

Carlyn Bonetti

DOB 23 Mar 1985

Appointments

Date	Time	Type	Practitioner
24 Jan 2025	4:20PM – 5:20PM	Gift Certificate - Book your Massage	Christine Jervis
27 Jan 2024	3:00PM – 4:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Jan 2025, 4:20PM

Created: 24 Jan 2025, 5:24PM

Last updated: 24 Jan 2025, 5:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -feeling sore esp neck Tight and body sore all over from resuming exercise after a 1 month break

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked, bit restricted
Anything noteworthy -no
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Yanni Middle music
Aromatherapy Massage oil - Lavender Peppermint
Spritzer - Euc Tea Tree

Remedial techniques - Shoulders, neck and 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; Gluteals / Lower Back; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; ITBs
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 regular treatment this year
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Jan 2024, 3:00PM Created: 27 Jan 2024, 4:15PM Last updated: 27 Jan 2024, 9:13PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now -feeling sore esp neck Tight
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked, bit restricted Anything noteworthy -no Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni Middle music Aromatherapy Massage oil - Cream plus lavender

	Spritzer - no
	Remedial techniques -
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
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; ITBs
Body Chart	
Feedback after treatment -	Felt really good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting regular treatment and getting a sauna next time
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Carlyn Bonetti.



Personal Information			
Full Name <i>Carlyn Bonetti</i>		Occupation <i>Teacher</i>	
Postal Address <i>25 Diamond Street, Mount Sheridan Qld 4868</i>			
Home Phone	Work Phone	Mobile <i>0421476630</i>	
Email Address <i>carlynbuchan@hotmail.com</i>			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)			
<input checked="" type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input type="radio"/> Email
			<input type="radio"/> Facebook Message
Emergency Contact Details: Name and Number <i>Steve Bonetti</i>		Relationship to you (e.g. Partner). <i>Partner</i>	
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		Please circle if you use any of the following: <input checked="" type="radio"/> Facebook / <input type="radio"/> Twitter / <input type="radio"/> Instagram / <input type="radio"/> Pinterest / <input type="radio"/> Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
Client Signature <i>[Signature]</i>		Date <i>4/04/17</i>	

☐ Office - Please tick after updated information is electronically entered



FOCUS ON MASSAGE

Client Record

PB Box 515

Full Name Carlyn Bonetti / Westcourt. 4870 Date of Birth 23/03/85

Postal Address 7 Lenora Close, Woree

Home Phone 40541010 Work _____ Mobile 0421476630

Email Address _____ Health Fund _____

Emergency Contact Details - Name and Number Steve Bonetti

Current Doctor Wendy Wall Referred By _____

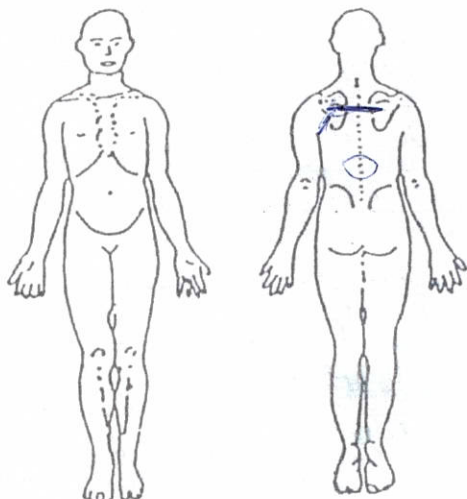
Occupation and how long Teacher, 1 Year

Physical Activities/Hobbies/Exercise _____

Past Medical History (operations/illnesses/accidents/injuries) _____

Medications - Prescribed or Natural: _____

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



Amount of Pain (1-10): _____

Type (sharp, dull, aching etc) _____

When is the pain worst? _____

What relieves the pain? _____

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

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

Details regarding above selections: _____

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

Face Head Chest Stomach Back Buttocks Arms Legs Feet

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

CLIENT AUTHORISATION

I understand that

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

Signature: Chris

Date: 4/04/08



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

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

☒ **Yes** ☐ **No**

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

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.

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


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

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

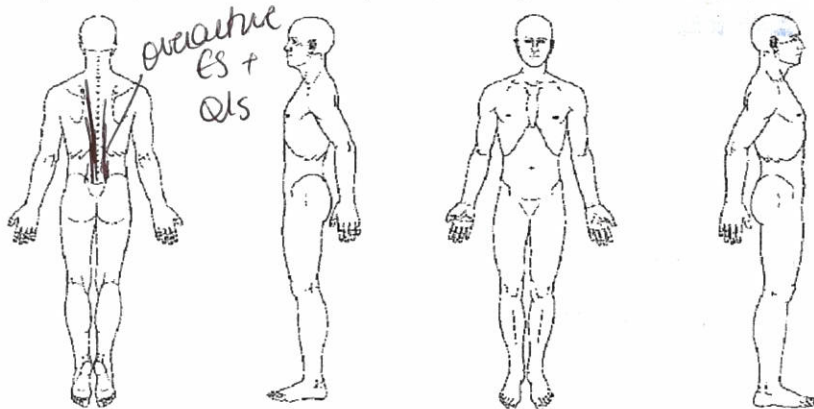
Keep well hydrated with water especially in the 24-48 hours after treatment.

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

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

Your Name: Carlyn Bonetti Signature:  Date: 04/04/08

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

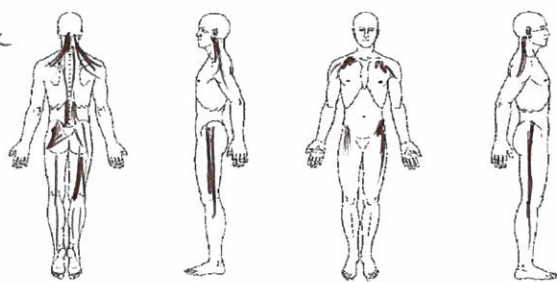


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Sees Margaret for chiropractic when neck "out".

TREATMENT NO. 1 S = Client been feeling cong in mid back region

DATE: 04.04.08
 TIME: 5pm Fri 1hr
 PAID: \$60 + \$10 INITIAL
 REC.No: Referral
 AIR TEMP: 23°C
 MUSIC: Norah Jones
 FACE CREST: Pepp
 OIL BLEND: Relax
 1/1 Rosewood
 Info 07 given
 NEXT APPT:

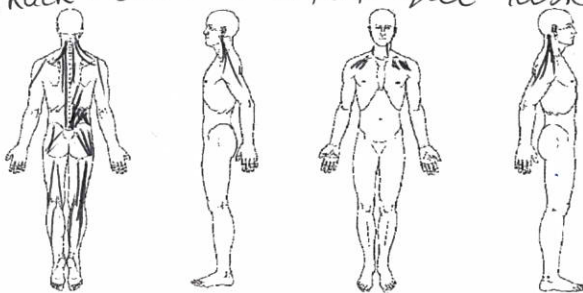


O/A: Hams tight (R) - Pt + g med Cong
 traps up short + cong + bulky
 pectorals tight. Pectorals tight
 QLs tight. Ape tight + tender
 ES tight + v. cong esp Tx + v. varied
 Rhomboscong + tight + v. varied
 T1/T2 - stom Heat TP rhomb/g med/ha
 2 trap/AC Tx. Tx same + TBS/ES/4
 winged traps bed ok. Arms (C) ms.
 S + R. v. legs (C). Client quiet thro
 it shoulders - tender. Client felt
 'quat' after. Medium pressure - 1/2
 ms - but s.H's she is now sore.

P = Reconn client per stretch daily 3 breaths. Discussed role of
 Ms in posture + body maintenance

TREATMENT NO. 2 S = Client been feeling tight in (R) T12 rib region - shortness of
 breath Neck C been feeling tight. can't remember how
 Tx Rack - 3min 5 she felt after last ms - but s.H's she is now sore.

DATE: 23.05.08
 TIME: 1hr 20pm Fri
 PAID: \$60 CASH
 REC.No: 1479
 AIR TEMP: 23°C
 MUSIC: Ian Sam Smith
 FACE CREST: Jay
 OIL BLEND: Pain
 BPL/gang Jay
 NEXT APPT:

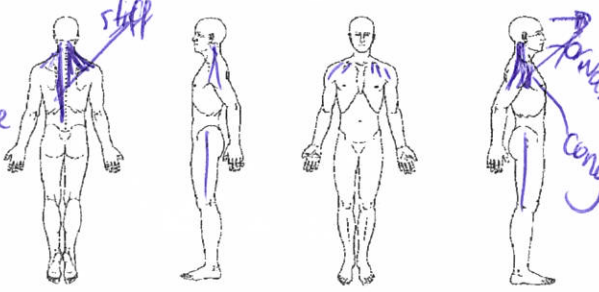


O/A: Deltoids tight esp R. traps up esp
 Riats v. short. L ES larger
 QLs tight esp R.
 Hams tight esp R.
 Rhomb region cong + tight
 T1/T2 - stom Heat TP rhomb/g med/ha
 TBS trap. winged traps bed ok
 ms + S + R. v. legs (C) - ante
 ms - client quiet throughout - body
 responded well. s.H's cong after +
 T12 ROM L + S/H v. imbalanced

P = Reconn per stretch + lat stretch + watch posture. See
 Chris Hemm Chiro for check of spine/hips/ribs

TREATMENT NO. 3 S = Client been feeling tight in shoulder/neck region

DATE: 05.09.08
 TIME: 1hr 5pm Fri
 PAID: 1580 CASH
 REC.No: 239C
 AIR TEMP: 23°C
 MUSIC: Vanni-Minot
 FACE CREST: Pepp
 OIL BLEND: Relax
 Pepp orange
 NEXT APPT:



O/A: traps up R short + tight.
 QLs short. 2 traps short + tight
 ES tight + cong esp L - both bind
 Hams/lares tight v. adhered/stp
 Rhomb region cong + tight + varied
 T1/T2 - stom Heat TP rhomb/g med/ha
 QLs/L trap. Tx same + ES/4
 trap/AC Tx. winged traps bed ok
 ms + S + R. v. legs (C) - ante
 ms - client quiet throughout - body
 responded well. s.H's cong after +
 T12 ROM L + S/H v. imbalanced

P = Reconn client stretch over towel to help T2 region
 see in 4 weeks for ms on school holidays

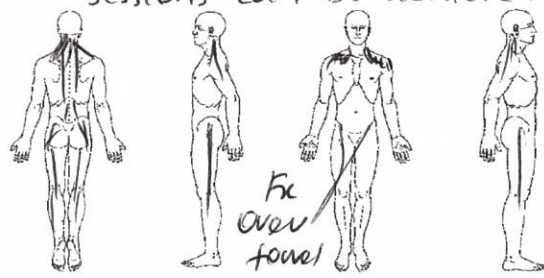
P x NL
 6/12/08
 21.12.08
 BIPAG

Some Detox organic body wash.

TREATMENT NO. 4

DATE: 16/04/09
 TIME: Tues 1hr.
 PAID: \$600 CBPS
 REC.No: 335
 AIR TEMP: 23°C
 MUSIC: Miyagi I
 FACE CREST: Pepp
 OIL BLEND: Rain
 Euc/May/Tea Tree
 NEXT APPT:

S = Client been feeling tightness in neck + crnch? + limited ROM. Saw chiro @ In form who X-rayed + identified scoliosis + relam 2 weekly Tr until maintenance sessions can be achieved

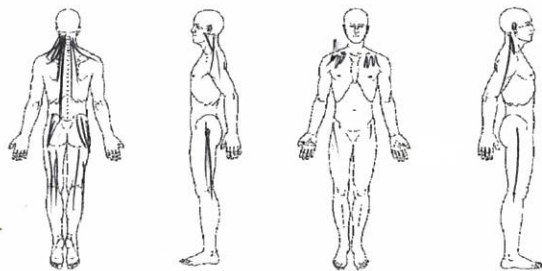


O/A: Trap up short + tight
 L traps tight + short
 L med tight. SCms esp L tight
 ES tight + V. cong + L Adluxa
 Rhomb region cong + vasod
 antleg
 F1 (stom) Heat TP rhomb/gmed/L traps/traps/sinus + F1 same + G1/s/occup. winged ok. Arms
 ST + MS. Quiet throughout
 Tse ROM 7 MS + felt big improvement
 2 MS. V. knotted esp for shoulders

TREATMENT NO. 5

DATE: 22/05/09
 TIME: Fri 1.5pm
 PAID: 1hr \$60
 REC.No: 336 CBPS
 AIR TEMP: 23°C
 MUSIC: African I
 FACE CREST: Pau
 OIL BLEND: Relax
 41/11/09
 NEXT APPT:

S = Client been feeling tight in neck shoulders - traped
 been V. busy @ work & missed MS - dim? for One (a) 3-4
 felt improvement - last MS trap up tight + cong



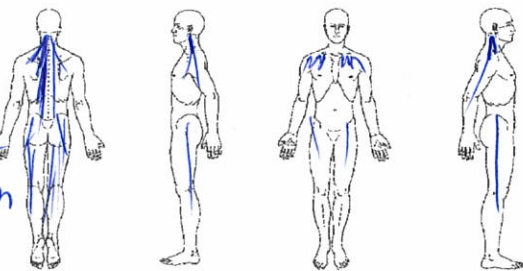
O/A: Deltoids cong tight + cong
 L traps tight. Pels short.
 ES tight + V. cong. TBs tender
 Rhomb region cong + tight
 F1 (stom) Heat TP rhomb/gmed/L traps/traps. F1 same + occup/s/ scalp
 TM/ALC. winged scaps bed ok.
 Arms MS + J. JLegs P. Quiet throughout - body responded well

P = Wants to get some regular Tr. Person Tennis ball on rhombs + check chest is 'open'

TREATMENT NO. 6

DATE: 19/09/06
 TIME: 5.15 PM
 PAID: \$60 1hr 5
 REC.No: 333 CBPS
 AIR TEMP: 23°C
 MUSIC: Kenya + Saxo
 FACE CREST: Pau Phone
 OIL BLEND: Rain
 Pepp/Bamel/Rerm
 NEXT APPT:

S = Client been feeling tight + cong in shoulders/neck - noted this after last MS after few days



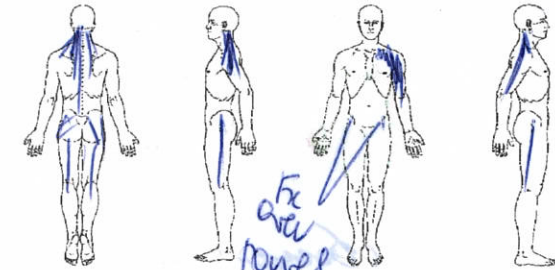
O/A: Trap tight + cong
 Temp tender. Pels tight
 L traps tight. L traps tight
 ES tight + V. cong.
 Rhombs region cong + tight
 F1 (stom) Heat TP rhomb/gmed/L traps/traps/sinus/L trap
 F1 same + occup/s/ scalp
 winged scaps bed ok
 Arms MS + J. JLegs P. Quiet throughout
 Tse ROM neck

P = Person see physio Julie for anen/diagnose + discussed doing stretch of pels/heat/bath/self care at

TREATMENT NO. 7

DATE: 27/08/09
 TIME: 5.30 1hr
 PAID: \$60 CBPS
 REC.No: 335
 AIR TEMP: 23°C
 MUSIC: Indian Mix I
 FACE CREST: Pepp
 OIL BLEND: Pepp/ave
 NEXT APPT:

S = Client been feeling cong in upper 'a' - niggling not painful. No other - stopped consciously checking a work things
 Reduced ROM in TOP



O/A: R Sams tight.
 Trap tight + short esp L
 Deltoids tight
 L traps tight. ES cong
 Rhomb region cong + tight
 F1 (stom) Heat TP rhomb/gmed/L traps/traps/sinus/L trap
 F1 same + occup/s/ scalp
 winged scaps bed ok
 Arms MS + J. JLegs P. Quiet throughout
 Tse ROM neck
 responded well - Tse ROM neck
 quality/guantity + shoulders

P = Discussed get's MS with niggles occur's not pain
 Discussed sleep + how position affects

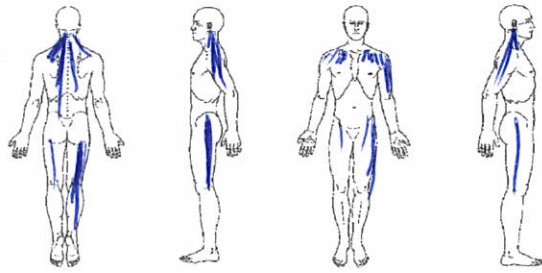
Hi face/feet
 Pepp cream - feet
 Sleeps
 foetal position
 N/L 10/09

TREATMENT NO. 8

DATE: 02.10.09
TIME: 5pm Tues
PAID: 1hr \$65
REC.No: 489 embs
AIR TEMP: 24°C
MUSIC: Indian Mix
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
Pepp dau
HT: Feet + face
EXTRA:

NEXT APPT:

S = Client been feeling tightness in r hams (been working red arrow 3x per week getting fit) v. tense @ school, sold house - feeling v. sore shoulder



O/A: Traps tight L. R hams tight
+ traps L tight. Traps L cong
ES tight + short L esp
Rhomb region cong esp L tight
FB(-stom) Heat. TP rhomb/g neck
ham/ITB traps L traps
+ ES/ALS/decap/ITB traps
Winged OK. Arms @ St. Ms + JL
JL @ Quiet throughout
No rom shoulder/neck
Hyperextension neck v. sore

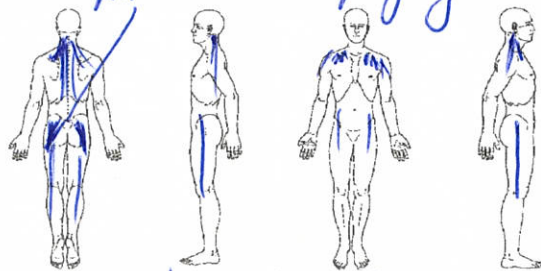
P = Client to put heat on shoulders/neck

TREATMENT NO. 9

DATE: 04.11.09
TIME: Tues 4pm
PAID: 1hr \$60
REC.No: 519 embs
MP: 24°C
FACE CREST: Jay
SUPINE SCENT: Pepp
OIL BLEND: Relax
dau Pepp
HT: Face + feet
EXTRA: Pepp cream

NEXT APPT:

S = Client been feeling tightness in shoulders/neck + sore in lat/pin region
intender - playing basketball @ stiff Romt.



O/A: Trap up tight + bulky
Blst tight esp L. Rens tight
Deltoids tight esp
ES tight + cong esp to mid-low
Rhomb region cong + tight + v. v.
FB(-stom) Heat. TP rhomb/g neck
ham/pin/ALS - winged OK
Arms @ St. Ms + JL
JL @ Quiet throughout
Relaxed - Ms. Improvement rom
esp neck/shoulders

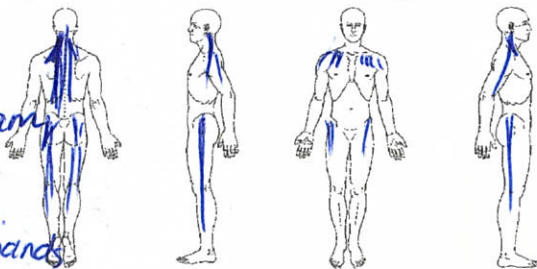
P = the slump LHS - RHS - ve
Person see state if pain persists or otherwise see chiro 26/11.

TREATMENT NO. 10

DATE: 16.12.09
TIME: Weds 4pm
PAID: \$65 1hr
REC.No: 520 embs
AIR TEMP: 24°C
MUSIC: Lanni-Dare Dream
FACE CREST: Pepp
SUPINE SCENT: Lemon
OIL BLEND: Relax
Bonel/Pepp
EXTRA: Feet + arms/hands

NEXT APPT:

S = Client been feeling tightness in her shoulder neck - moved house 1 week ago + been to chiro
50ms Oil Blend Mand/Tang feeling great after



O/A: L traps tight. Rens tight
Deltoids tight/cong
ES tight + cong esp to
Rhomb region cong + v. v.
FB(-stom) Heat. TP rhomb/g neck
amed/ham/ITB traps/pinus
L traps. Traps + ES/ALS
rhomb/decap/ITB traps
Winged OK. Arms @ St. Ms + JL
JL @ Quiet throughout

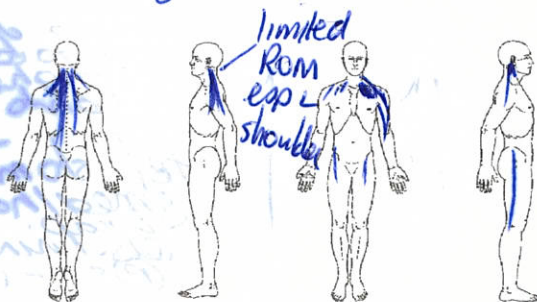
P = Discussed seeing chiro when she 'feels out'.

TREATMENT NO. 11

DATE: 08.07.10
TIME: Thurs 1030
PAID: \$65 1hr
REC.No: 525 embs
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Feet + Face
Relax Pepp dau
HT: Pepp dau
EXTRA:

NEXT APPT:

S = Client been feeling tightness in shoulders neck region some h'aches. v. busy/stressed



O/A: traps tight. ALS L tight
traps up tight esp L solid
Deltoids tight both
ES tight + short L esp
Rhomb region cong esp
FB(-stom) Heat. TP rhomb/g neck
amed/ham/ITB traps/pinus
L traps. Traps + ES/ALS
rhomb/decap/ITB traps
Winged OK. Arms @ St. Ms + JL
JL @ Quiet throughout
Rom improved - Ms +
felt improvement

P = Seeing chiro on 22/07 - finds occas visit helps

26 MAS 2010

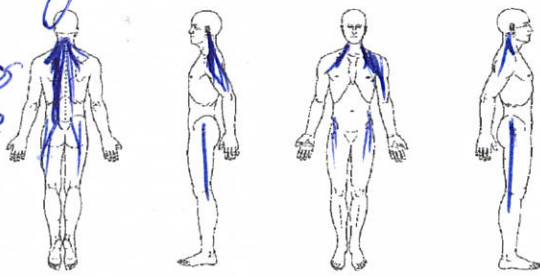
12MAS 09 BDAY 2011 + MOLT 2/11

12MAS 2011 + BDAY 2011 + MOLT Sept 11

TREATMENT NO. 12

S = client been feeling tightness in her body top shoulders/lats/lbs @ shovelling for new veggie garden. Dad died this year from cancer so some time away from school

DATE: 21 04 11
TIME: THURS 230
PAID: \$65 1hr
REC.No: 1271 CFBBS
AIR TEMP: 25°C
MUSIC: Yanni - if there
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
Tea Tree/Gen
HT Feet + Face
EXTRA



Peis tight. tender ALG + tde
Es tight - both + OLS/lats
Rhombos cong + varied. v. high
FB(- stom) Heat TP rhomb/ls
traps traps winged on
Anns P St + S MS + St + vl
Jlms P Quiet throughha
Relaxed - MS
ROM rise after ms

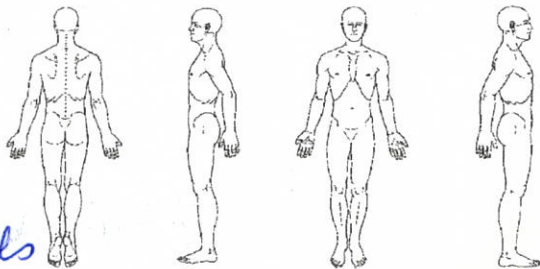
NEXT APPT:

P = Person stretch out + discussed how MS helps

TREATMENT NO. 13

S = client been feeling tightness in upper '2 - getting h'aches lately. Feeling neck + tie up tight

DATE: 12/12/11
TIME: Mon 9am
PAID: 1hr \$70
REC.No: 1349
AIR TEMP: 25°C
MUSIC: 12/12/11
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
No drink
HT Feet + Arms/ hands
EXTRA



O/A: traps up v. tight
ms tense
Deltoids tight. Peis tight
Es tight varied
Rhomb region cong
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
P same + ES/LS
Fast slow - MS

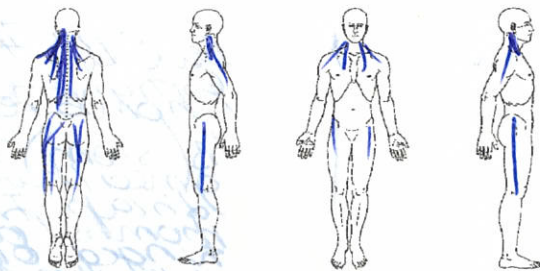
NEXT APPT:

P = Feels it's time to go to Chris for adjstmt -
Person go these hols

TREATMENT NO. 14

S = client been feeling some tightness in her back - conference in T'ville for 2 day + drive all the way

DATE: 04.04.12
TIME: Weds 9am
PAID: 1hr \$75
REC.No: 1832
AIR TEMP: 25°C
MUSIC: Don Mc's
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax 1/1
Mand/Tang
HT Feet + Face
EXTRA



O/A: OLS tight esp L
Hams tight. Peis tight
varied upper
traps 1st tight - varied
Rhombos tight
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
Lunged OK. Anns
St + S MS + St + vl
Quiet throughout
Relaxed - MS + Feet good

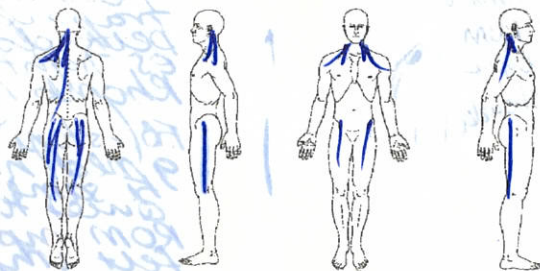
NEXT APPT:

P = Design keep moving for lx area to free

TREATMENT NO. 15

S = Client been feeling tightness in her neck + shoulders. Feels neck comp

DATE: 04 05 12
TIME: 10 30 THURS
PAID: \$75 1hr C
REC.No: 2118
AIR TEMP: 25°C
MUSIC: Empa I
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
HT 2x lx 2x back
EXTRA Feet + ALH



O/A: Dels up tight
Deltoids tight
Es tight OLS tight
Rhomb region cong
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
Lunged OK. Anns
St + S MS + St + vl
Quiet throughout
Relaxed - MS + Feet good

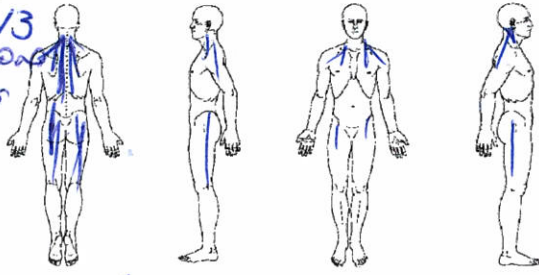
NEXT APPT:

P = Person see @ Christmas if possible

TREATMENT NO. _____

S = Client been away to Sydney sleeping in strange beds - so from that

DATE: 16/01/13
 TIME: 17:01.13
 PAID: \$75/hr
 REC.No: 1336
 AIR TEMP: 25
 MUSIC: Relax
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2x Ln
 2x back



O/A:

Deltoids tight
 ES tight. Pecs tight
 Rhomb region comp

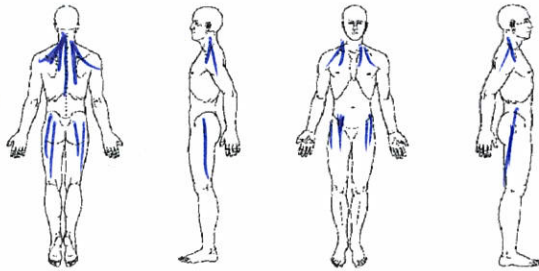
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP same
 Fx rhomb/9 med ham/traps
☐ Talked ☒ Quiet Breathing
 ROM Felt better > Ms
 FBAC

P = Chiro yesterday. Discussed looking after mt

TREATMENT NO. 17

S = Client been feeling tightness in her body in shoulders/trunk. Been exercising + done pilates feeling good

DATE: 13/01/13
 TIME: 2:15 mon
 PAID: \$85
 REC.No: 1336
 MP: 25
 23 Heat bag
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax 1.
 Mand / trap
 HT: Feet + Face
 CST: (A) Face
 HST: 2x Ln
 2x back



O/A:

Pecs tight Trap up right
 Deltoids tight
 ES tight. Pecs tight scapula
 Rhomb region comp

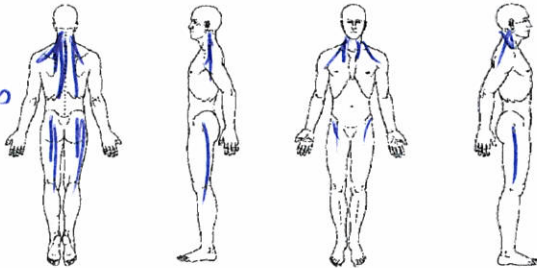
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/5 med / ham / traps
 Fx 2x scap / traps / 2 traps
☐ Talked ☒ Quiet Breathing
 ROM Used > Ms
 FBAC Felt better > Ms

P = Client been feeling better > Ms. Recommended her handover. Bought a wheat bag

TREATMENT NO. 18

S = Client been feeling good after done exercise + pilates lately this year. Dad died of cancer so wants to be healthy

DATE: 30/09/14
 TIME: 12:00 PM
 PAID: \$88/hr
 REC.No: 1336
 AIR TEMP: 25
 MUSIC: 3600 off
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2x Ln
 2x back



Deltoids tight
 ES tight Trap up right
 Rhomb region comp

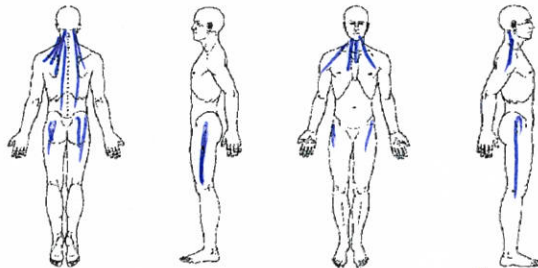
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/9 med
 Fx 2x traps
☐ Talked ☒ Quiet Breathing
 ROM occ / trap / 2 traps
 FBAC

P = Discussed Thermomix, heavily eating / ex effects on body

TREATMENT NO. 19

S = Client been feeling tightness in her body in her shoulders / upper 1/2

DATE: 29/03/16
 TIME: \$88
 PAID: 1hr
 REC.No: 1336
 AIR TEMP: 25
 MUSIC: Nix 15-30
 FACE CREST: 2x
 SUPINE SCENT: 2x
 OIL BLEND: Relax
 HT: Feet / Face
 CST: (A) Face
 HST: 2x Ln
 2x back



O/A:

Traps up tight
 Deltoids tight Pecs tight
 ES tight
 Rhomb region comp

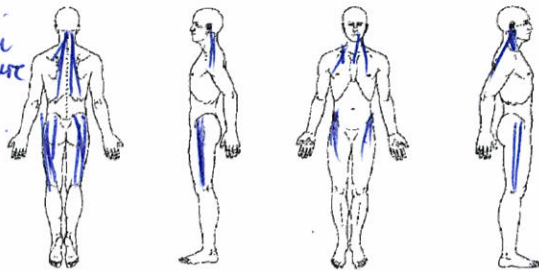
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/9 med / ham / traps
 Fx
☐ Talked ☒ Quiet Breathing
 ROM occ / ROM upper improved
 FBAC

P = Enjoyed Tummy Ms - explains how it helps

TREATMENT NO. 20

S = Client been feeling tightness in her
sinus above eyes lately shins/ankles
tender from 9 hours Mt

DATE: 18 0716
TIME: 5:30
PAID: 1hr
REC.No: Nix Yanni
AIR TEMP: 25
MUSIC: Mandragora
FACE CREST: low
SUPINE SCENT: lem
OIL BLEND: Mandragora
HT: tail x feet
CST: face
HST: slu
2. back
EXTRA
NEXT APPT:



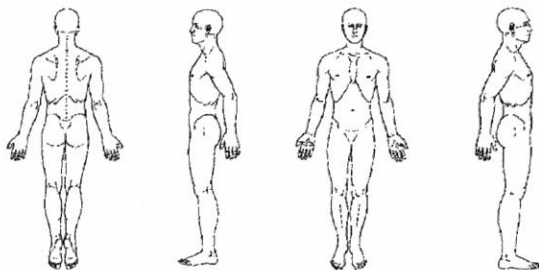
O/A: sinus tender Back
deltoideus tight Free
trapezius tight Trek
rhomboid tight
overlaid A/C
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP rhomboid/med/ham/ham
Fx ocul/ham/scap breathing
☐ Talked ☐ Quiet
ROM Red MS
FBACK get better MS

P = Deep my client stretch out with body to help soreness
and discussed talking to the Dr. regarding her
sinus

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: _____

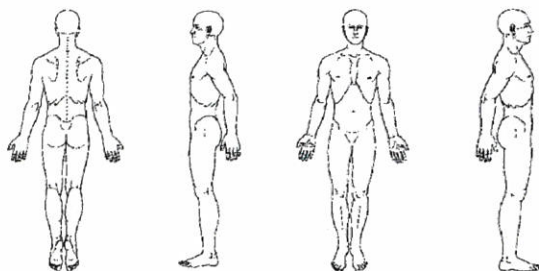
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS _____
TP _____
Fx _____
☐ Talked ☐ Quiet _____ Breathing
ROM _____
FBACK _____

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: _____

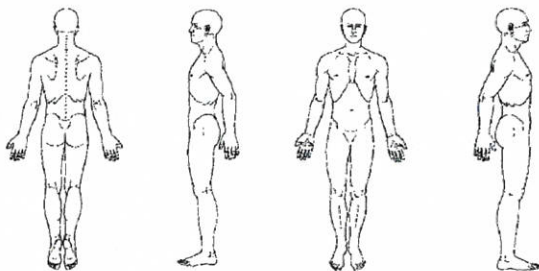
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS _____
TP _____
Fx _____
☐ Talked ☐ Quiet _____ Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

S = _____

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



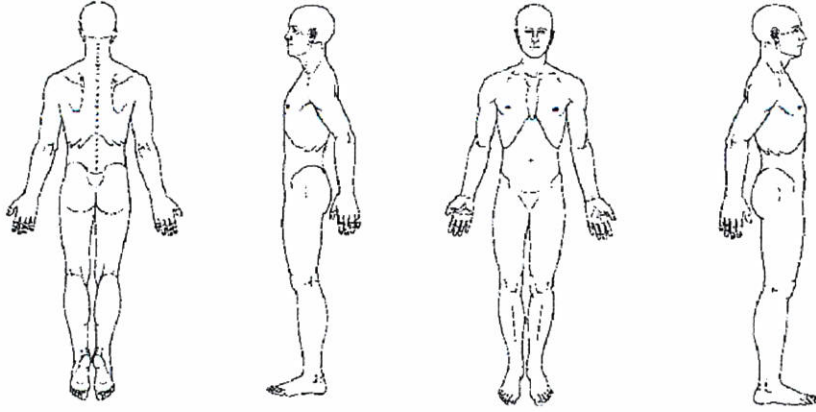
O/A: _____

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

P = _____

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-vert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion

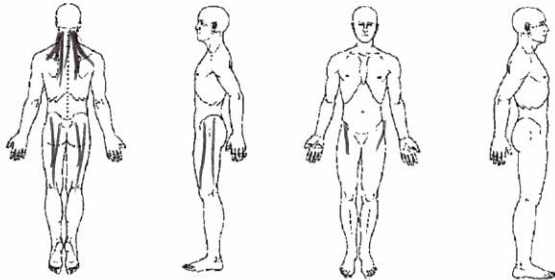
Carlyn



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

TREATMENT NO. 21 **S=** Client been feeling tightness in her body in her shoulders but feeling better than previously

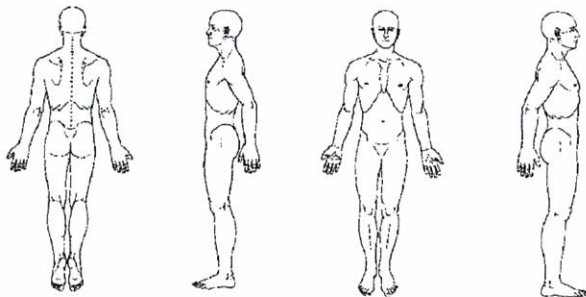
DATE: 4.4.17
TIME:
PAID: \$88
REC.No:
AIR TEMP: 1hr.
MUSIC:
FACE CREST: 2av
SUPINE SCENT: Lem
OIL BLEND: Relom
Mandi Tang
HT: Feet / Fall
CST: (A) Fall
HST: Feet
2x lu + 2x back
EXTRA
NEXT APPT:



O/A:
Pess phor. Mrs tense.
Dextors tight + phor.
FS tight + phor
Rhomb region cong + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine **LEGS**
TP rhomb/s medham/ham
Fx occ ham / traps / traps
☐ Talked ☐ Quiet **Breathing**
ROM Bed 2 ms
FBACK Relom stretch shoulder
P= Relom client keep up exercise to help body

TREATMENT NO. **S=**

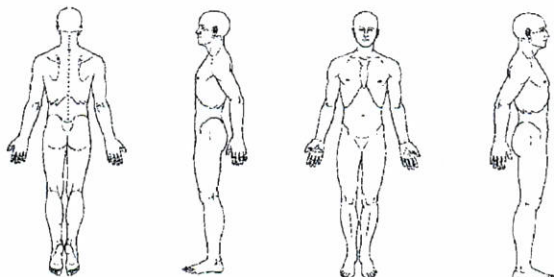
DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT:
CST:
HST:
EXTRA
NEXT APPT:



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

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
FBACK

CARLYN BONETTI

TREATMENT NO. 22

S= client's body feeling some tenderness with exercise but loves her new routine of ex

TREATMENT NO. _____

Office: ☐ Scanned & filed

DATE: 5.9.17

TIME: 4pm MON

AIR TEMP: 25°C

MUSIC: Don McLean

FACE CREST: Jan

SUPINE SCENT: Lem

OIL BLEND: Retan

Hot Towel: Feet / Face

Cold Stones: A Fall

Hot Stones: 2 x back



O/A: _____

Pericardio tight. Perio taut
SS tight. Ham/calves tender
Rhomb region very

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine ☐ MS LEGS
TP ham/calves/traps/rhombos
Fx achilles/ES/HFS
☐ Talked ☐ Quiet Breathing
ROM Good esp @ hips
FBACK Feet looser

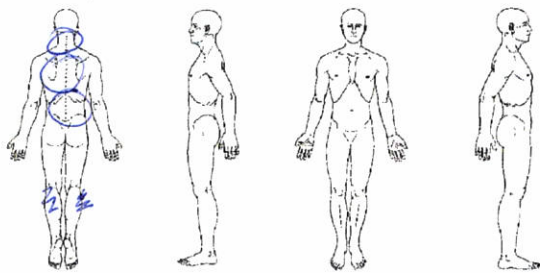
P= Rejoin client stretch out lower half to help tension

TREATMENT NO. 2

DATE: 6/14/18.
 TIME: 2-15
 PAID: \$88 1hr
 REC.No:
 AIR TEMP: 23
 MUSIC: A11
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND: m/T
 HT: x2
 CST:
 HST: x4.
 EXTRA:
 NEXT APPT:

S = Skiing so sore L.B, mid & v-back & arms.

cardyn B



O/A: calves ↑.

② QL ↑.

v-back ↑.

☒ Full Body ☐ STOMACH
 ARMS: ☒ Prone ☒ Supine LEGS ☒
 TP forearms + v traps.
 Fx err spin.
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK

P = Firm → hard cupping ② QL, err spin & v-back



ABN 21 435 291 414

A Gift of Massage



No. 14794

To: Carlyn

From: Jennie & Vic

To the Value of: One hour Massage Date of Issue: 20.03.08
(Initial Consult)

PHONE: 0439 775 003 CLINIC: 51 Lyndel Drive Woree 4868 POST: PO Box 106 Westcourt 4870

EMAIL: cjervis@focusonmassage.com.au WEB: www.focusonmassage.com.au

Carlyn Bonetti

DOB 23 Mar 1985
Occupation Teacher

Appointments

Date	Time	Type	Practitioner
14 Oct 2019	6:00PM – 7:00PM	60 minute Massage	Marina Franke
27 Sep 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
15 Jul 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
1 Feb 2019	3:50PM – 4:50PM	60 minute Massage	Marina Franke
10 Dec 2018	4:30PM – 5:30PM	60 minute Massage	Marina Franke
5 Nov 2018	4:30PM – 5:30PM	60 minute Massage	Marina Franke
26 Sep 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
13 Jul 2018	2:30PM – 3:30PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 14 Oct 2019, 6:00PM
Created: 14 Oct 2019, 5:49PM
Last updated: 14 Oct 2019, 6:58PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -general massage, just been to the gym (L knee P when running down hill.)
teaching, L lev scap/ splenis cap, upper traps
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - reduced neck rot to R Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - upper back, brief slide Topical Treatment - fisiocrem Music - Sacred Earth mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts, apply fisiocrem to neck and under ribs
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 Sep 2019, 9:30AM
Created: 27 Sep 2019, 10:35AM
Last updated: 27 Sep 2019, 10:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L neck sore from sleeping on motel pillow. under ribs-yoga (L knee P when running down hill.)teaching, L lev scap/ splenis cap, upper traps
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - reduced neck rot to R Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisiocrem Music - Sacred mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts, apply fisiocrem to neck and under ribs
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 15 Jul 2019, 4:00PM
Created: 15 Jul 2019, 3:56PM
Last updated: 15 Jul 2019, 5:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - General today. (L knee P when running down hill.)teaching, L lev scap/ splenis cap, upper traps P-gym
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - reduced neck all planes 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-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisiocrem Music - Guy mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 1 Feb 2019, 3:50PM
Created: 1 Feb 2019, 3:50PM
Last updated: 1 Feb 2019, 5:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - (L knee P when running down hill.)teaching, L lev scap/ splenis cap, upper traps P-gym
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - reduced neck all planes 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-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisiocrem Music - nature Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 10 Dec 2018, 4:30PM
Created: 10 Dec 2018, 4:28PM
Last updated: 10 Dec 2018, 5:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - (L knee P when running down hill.) Headache + stress, teaching, L lev scap/ splenis cap, upper traps P Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - reduced neck all planes 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-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - fisiocrem Music - nature Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM, feels great, headache reduced
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Nov 2018, 4:30PM
Created: 5 Nov 2018, 4:27PM
Last updated: 5 Nov 2018, 5:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L knee P when running down hill. headache + stress, teaching
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including Verbal consent obtained.

ROM) / Observations	ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisiocrem Music instrumental Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	:) increased ROM, feels great, headache reduced
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 26 Sep 2018, 4:00PM
Created: 26 Sep 2018, 3:57PM
Last updated: 28 Sep 2018, 12:36PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L knee P when running down hill. Lats - new weight program
Feedback from previous treatment - :)

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -

	Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisiocrem Music -Ian CS Aromatherapy -mandarin/tangerine
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	me- rib raking etc :) increased ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch post workouts
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 13 Jul 2018, 2:30PM
Created: 13 Jul 2018, 9:08AM
Last updated: 13 Jul 2018, 3:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - L knee, hiking and running. Acupuncture next week Feedback from previous treatment -
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy -

	Any precautions / Red Flags -
	Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -firm-hard combo 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; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine
Where any specific trigger points used?	Upper Traps; Lev Scaps; ITBs
Feedback after treatment -	
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Carlyn Bonetti.