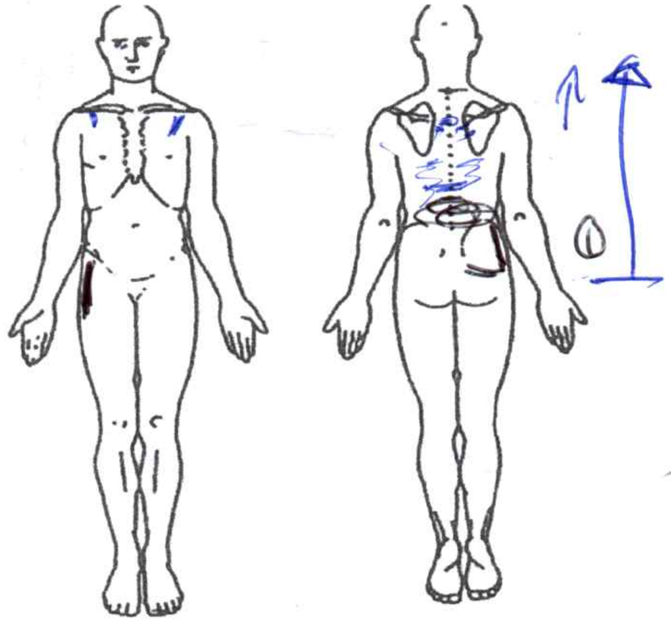
TARRENGOWER REMEDIAL MASSAGE

Date 28/4/22

Initial Consultation Form

Name: Fiona Heathcote



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

Lx Ⓡ worse

① Ⓡ HIP

Piri ?

Kokoda 7-8yrs

Onset - Initial *(when/how it first began)*: Few Months (acute on chronic

Now *(current presentation)*: not sore sitting (Hip) Lx sore

Other Symptoms:

Type of Pain: sharp

Referral Pain: Ⓡ Post leg @ night

What aggravates the pain? external Hip Rotn

Degree of Pain (0-10): 5 - 6 Irritability Level: Low ___ Med ___ High

What Offsets / Alleviates the Pain? Stretching

Past Treatments & Results: Myotherapist 7-8 years ago.

Special Questions *(may also be specific to region)*: wake @ night in pain Ⓡ HIP
no painkillers

OBJECTIVE EXAMINATION - **Body Type:** Hypomobile 0-1 (✓) Average 2-4 ( ) Hypermobile 5-9 ( )

Observation

Posterior view	Anterior view	Lateral view
SCAPM ACh R3 R3.5	Sl bil int rotn	L&R Knee Maleolus APT 1.5.

Motion Tests

Active *(P1, S1, PB)*	Passive *[P1, S1, R1)*
Lx Flex Mid Shin S, @ ESG	Ex Hip Rotn 40° R, (Spring) Bilat In Hip Rotn 30° R, (Spring) Bilat Hip Flex ~~ct~~ + 125° R, (Spring) Bilat
Resisted	**Functional/Special Tests**
	SLR 85° S, @ H/S 85° S, @ H/S Trendelenberg L +ve R - ve

Palpatory Assessment:

Clinical Impression:

Treatment	Reassessment
MKTT ESG, U/T, Lev Scap, Glute Med, Glute Max, QL. OIP MTrP: U/T, Lev Scap, Glute Med, Glute Max	Lx Flex Ankle S. @ ESG / TLF

Corrective Exercises

Exercise	Sets	Reps	Other Advice
Clamshells	2	3	Bilaterally

Postural Improvements:

Treatment Goals / Management Plan: 2 weeks - re-booked

Consent for Treatment
I understand that:

- This is a massage treatment and is not a medical or allied health treatment (physiotherapy, osteopathy, chiropractic)
- I have viewed the therapists' qualifications
- The risks specific to my individual circumstances may have a bearing on my decision to proceed with the proposed treatment
- The therapist reviewed my health history before treatment commenced
- The therapist explained that the physical assessment I received may involve partial undressing and may require the therapist to palpate (touch) the area(s) of my body relevant to my presenting condition
- The therapist explained the treatment options to me
- The therapist explained the associated risk and possible side effects with the treatment options as described
- The therapist discussed the massage procedures, the areas of the body to be treated, the undressing and dressing procedures, the draping procedures and the positioning on the table for and during treatment
- The therapist established that the treatment session will be stopped should the treatment as first agreed to, require modification. The therapist will explain the reason for the change and any risks and/or side effects as a result of the change
- I can ask any questions in regard to any modification to the treatment plan. I should be totally comfortable with the explanation and reasoning for the change before consenting to the modification to the initial treatment plan
- The therapist has explained that I have the right to refuse treatment, to make changes to the treatment and to stop the massage at any time
- I have the right to request evidence for treatment that may include the abdomen, anterior and lateral chest, and buttock and / or groin areas. I understand I have the right to refuse treatment of these areas
- If I agree to treatment to any of the areas mentioned in the point above, I may be requested, by the therapist, to complete a consent form relevant to those areas

Only sign below if the above information is understood and has occurred

Client
Name: FIONA HEATHCOTE Signature: [signature] Date: 28/4/22

Parent/Guardian
Name:_____ Signature:_____ Date:_____

Therapist
Name: Paul Gilders Signature: [signature] Date: 28/4/22

PATIENT SCREENING QUESTIONNAIRE FOR COVID-19

Please Circle Yes or No

1. Are you fully vaccinated against Covid-19? **Yes** **No**
   a. If no are you booked in for your vaccination or booster? **Yes – Date** ___/___/_____
      No
2. Do you have a fever or Respiratory Symptoms? **Yes** **No**

Symptoms include fever OR an acute respiratory infection and include (but are not limited to) cough, sore throat, fatigue and shortness of breath with or without a fever.

3. Have you been identified as a close contact of a confirmed case of coronavirus? **Yes** **No**

A close contact is someone who has been face to face for at least 15 minutes, or been in the same closed space for at least 2 hours with someone who has tested positive for the COVID-19 when that person was infectious.

4. Have you returned from overseas within the last 14 days? **Yes** **No**
5. Are you waiting on COVID-19 swab results? **Yes** **No**
6. Have you been asked to self-isolate by your GP, or a government authority? **Yes** **No**
7. Have you received a COVID-19 vaccination in the past 3 days? **Yes** **No**
8. ~~(Clinic only) Have you checked in? **Yes** **No**~~ No longer required

I, the undersigned hereby declare that the information I have provided in this questionnaire is true and accurate

Name FIONA HEATHCOTE

Your signature F H

Date 28/04/22