

Julie Sheridan

DOB 22 Jun 1953

Appointments

Date	Time	Type	Practitioner
10 Oct 2025	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis
12 Sep 2025	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Sep 2025, 9:30AM

Created: 12 Sep 2025, 11:11AM

Last updated: 12 Sep 2025, 11:18AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -client sore and tired body.

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

Prescription Medication; Natural Medication; Injury; Heart / Lung / Organ problem

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

Meds for kidney and to help headaches and body

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked
Anything noteworthy - limited Rom end of range, quality
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - v hard
Music - Ian can smith
Aromatherapy Massage oil - Lav Peppermint
Spritzer - Lav Peppermint Rose

Remedial techniques - shoulders, back, neck, hips.

Hot Pack

Lower Body

Hot Stones

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

Hot Wet Towels

Feet; Face

Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good, bit stiff, loser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching pecs out
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record - Women's Health	
Practitioner: Christine Jervis Appointment: 12 Sep 2025, 9:30AM Completed: 12 Sep 2025, 9:41AM	
About you...	
What's your health fund?	Defence health
Occupation - how long?	Retired nurse 50 years
List your physical activities, hobbies, exercise or sport.	Hydrotherapy 3 times, exercise physiologist gym. Walking. Riding. Garden.
Do you sit/stand for long hours? (E.g. car/desk)	No
Medications - prescribed or natural	Kidney meds for kidney stones, anemia, calcium, vitamin d, b2 for headaches, glucosamine for joints. Panadol daily. IBS, lactose and fructose intolerant and Sulfur. Voltaren cream. Mild asthma.
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	Removal of kidney stones and stents. Pneumonia. Appendix. Pneumonia. Bursitis hip pain and cortisone x 2. Tortillas R. Lower back probs and shoulders and neck get sore
About Massage...	

How did you find out about our massage clinic?

- ☐ Google
 ☐ Facebook
 ☐ Instagram
 ☐ Phonebook
☐ Massage Association
 ☐ Health Professional (Doctor, Physio, Midwife)
☒ Referral - word of mouth
 ☐ Current/Previous customer

Who referred you? We use a client reward system - May we thank them?

Type of massage pressure you prefer?

- ☐ Gentle
 ☐ Firm
 ☒ Hard
 ☐ Very Hard
☐ Not sure? (We'll check at your massage)

What are your goals or reasons for getting massage?

Feel better all over

Any areas you DON'T want massaged?

- ☐ Face
 ☐ Head
 ☐ Stomach
 ☐ Back
 ☐ Buttocks
 ☐ Arms
☐ Legs
 ☐ Feet
 ☒ Ok with above areas being massaged
☐ Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y

Do you experience headaches?

- ☐ No
 ☒ Mild
 ☐ Severe
 ☐ Persistent
 ☒ Migraines

Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?

- ☐ No problems - everything is working well
☒ Discomfort with a whole mix of things happening
 ☐ Abdominal pain
☐ Bloating
 ☐ Constipation (going less than once per day)
☐ Hard bowel movements
 ☐ Loose bowel movements
 ☐ Diarrhoea
☒ Food allergies
 ☐ Struggling most of the time
☐ Occasionally experience problems

Do you have any pain?

- ☐ No pain - nothing hurts
 ☐ Morning soreness
 ☐ Night time pain
☒ Varies - can be any time
 ☐ All the time
☐ Hurts doing something specific. E.g. Bending over to touch toes.
☐ Tender to touch
 ☒ Dull pain
 ☒ Aching or throbbing
 ☒ Sharp pain
☒ Stiffness
 ☒ Muscle tightness
 ☐ Restricted movement

If your body hurts, what relieves it?

- ☐ I have no pain to manage
 ☐ Ice
 ☒ Heat
 ☒ Rest
 ☒ Exercise
☒ Stretching
 ☒ Medication
 ☒ Topical Cream (E.g. Tiger Balm)

Some conditions affect massage. We want to safely treat you. Tick what applies to you -

- ☒ Allergies
 ☒ Asthma
 ☐ Sinus
 ☐ Anxiety
 ☐ Depression
☐ Trouble falling asleep
 ☐ Trouble staying asleep through the night
☐ Arthritis
 ☐ Osteoporosis
 ☒ Spinal problems
 ☐ Swelling
☒ Bruise Easily
 ☐ Blood clotting problems
 ☐ Cancer
☐ Diabetes Type 1
 ☐ Diabetes Type 2
 ☒ Dizziness
 ☐ Numbness
☐ Tingling
 ☒ Cold hands / Cold feet
 ☒ Heart Problems
☐ Blood Pressure - high
 ☐ Blood Pressure - low
 ☐ Hearing problems
☐ Hearing aid
 ☒ Vision problems
 ☐ Contact Lenses
☐ None of the above apply to me

Any extra health details or info you'd like to share?

Reading

Women's Health Check...

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.

Any falls / injuries to your sacrum,

No

tailbone, head, ankles or feet?

Have you had any surgery on your abdomen or lower back? Yes

How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently? Doing pelvis floor. Chair yoga. Frequent urination for kidneys

Menstrual and Fertility Conditions - please tick what applies to you...

- ☒ Painful Periods ☐ Irregular Periods
☐ Excessive Bleeding (>1pad/tampon per/hr) ☐ Fibroids
☐ Painful Ovulation ☒ Miscarriage (once) ☐ Recurrent miscarriage
☐ Currently doing Fertility Treatment. E.g. IVF. ☐ Trying to get pregnant now
☐ Postnatal Recovery ☐ PCO (Polycystic ovaries)
☐ PCOS (Polycystic Ovarian Syndrome) ☐ POF (Premature Ovarian Failure)
☐ Endometriosis ☐ Failure to Ovulate ☐ Low AMH
☐ Retroverted uterus ☐ Inverted uterus ☐ No problems that I know of

Symptoms experienced prior to and during menstruation

- ☒ I don't menstruate now ☐ Lower back ache ☐ Headaches
☐ Dizziness ☐ Dragging sensation ☐ Heaviness or pressure in lower pelvis
☐ Increased urination ☐ Constipation ☐ Diarrhoea
☐ Changes in my usual bowel movements ☐ Pain/numbness in right leg
☐ Pain/numbness in left leg ☐ Pain/numbness in both legs
☐ Cramps - lower abdomen ☐ Cramps - left side ☐ Cramps - right side
☐ Dark thick blood at beginning of menstruation
☐ Dark thick blood at the end of menstruation ☐ Blood clots
☐ None of the above happen during my period

Any female health details or info you'd like to share?

Pregnancy, Birth and Postnatal Recovery

Trauma is stored at a cellular level in the body. Some massage techniques affect your body's response, especially if you've experienced emotional events or trauma. Massage creates a safe, supportive treatment space for all women to be nurtured.

Tick what applies to your birth experiences -

- ☐ No birth history to report ☐ Vaginal Birth ☐ Water Birth
☐ Epidural / Pethidine ☐ Forceps / Ventouse ☐ C-section
☐ Termination ☒ Miscarriage ☒ Ectopic

How many pregnancies have you had? 6

How many babies have you birthed? 4

Have you had any birth interventions or complications? No

How long were your birth hours for each delivery? 5 longest

Any other info you would like to share?

Your consent...

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.


It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ Yes - clients will be informed if this happens. ☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time.

☒ Yes - I know I can ask questions at any time too.

I will keep my Massage Therapist updated on any changes to this information and my health.

A handwritten signature in black ink, appearing to be 'JLS' followed by a stylized flourish.