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Heads - Relaxation - Beauty

## Consultation Form

### Personal Details

Name: Marion Volk Address: 90 Empire Ave Hembley Downs  
Phone: (Home) 93418171 (Mobile): 0408 945 139 Email: marion.volk@quent.com 6019  
Date of Birth: 03-04-53 Do you know the time of your birth? Yes Location: 306 Smith  
Occupation: Lecturer Hobbies: Reading, Gardening  
Next of Kin/Emergency Contact (Full Name): Kevin Little Phone/Email: 0418 913 413

### Health Details:

Initial Reason for Treatment (relaxation, sports injury, muscle soreness etc.): \_\_\_\_\_

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	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Other conditions (Please specify)
Cancer	<input checked="" type="checkbox"/> <u>no</u>	Epilepsy	<input type="checkbox"/>	
Respiratory conditions	<input type="checkbox"/>	Contagious skin conditions	<input type="checkbox"/>	
Heart Conditions	<input type="checkbox"/>	Recent Pregnancy	<input type="checkbox"/>	
High Cholesterol	<input type="checkbox"/>	Varicose Veins	<input type="checkbox"/>	
Thyroid	<input type="checkbox"/>	Allergies	<input checked="" type="checkbox"/> <u>asthma</u>	
Thrombosis/Phlebitis	<input type="checkbox"/>	Poor Circulation	<input type="checkbox"/>	
Digestive problems	<input type="checkbox"/>	Kidney/bladder	<input type="checkbox"/>	
Stress	<input checked="" type="checkbox"/>	Arthritis/rheumatism	<input type="checkbox"/>	
Emotional Problems	<input type="checkbox"/>	Menstruation Problems	<input type="checkbox"/>	
Depression	<input type="checkbox"/>	Infertility	<input type="checkbox"/>	
Insomnia	<input type="checkbox"/>	Hormonal Problems	<input type="checkbox"/>	
Migraine/Headaches	<input type="checkbox"/>	Fluid Retention	<input type="checkbox"/>	
Backache	<input checked="" type="checkbox"/>	Cellulite	<input type="checkbox"/>	
Other Conditions	<input type="checkbox"/>	Overweight	<input type="checkbox"/>	

### 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>daily</u>	Fever	<u>Y/N</u>
Alcohol <u>Y/N</u> - how often	<u>Wine 1 day</u>	Diarrhoea	<u>Y/N</u>
Water <u>Y/N</u> - how much per day?	<u>3L</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?	<u>2-3 cups</u>	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.

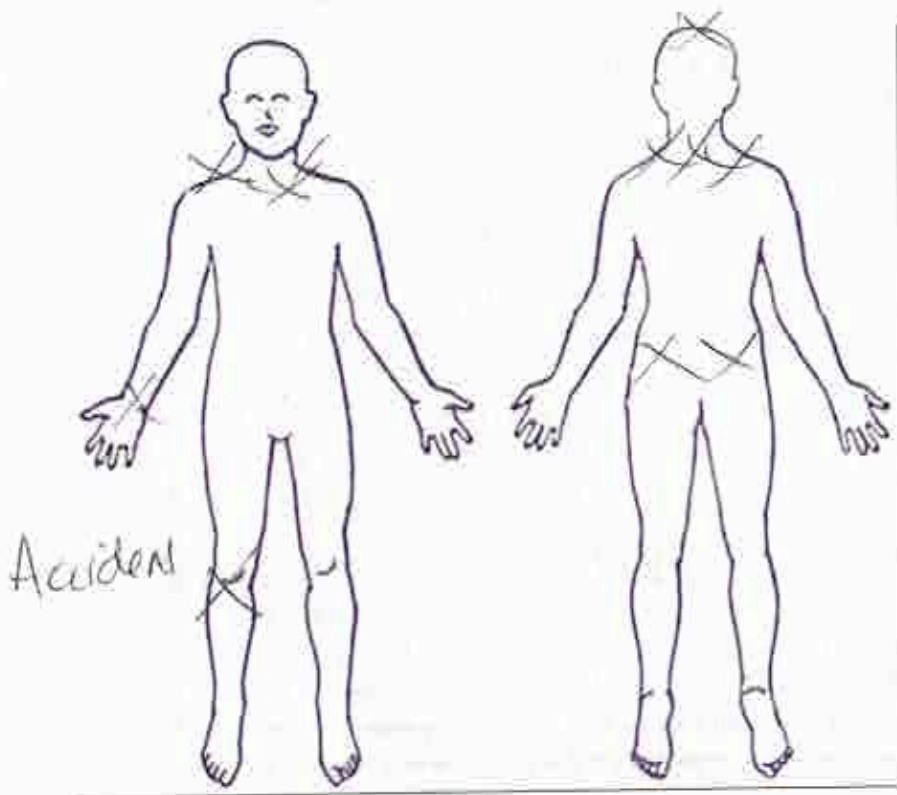
Date: Nov 3, 18 Name: Marion Volk Signature: \_\_\_\_\_



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### Physical Assessment (Office ONLY)

### Main Observations (Office ONLY)



16/3/18 - Assessment  
Injury (R) knee & wrist  
PA - (R) Hip elevated  
compensating back

### Consultation Form - Notes (Office ONLY)

Name: Marian Velle

Address: 90 Empire Ave, Wembley Downs

16/3/18 - Client suffered an accident at home with a hairline fracture of patella (R) side & wrist (R) four weeks ago. These areas have been avoided for safety & simply because client has a cast / immobilised. Treatment carried out as follows.

Rx: Shoulder & neck were the focus of today's treatment.

23/3/18 - Client reported neck feeling much better. Knee brace has been removed so all good to be gently massaged at the back of the knee. Full body massage, avoiding (R) wrist (still immobilised).





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ASKA INDIAN BODY

### Consultation Form - Notes

Name: Marion Volk

Address: 90 Empire Ave, Wembley Downs

Notes 20th April 18

~~11/5/18~~ - She feels better than last ~~week~~ session; Pain in neck improved and today's ~~do~~ is Lumbor (L) pain. No neuro signs. Rx PBM focusing on QL/CS, gluteal area. Still mobilised (L) arm (shoulder/elbow) but focused on her complaint. Rebooked in 3 weeks.

11/5/18 - C/o feeling exhausted due to work commitments. She is the academic manager of a college & she is organising the future move of the college's location. Today's session was a full body relaxation massage. Upper back & (L) shoulder (L). Very relaxed at the end.

18/5/18 - Still feeling tired and specifically requested to spend time on upper body only. Focused on upper neck, shoulder & arm, neck, scap & scalenes.


25/5/18 - Treatment similar to last neck treatment w/ addition of Trp for rotator cuff muscles (L). Rebooked next week.


11/6/18 - FB Treatment; mtr + Trp posterior & relaxation, mobilisation (L) arm. She is feeling much better & really sees that progress of her treatment.


3/8/18 - c/o Tension headaches & neck pain - Rx PBM, trying to focus on (L) areas. Also did some reflex points for spine and digestive system.






23/8/18 - FBM w/ focus on entire back, neck, shoulders & chest. (R) arm has had full clearance from her doctor & she is now starting to exercise again. Suggested some wall push-ups for strengthening of chest & body weight proprioception before she progresses w/ harder exercises. Upper body & neck stretches were also suggested. 

20/9/18 - Full body treatment with focus on lumbar & (L) hip, which was client's main concern today. Checked on her exercises and discussed positioning for strengthening upper body exercises. 

4<sup>th</sup> Oct 18 - Client really stressed due to significant changes at her work. The college she was working completely shut down yesterday (3<sup>rd</sup> Oct) - went into administration & she lost her job on the spot. Rx today focused on a Full Body relaxation massage only. 

18/10/18 - C/o feeling a bit better than last session, but still 'worrying' from the news of losing her job. A lot of tension on shoulders & neck due to the latest events in her life so Rx today was MFR focused on upper body only. 

31/11/18 - C/o emotionally still very fragile. Rx focus on FBM w/ neck/shoulders & lumbar spine, calves also very tight. She is organising a simple graduation ceremony in her house for the students she was able to help & graduate from the college that shut down. That is somehow supporting her.

16/11/18 - FBM w/ an additional 20 min focused on client's extra relaxation.

7<sup>th</sup> DEC 18 - For the first time since Oct 18 client has reported to be able to have a good night of sleep. Still a lot







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Consultation Form - Notes

Name: Marian Volk

Address: 90 Empire Ave, Wembley Downs

cont. 7/Dec/18

Notes

of stress in her life but today we had a FB Rx but focused on her neck (A) & hip (B) mostly. Rest of body was "on".

19/12/19 - c/o lumbar pain due to kneeling doing her garden. PBM w/ focus on gluteal area & Hfs w/ strong MPR pressure as well as TrPs. Pre ROM of hips was but a lot more fluid & no pain in the movement in the post assessment ROM of hips.

11/1/2019 - c/o generalised tension but no major concerns physically only mentally. FBM w/ focus on neck & shoulders. Extra head massage at the end.

8/2/19 - FBM w/ no major physical issues. She is now exploring her option of potential future work or even studies for this year.

22/2/19 - PBM really focused on her BNS; thoracic area tight bilaterally due to her scoliosis that could have been compensating for her neck. Once released the tension around thoracic she instantly felt the relief on her neck.

7/3/19 - Full body massage. Reported really good thoracic relief from last session so we worked on similar treatment today, with additional foot treatment for relaxation.





28 MAR 2019 - FB in relaxation as she didn't really have many concerns today.

4<sup>th</sup> April 2019 - same as previous treatment. Very communicative client today, but still reported to enjoy her session today.

26<sup>th</sup> April 2019 - Upper body focused today including MFE/TTP in general area. Lumbar & gluts very tight also HFs.

17/5/19 - Full body massage treatment for the purpose of relaxation only. She is now being faced w/ the possibility of having to sell her house due to work stress from Oct 18 (last year). The decision has not been made yet but she is stressed about it.

7<sup>th</sup> JUNE 19 - Today's treatment is free of charge as Marion has been helping me with homeopathy. Full body treatment but extra focus on upper body & neck. She has been significantly stressed due to her house situation which still unsure of what future holds.

21/8/19 - Client feeling better today as the decision of selling her house has been made. She has been doing a lot of work preparing for her house for selling. Full body remedial work in general w/ MFE pressure for the various muscles. BNS, legs (posterior) HFs, arms/chest. She reported feeling a little bit light-headed at the end, but relaxed.

6<sup>th</sup> Sept 19 6/9/19 - client still doing a lot of house work due to the preparation for the sale of the house / inspections / open days. Rx similar to last session w/ focus on lumbar & neck as these were the areas reported to be tighter today.

11<sup>th</sup> Oct 19 - House sale has not come through so they're now thinking of alternative. Lots of stress & tension so full body relaxation massage today only.

8/11/19 - 'Plan B' for house sale in place. Selling the house w/ 1/2 of land & build at the back. Still very stressed. She is also going into surgery to replace breast implant from cancer 3 years ago - surgery 25<sup>th</sup> Nov 19. Sent her flowers. Relaxation treatment only today.





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Consultation Form - Notes

Name: marion volk

Address: 90 Empire Ave. Wrentham, MA 01903

Notes

- 20/12/19 - Surgery was a success 5 weeks ago. She has no pain & implants are fine. Full body massage w/ focus on her BNS as she referred it was sore; Gluteals/HFt (both) Neck & shoulders (R) (F). All released w/ MFR / TrP. Gave Xmas present & she loved. She also gave me a present. Rebooked the 3 of them in 3 weeks. *DP*
- 7/1/2020 Marion feeling good & relieved that her tests came negative. Today we did a FBM with focus on her entire back (MFR). Her scans/results are attached.
- 14/1/20 Client feeling ok. Some back tension but today more in relation to her neck. FBM. Really relaxed at the end. *DP*
- 12/3/20 - FBM with no major concerns, physically speaking. Client very talkative in relation to the current world crisis (COVID 19), & feeling quite anxious about it. Discussed the fact that we might ~~be able~~ have to put treatments on hold given the circumstances & government recommendations. *DP*
- 17/4/20 c/o neck tension & usual. Local / government have not banished remedial massage & but gave the client option. Client accepted but treatment was conducted w/ protective equipment, gloves & mask. FBM & neck released w/ MFR techniques. Client asked about respiratory exercises to improve chest expansion. Prescribed 3x10 reps of raised arm exercises & deep breathing to increase intrathoracic space. Scan results attached to file. *DP*





**Envision Medical Imaging - Subiaco**178 - 190 CAMBRIDGE STREET  
WEMBLEY 6014

Phone: 08 6382 3888

Fax: 6382 3800

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Dr Craig Turner  
217 NICHOLSON ROAD  
SHENTON PARK 6008Patient:  
MARION VOLK  
90 EMPIRE AVENUE  
WEMBLEY DOWNS 6019

Reference: 411733

Date of Birth: 03/04/1953

Patient Id: HGF702Z  
MRN:

Referred by: Dr Craig Turner

**NM BONE SCAN** : 14 Jan 2020**WHOLE BODY BONE SCAN WITH SPECT-LOW DOSE CT - 99mTc HDP****CLINICAL DETAILS**

Recent CT at SCGH for left lower anterior rib margin pain reports incidental finding of sclerotic subcentimetre lesion T8 lamina. Bilateral mastectomies and implants for Ca breast 2015.

**FINDINGS**

In the delayed whole body and SPECT-CT images, irregular increased uptake is seen at multiple levels in the spine. This uptake is moderately increased in a facet joint at C2/3 on the left, in the margins of the narrowed C5/6/7 intervertebral discs, in facet joints at T9/10 and T10/11 on the left, and in a marginal osteophyte at L1/2 on the right. A prominent S-shaped scoliosis is seen in the thoracolumbar spine. The small subcentimetre sclerotic lesion in the lamina on the left side of T8 does not accumulate bone tracer.

The previously reported small ground glass opacity at the right lung apex (refer CT SCGH) is not evident on today's low dose non-breath-hold CT. A small new ? inflammatory subpleural opacity is noted more posterolaterally at the right lung apex.

Moderately intense focal uptake is seen at the anterior end of the left 9th rib, where a recent fracture is noted on low dose CT. Uptake in the other ribs and in the sternum is uniform.

Moderately intense focal uptake is noted in the patellae, left 1st carpometacarpal joint, and in the right 1st metatarsophalangeal joint. Uptake is mildly increased at a number of other sites in the distal extremities, shoulders and sternoclavicular joints.

Low grade focal uptake is seen in the midline frontal region of the skull. There is mildly increased uptake in the paranasal sinuses. Uptake elsewhere in the whole body images is unremarkable.

**COMMENT**

continued ...

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MARION VOLK

Date of Birth: 03/04/1953

**NM BONE SCAN** : 14 Jan 2020

Page: 2

The focus in the lamina on the left side of T8 is typical of a benign bone island. There is no evidence of a neoplastic process at this site or elsewhere in the whole body images. A recent fracture is identified in the anterior end of the left 9th rib. Uptake in the spine and joints is in keeping with degenerative disease. A prominent underlying thoracolumbar scoliosis is noted. The differential diagnosis of the right patellar uptake is trauma. The nasal sinus uptake is inflammatory. The small low grade midline frontal focus is most probably benign.

I note that the small right apical ground glass lung opacity will be reviewed by repeat HRCT at SCGH in April 2020.

Thank you for your referral. Kind regards,  
**Dr Tony Hayes**  
Nuclear Medicine Physician



CHEST

Lung / chest

CLINICAL

Followup right apical lesion. See SCGH ED notes.

#### FINDINGS

Unenhanced HRCT of the chest has been performed in inspiration. Comparison has been made with the previous study of 22/12/2019 performed at Sir Charles Gairdner Hospital.

The ill-defined groundglass density nodule within the right upper lobe seen on the previous study has resolved, however multiple peribronchovascular groundglass density foci are present within both the right and left lower lobes, these were not visible previously, and are most likely infective/inflammatory in nature. No significant solid pulmonary nodules are demonstrated.

Mild airways dilatation is present within the left lower lobe, the airways are unremarkable, with no significant bronchial wall thickening, dilatation or endobronchial mucous impaction is noted elsewhere.

No pleural or pericardial effusion.

A couple of small mediastinal lymph nodes are present, though these are not significant by size criteria.

The visualised portion of upper abdomen appears grossly normal on this unenhanced study.

Thoracic scoliosis noted, no aggressive bone lesion is demonstrated.

#### COMMENT

Multifocal peribronchial groundglass density opacification is noted within both lower lobes, this was not present previously, most likely represents infection. The groundglass density nodule within the right upper lobe noted on the previous study has resolved.

A repeat low-dose CT chest is suggested in 3 months to assess for resolution.

Yours sincerely,

Dr Carly Simpkins

Radiologist: Dr C. Simpkins

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IAx and clients previous notes prior to 15th of May 2020 archived.

15th May 2020: Client has been doing the respiratory exercises suggested last session and she feels the improvement, due to surgery and lung issues Dec 19. Still feeling quite stressed about the house renovations and finding tension in the body affecting there Tx (due to scoliosis) and neck. Sleep still compromised. Rx back of body massage focusing on BNS with intense deep tissue in Tx and Cx. Spinal mobilisation in lower Tx G1/2 central, initially stiff and fully mobile at the end of the session. DK

12th June: C/ Feeling better this month. Tension has subsided, but still feeling anxious and worried about house, living conditions etc. However tension is not present. Rx was a full body relaxation massage as she had no major issues today. DK

10th July - No major issues just feeling stiff due to the cold weather. Client very communicative today in relation to what is happening around the world with the pandemic. Since Perth is now doing better we discussed alternative approaches. Full body relaxation massage with a bit of tension present in her L shoulder and neck. TrP for Subscapularis really helped release the shoulder. DK

7th Aug 20 - Therapists disclosed pregnancy with Marion. She was very happy. In addition, discussed potential job opportunity at Endeavour. Marion used to work for Endeavour before Paramount (where I met her). As far as treatment today, she referred a bit of lower back pain (ache) but nothing that affected her mobility. Physical examination revealed tightness but could not relate to any of her activities. Rx today focused on PBM (Post body massage and very active TrPs were found in her Tx and Lx. Client relaxed at the end. DK

11th Sep 2020 - Client in general good health, and one particular complaint - there is a L eye ptosis only affecting the left palpebral. No ocular motility affected at this stage, and she has been doing lots of medical tests for it. Rx today was a full body relaxation massage, but lots of tension in bilateral neck and shoulders were found. Released with MRF. DK

16th Oct 20 - Client ptosis still very much present in L eye and considerably bothering her. Still doing medical investigation for potential myasthenia graves and others. There is some medical research that relate her Hx of lung cancer with this clinical presentation; Also update on her job coming to be a clinic supervisor at Endeavour. Client pleased about that. Rx today BNS massage as well as arms as she was feeling tired and lots of extra work in the last couple of weeks. She did feel better at the end. DK

6th Nov 2020 - Client excited as things might be moving in re to house renovation; ptosis still present and potential diagnosis of myasthenia graves in question. Considering Cannabis treatment for it. Today she had no major concerns so FB relaxation massage including head and face was performed. DK

11th Dec 2020 - Client very relaxed and with no major issues. Discussed the possibility of seeing an alternative therapist for when I go on maternity leave, she was open to that. Full body relaxation massage with no major issues. Client gave a beautiful Xmas present. DK

13th Jan 2021 - Last treatment with me before I go on Maternity leave. Since we do monthly appointments the next in Feb I will be close to 34-36 weeks. Full body relaxation massage really turned in to her breathing. She was really relaxed. Renovations of her house are due to start soon and ptosis of eye really improved. Taylor Clark to be the therapist seeing her, IA



notes and relevant details sent to Taylor on 2nd Feb 2021. DK

26th February. Relaxation for two. Marion had a one hour session first. She discussed finding some pain in her back from scoliosis. We started the session supine and spend the end of her session working primarily on her back. No TRP noted.

Kim's session followed. We discussed health history and he showed me the scar on his back and advised me to stay away from the bottom left hand side of his back (L5 removed) with palpable pin.

Session stated supine. Kim advised that he likes a hard massage and he usually has 'knots' in his upper traps, back and glutes.

No TRP located and no muscle tightness present. Client reports that he gets tight from stress but hasn't felt stressed that week.

He did notice that 10 days prior his back had spasmed and it took him 3-4 days to recover. Taylor Clark (covering for Dani while she is on maternity leave).

12th Aug 21 – First time seeing this client since maternity leave. Client OK, just tired and stressed. They are building a house so financials and COVID restrictions are delaying the process. Marion's had significant N/Sh tension but nothing majorly disturbing. She has had her check-up for the cancer and is doing well. 60min remedial with focus on upper body. DK

5th Oct 21 – Client still feeling tired, but better than last session. Has had a cold but recovering. COVID tested and screened and negative results. Full body massage mostly for relaxation today, with no major MSK issues today. DK

2nd Nov 21 – C/o L hip pain from doing extra work preparing the current house to be put in the market. N/Sh surprisingly ok. Some Tx P/tension due to Hx of R curve scoliosis at Tx level. Focus on PBM today and recommended next treatment to be sooner than 4-5 weeks. R Tx and Cx ti today but released. DK

23rd Nov 21 – Client felt much better with last session and today only upper body work to focus on N/Sh. Lumbar area feeling great after the treatment. DK

27th Dec 21 – Marion felt tired today from festive season preparations (Xmas and Boxing day). Has had a headache for the past few days but mostly worried about what is happening with the building process and selling her current house. No health issues related to the headache were pointed out. Usual upper body today we did a FB Rx with focus on upper body. MFR for N (particularly SCM and scalenes) and that seemed to have released the headache instantly. DK

1st Feb 22 – Had a good New Years (seems so long ago); Client feels ok and now a bit anxious to sell the house and move to the new house. Today apart from N/sh tension there has been no other issues. She has been feeling pretty tired, doing loads of physical work, boxing and moving her belongings; FBM with special attention to LB (ti bi) upper body and head. Ended up doing some facial TrPs as well. She really enjoyed that. DK

31st May 22 – Had to cancel a treatment last month (19th) due to the move. Client finally moved to the new address (92A Empire Ave, Wembly Downs) and settling in to the new place. Today she described her entire body was aching, so we did a full body relaxation, but firm massage. Legs, LB and upper body ti. Her arms mostly R arm ti. DK

15th of July 22 – Client now well settled into the new house. Has had some aches and pains along the way but feeling good otherwise. No major issues, just full body relaxation massage today. DK

2nd Aug 22 – As I walked in notice client on a moonboot. Client has had a fall and broke R foot (3rd & 4th metatarsals – hairline fracture) two weeks ago. Expected healing time 6-8 weeks. Client only look to release tension in upper body today. I discussed that massaging the other leg is important due to muscle imbalances with the moonboot. Full body massage except arms and R leg. L leg really ti as expected as well as upper body. DK

30th Aug 22. Client out of the moonboot but still waking slowly. Similar treatment to last session and very gentle massage on R leg. Client really happy to have her two feet on the ground again. Upper body particularly ti on R side today but released with MFF. DK

4th Oct 22 – Client feeling happy and relaxed. Finally sold the old house just waiting for settlement. Reports feeling loads of stress shredding out of her body. Legs doing fine no more limping and weigh baring seemed even. Full body treatment focusing on upper body and legs today to make sure she recovered well from the injury. No other major issues. DK

15th Nov 22 – Client with no major issues only LBP from finalising her office and organising curtains for the new place. No other major issues. Rx: PBM with N/SH ti bi but nothing out of the ordinary. DK

8th Dec 22 – Today client wanted a full body treatment just mainly for relaxation. Tx and Cx ti as usual but no other major concerns. DK

12th Jan 23 – Full body massage. Client finally received the Xmas gift (hamper) they were both, here and Kim very pleased. She lost her little dog (Nugget) at the end of Dec so feeling pretty tired and sad with her loss. Focus on a more energetic and relaxing treatment today. DK

9th Feb 23- Client with no major issues. Marion and Kim acquired a new dog, so they are in much better spirits than last time. Marion also started a new training regime and is looking for strengthening her LB as she has been getting P; Rx FBM with focus on Post part of the body. LB ti bi but released; upper body and N also ti but released as well. Discussed and demonstrated a couple of exercises to strengthen LB, alternated super man and isometric in prone with the use of swiss ball. DK

14th March 23 - Marion has a infected/inflamed L eye potentially from gardening and she has been given antibiotics for it to treat it. Aside that no major issues. Rx FBM with her R N & Sh ti as well as hamstrings from her bending and working in her garden. DK

18th April 23 - Client still feeling the L eye and has been told she has sarcoidosis. As full diagnosis can not be performed she took antibiotics and corticoids for it but stopped as they made her sick. Eye does look better, not as inflamed. As far as the rest of the body, only complain is some upper body P; Also 6 days ago she hurt her R foot, spraining the second toe, currently strapped up. Advised different strapping. Rx Full body treatment, very ti on upper body and neck. Discussed the strapping and how it could affect her LB and legs via overcompensating. No near sings and tension released with lots of DT treatment. DK



19th July 23 - Client feeling good with no major complaints. She had a L Mid knuckle (hand - MFJ) swollen with no probable medical reason for it. She has had it checked and there are no fractures. Discussed the possibility of being a soft tissue (cartilage) injury, and advised for GP follow up as well as physio with potential laser and ultrasound treatment. Full body treatment with a lot of tension on hamstrings, L gluteal area/HFs as well as upper body and N; Upper body L particularly ti only released with DT. DK

13/6/23 – Client moved houses so feeling the tension on her neck but settling into the new home slowly. Old house still in the market but she seems more relaxed today. Full body massage with the usual upper body tension. DK

22/8/23 – Marion feeling ok today, but not major issues. Has had some tension on her upper back, her usual but nothing out of the ordinary. Rx FBM with significant pressure on BNS but all released. Follow up via text tomorrow, to make sure she is ok. DK

26/9/23 – Client feeling ok, feeling overwhelmed and stressed with the constant changes at her work, and the uncertainty of what is happening is taking her nights of sleep. Feeling her upper back and scoliosis today, so a lot of work on the back. No neuro signs or issues with mobility. Rx PBM with focus on BNS. A lot of tension on hips, gluts, LB and mid/upper back. She felt ok at the end but really felt tired. DK

2/11/23 – (Dani therapist has been away for 6 weeks). Marion doing ok, with no major issues only missed having her regular treatments. No major issues today, so a good FBM with some tension on LB and upper body but nothing concerning. DK

30/11/23 – Client doing ok. Has been gardening so feeling the arms, shoulders and LB, nothing serious just ti all over it. Has had headaches as well but its to do with being out in the sun not drinking enough water. FBM today with tension on the back of her legs, gluts and LB. Upper body and neck surprisingly ok. DK

4/01/24 – Marion had a good holiday season (Xmas and NYEs). She still stressing with her work as the college she teaches (Marion is a naturopath, nutritionist and she practices and works in a college as a lecturer). Her work has been going through changes so she doesn't know if she will have her job. No major issues only really stressed about work. FBM with a lot of tension on the usual back neck and shoulders as well as the LB. (scoliosis) but tried to relax today. Lots of scalp treatment and even facial TrPs/massage. DK

8/2/24 – Marion had a foot Xray done last month, and it turns out she must have surgery for her R foot to remove the bunion (R MVA); She did contact me, and I referred her to Perth Podiatry Surgery and they have been really helpful with her procedure and rehabilitation. Today she was wearing a moon boot so we did a full body treatment except the R lower leg. L leg really ti due to shifting the weight, and LB, Tx ti bi, as well as L shoulders and neck ti bi. Treatment on the R thigh was a bit of MLD to help with the swelling on the leg. Unable to access the entire leg, so did what was possible. DK

7/3/23 – Client doing much better and already walking without the moon boot. Swelling down on the R foot. She is mindful when walking has been given exercises from the physiotherapy rehab team, so following them up. We review the exercises and add some isometric ones to support with recovery and strength. No neuro signs. Rx FBM with lots of work on BNS and legs. L leg ti but not as ti like last session, and full MLD on R Lower limb. Client really enjoyed the session today. DK

15/4/24 – Client quite stressed today as she went for the body review of her foot and upon routine physical assessment, she noticed she is 5-6cm shorter, so questioning if she has osteoporosis or anything worse. Having a EOS scan done soon and report will be attached to her file. Really explained to client that even if its found a compression or signs of Osteoporosis that did not happened from day to night and yet a progressive thing. Unlikely since Marion exercises and eats regularly so treatment today was to focus on calming her down, more than anything else. Rx FBM with sole focus on BNS, as Tx and Cx were really ti bi. Extra work on neck and head, as she has been having headaches and not sleeping well. Will check on her within the next few days. DK

17/4/24 – Checked in on Marion and she is doing ok. Was sore after her treatment but doing fine. Having her EOS done tomorrow. DK

(18/4/24 – EOS and densitometry done and report attached to her file)

8/5/24 Client Had EOS scan done, and report attached to her file. No signs of Osteoporosis which really calmed the client down. Today we did a FBM treatment with some tension on LB, but quite a bit of tension on neck and shoulders bi; legs doing ok and recovery from bunion removal surgery /scar tissue doing great. Discussed and reviewed some of her gym exercise for upper body strength but all seemed ok, just offered some alternatives with focus on technique and posture. DK

30/5/25 – Marion doing ok, still feeling stressed with work and other things but seemed ok. She was particularly quiet today, so did a full body treatment, with some tension found on upper body but nothing out of ordinary, quite a relaxation treatment today. DK

21/6/24 – Marion has contacted me this morning to arrange an urgent treatment. I was able to come for a 90min session. Marion woke up with breathing issues and was rushed to hospital 3 days ago. They have diagnosed pneumonia and run lots of tests given her Hx of cancer. She is now home and still suffering the effects and pain from coughing. Currently on antibiotics (Marion is a naturopath she doesn't usually take antibiotics). Rx 90min session on full body treatment but substantial work on mid thoracic and upper body with the use of MFR only as she is very sensitive to pressure. In supine did significant work on her diaphragm with MFR as well as intercostal muscles, chest and some TrP for subscapularis. In addition, work on neck on SCM and scalenes as she was using them as accessory quite hard. She felt ok at the end. Rebooked for next week as a follow up.



27/6/24 – Marion came up good after last week's session feeling much better. She did feel some pain and discomfort the day after but manageable and she was breathing much better. Rx today focused on BNS and she was able to tolerate some pressure and ant thorax with MFR of diaphragm again and intercostals. Much more relaxed today. DK

5/7/24 – Marion feeling better and today's session was a full body treatment focusing on relaxation. Still did MFR on intercostals ant and post but diaphragm today felt good. DK

11/7/24 – Continuing with this follow up from Marion's hospital incidence a few weeks ago, she is now coming really good. Has been able to sleep and breath better with no other issues. FBM with relaxation goals, but found upper body and neck ti today. DK

26/7/24 – Two weeks since last treatment and Marion is doing ok. She is feeling her L hip today as she has been working a bit in the garden and despite the cold she was happy to be outside. No neuro signs or issues with mobility. Rx PBM with focus on hamstrings, gluts and LB. Upper body L ti, but all released. DK

16/8/24 – Another follow up session. L hip much better but still feeling the upper body on R. We did a FB treatment today but focused on mid and upper body that were bilaterally ti. DK

29/8/24 – Marion feeling much better. Starting to get a bit stressed with work as things are changing at the college and she does not know if she will be teaching much next year. She is still supervising clinic and teaching online and F2F but things might change next year. Full body session with goals of relaxation but hamstrings and calves ti today as well her usual upper body.

12/9/24 – Today's session with no major issues and Marion feeling good. FBM with some neck tension but nothing out of ordinary. DK

3/10/24 – Marion feeling ok today with no major issues. She has spent the last weekend marking assessments so she said her shoulders were ti but nothing was really significant. FBM with extra work on upper body but not major tension found.

Marion Volk & Kim Liddle

0418945109

marionvolk@gmail.com

### Notes about client

Kim is Marion Volk's husband. Contact details is Marion's.

26th February. Relaxation for two. Marion had a one hour session first. She discussed finding some pain in her back from scoliosis. We started the session supine and spend the end of her session working primarily on her back. No TRP noted.

Kim's session followed. We discussed health history and he showed me the scar on his back and advised me to stay away from the bottom left hand side of his back (L5 removed) with palpable pin.

Session stated supine. Kim advised that he likes a hard massage and he usually has 'knots' in his upper traps, back and glutes.

No TRP located and no muscle tightness present. Client reports that he gets tight from stress but hasn't felt stressed that week.

He did notice that 10 days prior his back had spasmed and it took him 3-4 days to recover. Taylor

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### Intake Forms

### Upcoming Appointments

### Past Appointments (51)

Show 3 canceled appointments?



**1:00pm**  
**3:00pm** Wednesday, May 8, 2024 120min  
Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt  
**Paid**

**9:00am**  
**11:00am** Thursday, April 18, 2024 120min  
Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt  
**Paid**

**1:45pm**  
**3:45pm** Thursday, March 7, 2024 120min  
Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt  
**Paid**

**2:00pm**  
**4:00pm** Thursday, February 8, 2024 120min  
Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt  
**Paid**

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2:00pm 4:00pm	Thursday, January 4, 2024 120min Marion Volk & Kim Liddle 60min remedial massage for two people (2hrs) Daniela Kurt <b>Paid</b>
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## 2023

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2:00pm 4:00pm	Thursday, November 30, 2023 120min Marion Volk & Kim Liddle 60min remedial massage for two people (2hrs) Daniela Kurt <b>Paid</b>
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2:00pm 4:00pm	Thursday, November 2, 2023 120min Marion Volk & Kim Liddle 60min remedial massage for two people (2hrs) Daniela Kurt <b>Paid</b>
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3:30pm 5:30pm	Tuesday, September 26, 2023 120min Marion Volk & Kim Liddle 60min remedial massage for two people (2hrs) Daniela Kurt <b>Paid</b>
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**2:30pm**  
**4:30pm**

Tuesday, August 22, 2023 120min

Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt

Paid

**3:00pm**  
**5:00pm**

Tuesday, June 13, 2023 120min

Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt

Paid

**3:45pm**  
**5:45pm**

Tuesday, April 18, 2023 120min

Marion Volk & Kim  
Liddle  
60min remedial  
massage for two  
people (2hrs)  
Daniela Kurt

Paid

**3:45pm**  
**5:45pm**

Tuesday, March 14, 2023 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid



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**1:00pm** Thursday, February 120min  
**3:00pm** 9, 2023  
Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt  
**Paid**

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**1:30pm** Thursday, January 120min  
**3:30pm** 12, 2023  
Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

## 2022

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**1:30pm** Thursday, December 120min  
**3:30pm** 8, 2022  
Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt  
**Paid**

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**1:30pm** Tuesday, November 120min  
**3:30pm** 15, 2022  
Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt  
**Paid**

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**1:00pm**  
**3:00pm**

Tuesday, October 4, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**2:30pm**  
**4:30pm**

Tuesday, August 30, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**11:30am**  
**1:30pm**

Tuesday, August 2, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**2:30pm**  
**4:30pm**

Friday, July 15, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**11:30am**  
**1:30pm**

Tuesday, July 12, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

canceled

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**1:00pm**  
**3:00pm**

Tuesday, May 31, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**2:30pm**  
**4:30pm**

Tuesday, April 19, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

canceled

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**3:00pm**  
**5:00pm**

Tuesday, March 1, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**3:00pm**  
**5:00pm**

Tuesday, February 1, 2022 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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2021

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**1:00pm**  
**3:00pm**

Monday, December 27, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**3:30pm**  
**5:30pm**

Tuesday, November 23, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**3:30pm**  
**5:30pm**

Tuesday, November 2, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**3:30pm**  
**5:30pm**

Tuesday, October 5, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**3:30pm**  
**5:30pm**

Thursday, August 12, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**4:30pm**  
**6:30pm**

Friday, March 26, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Taylor Clark

canceled

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**4:00pm**  
**6:00pm**

Friday, February 26, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Taylor Clark  
90 Empire Avenue, Wembley  
Downs

Paid

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**3:00pm**  
**5:00pm**

Wednesday, January 13, 2021 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

## 2020

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**10:00am**  
**12:00pm**

Friday, December 11, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**1:00pm**  
**3:00pm**

Friday, November 6, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**1:00pm**  
**3:00pm**

Friday, October 16, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid



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**3:00pm**  
**5:00pm**

Friday, August 7, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**10:00am**  
**12:00pm**

Friday, July 10, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**10:00am**  
**12:00pm**

Friday, June 12, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**10:00am**  
**12:00pm**

Friday, May 15, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Paid

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**10:00am**  
**12:00pm**

Friday, April 17, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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**3:00pm**  
**5:00pm**

Thursday, March 12, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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**11:00am**  
**1:00pm**

Friday, February 14, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Appointment has been paid  
and done on 13th Feb

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**12:00pm**  
**2:00pm**

Friday, January 17, 2020 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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2019

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**11:00am**  
**1:00pm**

Friday, June 7, 2019 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

Dani is giving one treatment for  
free since Marion always helps  
her. Gratitude always!

**Paid**

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**11:00am**  
**1:00pm**

Friday, May 17, 2019 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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**1:15pm**  
**3:15pm**

Thursday, April 4, 2019 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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**3:00pm**  
**5:00pm**

Thursday, March 28, 2019 120min

Marion Volk & Kim  
Liddle  
Inner Relaxation for  
Two  
Daniela Kurt

**Paid**

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2:00pm 4:00pm	Thursday, March 7, 2019	120min
	Marion Volk & Kim Liddle	
	Inner Relaxation for Two	
	Daniela Kurt	
	Paid	

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1:00pm 3:00pm	Friday, February 22, 2019	120min
	Marion Volk & Kim Liddle	
	Inner You For Two (One Therapist Only)	
	Daniela Kurt	
	Paid	

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## 2018

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2:00pm 4:00pm	Wednesday, December 19, 2018	120min
	Marion Volk & Kim Liddle	
	Inner You For Two Special (One Therapist Only)	
	Daniela Kurt	
	Paid	