

# Confidential Client Information Form

Name: Janine Flanagan

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Would you like to be notified via SMS of available appointments (usually within 24hrs notice) ☒ Y / N

Private Health Cover ☒ Y / N If yes, specify: Police Health

Referred by (website, friend, signage, other business etc): Signage - live local.

Why have you decided to have massage therapy?

Ongoing chronic pain and injuries.

What do you want to achieve from your session/s?

Reduction in pain. Relaxation.

What is your occupation?

Police Officer

Physically related job duties (ie. Bookkeeper - at a desk in front of computer for 8 hrs a day):

Desk job in office 8hrs + at desk, walking up/down.

Please tell us about any sports/hobbies that you are involved in:

BJJ. Rehab Exercise.

Have you had a massage before?

☐ No

☒ Yes: What style: Remedial

Preferred pressure:

☐ Unsure

☐ Very Light

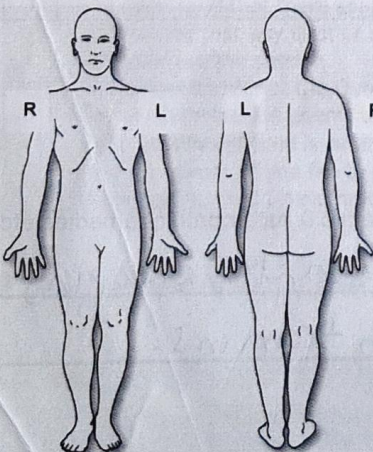
☐ Light

☐ Medium

☒ Firm

☐ Very Firm

Please identify specific areas you would like worked on:



Neck

Back / spine.

Hips

Hands / Feet.



# MEDICAL CONDITIONS & HISTORY

Please mark the correct answer to each item below and comment if required								
	Current	Past		Current	Past		Current	Past
Abdominal pain digestive disorder		✓	Cystic Fibrosis			Liver disease		
Alcoholism/ Substance Abuse			Depression	✓		Mental Illness		
Allergies			Diabetes			Migraines	✓	
Anxiety	✓		Dizziness / Vertigo		✓	Muscular Pain	✓	
Arthritis	✓		Eczema/Dermatitis			Numbness / tingling	✓	
Asthma			Fatigue	✓		Osteoporosis		
Blood disorder	✓		Fibromyalgia			Panic Attacks		
Blood clots	✓		Genetic disease/s			Pregnant		
Blood pressure (High/Low)			Headaches	✓		Seizure Disorder		
Cancer / tumours			Heart Attack			Skin infections (ie. tinea)	✓	
Cerebral Palsy			Hernia			Stress	✓	
Chronic Fatigue			Infectious conditions			Thyroid conditions		
Circulatory condition			Insomnia			Varicose veins		
Cramps			Kidney Disease					
OTHER:								

Do you wear orthotics?

☒ Yes

☐ No

Are you on any medications?

☒ Yes

☐ No

If yes, please give details (including aspirin, ibuprofen, vitamins, homeopathic & naturopathic remedies etc):

Numerous - pain meds, anti depressants, sleeping  
tabs / relaxants, blood thinners, vitamins.



Case list any surgery, broken bones, spinal injuries etc below and the date of injury/surgery or the age you were at the time (current and past)

Injury / Surgery	Reason / Cause	Age/Date	Does this still cause pain/discomfort?
Numerous.			
2003 - 2020	Work accident 2003	2003	YES
	Shattered tib/fib/ankle. Multiple		
	Fixation Surgeries/bone grafts - complications.		
	Now spinal issues - cervical fusions		

By signing below I give consent to the massage and acknowledge and agree that:

1. I understand that the massage I receive is provided for the basic purpose of relaxation and relief of muscular tension.
2. If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort.
3. There are always risks involved with any bodywork, listed below are some of the most common, please read and advise your therapist if any are relevant to you.
4. I have been advised that massage may possibly cause one or all of the following:
  1. Pain – refer to item number/s 2, 3
  2. Bruising – refer to item number/s 2, 3
  3. Aggravation of existing condition/s – refer to item number/s 2, 3, 5, 6
  4. Fainting – refer to item number/s 2, 3, 5, 6
  5. Burn – if heat pack is used during the treatment – refer to item number/s 2, 3, 5, 6
  6. Relaxed and/or sleepy – it is probable that you will feel relaxed and/or sleepy after your session, or perhaps, even, a little dizzy when you first get off the table, this is within normal response zones. Please remain seated until your balance is restored and/or you are feeling more awake/alert. If you feel that you are unable to safely leave the premises please advise your therapist and he/she will contact the person of your choice to collect you. Refer to item number/s 2, 3, 5, 6
5. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such.
6. Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly.
7. I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists part should I fail to do so.
8. I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session.
9. I also understand that the Qualified Massage Therapist reserves the right to refuse to perform massage on anyone whom he/she deems to have a condition for which massage is contraindicated.
10. Your appointment time is reserved just for you. Should you not be able to make it, please try to give at least 24 hours notice. If you fail to provide the required notice you may be charged a \$40 missed appointment fee.
11. I acknowledge that I have read and understood the above and give my consent to the treatment.

Client Signature

*J. Henegan*

Date

*12/06/20*

#### Privacy Policy

Currambine Massage Therapy is committed to privacy of its clients. Personal information is treated as confidential and is only used for the purpose for which it was collected. Information kept on file will not be released to a third party without the express consent of the client or as required by law. From time to time you may receive communication from Currambine Massage Therapy via: email, postal mail, telephone call, SMS or any other form of communication for the purposes of confirming appointments, newsletters, marketing and/or promotional messages etc.



Date	Notes
12/6/2020	Cx fusion C4-C7 cl is bringing in a medical history printout on next visit cl had very bad accident 2005 that has given her many complications, PA. cl has anterior tilt to pelvis, and (R) hip is 2cm higher than (L) hip. Pain in feet R foot arch has collapsed and cl has a limp, severe scarring (L) ankle. Rx: Em + (M) combo (Em) foot balance, (Foot (M) + gentle movement mob.) Em knee balance, Em TFL/ITB. (Em) psoas, MFR Cx, (M) Neck and shoulders, finish session with (Em) rescue + relaxation breathing to assist with settling CNS. <del>cl</del> . post (M) cl movement easier less pain when sitting and standing in knees & feet.
26/6/2020	cl had a (P) spike on evening of last (M) but following that has noticed a reduction in (P) and increase in movement. (Em) foot balance. (Em) knee balance, (Em) ITB/TFL, (Em) knee balance. FB (M) and breathing techniques for relaxation. post (M) cl felt relaxed and in less (P) when walking. <del>cl</del> .
24/7/2020	cl has had migraine headaches for past 3 weeks and has been seeing physio for neck spasm and has had CT Scans to investigate, Scans are all clear and no abnormalities, client requested a relaxation session massage. <del>cl</del> .
7/8/2020	cl migraines have begun to settle down + neck is loosening up. c/o of lower leg pain particularly around (L) Ankle. discussed MSTR with cl and cl consented to treatment. relaxation (M) and MSTR Ankle. post treatment cl ROM in ankle improved along with softening of scar tissue on inside of ankle, swelling began to decrease. <del>cl</del> .
21/8/2020	cl has been feeling sore this past week. requested gentle (M) as was in pain. MSTR on Ankle again this week significant reduction in (P) and swelling (R) inside ankle. <del>cl</del> .





## Currambine Massage Therapy

### Total Body Wellness

QUESTIONS	Y/N	IF Yes, please give the date and brief explanation
1. Have you travelled international or interstate in 14 days prior to illness onset?	N	
2. Were you in a recent cruise ship passenger or crew in 14 days prior to illness onset?	N	
3. Have you been in contact with confirmed or probable COVID19 case in the past 14 days?	N	
4. Have you been sick, with the cold, influenza, pneumonia or any respiratory condition in the past 14 days?	N	
5. Signs and Symptoms: a. Cough b. Fever c. Headaches d. Shortness of breath e. Sore throat	N	
6. Is there any additional information you could let our therapists know in relation to COVID?	N	
7. Our therapists are required to wear protective equipment, such as masks and gloves, are you happy with that?	<del>N</del> Y	
8. Since the restrictions have been relaxed, are you happy for our therapists to not wear gloves, but keep ultima hygiene with hand washing between clients and use of hand sanitiser?  OBSERVATION: Therapists will continue to wear masks.	Y	
Full name: <i>Janine Flanagan</i>		
Client Signature: <i>J. Flanagan</i>		Date: <i>12/6/2020</i>



Date	7/9/2020
N	



Date	Notes
4/9/2020	cl c/o all over (P) has been doing alot of walking today. Rx: (Em) foot balance, (Em) gastrocn, (Em) Lat dorsi. FB (M) - cl c/o foot (P) (R) when walking - Foot mfr, post treatment cl felt relief in body and feet. <i>[Signature]</i>
19/9/2020	<del>cl</del> cl feeling good today no Aches/pains feeling stiff in Ankle (R) from ongoing issue previously mstr (case study) on inner ankle scars today mstr (case study) outer scar tissue, Prior to session ankle very stiff and Limited ROM, Post treatment swelling around joint has reduced and improved ROM. <i>[Signature]</i>
2/10/2020	cl c/o feeling stiff Neck and Shoulders, has been getting Niggly headaches, cl requested to have some mstr on scar tissue on back of neck (case study). completed 3 passes and post treatment cl could feel warming sensation within her cx region, MFR upper traps; (M) B, N, Sh glutes (Ti) released with compressions, Foot balance & Calf balance, previous mstr work on Ankle (R) has shown significant reduction in swelling. ROM Ankle good. <i>[Signature]</i>
9/10/2020	cl back at work so feeling stressed and flat today, Post last session <del>for</del> had a pain spike in her neck with cramping for a day or so and then it lifted, Neck scar since has felt good and no pain, cl going in for a nerve block 23/10 for hip (R) Rx 1hr massage full body. <i>[Signature]</i>
13/11/2020	cl has had alot going on last 4 weeks High (P) nerve block did not work in hip. Cl had MRI revealed have grade 3 Labrum tear (R) hip & burst cyst from tear meeting with Surgeon on 11/12/2020. Rx: 1hr FB (M) released glutes with compressions. Post (M) cl felt looser and less pain. <i>[Signature]</i>



11/12/2020 - CI has been to see surgeon today & been referred to a Pain specialist along with a hip surgeon to investigate possibility of a (R) hip replacement.  
Rx: gentle massage to lower back and MFR (R) & (L) hip. also discussed with client about placing a bolster under her knees when sleeping on her back to assist with the pressure on her lower back. showed bolster on table and placed a folded towel on top until CI felt comfortable. will try to see if this can assist with sleep as (P) is keeping her awake.

21/12/2020 - CI felt a significant improvement post last (M) no flare up from MSTR on hip flexors. (R) foot very painful this week, has had a very stressful week. Rx FB (M) focus on (L) hip, (MFR), R Foot (M) (Em) foot balance (Em) ankle balance. (Em) psoas ~~release~~.

4/1/2021 - CI feeling well is currently on leave from work. Rx FB (M) relax the body. MSTR anterior cx scars to assist with swallowing difficulties, emphatic drainage cx. post MSTR CI felt a softening in neck. ~~release~~.

20/1/2021 - CI has had a very stressful week from work, requested Relaxation (M) to bring around calm. ~~release~~

16/2/21 - CI was 20 min late. 45 min Rx FB (M) (Em) gastroc (Em) piriformis, (Em) foot balance. ~~release~~.

31/3/21 - CI has had a very stressful month and is feeling very (F) B N Sh. Rx FB (M) focus on B N Sh. ~~release~~

21/4/21, CI ongoing chronic (P), hips, LB, hip flexors + uBNTs Ten. Happy to receive OTM. Rx 1hr OTM focusing on glutes, QL, LES. TES, rhombos, traps post. cerv. mm, sub-occ + scal - cap.

12/5/21 CI pulled up well after last (M). Rx 1hr as above, focusing on BNTs incl. glutes/hips - comp.



Date	Notes
12/6/21.	c/o stiffness + Soreness all body. Rx FB (H) focus neck + Shoulders (2) hip + Leg very (H)
26/6/21	c/o stiffness + soreness whole body, has been on CBD oil past week. and will be having a ketamine infusion for 4 days from 30/6/21. Rx FB (H) incl feet, sub occipital release.
10/7/21	has had a very stressful week. Ketamine infusion went well and client has had core off her pain medications, still taking CBD oil. struggling with mental side of pain. suggested colouring or something to distract. Rx FB (H) incl feet, sub occipital release.
24/7/21	cl has been off heavy medications and is really struggling with the emotional pain as well as physical. have suggested she seek psychology assistance. Rx Full body (H), focus around hips and legs. finish with reiki Positive touch balance.
7/8/21	c/o of Daily tension headaches since getting a splint to help bruxism. Rx MFR Jaw and facial massage. head massage. sub occipital release, (H) upper traps. Post (H) cl felt lighter and had minimal tension in head.
25/8/21	Client is not too much pain but usual neck tension, lumbar & hips still there, Rx PBM but stated w/ client is supine to access neck then turned into prone; mid/thoracic & both gluts very (H). client really enjoyed her Rx today.
4/9/21	c/o feeling (H) in neck and shoulder, Rx FB (H) focus on neck and shoulders. cl is going for Gastric Sleeve surgery 14 <sup>th</sup> sept 2021.
12/9/21	Rx + Melatonin (H) + Reiki session.
16/10/21	gastric sleeve surgery went well. Today cl is feeling very sore lower back. cl can tolerate laying on stomach. Rx PBM focus on glutes very (H), BWS, IT bands & calves.



31/10/21 - CI has had a very stressful week. c/o Neck and

Shoulder soreness. Spent 30 mins talking about week 30 min (M)

BNSH. ~~all~~

13/11/21 - CI has had a busy week. No areas of complaint. Slight

general tension BNSH. Rx FB (M) focus BNSH. (L) very (H) relaxed with MFR. ~~all~~

27/11/21 CI had a xmas party yesterday and was sitting in uncomfortable chair for hours. c/o lower back pain and a tension headache neck and shoulder tension. Rx: FB (M) focus back neck and shoulders incl head (M).

8/1/22 - BNSH tension, feeling stressed. Rx FB (M) focus back neck and shoulders, incl head massage + reiki, glutes very (H) released compressions.

18-2-22 - Hx degeneration, L5/S1; labral tear (R) Hip; (P) between Tx/Lx (R) & Hip; scoliosis at Tx level; Explained level of (P)/degeneration; Test (+) (R) SIT; Rx BNS + gluts MFR/DT Lx/Tx; MFR Lx/SIT PAVIM'S SIT. Felt some R relief at the end. ~~all~~

4-3-22 - Felt sore last time, it was definitely an improvement; Has a headache today; Rx similar to last time but use of MPR. Client reported headache to be gone. ~~all~~

18-3-22 - Did feel improvement since last Rx; A week ago (L) N/neck (P) giving headache; did shopping yesterday & E cooling, safely Tx Lx (R) (P) today; Rx BNS + gluts & HFs; Client felt relief at the end mentally & physically. ~~all~~

1-4-22 - Same as last session. Feels improvement after leaving but after two weeks needs the treatment. Rx BNS + gluts (T/PS); PAVIM'S Tx (T12-T10) & C5-C7. (R) LB (H) but released. N/S feeling much better than last time. ~~clapping on legs & adverse HFs~~  
~~stretching on side lying~~ ~~all~~



Date	Notes
29-4-22	Client had pneumonia so still recovering but out of antibiotics; Pneumonia was (R) lower lobe. Rx Relaxation massage w/ particular attention to chest MFR for ribs & diaphragm; FBM just relaxing the body; next time doing cupping. (P)
10-6-22	Still coughing from pneumonia & had COVID but feeling good. Back at work & has some LBP but no major concerns; Rx PBM + Neck (P)
24-6-22	Still coughing last couple nights; just moved offices (again) so back feeling sore. Rx PBM; chest & neck; (L) foot sore so extra work. (P) N not (R) limited w/ (P) fully functional at the end (P)
7-6-22	No major issues today client just got back from holidays; Rx FBM w/ upper body tension but all released nicely (P)
22-7-22	Back sore & severe (N) (P) (bi) really severe (R) headaches but eased off the last 1-2 days. BNS for today's Rx w/ focus upper body & Neck; Really (P) N muscles (scalers; SCM; traps); TrPs in TMS & scalers. (P) but released (P)
5-8-22	Came up good w/ (N) last session but sore (B) as usual; Rx BNS + glute TrP; (L) N still (P) but released w/ MFR (P)
22-8-22	N/Head (P) but no other major concerns; has had a headache has had pain meds. Rx BNS w/ TrPs glute; extra (N) massage as well as jaw & head (P)
2-9-22	Feet (P) + B (LBP) due to moving offices. Rx BNS + Back of legs + feet; LB muscles (P) (bi) but released. (L) glute (P) only released w/ TrP (P)
19-9-22	Started N tension but no other issues. Rx FBM w/ no major areas of tension; N or (R) was slightly (P) but nothing concerning. (P)



6-10-22 - Had a cold but coming good +  
No major issues; Rx PBM + chest myofascial for  
~~Toro~~ Tx around ribs from coughing. The  
rest of body only relaxation treatment done.

17-10-22 - do general oil but hip specially (R) but both  
have been hurting for the last 6-8 wks; discussed  
seeing her hip surgeon to investigate; Also discussed  
hormonal changes / imbalances w/ her age etc & how  
that affects pelvic area; Rx started supine w/ MFR  
ribs & hips then turned to prone & did PBM; LB / glute.  
(R) (L)

2-11-22 - do walking limping w/ referring (P) in arches (L);  
non out of (P) mds but back on now; Hips back N/E sh still hurting;  
Rx PBM w/ focus on BNS as well as calves & feet; MFR on  
feet seemed to relieve (P); client really enjoyed leg treatment  
today.

16-11-22 - do feeling sore on N / LB & legs but nothing out  
of a day; has had (P) on weekend from sitting down on  
concrete floor on outdoor concert but that settled; LB / hips  
& Neck (P) but all released. (+) TrP & neuro sign on (P)  
arm when massaging (R) Neck but settled at the end.  
She is back on her (P) mds so (P) order control now.

28-11-22 - do both feet hurting; B/sh usual (P) but  
today's Rx w/ PBM w/ focus on legs & feet; joint mobilisation  
subtalar; metatarsophalangeal joint & arch MCR. do  
referred improvement on (P) but still sore; check next session  
how much improvement on following days after Rx



the

[illegible]