



## New Client Record

About you...

What's your health fund? \*

Medibank Private  
Membership No. 40883281L

Occupation - how long? \*

Retired 2017

List your physical activities, hobbies, exercise or sport. \*

Exercises; walking

Do you sit/stand for long hours? (E.g. car/desk) \*

Sit 2 hours

Medications - prescribed or natural \*

Micardis; Bicard; Pradaxa; PTU; Panadol Osteo ; Osmolax; Proctosedyl;

Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. \*

Atrial Fibrillation; Hearing Aids; Gastro-oesophageal; haemorrhoids

## About Massage...

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**How did you find out about our massage clinic? \***

- ☐ Google
- ☐ Facebook
- ☐ Instagram
- ☐ Phonebook
- ☐ Massage Association
- ☐ Health Professional (Doctor, Physio, Midwife)
- ☒ Referral - word of mouth
- ☐ Current/Previous Customer

**Who referred you? We use a client reward system - May we thank them?**

Gail Hastie

**What are your goals or reasons for getting massage? \***

Relief of pain

**Type of massage pressure you prefer? \***

- ☐ Gentle
- ☒ Firm
- ☐ Hard
- ☐ Very Hard
- ☐ Not sure? (We'll check at your massage)

**Any areas you DON'T want massaged? \***

Face

Head

- ☐ Stomach
- ☒ Back
- ☐ Buttocks
- ☐ Arms
- ☐ Legs
- ☐ Feet
- ☐ I am ok with all the above areas being massaged
- ☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

**Do you experience headaches? \***

- ☒ No
- ☐ Mild
- ☐ Severe
- ☐ Persistent
- ☐ Migraines

**Abdominal Massage helps digestive problems. Do you suffer any digestive complaints? \***

- ☐ Discomfort with a whole mix of things happening
- ☐ Abdominal pain
- ☐ Bloating
- ☐ Constipation (going less than once per day)
- ☐ Hard bowel movements
- ☐ Loose bowel movements
- ☐ Diarrhoea
- ☐ Food allergies
- ☒ Occasionally experience problems
- ☐ Struggling most of the time
- ☐ No problems - everything is working well

**Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back?  
These are important body balance areas. \***

No

**Do you have any pain? \***

- ☐ No pain - nothing hurts
- ☐ Morning soreness
- ☒ Night time pain
- ☐ Happens randomly - can be any time
- ☐ Pain doing something specific. E.g. Bending over to touch toes.
- ☐ All the time
- ☐ Tender to touch
- ☐ Dull pain
- ☐ Aching or throbbing
- ☐ Sharp pain
- ☐ Stiffness
- ☐ Muscle tightness
- ☐ Restricted movement

**If your body hurts, what relieves it?**

- ☐ I have no pain to manage
- ☐ Ice
- ☐ Heat
- ☐ Rest
- ☐ Exercise
- ☐ Stretching
- ☐ Medication
- ☐ Topical Cream (E.g. Tiger Balm)

**Some conditions affect massage. We want to safely treat you. Tick what applies to you - \***

- ☐ Allergies
- ☐ Asthma
- ☐ Sinus
- ☒ Anxiety
- ☐ Depression
- ☐ Trouble sleeping or falling asleep
- ☐ Arthritis
- ☒ Osteoporosis
- ☐ Spinal problems
- ☐ Swelling

- ☐ Bruise Easily
- ☐ Blood clotting problems
- ☐ Cancer
- ☐ Diabetes Type 1
- ☐ Diabetes Type 2
- ☐ Dizziness
- ☐ Numbness
- ☐ Tingling
- ☐ Cold hands / Cold feet
- ☒ Heart Problems
- ☒ Blood Pressure - high
- ☐ Blood Pressure - low
- ☒ Hearing problems
- ☒ Hearing Aid
- ☐ Vision problems
- ☐ Contact Lenses
- ☐ None of the above apply to me

**Any extra health details or info you'd like to share?**

### Your consent...

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

It's ok to discuss my treatment with my doctor, physio or referring health practitioner. \*


☒ Yes - clients will be informed if this happens.

☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time \*

☒ Yes - I know I can ask questions at any time too.

I will keep my Massage Therapist updated on any changes to this information and my health. \*

 Ronald Edward Davis

Draw  
signature  
above or

RONALD EDWARD DAVIS  
enter your name

Clear

Submit

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Mr Ronald Davis

DOB31 May 1928  
OccupationRetired

Appointments

Date	Time	Type	Practitioner
27 May 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
22 Apr 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
25 Mar 2025	11:30AM – 12:00PM	30 minute Massage	Christine Jervis
18 Feb 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
14 Jan 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
17 Dec 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
12 Nov 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
1 Oct 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
5 Sep 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
16 Aug 2024	9:30AM – 10:00AM	30 minute Massage	Christine Jervis
23 Jul 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
11 Jul 2024	1:00PM – 1:30PM	30 minute Massage	Christine Jervis
30 Jun 2024	2:30PM – 3:00PM	30 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p><b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 25 Mar 2025, 11:30AM <b>Created:</b> 25 Mar 2025, 12:13PM <b>Last updated:</b> 26 Mar 2025, 2:05PM</p>	
Standard Consultation - Remedial Massage	
<p><b>Presenting complaint (relevant medical history or client info)</b></p>	<p>What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month bit feeling unstable on feet so just supine massage (no prone).</p>
<p><b>Medication or relevant procedures / info identified that may affect the massage.</b></p>	<p>Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags</p>

<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Acker Bilk</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. No warm stones. Gentle face massage to end with hot towels on arms.</p> <p>Avoided areas that had skin cancers burnt off by Dr.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly today.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See again in a month. Discussed starting hydrated during these hotter times
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	

## Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis**Appointment:** 18 Feb 2025, 11:00AM**Created:** 18 Feb 2025, 2:11PM**Last updated:** 18 Feb 2025, 2:12PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month. Had a fall this month.

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.

Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

**Treatment details - what was done today to help the client**

Pressure used - 2

Music - Acker Bilk 2

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.

Avoided areas that had skin cancers burnt off by Dr.

**Hot Pack**

Lower Body

**Hot Stones**

Cold stones on face

<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly today.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see again in a month. Discussed starting hydrated during these hotter times
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 17 Dec 2024, 11:00AM  
**Created:** 17 Jan 2025, 11:00PM  
**Last updated:** 17 Jan 2025, 11:01PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client</p>

knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

#### Treatment details - what was done today to help the client

Pressure used - 2

Music - Acker Bilk 2

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.

Avoided areas that had skin cancers burnt off by Dr.

#### Hot Pack

Lower Body

#### Hot Stones

Cold stones on face

#### Hot Wet Towels

Feet; Face

#### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

#### What parts of the body were massaged?

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

#### Where any specific trigger points used?

#### Body Chart

#### Feedback after treatment -

Felt good after massage. Big difference. Really enjoyed treatment

#### Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)

see again in a month

### Infra-Red Sauna (if applicable - info is below)

#### Time in Sauna (minutes) -

#### Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 14 Jan 2025, 11:00AM

**Created:** 14 Jan 2025, 11:39AM

**Last updated:** 16 Jan 2025, 10:45AM

## Standard Consultation - Remedial Massage

### Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling some tightness in legs esp L near knee/quad.  
No cramps still. Feeling tired. Moving slowly.

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

### Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - not checked.  
Anything noteworthy - age (old skin)  
Anything specific to massage (E.g. no foot massage) - no

Prone - legs only, Supine - elevated.  
Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

### Treatment details - what was done today to help the client

Pressure used - 2  
Music - Acker Bilk 2  
Aromatherapy Massage oil - Lavender and Peppermint  
Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms.  
Fisiocrem on shoulders.

### Hot Pack

Lower Body

### Hot Stones

Cold stones on face

### Hot Wet Towels

Feet; Face

### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

### What parts of the body were massaged?

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

### Where any specific trigger points used?

### Body Chart

<b>Feedback after treatment -</b>	Felt good after massage. Big difference. Really enjoyed treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see again in a month
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 12 Nov 2024, 11:00AM  
**Created:** 12 Nov 2024, 11:38AM  
**Last updated:** 12 Nov 2024, 1:59PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling sore and weak. No cramps still. Feeling tired. Moving slowly.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Acker Bilk 1</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p>

	Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels. Fisiocrem on shoulders and back
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference. Really enjoyed treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see before Xmas
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 1 Oct 2024, 11:00AM  
**Created:** 1 Oct 2024, 10:53AM  
**Last updated:** 1 Oct 2024, 11:32AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps still. Feeling tired today.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.

<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Ian Cam 2</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. Didn't do 2 warm stones (one on each leg today - used hot towel on feet. Very hot day. Gentle face massage to end with hot towels.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all still going well thus far
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 5 Sep 2024, 11:00AM  
**Created:** 5 Sep 2024, 12:18PM  
**Last updated:** 5 Sep 2024, 12:20PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Ian Cam 2</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - Lavender peppermint</p> <p>Remedial techniques - flushing of legs. Did 2 warm stones (one on each leg today) Gentle face massage to end with hot towels.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all going well thus far
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 16 Aug 2024, 9:30AM  
**Created:** 16 Aug 2024, 9:26AM  
**Last updated:** 28 Aug 2024, 9:10PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been improving with cramping and soreness in legs, feeling improvement
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Piano tunes</p>

	Aromatherapy Massage oil - Lavender Spritzer - Lavender peppermint
	Remedial techniques - flushing of legs. Gentle face massage to end with hot towels
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all going well thus far
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 23 Jul 2024, 11:00AM  
**Created:** 23 Jul 2024, 11:00AM  
**Last updated:** 23 Jul 2024, 12:09PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been improving with cramping and soreness in legs
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.

<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Piano tunes</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Lavender peppermint</p> <p>Remedial techniques - flushing of legs. Gentle face massage to end with hot towels</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Really relaxed and loving that his cramping is improving
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all going well. Whilst cold another fortnight and then maybe look at 3 weeks
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	.
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 30 Jun 2024, 2:30PM  
**Created:** 14 Jul 2024, 10:11PM  
**Last updated:** 14 Jul 2024, 10:16PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been cramping and sore in legs.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Joyful</p> <p>Remedial techniques - flushing of legs</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet
<b>Topical Treatment</b>	
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)**

Check how he responds to this first massage. May need to adjust positioning in the future.

### Infra-Red Sauna (if applicable - info is below)

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 11 Jul 2024, 1:00PM

**Created:** 14 Jul 2024, 8:31PM

**Last updated:** 14 Jul 2024, 8:34PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling cramping improved, soreness still.  
Feedback from previous treatment - improvement.

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
ROM - not checked.  
Anything noteworthy - age (old skin)  
Anything specific to massage (E.g. no foot massage) -  
  
Prone - legs only, Supine - elevated.  
Use supine pad with extension in so it's easy to lift when turning over.

**Treatment details - what was done today to help the client**

Pressure used - 2  
Music - Yanni if there  
Aromatherapy Massage oil - Lavender  
Spritzer - Joyful  
  
Remedial techniques - flushing of legs

**Hot Pack**

Lower Body

**Hot Stones**

Cold stones on face

<b>Hot Wet Towels</b>	Feet
<b>Topical Treatment</b>	Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt very relaxed.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talking with doctor on 15th regarding if he can get a longer massage.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

New Client Record	
<b>Completed:</b> 14 Jul 2024, 12:38PM	
<b>About you...</b>	
<b>What's your health fund?</b>	Medibank Private No 40883281L
<b>Occupation - how long?</b>	Retired 2017
<b>List your physical activities, hobbies, exercise or sport.</b>	Exercise, walking
<b>Do you sit/stand for long hours? (E.g. car/desk)</b>	Sit 2 hours
<b>Medications - prescribed or natural</b>	Micardis, Bicard, Pradaxa, PTU, Panadol Osteo, Osmolax, Proctosedyl
<b>Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.</b>	Atrial Fibrillation, hearing aids, gastro-oesophageal, haemorrhoids
<b>About Massage...</b>	
<b>How did you find out about our massage clinic?</b>	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input checked="" type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous Customer

**Who referred you? We use a client reward system - May we thank them?**

Gail Hastie

**What are your goals or reasons for getting massage?**

Relief of pain

**Type of massage pressure you prefer?**

☐ Gentle ☒ Firm ☐ Hard ☐ Very Hard  
☐ Not sure? (We'll check at your massage)

**Any areas you DON'T want massaged?**

☐ Face ☐ Head ☐ Stomach ☒ Back ☐ Buttocks ☐ Arms  
☐ Legs ☐ Feet ☐ I am ok with all the above areas being massaged  
☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

**Do you experience headaches?**

☒ No ☐ Mild ☐ Severe ☐ Persistent ☐ Migraines

**Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?**

☐ Discomfort with a whole mix of things happening ☐ Abdominal pain  
☐ Bloating ☐ Constipation (going less than once per day)  
☐ Hard bowel movements ☐ Loose bowel movements ☐ Diarrhoea  
☐ Food allergies ☒ Occasionally experience problems  
☐ Struggling most of the time ☐ No problems - everything is working well

**Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.**

No

**Do you have any pain?**

☐ No pain - nothing hurts ☐ Morning soreness ☒ Night time pain  
☐ Happens randomly - can be any time  
☐ Pain doing something specific. E.g. Bending over to touch toes.  
☐ All the time ☐ Tender to touch ☐ Dull pain ☐ Aching or throbbing  
☐ Sharp pain ☐ Stiffness ☐ Muscle tightness ☐ Restricted movement

**If your body hurts, what relieves it?**

☐ I have no pain to manage ☐ Ice ☐ Heat ☐ Rest ☐ Exercise  
☐ Stretching ☐ Medication ☐ Topical Cream (E.g. Tiger Balm)

**Some conditions affect massage. We want to safely treat you. Tick what applies to you -**

☐ Allergies ☐ Asthma ☐ Sinus ☒ Anxiety ☐ Depression  
☐ Trouble sleeping or falling asleep ☐ Arthritis ☒ Osteoporosis  
☐ Spinal problems ☐ Swelling ☐ Bruise Easily  
☐ Blood clotting problems ☐ Cancer ☐ Diabetes Type 1  
☐ Diabetes Type 2 ☐ Dizziness ☐ Numbness ☐ Tingling  
☐ Cold hands / Cold feet ☒ Heart Problems ☒ Blood Pressure - high  
☐ Blood Pressure - low ☒ Hearing problems ☒ Hearing Aid  
☐ Vision problems ☐ Contact Lenses ☐ None of the above apply to me

**Any extra health details or info you'd like to share?**

## Your consent...

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

**It's ok to discuss my treatment with my doctor, physio or referring health practitioner.**

☒ Yes - clients will be informed if this happens. ☐ No thanks.

**My Massage Therapist and I both have the right to stop or refuse treatment at any time**

☒ Yes - I know I can ask questions at any time too.

**I will keep my Massage Therapist updated on any changes to this information and my health.**

*Ronald Edward Davis*

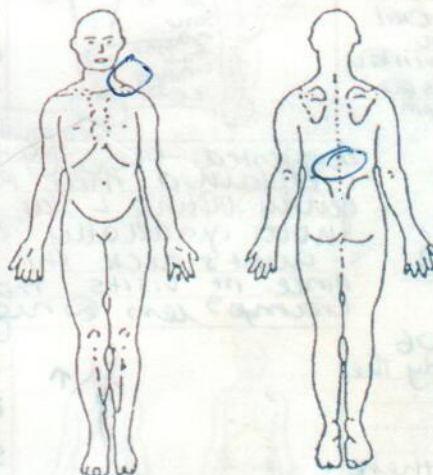
Full Name RONALD EDWARD DAVIS D.O.B 31-05-28 Gender M  
 Address P.O. Box 119 CAIRNS (33 SOUTHERDEN DR. CITY VIEW)  
 Home Phone 40 331158 Work 40513844 Mobile 0417513845  
 Email Address VIRGINIA\_HOUSE@BIGPOND.COM  
 Emergency Contact Details - Name and Number ERIN DAVIS 40331158  
 Current Doctor DR. GARY HAATRICK Referred By \_\_\_\_\_  
 Occupation and How long PROPERTY MANAGER 30YRS  
 Physical Activities/Hobbies/Exercise GOLF WALKING  
 Past Medical History (major operations/conditions) CATARACTS' HEMEROID'S  
 Medications - Prescribed or Natural: PRINIVIL + CARTIA

Tick any of the conditions below that apply to you **NOW**:

- |  |  |
|--|--|
| <input type="checkbox"/> Allergies / Asthma        | <input type="checkbox"/> Fractured bones                     |
| <input type="checkbox"/> Any Contagious Disease    | <input type="checkbox"/> Headache                            |
| <input type="checkbox"/> Any Skin Problem          | <input type="checkbox"/> Heart / Blood Problems              |
| <input type="checkbox"/> Arthritis                 | <input type="checkbox"/> Numbness / Tingling                 |
| <input checked="" type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pregnant or Breastfeeding           |
| <input type="checkbox"/> Bruising                  | <input checked="" type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Chronic Pain              | <input checked="" type="checkbox"/> Spinal / Back Problems   |
| <input type="checkbox"/> Cold / Flu                | <input type="checkbox"/> Sprained/strained muscles           |
| <input checked="" type="checkbox"/> Dizziness      | <input type="checkbox"/> Varicose Veins                      |

Details regarding above selections:

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



Amount of Pain (1-10): \_\_\_\_\_

Massage may include several areas of the body, if you wish an area NOT to be massaged please circle it from the following list;

Face Head Chest Stomach Back Buttocks Arms Legs Feet

**I understand that**

- This session includes a brief consultation and Massage treatment.
- Information regarding personal details will not be provided to any other person or organization, without consent.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Massage does not take the place of medical treatment where needed. If in doubt, please consult your doctor.

I agree to the Massage of: RONALD E. DAVIS (insert name of person being Massaged)

Signature: Richard Date: 25/05/08

# Client Record

SOAP = **SUBJECTIVE**: clients states, **OBJECTIVE**: therapists' observations, treatment, **ANALYSIS**: what worked, didn't, **PLAN**: what client will work on, plans for next session

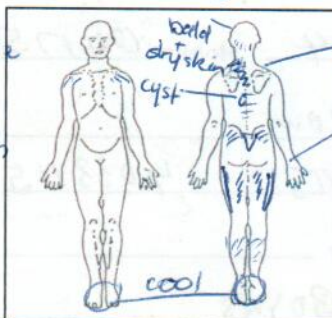
PLEASE NOTE FOR FUTURE REFERENCE:

Gentle - mid pressure used.  
Feet stiff, @ shoulder sits higher

## TREATMENT NO. 1

S = client unable to turn head properly esp to @ side. Lower back gets sore. Physio visit advised by Dr - he prefers massage

DATE: 05.06  
TIME: 4pm Thurs - on time  
PAID: \$45  
REC.No: 494  
AIR TEMP: 23°C  
MUSIC: Ian Cam Smith  
FACE CREST: Lav.  
OIL BLEND: Relax  
ced / Lav



O/A: both traps taut - ES taut.  
L traps esp lev scap + inc insert<sup>s</sup> L v. tight. SCMs taut esp  
rhomboids tight both esp @. Pecs tight  
Gluteals taut. Sacrum sits high @. Vals taut  
Skin - v. vasodilated aged - delicate. Feet cold.  
legs v. stringy esp ITBs + SM. TMJ taut. Calves taut

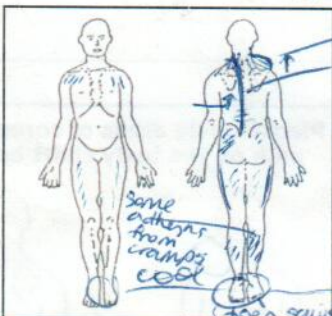
FB (-stom) Heat used. Triggers rhomboids/occiputs/  
gluteals/ITBs/hammies (relaxa). Winged nerve scap  
OT calf + hip → ankle stretch. scap release + TMJ  
Client v. good wing flexibility. Still some neck cong.  
recom reg. muscle m'int - ex + massage. Circ. was  
visible b/c skin so see through. Client deep breathe  
well throughout. No deep pressure required. Noticeable  
chest difference in shoulder + body tension.  
P = Recom posture - open + shoulders down. Neck/shoulders - heat (encourage blood flow). Golf 2x5 per + walk 3x5 (early mornings).

Info Sheet + Data Sheet given

## TREATMENT NO. 2

S = client noticed big improvement in back esp. neck no longer 'clicks' on turning. Feeling much better. Been getting leg cramp

DATE: 22.06.06  
TIME: 230 Thurs - 1hr  
PAID: \$45 CASH  
REC.No: 512  
AIR TEMP: 23°C  
MUSIC: Yanni - tribute  
FACE CREST: Lav.  
OIL BLEND: Capha-Coral  
Lav-legs + Aun  
Coral/Lav/11kay  
NEXT APPT: 11th Tues @ 230pm



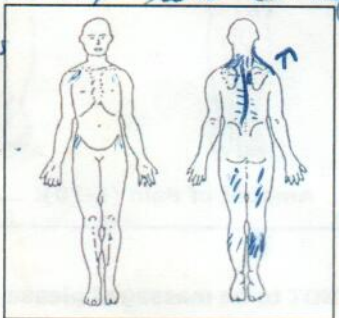
O/A: L traps shortened + cong esp lev scap inc  
R shoulder sits higher. SCMs taut.  
L ES tight. Sits higher when prone (width - vis).  
ITBs taut. Gluteal tighter. Calves taut esp R.  
Pecs taut. R shoulder v. stiff when supine press down on  
Scm - some vasodilation. Extremities cool to touch.  
FB (-stom) Heat used. Triggers rhomboids/occiputs/  
gluteals/ITBs/hammies (relaxa). Traps, winged  
nerve scap + calf + arms to ground stretch. TMJ  
prone massage. scap - quick rub. Client 'mashed  
red come slower for massage' b/c feeling regular

Suggested blood test for cramps - Mg/H2O consumption recom.  
P = Explained that R shoulder sitting higher + suggested turn while gently lifting L side up to stop 'clunking'. Discussed reg massage + work gradually everything will continue improving

## TREATMENT NO. 3

S = client's neck still isn't 100% but back feels so much improved since 1st visits. Trouble turning to L + stretches L trap  
Cramps less @ night (occurs R calf)

DATE: 11.07.06  
TIME: 230 - 10 Early Tues  
PAID: \$45 CASH  
REC.No: 570  
AIR TEMP: 23°C  
MUSIC: Yanni - If there  
FACE CREST: Lav.  
OIL BLEND: Aun  
Oral/Lav/Basil  
NEXT APPT: 10th Aug @ 230pm



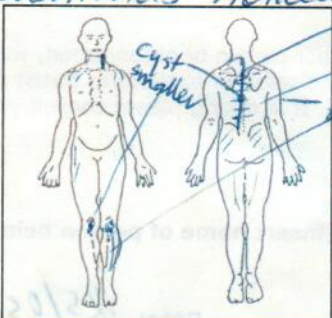
O/A: ITBs taut esp L. hammies esp medially v. tight  
traps tight - R v. cong. L each lengthened but tight  
ES taut esp L sitting higher. TFLs taut. reappathen  
Pecs taut. SCMs esp R v. tight + cong. Rhomb. stiff  
skin - Some vasodilation. feet look more relaxed  
FB (-stom) Heat used. Triggers rhomboids/occiputs/  
gluteals/ITBs/hammies (relaxa). Winged nerve  
scap + calf + hip → ankle stretch + arm → ground  
scap - quick rub. Client feeling looser + much  
better + massage. Discussed gradual return to  
100% + fact he may need see chiropractor or physio  
for neck adjustment

P = Recom stretch traps esp L - v. tight - showed how to stretch by gently holding neck to side. Suggested not to lift anymore  
V. now need to address neck flexibility not just awareness

## TREATMENT NO. 4

S = client been feeling better - has had no cramps since last massage. Has been lifting shoulders slightly still to turn head  
Client has noticed his head no longer 'crunches' or 'clunks

DATE: 10.08.06  
TIME: 230 Thurs  
PAID: \$45  
REC.No: 619  
AIR TEMP: 23°C  
MUSIC: Enya 1-15  
FACE CREST: Lav  
OIL BLEND: Relax  
Ced / PTH / Lav  
NEXT APPT: Willing



O/A: traps taut but not as much cong as usual. Pecs taut  
L side sits up slightly higher. SCMs taut esp  
ES taut, mild cong L side. Rhomboids taut  
bit of excess fluid L leg/ant region  
Shoulders sits more even. Hammies medially - SM taut  
Skin - some vasodilation. feet cool + dry heels

FB (-stom) Heat. triggers thomb/occiputs/glutes/ITBs/hammies/  
lev scap/traps. winged scap + calf + hip → ankle - arm  
nerve stretches scap + TMJ. For the 1st time would  
massage arms prone + he was relaxed. Client said  
it was his 'best massage ever' - truly relaxed. Big  
difference in how body is holding up. Central  
cong + everything acting much better

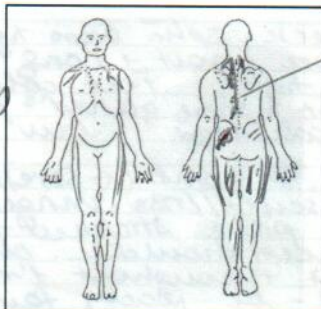
P = Overseas relaxing for 1mth + then amateurs. Massage  
that massage has facilitated so many body improvements

## TREATMENT NO. 5

DATE: 26 10.06  
TIME: 230 - 10 early  
PAID: \$35 Inv  
REC.No: 732 V.happy  
AIR TEMP: 23°C  
MUSIC: Ken Davis  
FACE CREST: Pepp -  
OIL BLEND: Pain  
Pepp/Rosem/Basil

NEXT APPT:

S= client's lower back been v. sore -> play<sup>3</sup> golf - trouble get<sup>3</sup> up when Aut<sup>3</sup> used hot shower. Today is 1st day in 2 weeks I



O/A: Hams taut esp sm/st. Rleg scap v. tight & traps v. tight upper; L short upper. Pelv tight & slightly smaller. ES L v. cong. Glutes taut and feeling congested. Rhombs taut & adressed esp L. Feet stiff. Skin - v. vasodilated back. m/L tight.

FB(-stom) Heat. mg rhomb/glutes/ITBs/hams/traps/leg scaps. winged scaps ok. Neural arm + calf + hip/ankle stretches. Scalp + m/L release. Client quiet throughout. Shoulders set<sup>3</sup> less tense. lumbar/pelvic v. tight - re-com some reg i'mts to balance + return to 'normal' inc

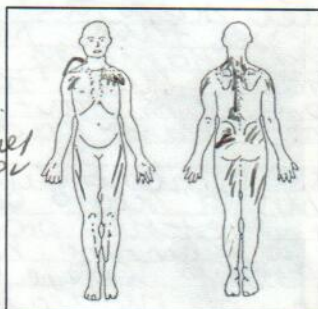
P= Re-com heat on back, continue walk<sup>3</sup> 4km daily. Discussed 'petral' + 'movement' muscles + re-train<sup>3</sup> body

## TREATMENT NO. 6

DATE: 09 11.06  
TIME: 230 - 5 early  
PAID: \$45  
REC.No: 761  
P: 23°C  
MUSIC: Tanni - own time  
FACE CREST: Pepp m/m/v  
OIL BLEND: Relax  
Mand/low

NEXT APPT:

S= client's mid/lower back been sore - used heat so much blistered skin! lasts for up to a day with pain



O/A: R higher. L Pelv tighter. Detoids esp L taut traps esp upper cong esp L. L splin traps v. tight. L hip bones. Q/Ls L tight. Glutes esp L pin + med tight. slight rotar hips. Rhombs tight esp L. Obliques Head tnt. Skin - v. v. v. L side esp ES/rhomb

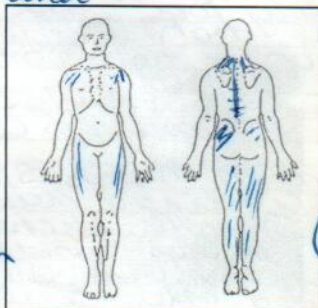
FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Feet stiff esp L. Knees/hips prone. Pelvis sacrum/hips/rhomb. Concentrated esp L side. Client said he felt v. relaxed after + impressed with neck movement. muscles responded well.

P= Re-com see Julie for apers + work on neck (L. if rod - still sore). Use heat with caution. Re-com drop shoulders not lift bc L v. cong. Re-com look in mirror + see how head

S= client been to physio - help<sup>3</sup> back/neck pain. she found sitting other probs. Or referral revealed cysts on liver, enlarged prostate and

## TREATMENT NO. 7

DATE: 07 12.06  
TIME: 230 Thurs  
PAID: \$45 CASH  
REC.No: 818  
AIR TEMP: 23°C  
MUSIC: Saxophone  
FACE CREST: Jay  
OIL BLEND: Relax  
ES/Lav/Petr  
NEXT APPT: 230 JAN 4th



O/A: Glutes taut + feeling tight esp L. Traps upper short. Q/Ls tight esp L. Glutes esp med taut. Hams taut. ITBs taut. Calves taut. Quads taut. Rhombs tight. ES taut esp L. Feet stiff. Skin - v. vasodilated back esp ES/rhomb.

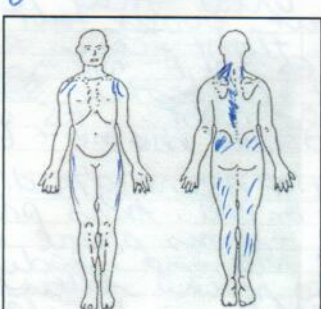
FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Arms prone managed + stretched. Scalp/sacrum/ES/rhomb. Client quiet throughout. Winded under waist. Client's still ams getting better. Client "felt so relaxed" after - really good.

P= Re-com client continue see Julie for t'mt. Feb - cruise. Wants to be healthy + relatively pain free then

## TREATMENT NO. 8

DATE: 04 02.07  
TIME: 230pm Thurs  
PAID: \$45 CASH  
REC.No: 839  
AIR TEMP: 23°C  
MUSIC: Guitar Tunes  
FACE CREST: Jay  
OIL BLEND: Relax  
Frank/Berg  
NEXT APPT: 30th @ 2pm

S= client been feeling pain in spine - L<sup>3</sup> area. Neck OK. good xmas/new year break.



O/A: shoulders sitting high. Feet stiff. Detoids taut. Pelv taut. R leg/hip tighter v. L glute med tighter. Q/Ls esp L tight. Leg scap v. tight. Traps esp upper taut. Rhombs tight esp L. ES cong esp L. Skin - v. vasod back. Hams taut.

FB(-stom) Heat. TP rhomb/glute med/pin/ham/traps/leg scaps. winged scaps ok. Arms prone managed + stretched. Scalp v. lightly rubbed. Client was sore @ 1st, but noted diff throughout. marige + "amazed how good he feels after" Deep breathing throughout.

P= See Julie when neces - if pain v. T. Otherwise continue manage. showed dog position + discussed using glutes/legs to get up (#Lx)

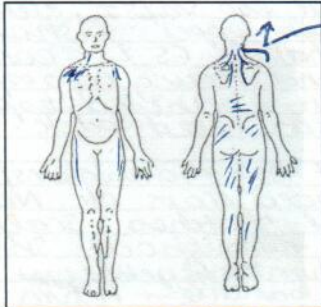
No Provider #

## TREATMENT NO. 9

DATE: 30.01.07  
TIME: 230pm Tues  
PAID: \$45 CASH  
REC.No: 849  
AIR TEMP: 23°C  
MUSIC: Enya II  
FACE CREST: xav  
OIL BLEND: lavender/sports  
ser/grease/linum

NEXT APPT:

S= Client been feeling good over New Year period. Neck still 'crunchy'. Lx been better - not as painful as usual



O/A: elevated R neck. spin caps tight. traps esp upper short + congest. ribs tight. psoas short & tight. feet cold. Sup spin taut. Rhombos tight & some adhesions present. Skin - v. vascularized. Jaw m. tense

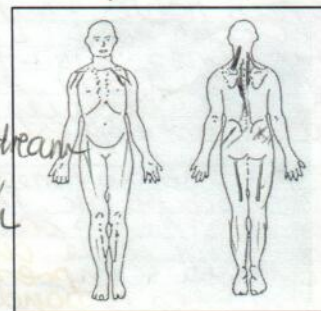
FB(-stom) Heat. TP rhomb (x-fibre) Ex ES/rhomb/traps. Cx/occiput insertns/IRBS. winged scaps under waist. Arms prone stretched to ground + massage. Jt ankles/knees/shoulder. Client "v. relaxed" after - quiet throughout treatment. Body feeling good. - goal - be ready for holiday

P= on holiday cruise Feb 28th. Relaxation watch posture - shoulders down chest open. Only lift shoulder when turning head & need help turning

## TREATMENT NO. 10

DATE: 07.02.07  
TIME: 1pm - 5pm  
PAID: \$55 CASH  
REC.No: 8  
AIR TEMP: 23°C  
MUSIC: Yanni - Daredream  
FACE CREST: xav  
OIL BLEND: ginger/patchouli  
Vetiver

NEXT APPT: 11th May



O/A: L traps + lev scaps taut. Traps esp upper taut. Deep breaths esp. ribs short. Hamus esp SM v. tight - end. Rhombos taut. Sides taut. ES taut esp L - ribs taut feet. Skin - some varicos back esp ES/rhomb

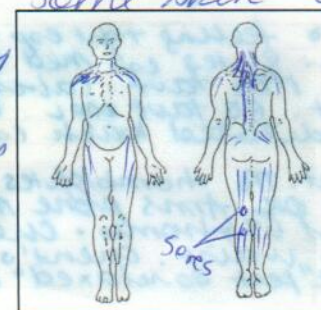
FB(-stom) Heat. TP rhomb/delt med/ham/IRB. Lx scaps. winged scaps OK. Arms prone sup. managed (+ stretched prone). Jt arms/torso. Neck Opere @ beginning - he noticed pain moment difference before/after. Body best its been - no noticeable large knots (like usual) - big improvement!

P= Away for 1 month on cruise - back April. Discussed sucking in tummy muscles for bending - careful bending

## TREATMENT NO. 11

DATE: 19.04.07  
TIME: 4pm - 10pm  
PAID: 1hr \$55  
REC.No: 992 CASH  
AIR TEMP: 22°C  
MUSIC: Norah Jones  
FACE CREST: xav  
OIL BLEND: Relax  
41/41/ovallav

NEXT APPT:



O/A: Skin greatly better with + sores in places. ES raised L - tight. Muscle imbalance, thoracic upper. Rhombos cone + tight. Intert. Hamus taut esp medially. Sides v. red when poked. Skin - varicos upper esp ES/rhomb

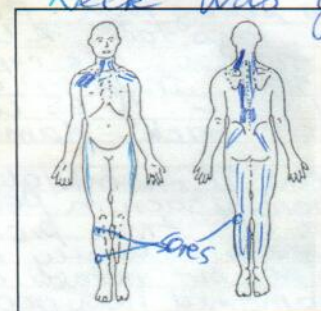
FB(-stom) Heat. TP rhomb/BS/IRB/ham. Ex ES/rhomb. g'med/IRB/OCs. winged scaps bed - stuff. Arms prone ST + MS. Client quiet throughout. Jt legs - limited Rom. Body responded well - client felt better & less restricted after v. deep breaths by end

P= Relaxation stretch scms b/c may be adjust's to life back @ work - desk work. See notice if neck still sore

## TREATMENT NO. 12

DATE: 10.05.07  
TIME: 3:15 Thurs  
PAID: \$55 CASH  
REC.No: 1023  
AIR TEMP: 22°C  
MUSIC: Kenny G  
FACE CREST: xav  
OIL BLEND: Rain  
may/ser

NEXT APPT:



O/A: S psoas taut. Quads taut. Traps upper tight + congest. Rev scaps short. Lx tight. ES tight. Q's tight. Hamus tight. Lat rest taut. Sides tight. Rhombos cone + tight. ES v. stuff. Skin - v. cascade rhomb + ES regions

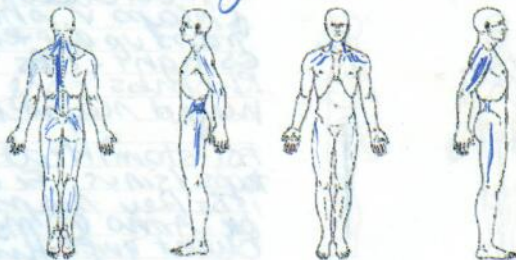
FB(-stom) Heat. TP rhomb/g'med/ham/IRB/OCs. Ex ES/rhomb. winged scaps on bed. Arms prone ST + MS. Jt legs prone + arms prone. Client quiet throughout massage. Body responded well - felt so much better after massage looked brighter + muscles less tense

P= Relaxation client watch posture + use heat on shoulders, see physio if pain persists

TREATMENT NO. 13

DATE: 07 06 07  
TIME: 2pm Murs  
PAID: \$\$\$ CASH  
REC.No: 1030  
AIR TEMP: 25°C  
MUSIC: Acher Bulk  
FACE CREST: Jay  
OIL BLEND: Sport  
Lemon Patch  
NEXT APPT:

S = Client been feeling better since last visit -  
 took 3 days after prange for neck to feel 100%  
 One holiday - watched possum collecting bags  
 O.A. gives taxi -  
 12:00 taxi - 12:00 taxi - 12:00 taxi



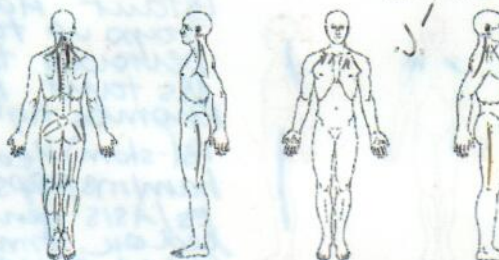
(b) (stom) Heat. TP rhomb/ham/trapskin  
 Fes rhomb/glutes/qls/lrbs/blaps  
 trapskin/abd. Arms above Ns. S. spine  
 J. l. profile + arms (jostle). Client  
 quiet throughout. sleeping by end  
 client couldn't believe diff in  
 how he felt.

P = <sup>now he felt</sup> ~~leiom~~ continue current regime - body holding well  
(Best it's been)

## TREATMENT NO. 14

DATE: 05.07.07  
TIME: 2pm Thurs  
PRICE: 1hr \$55  
NO: 1099 CASI  
AIR TEMP: 23°C  
MUSIC: Don McGreg II  
FACE CREST: Jaw  
OIL BLEND: Peppermint  
Scent 1/4 1/4 - Relax  
chime 1/2  
NEXT APPT:

S = Client been feeling "best ever" in Lx region.  
Get's cramp's & popliteal region after sitting @ desk  
Neck



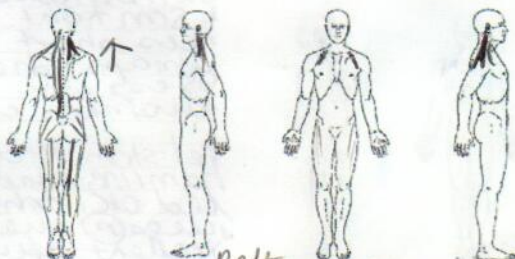
L nose less, cong. Pers short + tight. Lx good  
 traps deep upper tail r short  
 ES tx v. tight Tx elev traps short  
 Ham's tight. ltrbs tight + tight  
 Rhombos cong + tight. SCMs tx  
 FB (-stom) Heat. TP rhomb / ham / ltrb  
 traps / sinus. winged traps bed on  
 Tx ES / rhomb / occiput / sacrum / ltrbs  
 Arms @ ms + 5. v. left arms prone  
 v. left arms @. med't quiet time slot  
 upper (Tx region) stiff, responded well  
 client notices his neck not 'crackling'

P = learn client watch posture - he finds he feels great  
manage but if flat shoulders down

## TREATMENT NO. 15

DATE: 02 08 07  
TIME: 2pm Thurs 1hr  
PAID: \$55 CASH  
REC.No: 2055  
AIR TEMP: 2300  
MUSIC: 1am Cam II  
FACE CREST: Pepp  
OIL BLEND: Black Pepp  
Blue Oil - Lav  
APPT:

S = Client been feeling sore in neck - stiff better than previous visits though. Lx good - best it's been.



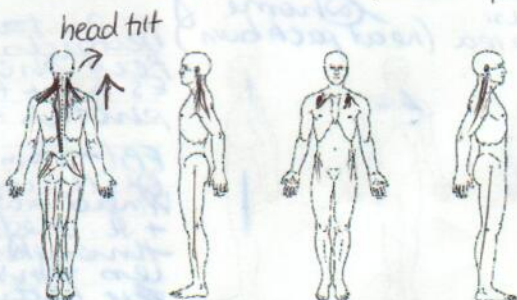
OA: Hump tant  
 Petio v short. Petiole + tere/ta  
 R's iap v short. R sults short  
 Traps tant esp R short  
 L's raised + fair. Wls tant esp  
 Rhomb region tant  
 Fb (short) Heat tp rhomb traps/  
 f. Es (rhomb/sacrum/joints)  
 winged traps bed ok Arms (P)  
 MS + ST. 4 Legs (P) + Arms (P)  
 Went quiet + unresponsive  
 relaxed after. Tails lots  
 of diff with rep m. ex  
 O Discussed benefits of MS

P = See → Amateur's. Reimbursement of the discussed benefits of  $M_S$

## TREATMENT NO. 16

DATE: 12-09-07  
TIME: Thurs 2pm  
PAID: inv \$55  
REC.No: 1151 CASH  
AIR TEMP: 230C  
MUSIC: Drane Mod  
FACE CREST: 160 Girls  
OIL BLEND: Relax  
4141 Frank Mand  
NEXT APPT:

S = Client been feeling stressed + sore esp neck (not turning to R) after few days > ms.



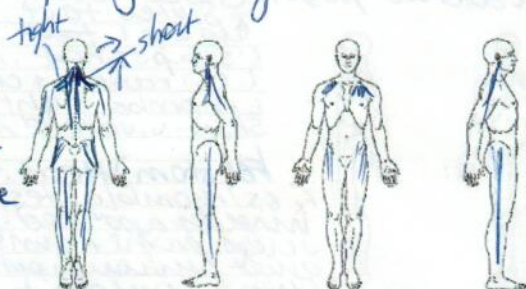
O/A: S/A/S blocked.  
Pers v. short. Hfs taut/tender  
Perforated faint v. tense upper  
tramp upright — 2 usual  
Es tight esp L. Dist tight  
Rhomb region var x 2  
Fib (- stop) Heat. p. rhomb/sinus  
rapo. Unis Cms + ST + VT  
Fib Es/rhomb/g med/than L/R, tol  
tinged napped ok. Client  
quiet throughout. "v.  
relaxed after". Hold v. tense

P = Neom see Julie for some corrective neck exercises  
to help correct neck impingement  
Bre 3 WRS - neom take wheat bag

# TREATMENT NO. 17

DATE: 11.10.07  
TIME: 230 Thurs  
PAID: 1hr \$55  
REC.No: 1209 CASH  
AIR TEMP: 22°C  
MUSIC: Steve Hesper  
FACE CREST: fat  
OIL BLEND: ~~Relax~~ grape  
Sports - 1/2 time  
NEXT APPT: 12/11/07

S = client been feeling sore in high Lx same  
lefting bags, trouble turning to (L) esp in mornings



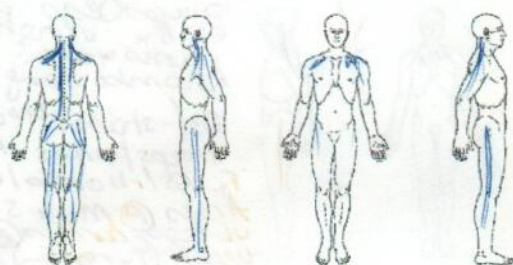
O/A: Deltoids start, TMS taut  
traps v. short/tight.  
traps up esp. Lx + tight  
ES tight. ITBs tight. Jels short  
Rhombos cong + tight. <sup>looser</sup>  
winged scaps bed ok - Arms @ 90° + 5°  
FBI (stom) Heat TP rhomb/ham/MS  
traps/sinus. ES/rhomb/sacrum  
ITBs Rev traps. winged scaps  
ok. Arms @ 90° MS + 5° + JL. J. legs  
client quiet throughout - relaxed  
after + had midline in neck

P = suggest see physio for neck or see Catherine Traynor  
for stretching I can esp for neck

# TREATMENT NO. 18

DATE: 15.11.07  
TIME: Thurs 230pm  
PAID: \$55 CASH  
REC.No: 1270  
AIR TEMP: 22°C  
MUSIC: Mixed tunes  
FACE CREST: fat 1-15  
OIL BLEND: ~~Relax~~  
Seng/Vetiver/  
Patch  
NEXT APPT:

S = client been feeling sore in Lx (area) - upper. Doing  
puzzle daily (1000pc) - recent been dividing room table  
better than previous visit



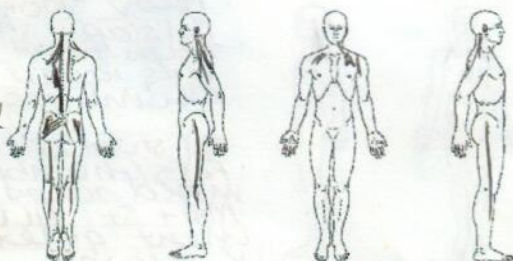
O/A: Deltoids start, TMS taut  
traps up taut. d. scaps taut  
Deltoids taut. ms. 4mm  
Dis taut. Pees short  
Rhombos tight. Quads taut  
FBI (stom) Heat TP rhomb/g/med/  
ham/MS/traps/sinus. ES same +  
ES/ASIS - gentle winged scaps  
bed ok. Arms @ 90° MS + 5° + JL. J. legs  
client quiet for most. Relaxed  
after

P = see next year - going away December. Discussed  
MS improvement in body. suggested physio for posture - fix

# TREATMENT NO. 19

DATE: 3.01.08  
TIME: 2pm Thurs  
PAID: 1hr \$5  
REC.No: 1359  
AIR TEMP: 22°C  
MUSIC: Anthony Michael  
FACE CREST: Pees  
OIL BLEND: ~~Relax~~  
Seng/Vetiver/  
Patch  
NEXT APPT: March 13th  
Thurs 230

S = client been feeling good - no major sore areas  
Neck stiff as always



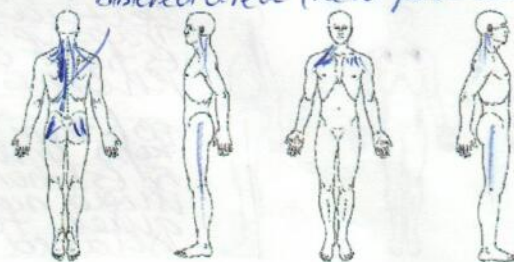
O/A: ITBs/Lanes taut  
ES/rhomb. occiput taut  
Pees short. Dis taut  
Traps short/tight cong  
ES esp v. cong + tight  
Rhombos cong + taut equal  
FBI (stom) Heat TP rhomb/g/med/  
ham/MS/traps. winged scaps  
bed ok. Arms @ 90° MS + 5° + JL  
J. legs client been feeling  
relaxed after - Rom use neck  
no cracking

P = Recommend client see physio for neck stretches

# TREATMENT NO. 20

DATE: 27.03.08  
TIME: 245 Thurs  
PAID: 1hr \$60  
REC.No: 1408  
AIR TEMP: 23°C  
MUSIC: 10min - mixed  
FACE CREST: Pees over time  
OIL BLEND: ~~Relax~~  
CS/ger/Petrol  
NEXT APPT:

S = client been feeling tight in Lx region after golf  
swing - played 2 weeks ago + sore after (cough +  
lawn Lx @ home  
blistered area (heat pack burn)



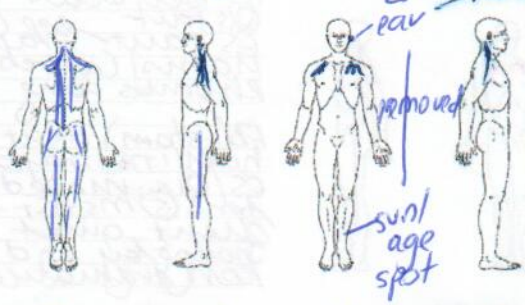
O/A: Dis taut esp.  
Deltoids taut. Scap's tight  
Pees short. traps in short +  
ES tight + cong esp Lx. Right esp  
rhomb region cong cells tight  
FBI (stom) Heat TP rhomb/g/med/  
Dis Lx scap/traps. ES same + ES/MS  
Winged scaps bed ok. Arms @ 90° MS + 5°  
+ JL. J. legs client quiet  
throughout tonight. Body  
less tense after 1 septated  
felt better after. Discussed  
using ice if back aches

P = client's 80th B'day in May travelling June to  
Spain (Barcelona) on ship. Big 80th party.



TREATMENT NO. 25  
 DATE: 14.10.08  
 TIME: 1hr 10 extra  
 PAID: \$60 CASH  
 REC.No: 1632  
 AIR TEMP: 23°C  
 MUSIC: Sampler  
 FACE CREST: Jay  
 OIL BLEND: dral cad / Vanilla Relax  
 NEXT APPT: \_\_\_\_\_

S= Client been feeling tight in Lx region  
Had 2 age / skin spots removed today  
No Ms on facts

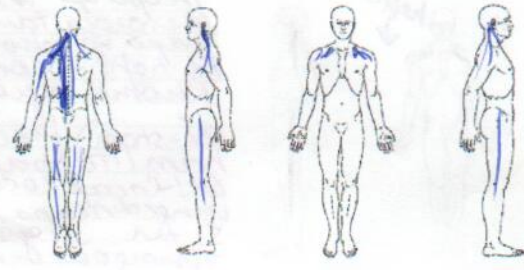


ES tight esp L side. Pecs short  
 trap up short + tight. Hams  
 trap up short + tight  
 Lx tight. pectorals tight esp L  
 Rhomb region esp tight L  
 Tbl-stom. Heat. TP rhomb / g med /  
 ham / tr / traps / sinus. Fr same +  
 ES / occip / sacrum / scalp  
 mixed acup bed on trms  
 @ MS + ST + LI + @ ST. Client quiet  
 + snoring throughout  
 improved ROM noticeably esp

P= Review client tho + discussed importance of reg skin neck  
checked as he ages

TREATMENT NO. 26  
 DATE: 20.11.08  
 TIME: \$60 1hr CASH  
 PAID: 230 Thurs  
 REC.No: 1658  
 AIR TEMP: 23°C  
 MUSIC: Orchestra  
 FACE CREST: Pepp  
 OIL BLEND: Relax  
 NEXT APPT: \_\_\_\_\_

S= Client been feeling tight in Lx region + twisted + bent  
wrong to pick something up. o'imp well.  
Had occs pins/needles in

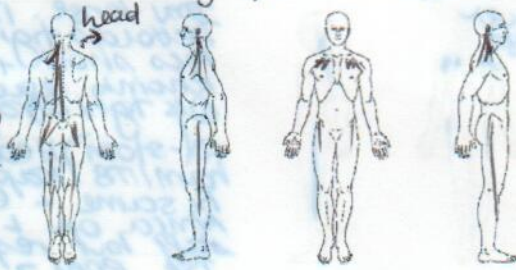


O/A: Detoids tight + cong L  
soms tight  
Traps up short + tight esp L  
Lx tight + cong esp L  
Rhomb region venobd + cong  
 Tbl-stom. Heat. TP rhomb / g med /  
 ham / tr / traps / sinus / L trap.  
 Fr same + ES / occip / sacrum  
 mixed acup bed on trms @ MS + ST + LI + @ ST. Client quiet throughout  
 Body responded well - big 1st rom

P= Review use tummy muscles when bends + bend + twist  
gently daily to help keep spine healthy

TREATMENT NO. 27  
 DATE: 18.12.08  
 TIME: Thurs 1hr  
 PAID: \$60 CASH  
 REC.No: 1708  
 AIR TEMP: 23°C  
 MUSIC: Kenyan Gmoyes  
 FACE CREST: Pepp Jay  
 OIL BLEND: Relax  
 NEXT APPT: \_\_\_\_\_

S= Client been feeling tight + cong. in Lx + shoulder  
"diff" - weather been hot + rainy. not playing  
much gap

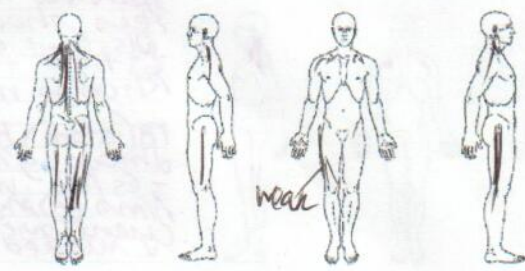


O/A: L traps short + tight  
Detoids tight + cong - etc  
Traps got tight + tender  
Trap up bulky L short R  
Hams tight + ES tight esp L  
Rhomb region cong + tight  
 Tbl-stom. Heat. TP rhomb / g med /  
 ham / tr / traps / sinus. Fr same +  
 ES / L traps / traps / occip / trms  
 @ MS + ST + LI + @ ST. Client relaxed + 1st rom with  
 no crackling @ MS. V relaxed  
 + ready to go "boxing" ms

P= To one tomorrow. Went through pec stretching -  
taking it deeply with lunge. Check next time

TREATMENT NO. 28  
 DATE: 22.01.09  
 TIME: Thurs 1hr  
 PAID: 230 pm CASH  
 REC.No: 0081 Elmvt  
 AIR TEMP: 23°C  
 MUSIC: Musagi  
 FACE CREST: Pepp  
 OIL BLEND: Relax  
 NEXT APPT: \_\_\_\_\_

S= Client been feeling sore in @ knee - popliteal region  
3-4 days - woke up + hurt + lunging with pec stretch



O/A: Some swell @ popliteal  
2 occs short + tight  
Traps short + tight  
Detoids tight  
Traps up bulky L short R  
Rhomb region cong + tight  
 Tbl-stom. Heat. TP rhomb / g med /  
 ham / tr / traps / sinus. Fr same +  
 ES / L traps / traps / occip / trms  
 @ MS + ST + LI + @ ST. Client relaxed + 1st rom with  
 no crackling @ MS. V relaxed  
 + ready to go "boxing" ms

P= Review see physio Julie if knee pain persists

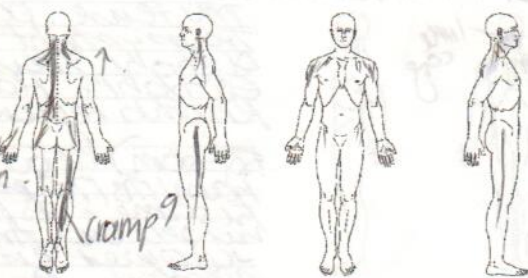
TREATMENT NO. 29 S= client been stiff + sore in Lx/lower Tn region

DATE: 05.03.09  
TIME: 1hr \$60  
PAID: 230 Thurs  
REC.No: #58 CASH  
AIR TEMP: 23°C  
MUSIC: Indian I +  
FACE CREST: Lav Myagi  
OIL BLEND: Relax Mindn.

NEXT APPT:

20ml Pepp + foot balm

P= Reiom continue per stretch - check next time  
Reiom Mg for cramp?



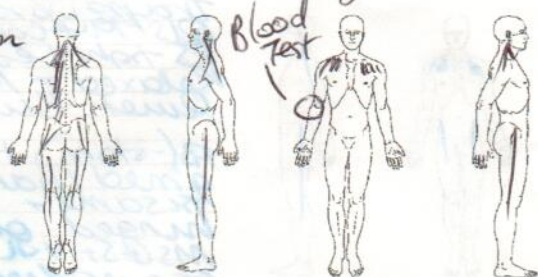
O/A: Scms short. Pecs + ant but  
trapezoids tight - better than  
scap tight + short  
esp in esp L - data L tight / stiff  
ES tight. Ols short esp L  
Rhomb region cong + tight

FB(-stom) Heat. TP Rhomb/gined  
Ols/L scap/traps. Tr same + ES/Ols  
GT/AC/scap. minged arm/leg  
Arms @ St + 5 Ms + St + L. J. (less p)  
Quiet throughout - V. relaxed  
Test wonderful 7 Ms. 1sc Rom

TREATMENT NO. 30 S= client had v. stressful day + blood test with wound  
that re-opened. Ours been good esp neck + Lx  
Bit stiff from golf

DATE: 16.04.09  
TIME: \$60  
PAID: 1hr Thurs 230pm  
REC.No: 140 CASH  
P: 23°C  
MUSIC: African  
FACE CREST: Lav  
OIL BLEND: Relax  
91/11/10/10/10

NEXT APPT:



O/A: Upper overau - better than usual  
PBS tight. Ham's tight  
trap up short. Pecs short  
trapezoids tight. Tr tense  
ES tight but better than usual  
Rhomb region cong + tight

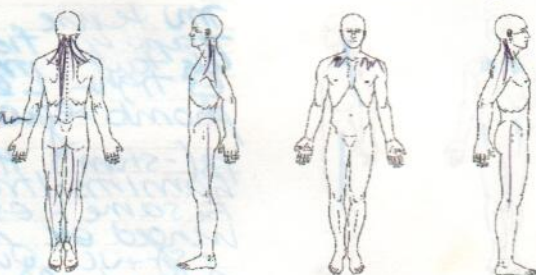
FB(-stom) Heat. TP Rhomb/gined  
traps/sinus. Tr same + ES/Ols  
Oletrapezoids/AC/GTL + ASIS lymph  
(inguinal) strokes. Arms @ St  
+ St + VC. V. relaxed  
Soft - gentle strokes V. relaxed 7 Ms

P= Discussed how much Ms had improved his body/life  
Reiom see Julie + knee pain R continues

TREATMENT NO. 31 S= Client been feeling tight + cong in shoulders  
neck region esp crackly + stiff

DATE: 21.05.09  
TIME: \$60 1hr  
PAID: 230 Thurs  
REC.No: 193 CASH  
AIR TEMP: 23°C  
MUSIC: Natural I + African  
FACE CREST: Lav  
OIL BLEND: Relax  
Ger/Simon/  
JB

NEXT APPT:



O/A: Ols Leg tight.  
pertoids R tighter  
ES tight + cong L + short  
Rhomb region cong + tight

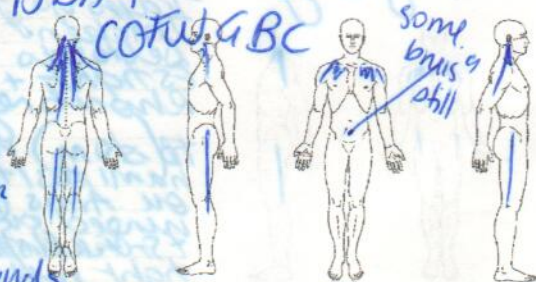
FB(-stom) Heat. TP Rhomb/gined  
Ols/L scap/traps. Tr same +  
ES/Ols/scap. minged on  
Arms @ St + St + L. Quiet throughout  
Relaxed 7 Ms

P= 1sc Rom after - Reiom heat, per stretch + reiom  
client uses posture check - shoulders/chest open

TREATMENT NO. 32 S= Client been feeling tightness in shoulders  
neck - crackling  
B'DAY 1 BP. Had swollen feet too

DATE: 15.09.09  
TIME: Tues 230pm  
PAID: \$60 1hr  
REC.No: 429 CASH  
AIR TEMP: Indian mix  
MUSIC: 23°C  
FACE CREST: Relax  
Relaxant/Edi Frank  
HT

NEXT APPT:



O/A: traps tight + short  
traps up tight. Pecs short  
pertoids tight  
ES tight esp Tr. Ols tight  
Rhomb region cong + tight

FB(-stom) Heat TP Rhomb/gined  
gined ham's traps/sinus  
Tr same + ES/Ols/pertoids  
traps/traps  
light pressure - relax 7 Ms

P= client been better 7 Ms - felt improvement overall  
Discussed gentle/gradual return to everyday

HT - face/arms/hands

✓  
Ved

~~gave time of law for sleeping~~

S = client been feeling v tired + fatigued +  
cramp in legs. S explained - new me-  
face/feet - shed both - Refreshed <sup>o/a</sup> ~~from~~ + made it eas-  
TO go

Hand-drawn diagrams of human anatomy. The left diagram shows a posterior view of the spine with labels: "right", "left", "mand", "thurs", and "night". The right diagram shows a posterior view of the shoulder blades with a label: "little cage".

Hand-drawn diagrams of human anatomy. The left diagram shows a posterior view of the spine with labels: "right", "left", "mand", "thurs", and "night". The right diagram shows a posterior view of the shoulder blades with a label: "little cage".

m. tense. Octapt. right  
 trap right + short right  
 dist. right. Pers. right  
 G. right. Hamb. right  
 Rhomb. region. cons.

#BL-stom) Heat TP hombly near  
ham/IB/Agg sinus / scalp  
the same + 250ccp / scalp / m  
mused on. Ans (st + Mst  
100 quiet / know / gentle  
Jewish Mst with lymph para 9  
ussed group slowly  
ant fresh

p = Reiom client tho Discussed going slowly  
Pr tomorrow for specialist Phoebe

S = Client been feeling tightness in body. Nausea  
from A/D As tight on L side - all twinges

The diagrams illustrate the following muscles:

- Posterior View:** Shows the trapezius (trapezius) and latissimus dorsi (latissimus dorsi) muscles.
- Lateral View:** Shows the latissimus dorsi (latissimus dorsi) and pectoralis (pectoralis) muscles.
- Anterior View:** Shows the pectoralis (pectoralis) and latissimus dorsi (latissimus dorsi) muscles.
- Medial View:** Shows the latissimus dorsi (latissimus dorsi) and pectoralis (pectoralis) muscles.

O/A: - stiffness egol  
Traps up shout + high  
Dist. half egol peebshout  
ES tight less Tr.  
Relaxed z Ms + feel 19 better  
Quiet throughout

(B(-stom) Heat to hump/  
 4 med / ham / 1 trap / 5 nus  
 4 same + est / 5 trap  
 humped on hump @ St + 5  
 AAS @ St + 5 (100%)  
 esp worked CHS h/c cong

$p =$  Never client do no more on good days no less on bad days. Take it easy for 187.

S = Went going slowly but it's on. Too hot weather for golf so no golf @ mo.

O/A:  
 mV tense - L gram tight  
 trap up - tight. Pers short  
 his fast - m's fast  
 Es tight - L esp tr - knotted  
 phomb region cong + tight  
 f3(-stom) Heat. Phomb/g/ue/  
 ham/m's traps / L trap  
 Fr same + es/bis (deth)  
 binged ex. Arm (ps) +  
 L SA + NL. quiet  
 Relaxed > Mr + feeling good  
 - liked the music

= going away in Feb - 17th

Client been feeling tightness / stiffness in Cx  
(high Cx) / low Tx region - more on R side  
cramping @ leg

O/A:  
 traps up tight + short  
 thickens of ts @ low tx/high  
 detours fault w/ right  
 ts right + short cool  
 rhomb region cong exl from

Flt stom). Heat TP hornbl gird/  
haml RB's / traps / 1 cap nhd  
on fins (P) S<sub>1</sub> + U<sub>1</sub> (3) + S<sub>2</sub> + U<sub>2</sub>  
nhd on fins (P) S<sub>1</sub> + U<sub>1</sub> (3) + S<sub>2</sub> + U<sub>2</sub>  
+ S<sub>3</sub> + U<sub>3</sub> (3) + S<sub>4</sub> + U<sub>4</sub> (3) + S<sub>5</sub> + U<sub>5</sub> (3)  
tight with wrapping

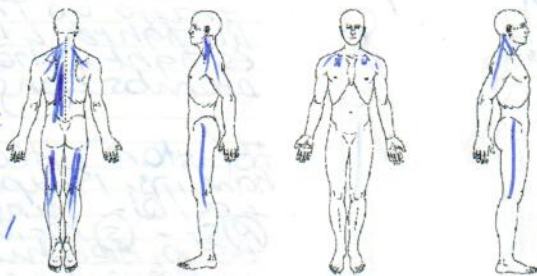
= Person client have good time away

\_\_\_\_\_

# TREATMENT NO. 37

DATE: 12.03.10  
 TIME: Thurs 230  
 PAID: Thr \$65  
 REC.No: 718  
 AIR TEMP: 23°C  
 MUSIC: Steve Heller pent  
 FACE CREST: Pepperdine  
 SUPINE SCENT: Demon  
 OIL BLEND: Relax  
 HT: Feet +  
 EXTRA:

S = client been feeling tightness in his lx region  
 been lifting - replaced kitchen. ONE try, using good



O/A: Necking brighter  
 lower quadrant v. tight  
 Traps tight  
 Pectorals tight L esp + pers  
 L traps tight. Traps up tight  
 QLS tight L  
 Rhombos cong esp L  
 FB (stom) Heat. TP rhomb/g  
 ham/IBs traps/sinus/1/2 cap/1/2  
 for same + es/ol/ocrypt  
 minged oil. Arms @ Sr + MSc

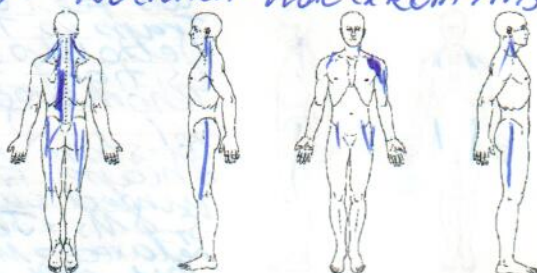
NEXT APPT:

P = Reiom Julie physio if pain persists. Reiom  
 heat on shoulders/lx region if pain continue

# TREATMENT NO. 38

DATE: 15.04.10  
 TIME: 230 Thurs  
 ME: P65 Thr  
 'D: 767 CASH  
 230C  
 LUTATIONS  
 J. F. demon  
 J. Pain  
 Sing/eme  
 Feet + face  
 ATRA

S = client been feeling tightness in lx region with  
 golf - recommenced playing. One been good  
 No crunch? with Lx ROM > Ms



O/A: little tired some days  
 Traps up tight + short  
 QLS tight. mm/sinus black  
 Rhomb region L esp  
 FB (stom) Heat. TP rhomb/g  
 g med/ham/IBs traps  
 for same + es/ol/ocrypt  
 minged oil. Arms @ Sr  
 Relaxed > ms. Fell asleep  
 during - v. relaxed/calm

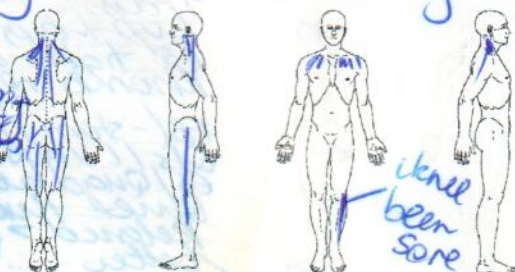
NEXT APPT:

P = Discussed how ms can help body + need to  
 drink H2O after. Reiom see Julie if pain lx persists

# TREATMENT NO. 39

DATE: 13.05.10  
 TIME: 230 Thurs Thr  
 PAID: \$65 Thr  
 REC.No: 798 CASH  
 AIR TEMP: 23°C  
 MUSIC: Kenny's older  
 FACE CREST: Jay  
 SUPINE SCENT: demon  
 OIL BLEND: Relax/Pain  
 HT: Feet + hands/feet  
 EXTRA:

S = client been feeling tightness/boreness in whole  
 body - v. stiff - after golf (1st game in 5 weeks)  
 Body wash some morning rest



O/A: occas. Lx pinch? - ok 2 days  
 esp L. IBs tight  
 Traps up tight + short  
 Pectorals tight. Pectorals  
 ES tight esp L Tr  
 Rhomb cong esp L  
 FB (stom) Heat. TP rhomb/g  
 ham/IBs traps/sinus/1/2 cap/1/2  
 for same + es/ol/ocrypt  
 minged oil. Arms @ Sr + MSc  
 ms + feeling great

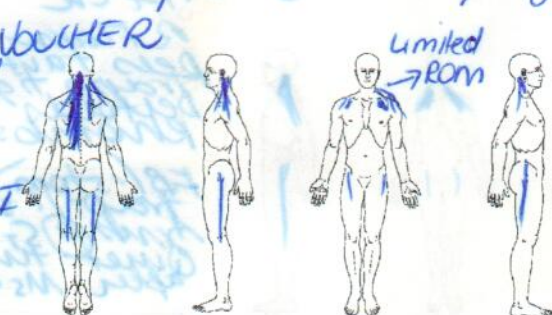
NEXT APPT:

P = Discussed benefits of Ms - circ"

# TREATMENT NO. 40

DATE: 10.06.10  
 TIME: Thurs 230  
 PAID: Thr \$65 CASH  
 REC.No: 83  
 AIR TEMP: 23-24°C  
 MUSIC: Jay  
 FACE CREST: demon  
 SUPINE SCENT: demon  
 OIL BLEND: Relax  
 HT: Feet + face  
 EXTRA:

S = client been feeling good - nothing sore  
 improved - no pain @ all



O/A: Pecs tight  
 Traps up both tight  
 L traps tighter L  
 QLS tight better - less cong than  
 1st tight L esp large  
 Rhomb region cong esp L  
 FB (stom) Heat. TP rhomb/g  
 g med/ham/IBs traps/sinus/1/2 cap/1/2  
 for same + es/ol/ocrypt  
 minged oil. Arms @ Sr + MSc  
 Relax + Bm on shoulders  
 sleep

NEXT APPT:

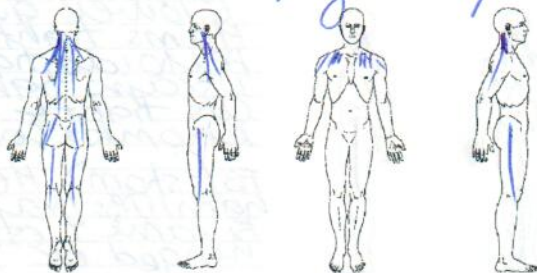
P = Reiom continue Ms for circ" b/c of cool feet  
 indicating circ"

# TREATMENT NO. 41

DATE: 08.07.10  
TIME: 230 Thurs  
PAID: \$65/hr  
REC.No: 871  
AIR TEMP: 23°C CASH  
MUSIC: Ken Davis  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Pepp/Lav  
EXTRA: Feet + face

NEXT APPT:

S= client been feeling notightness in his  
Lx - best it's been. Neck little stiff as usual  
No cramping lately



O/A:  
Traps up tight + incriminates  
Hls tighter L but better than  
ES tight + short Tr L. Rhombos  
rhombos cong L esp. Rls tight  
Laso

FB(-stom) Heat. Tr rhomb/ginger  
ham/ps, traps to traps. Tr same  
+ ES/ps winged ok. Arms  
@ 5 + 5 ms. PS + 1/2. Quiet  
Deep breathing. Relaxed 7 ms  
improved neck 7 ms

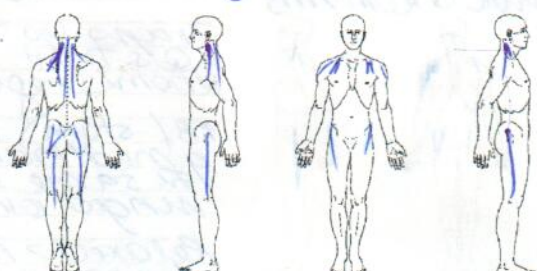
# TREATMENT NO. 42

DATE: 12.08.10  
TIME: 230/hr  
PAID: \$65 CASH  
REC.No: 925  
AIR TEMP: 23.2°C  
MUSIC: Pamel Mer  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Red/Y/Y/Bod  
EXTRA: Feet + face

NEXT APPT:

P= Perom client H2O. Going to Bre in August to 'babysit'  
grandkids' for 1 week. H2O - nose feels great

S= client been feeling tightness in neck esp  
after sitting on couch chairs + sleep. Flu Feb 7 + day



O/A:  
V. cong - even talking with  
Hls feel ok + hips ok  
Traps up tight  
Hls tight + short 7 ms  
ES tight + short 7 ms  
Rhomboregion cong

FB(-stom) Heat. Tr rhomb/ginger  
ham/ps. Tr same + ES/ps  
winged ok. Arms @ 5 + 5  
S. 5 ms + 1/2. Quiet  
Relaxed 7 ms. V. cong taper  
feet diff + feet better 7 ms

# TREATMENT NO. 43

DATE: 23.09.10  
TIME: Thurs 230  
PAID: 1hr \$65  
REC.No: 1002 CASH  
AIR TEMP: 23°C  
MUSIC: Twilight Mix 1-3  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: 0 Feet + arms + hands  
EXTRA: 21st Oct 230

NEXT APPT:

S= client been feeling tightness in his Lx region

O/A:  
Traps up tight + short  
Lup + traps. Rls tight  
ES tight esp L. esp L knots  
Rhomb region cong + tight

FB(-stom) Heat. Tr rhomb/ginger  
ham/ps. Tr same + ES/ps  
ES/quad attach. Hls tight  
Quiet throughout  
Relaxed 7 ms + feeling  
better. L side really  
working hard

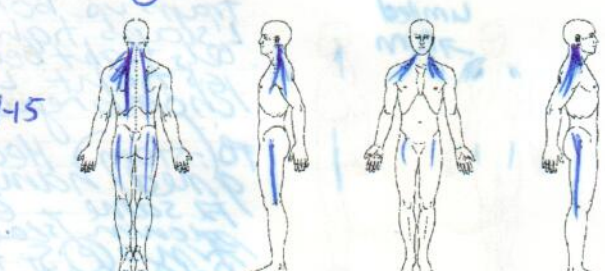
P= Perom H2O + see in 1mth

# TREATMENT NO. 44

DATE: 21.10.10  
TIME: 230 Thurs  
PAID: \$65/hr  
REC.No: 1047 CASH  
AIR TEMP: 23°C  
MUSIC: Piano Tunes 1-5  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Red/Y/Y/Bod  
EXTRA: Feet + face

NEXT APPT:

S= client been feeling tightness in legs R-flam  
feeling numbness + R calf cramps. Occasional  
+ Ex group v. well



O/A:  
R Flarm tight + R calf  
Rls tight + R calf  
Traps tight + short  
Deltoids tight  
Rhombos cong + tight + winged

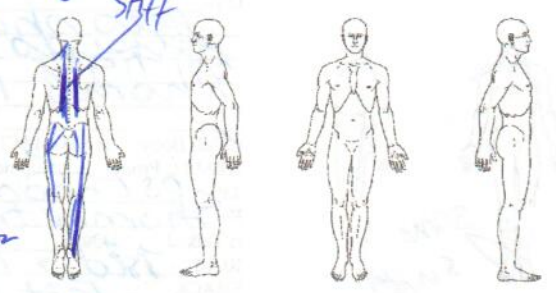
FB(-stom) Heat. Tr rhomb/ginger  
ham/ps. Tr same + ES/ps  
ES/quad attach. Hls tight  
Quiet throughout - Relaxed  
after MS + feet improvement

P= Perom client relax after MS - discussed how MS  
helps with whole body

70mas 2010

TREATMENT NO. 45 S= Client been feeling tightness in d/s l/r region - felt v. stiff cramping in R/H calf esp @ night

DATE: 01/11/10  
TIME: 230 TUES CASH  
PAID: 230ph/hr  
REC No: 129  
AIR TEMP: \$65/hr  
MUSIC: Sanyas  
FACE CREST: N/A  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Tail  
EXTRA:

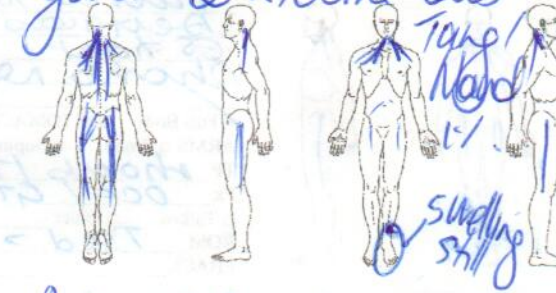


O/A: Trap up tight + short  
Deltoids tight d/s both high  
ES tight. Pelv. fault  
Rhomb region cong

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/leg med/l scaps/trag  
Fx occipit/scalp/mms  
☐ Talked ☐ Quiet sleepy - deep Breathing  
ROM use @ Tr + Lx regions  
FBACK

NEXT APPT: 46 Home  
TREATMENT NO. 47 S= Discussed talking to Dr regarding cramp? Going away for holidays Broken leg  
V.B.I.T. ON 05/10/11 - hv for xmas  
Client been feeling tired lately + has

DATE: 19/04/11  
TIME: 230 TUES  
PAID: \$65/hr  
REC No: 126  
AIR TEMP: 25c  
MUSIC: Enya  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax 1/1  
HT: Feet + Tail  
EXTRA:



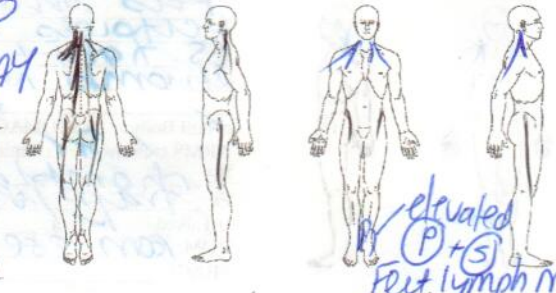
O/A: Trap up tight + short  
Deltoids tight  
ES tight esp. V swollen ankle  
Rhomb region cong esp  
gentle

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/leg med/ham/lms  
Fx ES/sadum  
☐ Talked ☐ Quiet Improved snoring - ms Breathing  
ROM Feet big diff + looked relaxed  
FBACK Brighten feet great

NEXT APPT: P= Discussed using epsom salts in H2O for swelling

TREATMENT NO. 48 S= New Mx bc BP so 1. Feeling squeamish  
Ankle still swollen esp @ end of day + during day

DATE: 10/05/11  
TIME: 230 TUES \$50  
PAID: \$65 CASH  
REC No: 128  
AIR TEMP: 24c  
MUSIC: Yang + there  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Tail  
EXTRA:



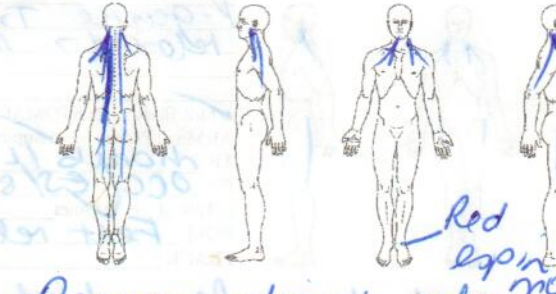
O/A: Feels v heavy/tired  
Lymph on LHS esp T.  
Pelv. tight. Trap up tight  
ES tight esp tr. Foramp  
Rhomb region cong + varicose

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/leg med/ham/lms  
Fx occipit/scalp/mms  
☐ Talked ☐ Quiet  
ROM Feet L up trap sore  
FBACK Relaxed/ms

NEXT APPT: P= Reconn client relax today - continue slowly getting around  
Reconn check socks

TREATMENT NO. 49 S= Client been feeling tight + stiff in LHS up  
trap region BP still tight + v. squeamish

DATE: 31/05/11  
TIME: 230 TUES  
PAID: 230 TUES CASH  
REC No: 131  
AIR TEMP: 25c  
MUSIC: Mix 1-15  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Tail  
EXTRA:



O/A: Foot swollen  
Trap up tight. Pelv. fault  
Deltoids tight. mms tense  
ES tight L leg tight + ES  
Rhomb region cong + varicose

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/leg  
Fx occipit/scalp/mms  
☐ Talked ☐ Quiet  
ROM use after ms  
FBACK Reconn Rest

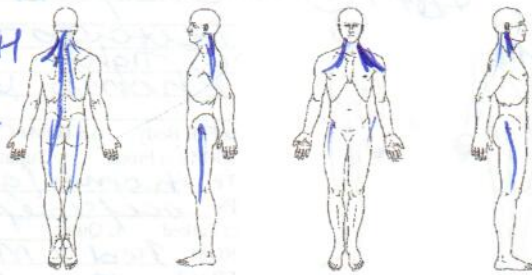
NEXT APPT: P= Reconn client relax today + discussed how  
circ is affected by cold

BDAY 11 + MOLT 11

TREATMENT NO. 50

DATE: 20.06.11  
TIME: 13:30 TUES  
PAID: \$65 Inv CASH  
REC.No: 1336  
AIR TEMP: 25.0C  
MUSIC: Karaoke I  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Pepp Lav 37  
EXTRA: Feet + Face  
CST on face  
NEXT APPT:

Pepp Cream Some  
S = client been feeling tightness in L  
up trap - Dr said safe tissue



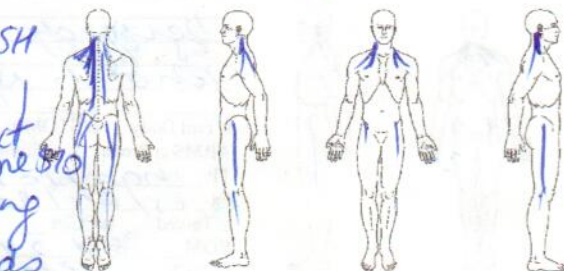
O/A: L legs swollen - lots  
Trapp up tight Pepp tight  
Deltoids tight  
ES tight esp L  
Rhomb region cong  
Full Body ☐ STOMACH gently pressure  
ARMS ☐ Prone ☐ Supine MS LEGS Elevated  
TP rhomb/traps  
Fx occup/AC/ET/ankle  
Talked ☐ Quiet  
ROM Feet better MS  
FBACK Neck looser, swell ↓

P = Recom client use pepp cream on feet

TREATMENT NO. 51

DATE: 12.07.11  
TIME: 12:15 TUES  
PAID: \$65 Inv CASH  
REC.No: 1383  
AIR TEMP: 25.0C  
MUSIC: Stereo  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Arms  
EXTRA: WST - 1x hands  
NEXT APPT: CST @ Face

S = client been feeling tightness + trouble with  
ankle swelling BPT still



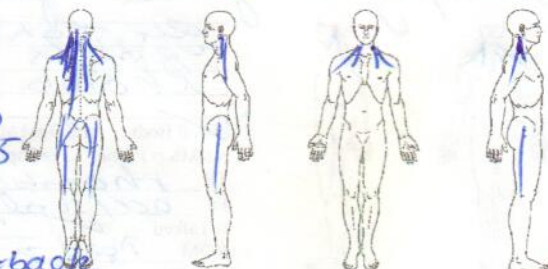
O/A: Trapp up tight  
Deltoids tight  
Pepp tight  
Rhomb region tight  
Full Body ☐ STOMACH elevated for  
ARMS ☐ Prone ☐ Supine LEGS gently swelling  
TP rhomb/traps 11 scaps  
Fx rhomb/traps 11 scaps  
Talked ☐ Quiet  
ROM Improved a feet diff  
FBACK Swelling improved

P = Recom client relax after MS & see Lave for  
ankle assess

TREATMENT NO. 52

DATE: 23.08.11  
TIME: TUES 2:30  
PAID: Inv \$70  
REC.No: 1451  
AIR TEMP: 25.0C CASH  
MUSIC: Mixed Tunes  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: WST 2x Lx 2x back

S = client has had flu for 2 wks - went to Mel  
scratchy throat. 6mth visit with cardiologist



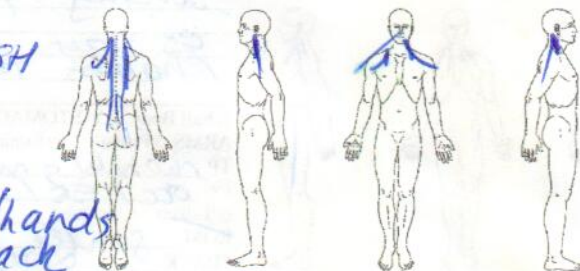
O/A: Pepp tight  
Deltoids tight  
ES tight. Hams tight  
Rhomb region  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP trapp/scaps  
Fx rhomb/gone 6/ham  
Talked ☐ Quiet  
ROM Feet sinuses improve  
FBACK Relaxed - MS

P = Recom look after self while recovering from flu

TREATMENT NO. 53

DATE: 27.09.11  
TIME: 2:30 TUES  
PAID: \$70 Inv  
REC.No: 1500 CASH  
AIR TEMP: 25.0C  
MUSIC: Sampler  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Arms/hands  
EXTRA: WST 2x back

S = client been feeling tired. Not sore Played  
golf last week - watched R arm L arm with  
spring - pacemaker



O/A: Deltoids tight Trapp up  
ES tight  
Rhomb region cong  
Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine MS LEGS  
TP rhomb/neck/ham/ITB  
Fx trapp/scap/ham  
Talked ☐ Quiet  
ROM Toe after MS  
FBACK Feet better - 2nd WST

P = Recom client use pepp cream on feet  
gentle pressure off to bed for 2 weeks

27.09.11  
Nmas 11  
B DAY 12

TREATMENT NO. 54 S = Client been feeling better after on row Mx

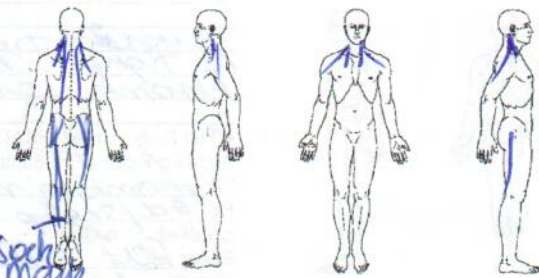
DATE: 05.10.11  
 TIME: \$70 1hr  
 PAID: 230NES  
 REC.No: 1552 CASH  
 AIR TEMP: 25.0  
 MUSIC: Don Mcg  
 FACE CREST: Low  
 SUPINE SCENT: Dom  
 OIL BLEND: Relax 1x  
Manditane  
 HT: Feet + Face  
 CST: Face  
 HST: 2x Lx +  
2x back

EXTRA  
 NEXT APPT:

O/A: TRMS + TST 10v legs +  
Detoids tight  
Pelc tight  
Trappup tail  
Rhomb region tail  
Yellow under  
leg  
delevate

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS Pump  
 TP rhomb/med/ trap/ traps  
 Fx occipit/ sacrum  
☐ Talked ☐ Quiet Breathing  
 ROM Felt v. relaxed - Mx  
 FBACK slapt throughout  
shd shrugs

P = Discussed how Ms helps with lymphatics



TREATMENT NO. 55 S = Client's Lx/back been stiff/pore  
swells in both feet from Mx. Been stressed  
4 Mx

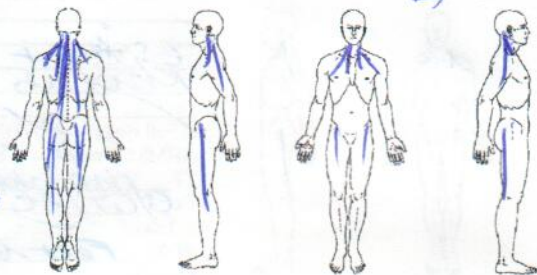
DATE: 22.11.11  
 TIME: Tues 230  
 PAID: 1hr \$70  
 REC.No: 1552 CASH  
 AIR TEMP: 25.0  
 MUSIC: Don Mcg  
 FACE CREST: Low  
 SUPINE SCENT: Dom  
 OIL BLEND: Almond Oil  
Alnus  
 HT: Feet + Face  
 CST: Face  
 HST: 2x Lx  
2x back

EXTRA  
 NEXT APPT:

O/A: feels crappy. Upper body  
feels v. con  
Detoids tail  
is tight  
Pelc short  
Rhomb region con

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS Flush for  
 TP rhomb/traps  
 Fx occipit/es  
☐ Talked ☐ Quiet Breathing  
 ROM Tse after Mx - felt rep  
 FBACK Felt v. relaxed +  
enjoyed Mx

P = Recom get another Tx before  
stressed + body feels v. tight  
enjoyed Mx



TREATMENT NO. 56 S = Client been feeling tighter in his  
Lx/2 over shoulders/region - stiff  
ankle for swell 9 @

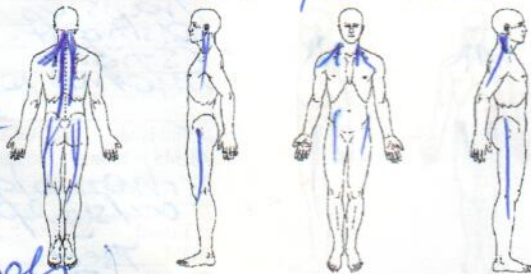
DATE: 13.12.11  
 TIME: Tues 230  
 PAID: 1hr \$70  
 REC.No: 1552 CASH  
 AIR TEMP: 25.0  
 MUSIC: Yanni + there  
 FACE CREST: Low  
 SUPINE SCENT: Dom  
 OIL BLEND: Relax  
Manditane  
 HT: Feet + Face  
 CST: Face  
 HST: 2x Lx  
2x back

EXTRA  
 NEXT APPT:

O/A: Trappup tail  
Detoids tight  
is tight + short  
Rhomb region con

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med/ham/traps  
 Fx occipit/ trap/  
☐ Talked ☐ Quiet Breathing  
 ROM Relaxed - Mx  
 FBACK Felt better - Mx

P = Lots of family stuff going on - v. stressed



TREATMENT NO. 57 S = Client been feeling tighter in his body  
Had stroke + clot  
ankle swells  
notes R up stiff

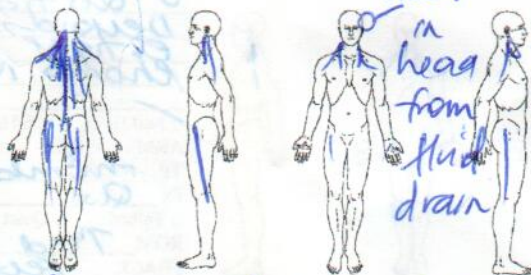
DATE: 30.05.12  
 TIME: Weds 230  
 PAID: 1hr \$60  
 REC.No: xmas GV  
 AIR TEMP: 23.0  
 MUSIC: Miyagi  
 FACE CREST: Low  
 SUPINE SCENT: Dom  
 OIL BLEND: Relax  
Manditane  
 HT: Feet + Face  
 CST: Face  
 HST: 2x Lx  
2x back

EXTRA  
 NEXT APPT:

O/A: Detoids tail  
Fluid on L ankle  
Phem tight  
Rhomb region tail

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med/ham/traps  
 Fx occipit/ trap/  
☐ Talked ☐ Quiet Breathing  
 ROM Felt better - Mx  
 FBACK

P = Recom stretch glutes in bed



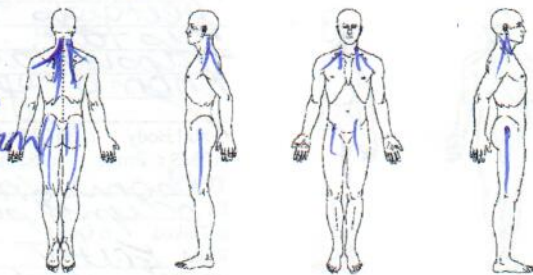
\* 100% stress management \*

# TREATMENT NO. 58

DATE: 26.06.12  
TIME: 230 hrs  
PAID: \$75 Inv  
REC.No: 1941 CASH  
AIR TEMP: 25  
MUSIC: Yangi - Dare  
FACE CREST: Lau dream  
SUPINE SCENT: Lem  
OIL BLEND: Relax / Manditang  
HT: Feet + HTH  
CST: A Face  
HST: 2 x Lx  
2 x back

EXTRA  
NEXT APPT:

S = client been feeling tightness in his body - but stiff Ankle sweat @ end of day but not



O/A:

Devoids tightness short  
Es tight - this feels  
Rhomb region cap

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms. LEGS  
TP rhomb/med/ham/IBS  
Fx 04/04/04  
☐ Talked ☐ Quiet Breathing  
ROM Feet better > Ms  
FBACK

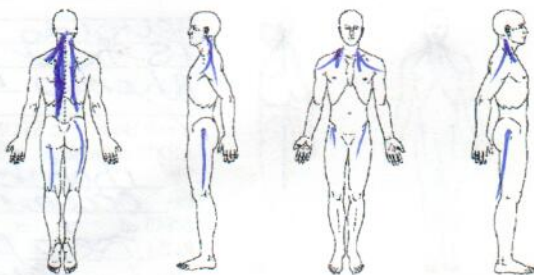
# TREATMENT NO. 59

DATE: 24.07.12  
TIME: 19 hrs  
PAID: \$75  
REC.No: 1941  
AIR TEMP: 25  
MUSIC: Indigo I  
FACE CREST: Lau  
SUPINE SCENT: Lem  
OIL BLEND: Relax / Pepploar /  
HT: Feet + HTH  
CST: A Face  
HST: 2 x Lx  
2 x back

EXTRA  
NEXT APPT:

P = Reom elevate foot @ night Ankle cables

S = Client been feeling tightness/stiffness in back > played golf for first time



O/A: V. stiff

Es tight  
Rhomb region cap

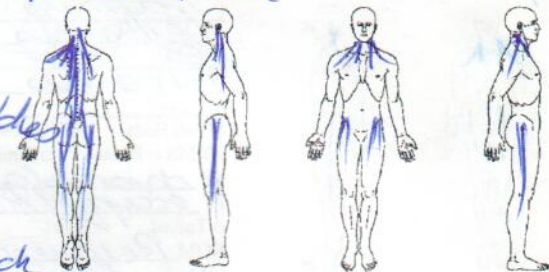
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms. LEGS  
TP rhomb/med/ham/IBS  
Fx 04/04/04 - gently  
☐ Talked ☐ Quiet Breathing  
ROM Feet better > Ms  
FBACK

# TREATMENT NO. 60

DATE: 08.12  
TIME: THURS 230  
PAID: \$75  
REC.No: 2045  
AIR TEMP: 25  
MUSIC: Acter Birk old  
FACE CREST: Lau  
SUPINE SCENT: Lem  
OIL BLEND: Relax / Manditang  
HT: Lau + 2 x Lx  
CST: 1 A Face  
HST: Feet + 2 x back  
ATH

EXTRA  
NEXT APPT:

S = Client been feeling tightness in back after car trip. Been feeling sick next time



O/A:

Traps up tight  
Es tight - traps up tight  
Rhomb region cap

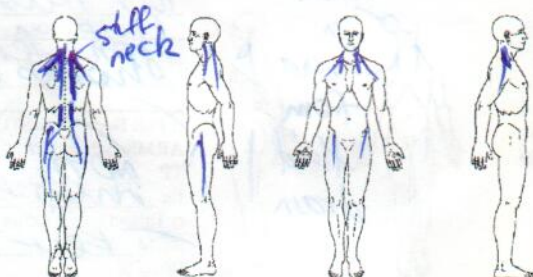
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/med/ham/IBS  
Fx 04/04/04  
☐ Talked ☐ Quiet Breathing  
ROM Feet better > Ms  
FBACK

# TREATMENT NO. 61

DATE: 25.09.12  
TIME: 230 hrs  
PAID: \$75 Inv  
REC.No: 2112  
AIR TEMP: 25 CASH  
MUSIC: Pong  
FACE CREST: Lau  
SUPINE SCENT: Lem  
OIL BLEND: Relax / Manditang  
HT: Feet +  
CST: A Face  
HST: 2 x Lx  
2 x back

EXTRA  
NEXT APPT:

S = Client been feeling tightness in his body Had flu lately - still coughing Soft Moisturiser while going nap



O/A:

Es tight  
Devoids tight  
Es tight - traps up  
Rhomb region cap

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb + cong + need? TR  
Fx 04/04/04  
☐ Talked ☐ Quiet Breathing  
ROM Feet better > Ms  
FBACK

P = client feet better > Ms Discussed foot/ankle

\* Previous sheets avail \*

TREATMENT NO. 62 S = Client been feeling tightness in neck - v. stiff

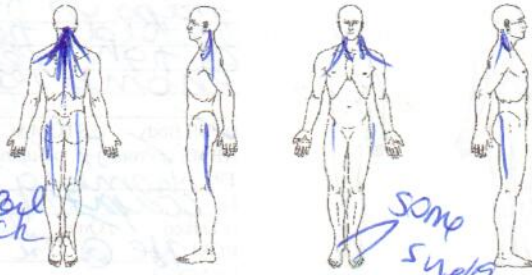
DATE: 25/10/12  
 TIME: THURS 1hr  
 PAID: \$75  
 REC.No: 2163  
 AIR TEMP: 25  
 MUSIC: Ken Dano  
 FACE CREST: 20u  
 SUPINE SCENT: 2em  
 OIL BLEND: Relax  
Ata's flower oil  
 HT 2x61 + 2back  
 EXTRA (A) Face

O/A: feels short  
pectorals tight  
rhomb region cong

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP CS / rhomb / traps  
 Fx rhomb / traps  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > Ms  
 FBAC Feet looser

NEXT APPT: Face + Feet

P = Perom keep neck moving  
discussed correct stance



TREATMENT NO. 63 S = client been feeling tightness in his body in neck (bit stiff) + cramping right sunspots removed

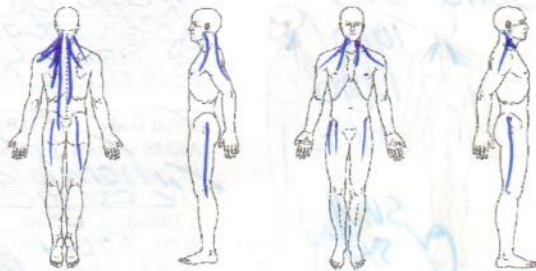
DATE: 22/11/12  
 TIME: THURS 1hr  
 PAID: \$75 CASH  
 REC.No: 2217  
 AIR TEMP: 25  
 MUSIC: Payel Men  
 FACE CREST: 20u  
 SUPINE SCENT: 2em  
 OIL BLEND: Relax  
chamomile  
 HT Feet + A/H  
 EXTRA 2x61  
2x back

O/A: swells went down with  
calves tight  
pectorals tight  
CS tight. traps tail  
rhomb region cong

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS sinuses cong  
 TP rhomb / traps  
 Fx occ / ATL etc  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > Ms  
 FBAC Quiet

NEXT APPT: going away to BNE for visit for xmas

P =



TREATMENT NO. 64 S = Client been feeling tightness in neck + stiffness. some swells in foot

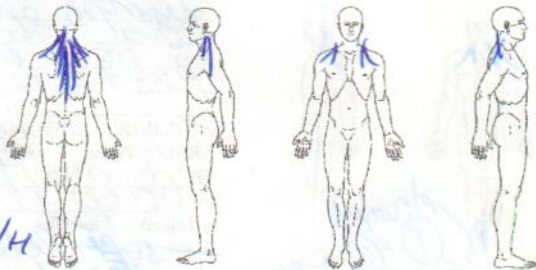
DATE: 18/12/12  
 TIME: TUES 230  
 PAID: \$75 CASH  
 REC.No: 228  
 AIR TEMP: 25  
 MUSIC: MXMS 1-15  
 FACE CREST: 20u  
 SUPINE SCENT: 2em  
 OIL BLEND: Relax  
chamomile  
 HT Feet + East A/H  
 EXTRA

O/A: tender neck  
paid short. ms tense  
pectorals tight  
CS tight + short  
rhomb region cong

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / a med / ham  
 Fx traps / traps  
☐ Talked ☐ Quiet Breathing  
 ROM ROM Tse > Ms esp neck  
 FBAC

NEXT APPT:

P =



TREATMENT NO. 65 S = Client had heart turn on Jan 3rd - not hospitalized but v. scary - heart regulated

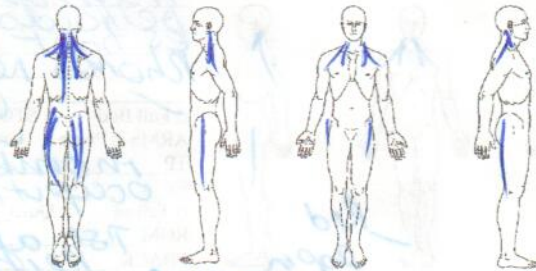
DATE: 15/01/13  
 TIME: TUES 230 1hr  
 PAID: \$75 CASH  
 REC.No: 2310  
 AIR TEMP: 24.8C  
 MUSIC: lan can  
 FACE CREST: 20u  
 SUPINE SCENT: 2em  
 OIL BLEND: Relax  
chamomile  
 HT Feet + A/H  
 EXTRA

O/A: Had swells both itself  
v. gentle Tx - feet  
relaxed -> Ms  
Swedish + lymph  
shakes

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb / traps  
 Fx occ / ES / sacrum  
☐ Talked ☐ Quiet Breathing  
 ROM Felt relaxed but refrained  
 FBAC > Ms

NEXT APPT:

P = Perom client look after body exp in heat



TREATMENT NO. 66 S= Client been feeling tightness in hr  
+ r/cp trap Mr changed BP  
FB 75 30 to help BP

DATE: 18.2.13  
 TIME: TUES 230  
 PAID: \$75  
 REC No: 156  
 AIR TEMP: Refer notes  
 MUSIC: Kenya G  
 FACE CREST: Low at last  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Mand/Tang  
 HT: Feet + face  
 EXTRA: AMH

tender

Deirda's tight  
ES tight pers tight  
Rhomb region comp

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/l'scaps  
 Fx occ/scalp  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Red 2 ms  
 FBACK Feet better 7 ms

NEXT APPT: \_\_\_\_\_

TREATMENT NO. 67 S= Client been feeling tightness in his body

DATE: 12.03.13  
 TIME: 230pm TUES  
 PAID: \$75  
 REC No: \_\_\_\_\_  
 MP: 25  
 MUSIC: Refer BLK  
 FACE CREST: Low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Low 1/2 ev/may  
 HT: Feet + Face  
 EXTRA: Face

Deirda's tight  
ES tight pers tight  
Rhomb region comp

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g/med/ham/1/2  
 Fx es/els/deirda's  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Red 2 ms  
 FBACK Feet better

NEXT APPT: \_\_\_\_\_

TREATMENT NO. 68 S= Client been feeling tightness in  
his body in neck shoulders  
Champing in legs @ night

DATE: 18.04.13  
 TIME: \$75 1hr  
 PAID: CASH  
 REC No: 2478  
 AIR TEMP: 25  
 MUSIC: Tantrum  
 FACE CREST: Low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Mand/Tang  
 EXTRA: Feet + Face

etc, tight  
ES tight pers tight  
Rhomb region comp

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g/med/ham/1/2  
 Fx occ/scalp/1/2  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Red 2 ms  
 FBACK Feet difference

NEXT APPT: \_\_\_\_\_

TREATMENT NO. 69 S= Client been getting some cramping @  
night in legs some ankle swelling  
Moles removed OK

DATE: 06.06.13  
 TIME: \$75 1hr  
 PAID: PAID CV  
 REC No: 230 THURS  
 AIR TEMP: 25  
 MUSIC: Adrian T (5)  
 FACE CREST: Low  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
Mand/Tang  
 HT: Feet + Face  
 EXTRA: 2x 1hr HST  
2x back

ES tight ITBS tight  
Rhomb's tight TLS tight

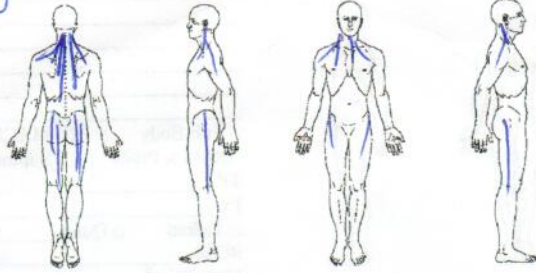
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/ITBS  
 Fx occ/ES/ITBS/ITBS  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Gentle pressure  
 FBACK 20ms flushing on legs

NEXT APPT: \_\_\_\_\_

TREATMENT NO. 70

S = Client been feeling tightness in Lx / shoulder + feeling tight / stiff in upper - pr side H's not his D

DATE: 11.07.13 (6)  
TIME: Thurs  
PAID: 230 lhr  
REC.No: 2649  
AIR TEMP: 25  
MUSIC: Kendamo  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Euc / may /  
HT: Feet + FH  
CST: (A) Face  
HST: 2 x Ex  
0 x back  
EXTRA  
NEXT APPT:



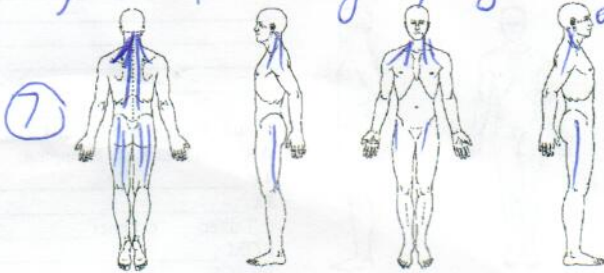
O/A: Detroids tight  
ES tight Relo tight  
Rhomb region  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP ES / traps / G med  
Fx ☐ Talked ☐ Quiet Breathing  
ROM Tied > Ms. Feet better  
FBACK Really relaxed today

P = Client relaxed -> Ms - feet better with  
ng Ms + discussed why it helps

TREATMENT NO. 71

S = Client been feeling tightness in his body  
in Lx region esp RHIS. Been to dentist fillings /  
girt of orange spitzer skin x2  
O/A: Dr - cardiologist (OK). Cholesterol  
peo tight. Traps up right  
Detroids tight  
ES tight  
Rhomb region comp

DATE: 20.08.13  
TIME: 230 Tues  
PAID: \$85 CASH  
REC.No: 2741  
IP: 25  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Ming / Trap  
HT: Feet + Face  
CST: (A) Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



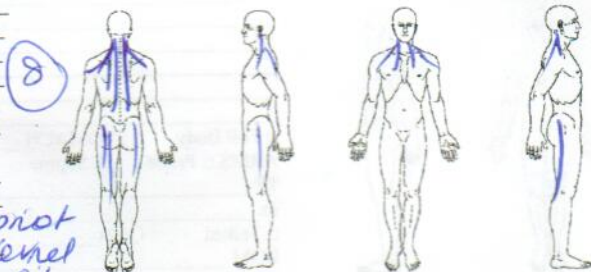
O/A: Dr - cardiologist (OK). Cholesterol  
peo tight. Traps up right  
Detroids tight  
ES tight  
Rhomb region comp  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb / med / ham  
Fx 1/2 traps / 1/2 traps  
☐ Talked ☐ Quiet Breathing  
ROM Tied > Ms  
FBACK Feet better > Ms

P = Reom client use spitzer & Reom self Ms  
snuses

TREATMENT NO. 72

S = Client had health complications & just getting  
over high BP mx probs. Been in hospital  
Ankle swelling

DATE: 12.12.13  
TIME: CASH  
PAID: \$85 3080  
REC.No: 215 THURS  
AIR TEMP: 23  
MUSIC: Kenny G F  
FACE CREST: Lav  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + FH  
CST: (A) Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



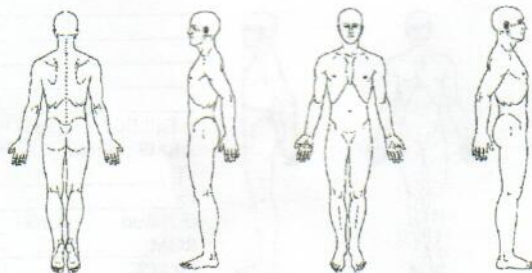
O/A: Neck stiff + tender traps  
Relax ~ Ms with lymph node  
V. Gentle pressure used on  
legs  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb / traps  
Fx AC / GT / ES / ALS  
☐ Talked ☐ Quiet Breathing  
ROM Tied > Ms - mda Rom  
FBACK Feet really relaxed +  
better Rom

P = Discussed how Ms can help with BP + 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 \_\_\_\_\_

P = \_\_\_\_\_

**Patient Name:** DAVIS, RONALD  
**Patient Address:** 33 SOUTHERDEN DRIVE, MOOROOBOOL QLD 4870  
**D.O.B:** 31/05/1928  
**Sex:** M  
**Medicare No.:**  
**IHI No.:**  
**Lab. Reference:**  
**Provider:** QUEENSLAND X-RAY REPORTS  
**Addressee:** DR G HARTRICK  
**Referred by:** DR G HARTRICK  
**Date Requested:** 18/11/2013  
**Date Performed:** 19/11/2013  
**Date Collected:** 19/11/2013  
**Complete:** Yes  
**Specimen:**  
**Subject(Test Name):** X-RAY CERVICAL SPINE AND CT CERVICAL SPI

APOLLO RIS PATIENT ID: QXR1105901

bx d/nq

X-RAY CERVICAL SPINE AND CT CERVICAL SPINE

Clinical Information: Right sided C7 radicular pain and neuropathy.

X-RAY CERVICAL SPINE

**Findings:** There is flexion deformity of the spine centred at C5 vertebral level. There is disc space reduction at all levels being most severe at the C5/6

with exuberant anterior osteophytosis. Less marked osteophytosis is seen anteriorly at C6/7 and posteriorly at C5/6 and C6/7. Evidence of prominent facet

joint arthropathy particularly on the left is noted.

CT CERVICAL SPINE

**Technique:** Block axial scans obtained through the cervical spine. Images reconstructed in the sagittal and coronal planes.

**Findings:**

C2/3: Left sided uncovertebral osteophytic lipping associated with quite bulky left facet joint arthropathy resulting in narrowing of the neural foramen, however, the nerve root is felt to be exiting normally.

C3/4: Uncovertebral osteophytic lipping associated with facet joint arthropathy bilaterally, being quite severe on the left side, again resulting in significant neural foraminal stenosis and suspected irritation of the left C4 nerve root.

C5/6: Uncovertebral osteophytosis being more marked on the right side. No significant facet joint arthropathy. There is a small pocket of gas seen in the right paracentral region/lateral recess thus suspicious associated broad based shallow disc protrusion. There is effacement of the right lateral recess.

Neural

foramina are significantly narrowed bilaterally, being slightly more severe on the right side with suspected bilateral, particularly right, nerve root irritation.

C6/7: Uncovertebral osteophytosis resulting in significant neural foraminal stenosis, the uncovertebral osteophytic lipping is more bulky on the left laterally. The neural foramina are narrowed bilaterally but nerve roots are felt to be exiting normally.

There is degenerative bony lipping anteriorly and laterally, being most prominent at the C5/6 level. There is also multilevel endplate changes. Mild flattening of the C5 and C6 vertebral body heights would be compatible with degeneration.

Conclusion: Multilevel uncovertebral osteophytosis with facet joint arthropathy resulting in multilevel neural foraminal stenosis, being most prominent on the right at C2/3 and C5/6 and on the left at C3/4. There is suspected nerve root irritation of the left C4 and bilateral, particularly right C6. C7 nerve root appears to exit normally.

Thank you for referring this patient,

Dr Brunie Danga-Christian