSIC: _____

FACE CREST: _____

SUPINE SCENT: _____

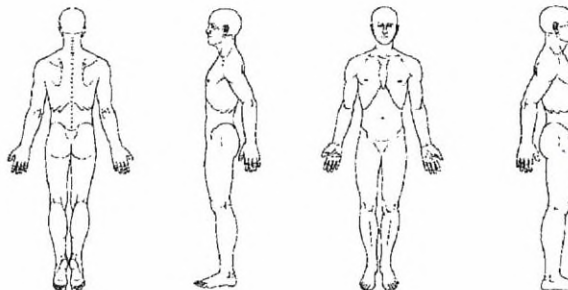
OIL BLEND: _____

HT: _____

EXTRA: _____

NEXT APPT: _____

P =



O/A:

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

TREATMENT NO. _____

S =

DATE: _____

TIME: _____

PAID: _____

REC.No: _____

AIR TEMP: _____

MUSIC: _____

FACE CREST: _____

SUPINE SCENT: _____

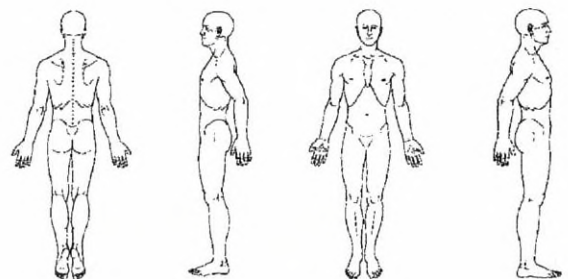
OIL BLEND: _____

HT: _____

EXTRA: _____

NEXT APPT: _____

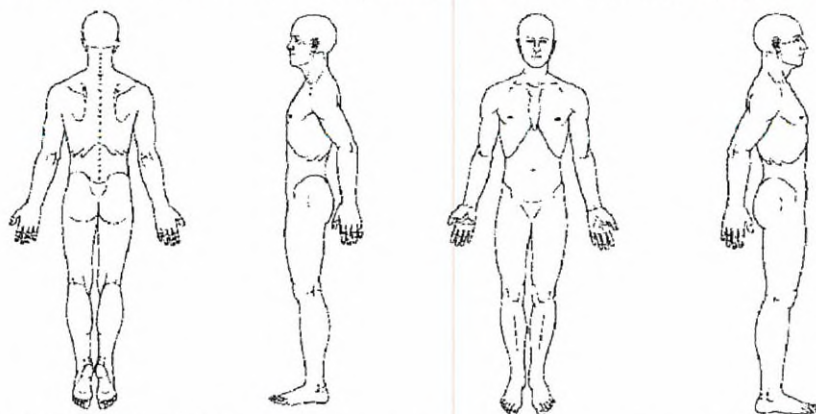
P =



O/A:

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

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement (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

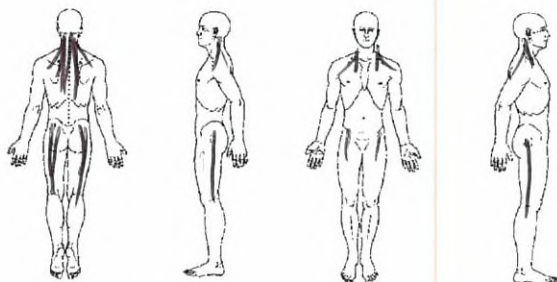


JENNY
DAVID

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

TREATMENT NO. 124 s= client been feeling tightness in her body in her shoulders + hips/legs.

DATE: 14.02.17
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC:
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Relem mang/frag
 HT: feet / face
 CST: A face
 HST: 2x back
 EXTRA:
 NEXT APPT:

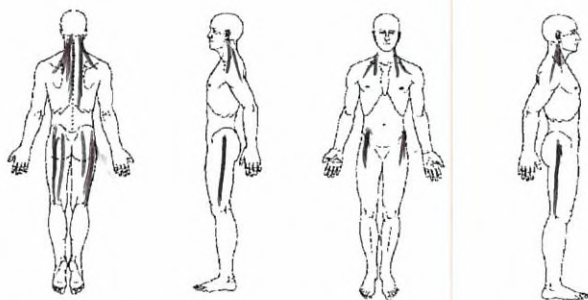


O/A:
 ITBs taut
 traps up tight
 ITBs taut
 Glutes taut
 Rhomb upper corp + vascod
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP: rhomb/glutes/traps/ITBs
 Fx: ecc/traps/ITBs
☒ Talked ☒ Quiet ☒ Breathing
 ROM: 7sec > ms
 FBAC: felt better > ms

P= Relem client get balance right in the body

TREATMENT NO. 125 s= Relem client feeling good lately - back @ work with normal hours / symptoms

DATE: 21.03.17
 TIME: \$88/hr
 PAID: 1hr
 REC.No:
 AIR TEMP: 25°C
 MUSIC:
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Relem mang/frag
 HT: 2x lu + 2x back
 CST: A face
 HST: feet / face
 EXTRA:
 NEXT APPT:

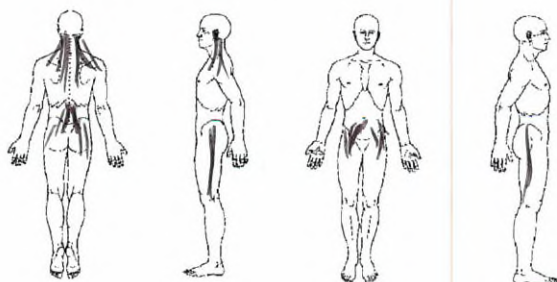


O/A:
 Client's hands / arms taut
 ITBs taut
 Rhombs tight but relaxed easily
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP: rhomb/glutes/traps/ITBs
 Fx: ecc/traps/ITBs
☒ Talked ☒ Quiet ☒ Breathing
 ROM: 7sec > ms
 FBAC: felt better > ms

P= Relem client continue with current stretches

TREATMENT NO. 126 s= client's shoulder + back both been sore - been to physio for Tx

DATE: 18.04.17
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC:
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Relem
 HT: feet / face
 CST: A face
 HST: 2x lu
 EXTRA:
 NEXT APPT:

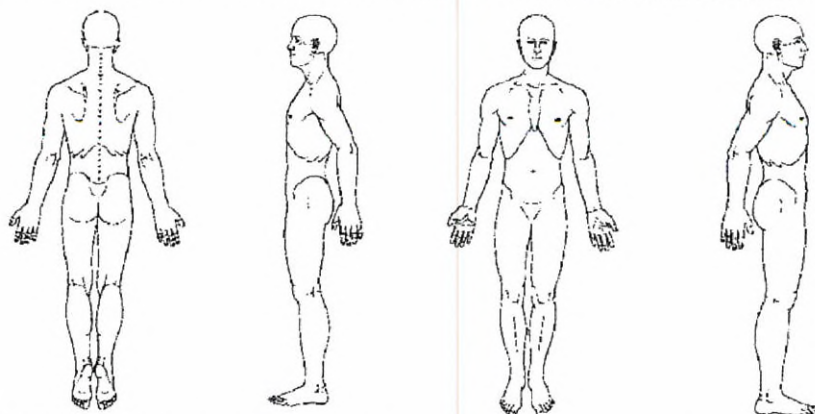


O/A:
 Psoas tight
 ITBs tight + tender
 Glutes tight
 traps up tight
 ITBs tight
 Rhombs tight
 Psoas taut
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ Ms LEGS
 TP: rhomb/glutes/ham/traps
 Fx: ITBs/ITBs/Hams
☒ Talked ☒ Quiet ☒ Breathing
 ROM: feet bit stiff > ms
 FBAC: discussed using heat / fixarea

P= Client to get more physio to help with - facet jt probs

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
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

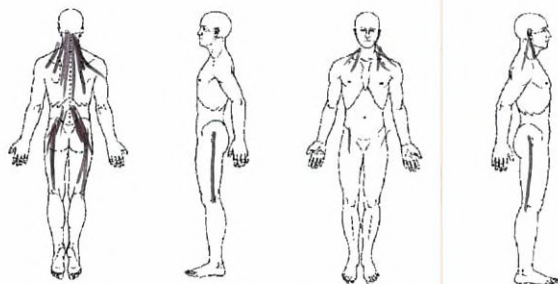
JENNY



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

TREATMENT NO. 127 S = client been feeling tightness in her body in her shoulder still + back not settled yet

DATE: 06.06.17
 TIME: 10:00
 PAID: £30
 REC.No: hr 250c
 AIR TEMP: 25.0c
 MUSIC: Jgn
 FACE CREST: Jgn
 SUPINE SCENT: Jgn
 OIL BLEND: Relem
 HT: Feet Tail
 CST: 1 Fall
 HST: 2 x lu
 EXTRA: 2 x back
 NEXT APPT:

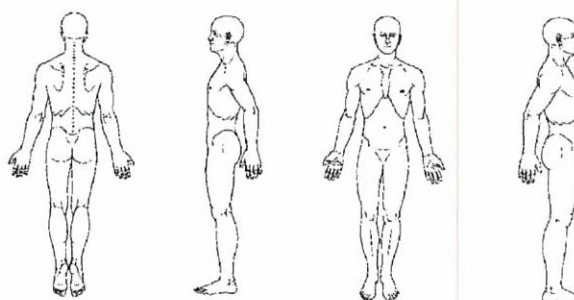


O/A: 1/2s taut. 1/2Bs tight
 1/2s taut. Traps up taut
 Es tight + tender
 Rhomb up on cong. Glutes tight
☐ Full Body ☐ STOMACH/MS
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/9 med/ham/trap
 Fx orotraps/LSIap/1/2Bs
☐ Talked ☐ Quiet Breathing
 ROM 1/2s esp neck.
 FBAC Feet better 7 ms

P = Relem client stretch out shoulder. See physio is required

TREATMENT NO. S =

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

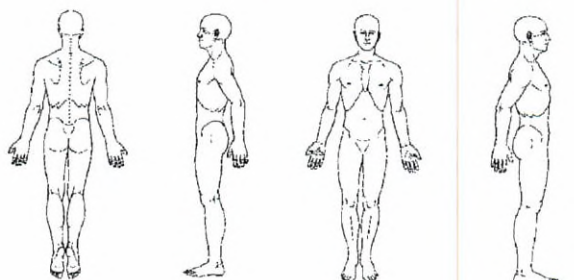


O/A: _____
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP _____
 Fx _____
☐ Talked ☐ Quiet Breathing
 ROM _____
 FBAC _____

P =

TREATMENT NO. S =

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



O/A: _____
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP _____
 Fx _____
☐ Talked ☐ Quiet Breathing
 ROM _____
 FBAC _____

P =

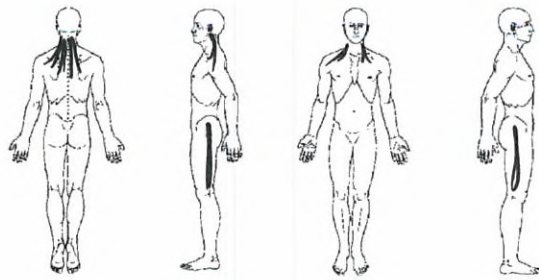
JENNY DAVID

TREATMENT NO. 128

Office: ☐ Scanned & filed

DATE: 11.7.17
 TIME: 1PM
 AIR TEMP: TES
 MUSIC: Steve Hefman
 FACE CREST: Lu
 SUPINE SCENT: Jem
 OIL BLEND: Relax
Manditang
 Hot Towel: Feet / Face
 Cold Stones: (A) Face
 Hot Stones: 2 x in
2 x back

S = Client been feeling tightness in her ITBs + shoulder been sore



O/A:
Pees short. TMS tense
Deltoids tight. ITBs tender
ES tight. Traps up tight
Rhomb region cong
☒ Full Body ☐ STOMACH Boast tight
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb region cong
 Fx occ/traps/pl's/laps
☐ Talked ☐ Quiet Quiet Breathing
 ROM bed > ms
 FBACK feet better > ms

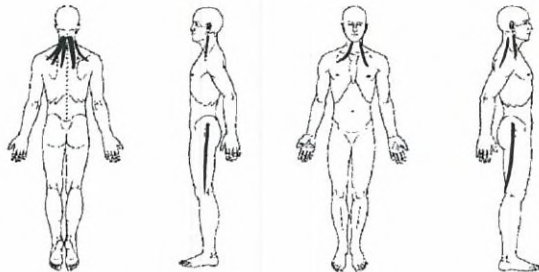
P = Recom stretching + using heat

TREATMENT NO. 129

TREATMENT NO. 129
 Office: ☐ Scanned & filed

DATE: 15.08.17
 TIME: TUES
 AIR TEMP: 1PM
 MUSIC: Mix Nsmusic
 FACE CREST: Lu
 SUPINE SCENT: Jem
 OIL BLEND: Relax - Manditang
 Hot Towel: Feet / Face
 Cold Stones: A Face
 Hot Stones: 2 x in
2 x back

S = client been feeling tightness in her shoulders still. Doing more gym classes than normal.



O/A:
ITBs + TFLs tight
Deltoids tight. Pees tight
ES tight. Scms tight
Rhomb region cong / varied
☒ Full Body ☐ STOMACH Did psoas releases
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / traps / ITBs / Quads
 Fx Traps / H/Flex / dls / ES
☐ Talked ☐ Quiet Post Breathing
 ROM Improved neck flex
 FBACK

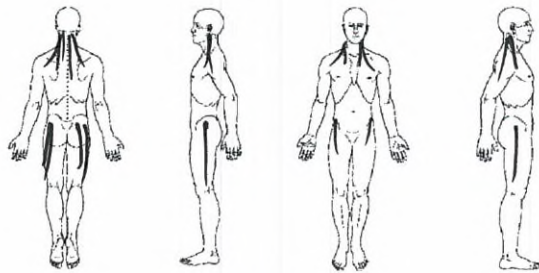
P = Client been feeling tightness in her body improve > MS
Discussed using more self care when working more

TREATMENT NO. 130

TREATMENT NO. 130
 Office: ☐ Scanned & filed

DATE: 12/9/17
 TIME: 1PM
 AIR TEMP: TES
 MUSIC: Lu
 FACE CREST: Jem
 SUPINE SCENT: Relax
Manditang
 Hot Towel: Feet / Face
 Cold Stones: (A) Face
 Hot Stones: 2 x in
2 x back

S = Client's body OK - "normal areas" of tension



O/A:
ITBs / TFLs / Psoas / HFS tight
Rhombas tight. Quads tight
Lats / ES / QLS taut
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS - tight!
 TP rhomb / quads / gastroc
 Fx occ / achilles / HFS / ASIS
☐ Talked ☐ Quiet Breathing
 ROM bed exp back flex
 FBACK

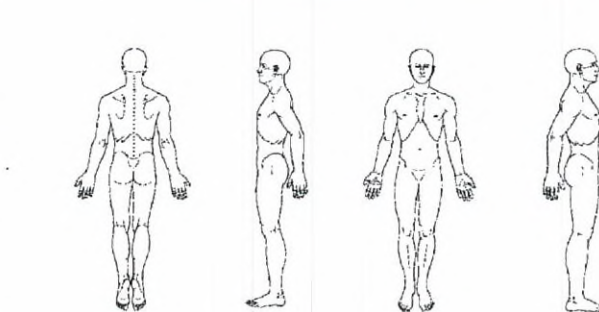
P = Client been feeling good > MS - discussed maintenance of body

TREATMENT NO. _____

S = _____

TREATMENT NO. _____
 Office: ☐ Scanned & filed

DATE: _____
 TIME: _____
 AIR TEMP: _____
 MUSIC: _____
 FACE CREST: _____
 SUPINE SCENT: _____
 OIL BLEND: _____
 Hot Towel _____
 Cold Stones _____
 Hot Stones _____



O/A: _____

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

P = _____

TREATMENT NO. 

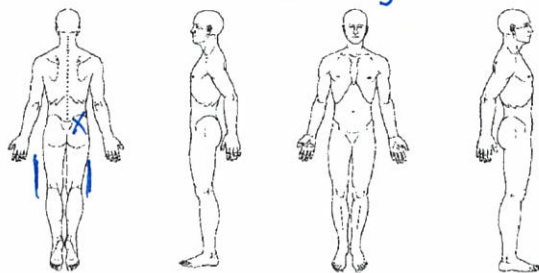
S = L-B Facts ok Hx

DATE: 6/11/17
TIME: 1pm
PAID: 888 cash
REC.No:
AIR TEMP: 24
MUSIC: further Sax
FACE CREST:
SUPINE SCENT: Lemon
OIL BLEND: C/M @

HT feet chest
CST
HST 2x Lx 2x Back

EXTRA
NEXT APPT:

Jenny



O/A: ↑ Glutes / hip area
1TB felt ok but J. says
feels tight

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS
TP Lev Scaps
Fx err spine Lx → Cx
☐ Talked ☒ Quiet Breathing
ROM
FBACK

P =

TREATMENT NO. _____

S = (R) side.

TREATMENT NO. 

Office: ☐ Scanned & filed

DATE: 4/12/17.

TIME: _____

AIR TEMP: 72

MUSIC: Mass long

FACE CREST: _____

SUPINE SCENT: lemon.

OIL BLEND: L/T almond

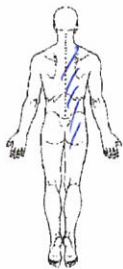
Hot Towel 2x

Cold Stones

Hot Stones 2 glutes

2 chest

Jennifer



O/A: _____

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS ☒

TP

Fx

☐ Talked

☒ Quiet

Breathing

ROM

FBACK

P = _____

TREATMENT NO. 

DATE: 2/2/18
TIME: 1pm 1hr
PAID: 888
REC.No:
AIR TEMP: 23
MUSIC: girls mix 3
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT Feet chest
CST
HST g/utes v. back
EXTRA
NEXT APPT:

S = maint. massage.

Jenny David



O/A: generally good

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

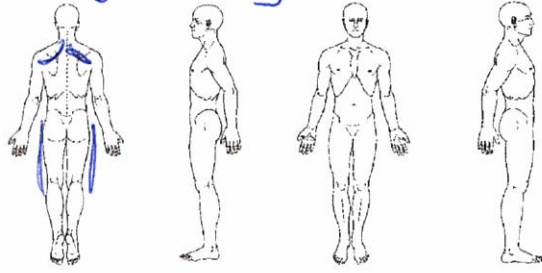
P = R Side

TREATMENT NO. 

S = usual spots

DATE: 2/3/18
TIME: 1pm
PAID: \$88 cash
REC.No: _____
AIR TEMP: 23
MUSIC: guit / sax
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: _____
HT feet chest
CST _____
HST glutes v back
EXTRA _____
NEXT APPT: April 20th

~~body~~ Jenny



O/A: quads toned

Shoulders, v-traps, teres ↑
can go firm here

trigger finger @ hand

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS ☒

TP

Fx

☐ Talked

☒ Quiet

Breathing

ROM

FBACK

P = talk MDN for @ trigger finger

TREATMENT NO. 135

S = the usual

DATE: 27/4/18
TIME: 1pm
PAID: \$88
REC.No:
AIR TEMP: 24
MUSIC: All tunes
FACE CREST:
SUPINE SCENT: clarity
OIL BLEND:
M/T
HT x2
CST
HST x4
EXTRA lateral
NEXT APPT: 2.1st June

Jenny D



O/A: ① glute T.

above iliac crest tender.
U-traps etc ↑

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

P = med-hard combo. lateral for hip / ITB, adductors
check neck visit.

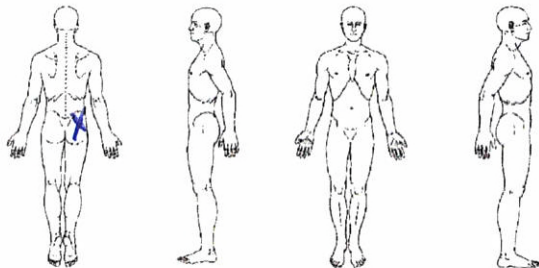
TREATMENT NO.

Office: ☐ Scanned & filed

DATE: 1/6/18
 TIME: 10am
 AIR TEMP: 24
 MUSIC: MASS Mix
 FACE CREST:
 SUPINE SCENT: Clarity
 OIL BLEND: mand almond
 Hot Towel x 2
 Cold Stones
 Hot Stones x4



S = (2) SIT - meant to see physio yesterday but p. sick.
 Jennifer David



O/A: (1) glutes ↑

(2) SIT hamstrings + glutes ↓

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS ☒
 TP (1) glutes - u. traps L + R
 Fx
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK

P =

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: Jenny

From: Christine x

Your Gift: One hour remedial massage Date: 11.12.13

Valid for three months from the date of issue

MERRY CHRISTMAS!



To: Jennifer



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

From: The Jones Family



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

MERRY CHRISTMAS!



focus on movement

To: Jennifer



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

From: Marianne, Thomas,
Madeline and Ryan



PHONE: 0439 775 003

EMAIL: relax@focusonmovement.com.au

CLINIC: 51 Lyndel Drive Woree 4868

WEB: www.focusonmovement.com.au

TREATMENT NO. _____

Office: ☐ Scanned & filed

DATE: 1/6/18

TIME: 10am

AIR TEMP: 24

MUSIC: Mass Mix

FACE CREST: _____

SUPINE SCENT: Clarity

OIL BLEND: _____

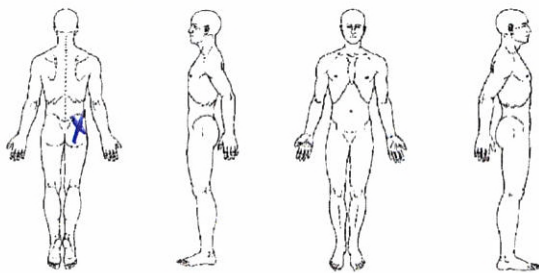
mand almond

Hot Towel x2

Cold Stones _____

Hot Stones x4

S = ② SIT - meant to see physio yesterday but p. sick.
Jennifer David



O/A: ② glutes ↑.

② SIT hamstring + glutes ↓.

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS

TP ② glutes - v. traps L + R

Fx

☐ Talked ☒ Quiet

Breathing

ROM

FBACK

P = _____

Jennifer David

DOB 6 Nov 1975
Occupation Fitness Instructor

Appointments

Date	Time	Type	Practitioner
20 Sep 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
23 Aug 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
25 Jul 2025	11:15AM – 12:15PM	60 minute Massage	Christine Jervis
28 Jun 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
30 May 2025	1:00PM – 2:00PM	60 minute Massage	Christine Jervis
3 May 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
5 Apr 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
8 Mar 2025	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Feb 2025	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Jan 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
14 Dec 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Nov 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Nov 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Oct 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Sep 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
12 Jul 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Jun 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
31 May 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 May 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Apr 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Mar 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Feb 2024	11:00AM – 12:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
12 Jan 2024	2:30PM – 3:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
23 Dec 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Nov 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
1 Nov 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
4 Oct 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jul 2023	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Jun 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
3 May 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Mar 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Feb 2023	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
2 Dec 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Nov 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Oct 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Sep 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Aug 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2022	1:10PM – 2:10PM	REBOOKING - 60 minute Massage	Christine Jervis
27 May 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
29 Apr 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Mar 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
4 Mar 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Feb 2022	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Dec 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Nov 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Oct 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Sep 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2021	11:20AM – 12:20PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jun 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
17 May 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Apr 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Mar 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Feb 2021	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
30 Jan 2021	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
19 Dec 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
24 Oct 2020	10:20AM – 11:20AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
12 Sep 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
11 Mar 2020	9:10AM – 10:10AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
5 Feb 2020	9:10AM – 10:10AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
21 Dec 2019	8:50AM – 9:50AM	60 minute Massage	Christine Jervis
16 Nov 2019	10:15AM – 11:15AM	60 minute Massage	Christine Jervis
16 Oct 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
20 Sep 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
23 Aug 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Jul 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
14 Jun 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 May 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Apr 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Apr 2019	12:30PM – 1:00PM	Package of Prepaid Massages	Marina Franke
29 Mar 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
1 Mar 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke

Date	Time	Type	Practitioner
1 Feb 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
14 Dec 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
23 Nov 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
26 Oct 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
21 Sep 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 Aug 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
27 Jul 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
27 Jun 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
1 Jun 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
21 Mar 2017	1:00PM – 2:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 Sep 2025, 1:30PM

Created: 21 Sep 2025, 7:28PM

Last updated: 21 Sep 2025, 7:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - usual areas still sore, especially with shoulders and ITBs.

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

Prescription Medication

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

Pill.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for

	massage and recipe.
	Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Music - Kenny G Aromatherapy Massage oil - lav peppermint fisiocrem used on shoulder Spritzer - lav peppermint Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Aug 2025, 1:30PM	

Created: 23 Aug 2025, 3:13PM
Last updated: 23 Aug 2025, 3:14PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - firm 2-3 Music - Kenny G Aromatherapy Massage oil - lav peppermint fisioocrem used on shoulder Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas

Body Chart**Feedback after treatment -**

Felt great after treatment.

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

Continue to see physio still monthly

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 25 Jul 2025, 11:15AM**Created:** 29 Jul 2025, 7:30PM**Last updated:** 29 Jul 2025, 7:31PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - usual areas still sore, especially with shoulders and ITBs.

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

Prescription Medication

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

Pill.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today.

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.

Some neural pain in R hand - physio still treating

Treatment details - what was done today to help the client

Pressure used - firm 2-3

Music - Kenny G

Aromatherapy Massage oil - lav peppermint

fisioocrem used on shoulder

Spritzer - lav peppermint

	Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Jun 2025, 1:30PM
Created: 28 Jun 2025, 2:55PM
Last updated: 28 Jun 2025, 2:56PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs. Had hamstring trouble and L shoulder been struggling - physio is working on both
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - firm 2-3</p> <p>Music - yanni if there</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 May 2025, 1:00PM
Created: 30 May 2025, 5:33PM
Last updated: 30 May 2025, 5:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - firm 2-3 Music - Indian Mix 2 Aromatherapy Massage oil - lav peppermint fisioocrem used on shoulder Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment - Felt good after treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Continue to see physio still monthly

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 May 2025, 1:30PM

Created: 5 May 2025, 10:39AM

Last updated: 5 May 2025, 10:39AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - usual areas still sore, especially with shoulders and ITBs. Lower back been hurting lately requiring strapping

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.
Some neural pain in R hand - physio still treating

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Music - saxophone Kenny G

	<p>Aromatherapy Massage oil - lav peppermint</p> <p>fisioocrem used on shoulder</p> <p>Spritzer - lav peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 5 Apr 2025, 1:30PM</p> <p>Created: 5 Apr 2025, 1:29PM</p> <p>Last updated: 5 Apr 2025, 3:00PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - saxophone Kenny G</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - lab peppermint</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see physio still monthly
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 2025, 1:30PM Created: 8 Mar 2025, 2:58PM Last updated: 8 Mar 2025, 2:59PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs. Neck been a bit stiff and sore lately.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - samphire Kenny G Aromatherapy Massage oil - lav peppermint fisioocrem used on shoulder Spritzer - peppermint euc Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face

Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 8 Feb 2025, 1:30PM
Created: 8 Feb 2025, 3:01PM
Last updated: 8 Feb 2025, 5:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - usual areas still sore, especially with shoulders and ITBs.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>

Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Ken Davis Ian Cam Smith</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - peppermint euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed looking after her body, see physio still monthly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Jan 2025, 3:00PM
Created: 17 Jan 2025, 10:54PM
Last updated: 17 Jan 2025, 10:56PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now - usual areas still sore, especially with shoulders and ITBs.

history or client info)	
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio still treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - peppermint euc</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight.</p> <p>Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed
Plan for future results / treatment /	Discussed looking after her body, see physio still monthly

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

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Dec 2024, 3:00PM Created: 14 Dec 2024, 2:56PM Last updated: 15 Dec 2024, 2:57PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders and ITBs usual areas still.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio still treating
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Ian Can 2 Aromatherapy Massage oil - sports extreme fisioocrem used on shoulder Spritzer - peppermint euc Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 15mins massage

Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Nov 2024, 12:45PM Created: 27 Nov 2024, 3:41PM Last updated: 27 Nov 2024, 3:44PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders still.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for

	massage and recipe.
	Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio treating
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Carl Chang 2 Aromatherapy Massage oil - sports fisiocrem used on shoulder Spritzer - pepper euc Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight plus ITBs very tight today. Neck and shoulder tension, esp traps and rhomboids tight. Extra 15mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner:	Christine Jervis
Appointment:	2 Nov 2024, 11:00AM

Created: 2 Nov 2024, 3:22PM
Last updated: 2 Nov 2024, 3:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - usual areas sore, been feeling tight, especially with shoulders but they have improved since last stiff neck

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - not checked today.
 Anything noteworthy - no
 Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.
 Some neural pain in R hand - physio treating

Treatment details - what was done today to help the client

Pressure used - form 2-3
 Music - Enja
 Aromatherapy Massage oil - lavender oil
 fisioocrem used on shoulder
 Spritzer - pepper euc

Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.
 Neck and shoulder tension, esp traps and rhomboids tight. Extra 15mins massage

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders

Hot Wet Towels Feet; Face

Topical Treatment Fisiocrem shoulders/neck; Zen shoulders/neck

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; ITBs; TFLs; Glutes; Psoas

Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed tx
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays coming up
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 2024, 3:00PM Created: 11 Sep 2024, 2:55PM Last updated: 11 Sep 2024, 4:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders. Stiff neck on RHS since Sat. Physio cancelled Afro because she was sick.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok. Some neural pain in R hand - physio treating
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there 2 Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - pepper euc

	Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed tx
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed heat therapy and fisiocrem.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Aug 2024, 11:00AM Created: 23 Aug 2024, 12:17PM Last updated: 23 Aug 2024, 1:22PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - usual areas sore, been feeling tight, especially with shoulders
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	<p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep. Client sometimes does side lying massage for shoulders and back as her sinuses were congested prone but today ok.</p> <p>Some neural pain in R hand - physio treating</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there 2</p> <p>Aromatherapy Massage oil - lavender oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - joyful</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment, enjoyed tx
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed tightness in her body and helping keep moving, managing boys and all the things they do
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Jul 2024, 11:00AM
Created: 13 Jul 2024, 8:20AM
Last updated: 13 Jul 2024, 8:23AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - usual areas sore, been feeling tight, especially with calves lately.

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Neural pain when running or sometimes during sleep. Client did side lying massage for shoulders and back as her sinuses were congested prone. Some neural pain in R hand - physio treating her. Sometimes has some trouble laying prone and we move to side-lying massage.

Treatment details - what was done today to help the client

Pressure used - form 2-3
Music - Yanni if there 2
Aromatherapy Massage oil - lavender oil
fisioocrem used on shoulder
Spritzer - joyful

Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders

Hot Wet Towels Feet; Face

Topical Treatment Fisiocrem shoulders/neck; Zen shoulders/neck

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? Neck, Head, Upper Traps, Low Back, Hips; TFLs; Glutes; Psoas	
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed tightness in her body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 15 Jun 2024, 3:00PM Created: 15 Jun 2024, 4:40PM Last updated: 15 Jun 2024, 4:41PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep. Client did side lying massage for shoulders and back as her sinuses were congested prone
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there 2 Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - joyful

	Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight. Extra 10mins massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed cool weather and managing body
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 2024, 11:00AM Created: 31 May 2024, 11:08AM Last updated: 1 Jun 2024, 12:07PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p> <p>Neural pain when running or sometimes during sleep</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Ian Cameron Smith</p> <p>Aromatherapy Massage oil - lavender oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - joyful</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension, esp traps and rhomboids tight</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good.
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: 3 May 2024, 11:00AM	
Created: 3 May 2024, 3:58PM	
Last updated: 3 May 2024, 4:03PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Massage tunes Enya Aromatherapy Massage oil - lavender oil fisiocrem used on shoulder Spritzer - joyful Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	

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

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Apr 2024, 3:00PM
Created: 6 Apr 2024, 4:27PM
Last updated: 6 Apr 2024, 4:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - R finger/hand numbness being worked on, by physio, usual soreness.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe. Neural pain when running or sometimes during sleep
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Massage tunes Enya Aromatherapy Massage oil - lavender oil fisioocrem used on shoulder Spritzer - joyful Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp traps and rhomboids tight
Hot Pack	Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt much better after massage. Extra time done on massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed neural pain
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 2024, 11:00AM
Created: 3 Feb 2024, 12:18PM
Last updated: 3 Feb 2024, 12:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - L shoulder been carcging and sore.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Massage tunes Ackerman bulk Aromatherapy Massage oil - h20 relax blend fisiocrem used on shoulder Spritzer - joyful Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension, esp L trap twitchy
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after Massage. Extra time done on massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting older and how regular treatment helps
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Jan 2024, 2:30PM Created: 12 Jan 2024, 4:16PM Last updated: 12 Jan 2024, 4:17PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - neck and shoulder been ok. Had a great break over Christmas Holidays

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - h20 relax blend</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight.</p> <p>Neck and shoulder tension.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after Massage. Extra time done on massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing more massage time 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: 23 Dec 2023, 1:00PM
Created: 23 Dec 2023, 3:03PM
Last updated: 23 Dec 2023, 3:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - neck and shoulder been ok - as usual
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - h20 relax blend fisioocrem used on shoulder Spritzer - rose Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight. Neck and shoulder tension.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas

Body Chart	
Feedback after treatment -	Felt good after Massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching
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 2023, 12:45PM Created: 29 Nov 2023, 12:41PM Last updated: 29 Nov 2023, 8:29PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - neck and shoulder been sore
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - h20 sports oil fisioocrem used on shoulder Spritzer - rose Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight and tightly held. Neck and shoulder tension.
Hot Pack	Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after Massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays and plans 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: 1 Nov 2023, 12:45PM
Created: 3 Nov 2023, 9:13AM
Last updated: 3 Nov 2023, 9:15AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - L shoulder doing better. Physio still away. Normal back and leg tension
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - h20 sports oil fisioocrem used on shoulder Spritzer - rose Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were tight and tightly held. Neck and shoulder tension.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after Massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays and plans 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: 4 Oct 2023, 12:45PM
Created: 4 Oct 2023, 8:37PM
Last updated: 4 Oct 2023, 8:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L shoulder doing better.

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Ian can smith</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck and shoulders still sore.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed relaxation
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 2023, 12:45PM
Created: 8 Sep 2023, 3:13PM
Last updated: 8 Sep 2023, 3:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L shoulder very sore. Froze a couple of weeks ago - couldn't lift it.
 Seen physio who thought it might be bursitis

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - not checked today.
 Anything noteworthy - no
 Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Treatment details - what was done today to help the client Pressure used - form 2-3
 Music - Ian can smith
 Aromatherapy Massage oil - h20 sports oil
 fisioocrem used on shoulder
 Spritzer - rose

 Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck still tight and shoulders needed lots of extra work especially LHS

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders

Hot Wet Towels Feet; Face

Topical Treatment Fisiocrem shoulders/neck; Zen shoulders/neck

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; ITBs; TFLs; Glutes; Psoas

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

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Jul 2023, 11:00AM Created: 28 Jul 2023, 12:30PM Last updated: 28 Jul 2023, 12:33PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - Usual areas right and sore. Taught an extra class this week.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Ian can smith Aromatherapy Massage oil - h20 sports oil fisioocrem used on shoulder Spritzer - rose Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck still tight and shoulders needed lots of extra work.
Hot Pack	Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting older and the impact on your recovery from exercise
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Jun 2023, 12:45PM
Created: 8 Jun 2023, 7:04AM
Last updated: 8 Jun 2023, 7:05AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - clients neck been tight. Usual areas with some leg tension
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Ian can smith</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing physio for neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 May 2023, 12:45PM
Created: 5 May 2023, 1:25PM
Last updated: 9 May 2023, 12:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - clients shoulders been sore. Usual areas with some leg tension

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Ian can smith</p> <p>Aromatherapy Massage oil - h20 sports oil</p> <p>fisiocrem used on shoulder</p> <p>Spritzer - rose</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage - improvement in neck tension :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using heat for neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Mar 2023, 12:45PM

Created: 19 Mar 2023, 6:04AM

Last updated: 19 Mar 2023, 6:06AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - clients shoulders and calves been feeling tight. Neck tightening up feeling very sore in last day or so

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.

Treatment details - what was done today to help the client Pressure used - form 2-3
Music - Yanni if there
Aromatherapy Massage oil - cream
Zen and fisiocrem used on shoulder
Spritzer - none

Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Neck very tight and shoulders needed lots of extra work.

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders

Hot Wet Towels Feet; Face

Topical Treatment Fisiocrem shoulders/neck; Zen shoulders/neck

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; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -	Felt great after massage - improvement in neck tension :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using heat for neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Feb 2023, 12:45PM
Created: 20 Feb 2023, 2:08PM
Last updated: 20 Feb 2023, 2:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - clients shoulders and calves been feeling tight.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
Treatment details - what was done today to help the client	Pressure used - form 2-3 Music - Yanni if there Aromatherapy Massage oil - Lav H2O oil Zen and fisiocrem used on shoulder Spritzer - none Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held. Some pressure in sinuses when prone
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders

Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage - legs really tight and tender :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed neural stretching for legs
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Dec 2022, 12:45PM
Created: 2 Dec 2022, 2:07PM
Last updated: 2 Dec 2022, 2:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - clients L trap and R hamstring been twingy and tight
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.
Treatment details - what was done today	Pressure used - form 2-3

to help the client	<p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Lav H2O oil</p> <p>Zen and fisiocrem used on shoulder</p> <p>Spritzer - none</p> <p>Remedial techniques on legs, shoulders and neck plus deltoids. Lower legs were very tight and tightly held</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Zen shoulders/neck
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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage but shoulder needs more work. Seeing physio next week :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed neural stretch for upper body to help tension
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Nov 2022, 12:45PM
Created: 11 Nov 2022, 6:37PM
Last updated: 12 Nov 2022, 10:41AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - clients calves are tight

Feedback from previous treatment - felt good, worked on body with physio bit still felt a bit funny laying prone.

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - Client wears bra - just unclip for massage and recipe.</p>
Treatment details - what was done today to help the client	<p>Pressure used - form 2-3</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Lav H2O oil</p> <p>Spritzer - none</p> <p>Remedial techniques on legs, shoulders, and ITBs/calves. Lower legs were very tight and tightly held</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; 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; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage :)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing physio monthly still
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Oct 2022, 12:45PM
Created: 8 Oct 2022, 10:12AM
Last updated: 8 Oct 2022, 11:06AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio. Felt very compressed prone.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Yanni if there Aromatherapy - cream (no scent) Remedial work on legs, shoulders and ITBs/TFLs. Lower legs were right - anterior and posterior. Did side lying massage because she didn't feel right prone
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good - enjoyed massage. Talked through until back section and then relaxed. Sinuses went blocked when prone
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about stretching body out and seeing physio regarding feeling compressed prone

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 2 Sep 2022, 12:45PM**Created:** 3 Sep 2022, 8:29AM**Last updated:** 3 Sep 2022, 8:31AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio. Calves sore today.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
 ROM - not checked today.
 Anything noteworthy - No.
 Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Music - Yanni if there
 Aromatherapy - cream (no scent)

Remedial work on legs, shoulders and ITBs/TFLs. Lower legs were right - anterior and posterior

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; Deltoids; ITBs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good - enjoyed massage. Talked through until back section and then relaxed.
 Sinuses went blocked when prone

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

Talked about stretching body out and how this wet weather can influence joints, maybe

discussion with client, advice, stretches) why her legs are tight.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Aug 2022, 12:45PM

Created: 12 Aug 2022, 2:12PM

Last updated: 12 Aug 2022, 2:14PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Usual areas of tightness but feeling ok. Monthly visit with the physio

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Yanni if there
Aromatherapy - cream (no scent)

Remedial work on legs, shoulders and ITBs/TFLs. No stomach work 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt good - enjoyed massage but we talked a lot today so I said we would quiet down next time :-)

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

Talked about 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: 14 Jul 2022, 1:10PM

Created: 15 Jul 2022, 6:52AM

Last updated: 15 Jul 2022, 6:53AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Usual areas of tightness but feeling ok. Hamstring healing ok after fall and had numbness in hands when running - been seeing physio for Tx.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Yanni if there
Aromatherapy - cream (no scent)

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good - enjoyed massage :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Talked about neural pain and stretching.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 May 2022, 12:45PM

Created: 27 May 2022, 2:16PM

Last updated: 27 May 2022, 2:17PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Usual areas of tightness but feeling ok. Hamstring healing ok after fall - been seeing physio for Tx.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Ian Cam Smith II
Aromatherapy - cream (no scent)

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt great after treatment :-)

Plan for future results / treatment / Talked about healing and hamstrings

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Mar 2022, 12:45PM

Created: 25 Mar 2022, 2:03PM

Last updated: 25 Mar 2022, 2:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Usual areas of tightness but feeling ok.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Ian Cam Smith II
Aromatherapy - Peppt/Euc

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good after treatment :-)

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

Talked about Holidays

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 4 Mar 2022, 12:45PM**Created:** 4 Mar 2022, 2:32PM**Last updated:** 4 Mar 2022, 2:33PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - Usual areas of tightness but feeling ok.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
 ROM - not checked today.
 Anything noteworthy - No.
 Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Music - Ian Cam Smith II
 Aromatherapy - Peppt/Euc

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt some tender spots but felt good after treatment :-)

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

Talked about being healthy for Covid, masks off soon.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jarvis**Appointment:** 11 Feb 2022, 1:00PM**Created:** 11 Feb 2022, 2:33PM**Last updated:** 11 Feb 2022, 2:34PM**Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info) What's going on now - Usual areas of tightness. Still holding together well in her body. Felt good after her massage last time.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Ian Cam Smith
Aromatherapy - Peppt/Euc

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt good after treatment :-)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Check up on Physio progresses.

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, 1:00PM

Created: 6 Dec 2021, 2:24PM

Last updated: 6 Dec 2021, 2:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Usual areas of tightness and calves have been tight. Holding together well in her body. Felt good after her massage last time.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Music - Ian Cam Smith
Aromatherapy - Peppt/Euc

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good :-)

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

Client to see physio tomorrow too.

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

Time in Sauna (minutes) -

Feedback after treatment -**Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 8 Nov 2021, 1:00PM**Created:** 13 Nov 2021, 10:28AM**Last updated:** 13 Nov 2021, 10:32AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - Usual areas of tightness but feeling good still. Holding together well.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
 ROM - not checked today.
 Anything noteworthy - No.
 Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Music - Ian Cam Smith
 Aromatherapy - Mand/Tang

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good :-) Quality of movement looks better after treatment.

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

Discussed body balance and holidays.

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

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Oct 2021, 1:00PM
Created: 11 Oct 2021, 2:19PM
Last updated: 11 Oct 2021, 2:21PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Usual areas of tightness but feeling good.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Music - Ian Cam Smith Aromatherapy - Mand/Tang Remedial work on legs, shoulders and ITBs/TFLs/psoas.
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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good :) Quality of movement looks better.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed upcoming months - time off at Christmas when Gym shuts.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 13 Sep 2021, 1:00PM
Created: 13 Sep 2021, 9:45PM
Last updated: 13 Sep 2021, 9:46PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Usual areas of tightness but feeling ok. Working through the holidays.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. No Covid exposure reported.
 ROM - not checked today.
 Anything noteworthy - No.
 Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Topical Treatment - Fisiocrem on hips
 Spritzer - Neroli
 Music - Yanni if there
 Aromatherapy - Mand/Tang

 Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt good after her massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed working through the holidays and enjoying some downtime too.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Aug 2021, 1:00PM
Created: 23 Aug 2021, 4:38PM
Last updated: 23 Aug 2021, 4:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Usual areas of tightness but calves have been sore too...
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Neroli Music - Yanni if there Aromatherapy - Mand/Tang Remedial work on legs, shoulders and ITBs/TFLs/psoas.
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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed difference between treadmill and road running and the effect on 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: 14 Jul 2021, 11:20AM
Created: 30 Jul 2021, 10:39AM
Last updated: 30 Jul 2021, 10:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Usual areas of tightness. Been travelling ok.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Fisiocrem on hips Spritzer - Jasmine. Music - Ian Cam Smith Aromatherapy - Euc/Pepp Remedial work on legs, shoulders and ITBs/TFLs/psoas. Fell asleep during some treatment. Responded well with muscles softening.
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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Physio is still working on foot. Discussed stretching with massage.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 14 Jun 2021, 1:00PM

Created: 14 Jun 2021, 3:42PM

Last updated: 14 Jun 2021, 3:44PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Still seeing physio for foot pain. Usual areas sore.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Fisiocrem on hips
Spritzer - Neroli.
Music - Mixed tribal music.
Aromatherapy - Euc/Pepp

Remedial work on legs, shoulders and ITBs/TFLs/psoas. Fell asleep during some treatment. Responded well with muscles softening.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good after treatment.

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

Physio is working on foot restriction and pain, continue with regular massage.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 17 May 2021, 1:00PM

Created: 23 May 2021, 5:37AM

Last updated: 23 May 2021, 5:38AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Seeing physio for foot pain.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Neroli. Music - Ian Cam. Aromatherapy - Mand/Tang Remedial work on legs, shoulders and ITBs/TFLs/psoas.
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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Physio is working on foot restriction and pain. Massage to help with general body movement.

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, 1:00PM

Created: 23 Apr 2021, 10:43AM

Last updated: 23 Apr 2021, 10:44AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Feeling good. Some foot pain.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Zen on hips
Spritzer - Jasmine.
Music - Yanni if there.
Aromatherapy - Mand/Tang

Remedial work on legs, shoulders and ITBs/TFLs/psoas.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Foot feeling tight - fascia feels very tight.

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

Seeing podiatrist to address arches as feet are tight.

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, 1:00PM

Created: 23 Apr 2021, 10:21AM

Last updated: 23 Apr 2021, 10:23AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Feeling good with body. Still teaching same class load.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Jasmine. Music - Yanni if there. Aromatherapy - Mand/Tang Remedial work on legs, shoulders and ITBs/TFLs and psoas too (tender)
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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Enjoyed massage. Felt good afterwards.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing podiatrist to address arches as feet are tight.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 30 Jan 2021, 10:45AM

Created: 3 Mar 2021, 11:59PM

Last updated: 4 Mar 2021, 12:00AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Feeling good with body.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pill
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. No Covid exposure reported. ROM - not checked today. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) -Wears bra for massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet and Face Topical Treatment - Zen on hips Spritzer - Jasmine. Music - Ian Cam Smith Aromatherapy - Mand/Tang Remedial work on legs, shoulders and ITBs/TFLs plus psoas 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; Deltoids; ITBs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Enjoyed massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Easing back into classes this year as people come back to exercise. Discussed managing work and body.

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 2021, 10:45AM

Created: 3 Mar 2021, 11:32PM

Last updated: 3 Mar 2021, 11:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Feeling good with body - nothing new to report.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Zen on hips
Spritzer - Rose
Music - Ian Cam Smith
Aromatherapy - Mand/Tang

Remedial work on legs, shoulders and ITBs/TFLs plus psoas 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Relaxed about half way through massage. Felt improvement in tension.

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

Discussed self care for body.

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 2020, 10:45AM

Created: 21 Dec 2020, 10:36AM

Last updated: 21 Dec 2020, 12:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Feeling good. "Usual areas to work on"

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained. No Covid exposure reported.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Fisiocrem on shoulders
Music - Norah Jones II
Aromatherapy - Mand/Tang

Remedial work on legs and shoulders and ITBs/TFLs were still a bit tight today - did some release work on psoas 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Relaxed throughout treatment. Some tightness felt.

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

Discussed self care. Relaxing time at home for Christmas.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Oct 2020, 10:20AM

Created: 15 Nov 2020, 5:37AM

Last updated: 15 Nov 2020, 5:39AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Some leg and overall body tightness. Feeling ok. Work is similar - still rebuilding after Corona.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Fisiocrem on shoulders
Music - Norah Jones II
Aromatherapy - Mand/Tang

Remedial work on legs and shoulders. ITBs/TFLs were tight today - did some release work on psoas 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Relaxed throughout treatment. Some tightness felt.

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Sep 2020, 10:45AM

Created: 15 Nov 2020, 5:34AM

Last updated: 15 Nov 2020, 5:36AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Some leg and overall body tightness. Back teaching. Went for a massage at physio and was unable to move for days afterwards.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - Fisiocrem on shoulders
Music - Norah Jones
Aromatherapy - Mand/Tang

Remedial work on legs and shoulders to help with balance. Vasodilated shoulders. ITBs and psoas were 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment -

Enjoyed treatment.

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

Talked about resuming a regular treatment schedule.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Mar 2020, 9:10AM
Created: 11 Mar 2020, 8:26PM
Last updated: 11 Mar 2020, 8:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - tear in R calcaneal area (on maleous side) feeling ok now. Down to 9 classes per week - no weds. Child is 12 now - at high school. Things have settled at home with husband after accident. Some leg and overall body tightness.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - not checked today.
 Anything noteworthy - No.
 Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Topical Treatment - Fisiocrem on shoulders
 Music - Carl Chang
 Aromatherapy - Mand/Tang
 Remedial work on legs to help with balance. Vasodilated shoulders. ITBs and psoas were 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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Really enjoyed treatment.

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Feb 2020, 9:10AM
Created: 6 Feb 2020, 3:05AM
Last updated: 6 Feb 2020, 3:09AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - tear in R calcaneal area (on maleous side) still recovering but feeling much better. Down to 9 classes per week - no weds. Child is 12 now - at high school so been a big adjustment year. Going ok. Husband injured in motorcycle crash so been in hospital for a week, no work on while he has healed. Just heading back to work this week.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - not checked today.
 Anything noteworthy - Injury meaning she's not moving right.
 Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
 Hot Stones - 2 x Lx and 2 x back
 Hot Wet Towels - Feet and Face
 Topical Treatment - Fisiocrem on shoulders
 Music - Norah Jones.
 Aromatherapy - Mand/Tang
 General treatment - remedial work on legs to help with balance. Shoulders and hips feeling ok at the minute.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt good today - body balance is great. Poss. due to break from teaching with husband's recovery.

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 21 Dec 2019, 8:50AM**Created:** 21 Dec 2019, 1:51PM**Last updated:** 21 Dec 2019, 1:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - tear in R calcaneal area (on maleous side) still recovering slowly. 2 weeks off now for Christmas. Still teaching 10 classes per week. Child is 12 now - enjoying a relaxing Christmas.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today. Discussed foot.
Anything noteworthy - Injury meaning she's not moving right.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Face
Topical Treatment - none applied
Music - Yanni tribute
Aromatherapy - Mand/Tang

General treatment - remedial work on legs to help with balance. Shoulders bit tight - did some stomach release work too to help.

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; Deltoids; ITBs; Glutes; Forearms

Body Chart

Feedback after treatment - Felt good - could feel how hard her ITBs, legs, shoulders and back are working...especially as she's not moving as well with the tear.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed active recovery and using extra RICER strategies when active.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 16 Nov 2019, 10:15AM**Created:** 17 Nov 2019, 5:24AM**Last updated:** 17 Nov 2019, 5:31AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - tear in R calcaneal area (on maleous side). Diagnosed from podiatrist. Inserts have been wrong for many months and they believe it's a result of that, with the hard edge wearing it down. Rest/Ice and strapping to teach. Recovery is expected to take longer because she's teaching 10 classes per week.

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

Prescription Medication

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

Pill

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today. Discussed foot.
Anything noteworthy - Injury meaning she's not moving right.
Anything specific to massage (E.g. no foot massage) -Wears bra for massage.

Treatment details - what was done today to help the client

Pressure used - firm 2-3
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet and Arms/Hands
Topical Treatment - Fisiocrem on back
Music - Yanni if there
Aromatherapy - Rosemary/Euc/Pepp

General treatment - remedial work on legs to help with balance. L shoulder restricted and needing work too - worked prone. Most of the focus on the lower half of the body today.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Deltoids; ITBs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good - could feel how hard her ITBs, legs and back are working...especially as she's not moving as well with the tear.

Plan for future results / treatment /

Discussed doing more release work next time for abdominals and shoulders too.

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

Discussed active recovery and using extra RICER strategies when active.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 16 Oct 2019, 9:30AM

Created: 16 Oct 2019, 10:33AM

Last updated: 16 Oct 2019, 10:47AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage, L neck and shoulder often sore-seeing physio also

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - Ian CS mix
Aromatherapy - rosemary/pep euc

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

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

Feedback after treatment - :)

Plan for future results / treatment / progress / homework (including physio = twisted uterus

discussion with client, advice, stretches)

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Marina Franke**Appointment:** 23 Aug 2019, 1:00PM**Created:** 23 Aug 2019, 12:54PM**Last updated:** 23 Aug 2019, 2:30PM**Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info) L neck and shoulder sore-seeing physio also

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - Ian CS mix
Aromatherapy -tang/mand

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 26 Jul 2019, 1:00PM

Created: 26 Jul 2019, 2:06PM

Last updated: 26 Jul 2019, 2:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) L shoulder sore plus sore lower back/SIJ on L

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - Guy mix
Aromatherapy -rtang/mand

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 14 Jun 2019, 1:00PM

Created: 14 Jun 2019, 12:56PM

Last updated: 14 Jun 2019, 2:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage plus sore lower back due to new orthotics

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - Sacred Earth mix
Aromatherapy -rosemary/pep euc

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 24 May 2019, 1:00PM

Created: 24 May 2019, 2:07PM

Last updated: 27 May 2019, 12:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - songs for guy mix
Aromatherapy - rosemary/pep euc

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

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

Feedback after treatment - :)
L outer calf has a trigger point

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 26 Apr 2019, 1:00PM

Created: 26 Apr 2019, 1:00PM

Last updated: 26 Apr 2019, 2:23PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical -
Music - Nora Jones
Aromatherapy -rosemary/pep euc

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

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

Feedback after treatment - :)
L outer calf has a trigger point

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 29 Mar 2019, 1:00PM

Created: 29 Mar 2019, 3:29PM

Last updated: 29 Mar 2019, 3:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music tribal/Sacred Earth
Aromatherapy -rosemary/pep euc

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

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

Feedback after treatment - :)
L outer calf has a trigger point

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 1 Feb 2019, 1:00PM

Created: 1 Feb 2019, 2:03PM

Last updated: 1 Feb 2019, 5:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music nature
Aromatherapy -tangerine/mandarin blend

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke**Appointment:** 14 Dec 2018, 1:00PM**Created:** 14 Dec 2018, 3:33PM**Last updated:** 14 Dec 2018, 3:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage , bit sore, leading extra exercise classes

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

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

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

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 -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; Arms - Prone; Arms - Supine

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Nov 2018, 1:00PM
Created: 23 Nov 2018, 2:29PM
Last updated: 23 Nov 2018, 2:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -
 Topical Treatment -
 Music - Relaxing
 Aromatherapy -mandarin

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 26 Oct 2018, 1:00PM
Created: 26 Oct 2018, 2:25PM
Last updated: 26 Oct 2018, 2:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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

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

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

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Sep 2018, 1:00PM
Created: 21 Sep 2018, 12:43PM
Last updated: 25 Sep 2018, 12:44PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage , SIJ sore

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

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

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

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

What parts of the body were massaged? Full Body Treatment

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

Feedback after treatment -

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 24 Aug 2018, 1:00PM

Created: 24 Aug 2018, 12:58PM
Last updated: 24 Aug 2018, 4:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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

What parts of the body were massaged? Full Body Treatment

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

Feedback after treatment -

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 Jul 2018, 1:00PM
Created: 27 Jul 2018, 12:12PM

Last updated: 27 Jul 2018, 2:32PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) general massage

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

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

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

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music - ian cs
Aromatherapy -mandarin

What parts of the body were massaged? Full Body Treatment

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

Feedback after treatment -

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 27 Jun 2018, 10:00AM

Created: 27 Jun 2018, 9:39AM

Last updated: 27 Jun 2018, 12:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -R SIJ, just niggly now.
Feedback from previous treatment - R SIJ

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

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

Prescription Medication

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

Pill

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 -firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -R SIJ
Topical Treatment -
Music -sarah mc
Aromatherapy -tangerine

What parts of the body were massaged?

Full Body Treatment

Where any specific trigger points used?

Feedback after treatment -

L gluts & QL tight. R lack of tone.

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

seeing new physio tomorrow. suggested dry needling

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

Client Health Check

Practitioner: Christine Jervis

Appointment: 4 Mar 2022, 12:45PM

Completed: 28 Feb 2022, 11:03AM

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: 11 Feb 2022, 1:00PM
Completed: 7 Feb 2022, 10:59AM

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: 6 Dec 2021, 1:00PM

Completed: 2 Dec 2021, 11:53AM

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: 8 Nov 2021, 1:00PM

Completed: 4 Nov 2021, 12:27PM

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: 11 Oct 2021, 1:00PM

Completed: 7 Oct 2021, 12:54PM

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: 13 Sep 2021, 1:00PM

Completed: 9 Sep 2021, 12:48PM

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: 23 Aug 2021, 1:00PM

Completed: 12 Aug 2021, 11:11AM

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: 14 Jul 2021, 11:20AM

Completed: 9 Jul 2021, 9:28AM

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: 14 Jun 2021, 1:00PM

Completed: 10 Jun 2021, 1:05PM

Travel History

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

No

Symptoms

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

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

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

COVID-19

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

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

Client Health Check

Practitioner: Christine Jervis
Appointment: 17 May 2021, 1:00PM
Completed: 13 May 2021, 3:28PM

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, 1:00PM
Completed: 16 Apr 2021, 9:33AM

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, 1:00PM
Completed: 19 Mar 2021, 9:55AM

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