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RELAX INDULGE ENJOY

1st April 9:30am

10:30am

22nd March 2:30pm

Consultation Form

Personal Details

Name: Helen Bryant Address: 18 Chelmsford Rd Mt Hawley
Phone: (Home) 93885812 (Mobile): 0408242326 Email: blumnzgw@inet.net.au
Date of Birth: 6/7/48 Do you know the time of your birth? NO Location: London
Occupation: educator Hobbies: Stitching, reading, classical music
Next of Kin/Emergency Contact (Full Name): Harry Clements-Shepherd Phone/Email: harrycs@inet.net.au
Health Details:
Initial Reason for Treatment (relaxation, sports injury, muscle soreness etc.): fibromyalgia
Medication in use (for example, steroids, HRT etc.):
Are you Pregnant? (N/A) or Y/N Due Date _____

Health Conditions/Symptoms – please tick

High/Low blood pressure	☒	Diabetes		Other conditions (Please specify)
Cancer		Epilepsy		
Respiratory conditions		Contagious skin conditions		<u>abirsa rt - blood p.</u>
Heart Conditions		Recent Pregnancy		<u>paradocto</u>
High Cholesterol		Varicose Veins		<u>endep 50/25 alternate</u>
Thyroid	☒	Allergies		<u>hashimoto's</u>
Thrombosis/Phlebitis		Poor Circulation	☒	<u>reflux (reflux) every other day</u>
Digestive problems <u>IBS</u>	☒	Kidney/bladder		
Stress		Arthritis/rheumatism	☒	
Emotional Problems		Menstruation Problems		<u>duramine Dec 25-Feb 9</u>
Depression		Infertility		<u>lost 6 kils</u>
Insomnia	☒	Hormonal Problems	☒	
Migraine/Headaches		Fluid Retention		<u>Feb 11 - anal fissure op</u>
Backache	☒	Cellulite	☒	<u>17 Oct heart ablation</u>
Other Conditions <u>IBS</u>		Overweight	☒	<u>16 Oct knee cap replacement</u>

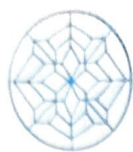
Lifestyle/Diet – please circle Y/N and describe details, if possible.

Smoking <u>Y(N)</u> – how often?		PAST 12HRS (if applicable)	
Exercise <u>Y(N)</u> – how often?	<u>not enough</u>	Fever	<u>Y(N)</u>
Alcohol <u>Y(N)</u> – how often	<u>rarely</u>	Diarrhoea	<u>Y(N)</u>
Water <u>Y(N)</u> – how much per day?	<u>Not enough</u>	Vomiting	<u>Y(N)</u>
Tea <u>Y(N)</u> how much per day?		Contagious Illness	<u>Y(N)</u>
Coffee <u>Y(N)</u> – how much per day?		Under influence drugs/alcohol	<u>Y(N)</u>
Vegetarian/Vegan <u>Y(N)</u>		Others not mentioned	

Formal Consent

I understand that the services received today, Massage Therapy, Beauty Therapy, I receive is provided for the basic purpose of relaxation, stress reduction and muscular tension and most important pure enjoyment. I further understand that the massage, skin treatment, and any other aspects relating to today's treatment should not be construed as substitute for medical examination, diagnosis, or treatment in any manner. The treatments performed today do not take the place of medical treatment where needed. If you are in doubt, please consult your doctor or physician.

Date: 27/2/18 Name: Helen Bryant Signature: HOBRYANT

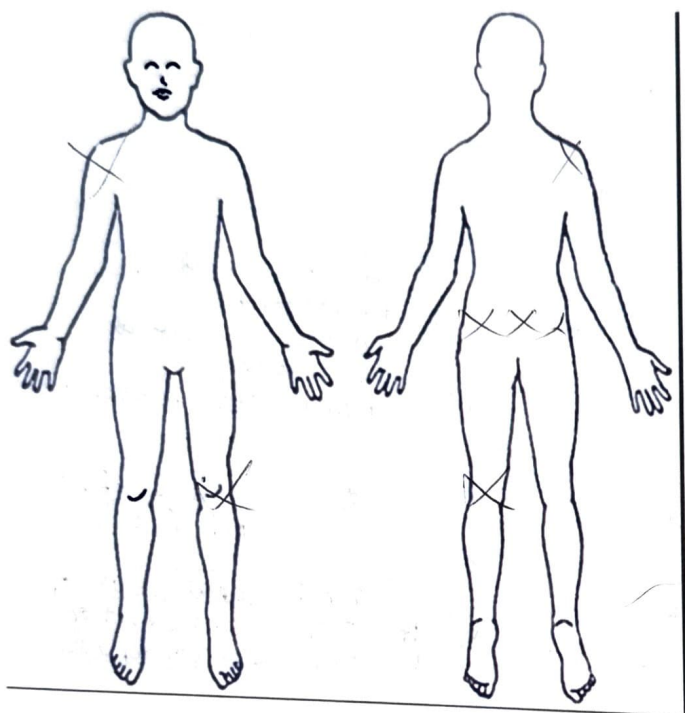


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RELAX - INSIDE - EX - OUT

Physical Assessment (Office ONLY)

Main Observations (Office ONLY)

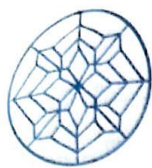


Consultation Form - Notes (Office ONLY)

Name: Helen Bryant

Address: mt Lawley

- 27.2.18 - First treatment. Client reported lots of pain related to (R) shoulder & left knee that I suggested was to be checked w/ her G.P. Full body treatment, slight deep pressure around shoulders. A
- 22-3-18 - Client reported feeling better since first session. Checked her scans w/ GP and particularly nothing was showing. Got her arnica cream. Full body treatment really focus on shoulder & (R) arm TPT that released her movements / freely move w/ no pain; knee / lower leg - lymphatic drainage.
- 11-4-18 - Full body treatment. Client had cortisone injections for shoulder & knee to support her w/ her 6 weeks through Europe. Light & gentle treatment due to injections. (two arnica tubes)



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Consultation Form - Notes

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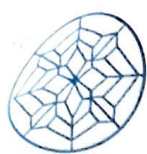
Notes

- 7/6/18 - Helen just returned from her 6-7 weeks holiday in Europe (mostly France & England). Full body massage w/ focus on her lower back due to sitting long hours in the airplane.
- 6/7/18 Helen turn 70 yo.
- 23/7/18 at presented her (L) big toe swollen. She has a Hx Fracture. All hands (fingers) & feet (toes) very sore could be from the cold weather. FB M but really focus on her arms/hands, worked on origins flexor/ext hands (elbows) & upper body. She reported some relief at the end.
- 13/8/18 - Full body massage w/ focus on upper body. Helen & I had an agreement to swap massage treatments 60min for 75-90min Hebrew lessons.
- 27/8/18 - ~~top~~ Client reported her (R) knee & hip very sore after walking. I discussed the importance of being active but being also mindful to not overdoing things. Rx today PBM - MMR gentle, LB, hamstrings & calves.
- 12/9/18 - FB M relaxation. She was quite tired today from teaching, organising lots of things for the upcoming Jewish High Holidays.
- 26/9/18 - FB M with focus on legs as both hips are sore so as (R) knee. Her husband Harry has also hip issues & they are both going to the doctor to be checked.



- 10/10/18 - Similar treatment as previously. Attempted to use Trp on quadriceps & hamstrings but client can not bear the pressure. Relaxation treatment on upper body. ~~D~~
- ~~2/11/18~~ 19/11/18 - Full body relaxation massage, once again, focusing on her legs. Helen is going to be doing a double hip replacement surgery in (Dec 8th) so treatments now are to relax her. ~~D~~
- 3/12/18 - Preparation for her surgery - today only full body relaxation massage. ~~D~~
- 4/1/19 - Client went well ~~in~~ w/ the H Repl. surgery & slightly moving more; a letter to her physio has been sent to formally introduce her massage treatments into the rehabilitation program post operation. Discussed the exercises & did a full body treatment for relaxation purposes; MFR in lower back / upper shoulders due to tension on lying in one position post op. ~~D~~
- 19/2/19 - PBM + MFR w/ legs (sides) not in surgery incision, + back form treatment as she was really ~~fit~~ around shoulder/neck area. ~~D~~
- 4/3/19 - Full body relaxation massage. Reviewed her exercises & stitches to evaluate her progress. She is now walking 3 kms roughly a day to improve her fitness. Still feels pain in her R knee, but at least she is able to exercise. ~~D~~
- 9/5/19 - Client w/ a lot of pain in R knee. Hip hurting but not as much as the knee. She is trying medication & will possibly have an arthroscopy of her R. Rx consisted of PBM w/ Trp in quadriceps to her pain level. She felt some relief, but did not enjoy the pressure. ~~D~~
- 9/7/19 - Helen is going for her knee arthroscopy surgery so today was full body relaxation only. ~~D~~
- 20/8/19 - Full body relaxation. Knee surgery went "ok" but she still has pain. R knee 90-95° so as functional as she can be. ~~D~~
- 13/8/19 - Full body relaxation. Helen is going away on a cruise for 8 days. so focus on relaxing her & stretching exercises.





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Consultation Form - Notes

Name: Helen Bryant

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Notes

Nov 19 - Received an email from Helen advising her cruise holiday didn't go really well & that her R knee ~~was~~ was hurting pretty much the entire time. She also mentioned she will be going to a knee replacement surgery 25th Nov 19.

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