

Andie Grech

DOB15 Dec 1977

Appointments

Date	Time	Type	Practitioner
6 Jun 2025	11:00AM – 12:00PM	Sauna & Massage	Christine Jervis
3 Jul 2024	1:00PM – 2:00PM	Sauna & Massage	Christine Jervis
17 May 2024	9:30AM – 10:30AM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
6 Jan 2024	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
3 Nov 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
27 Oct 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
8 Sep 2023	11:15AM – 12:15PM	Sauna & Massage	Christine Jervis
22 Jul 2023	9:00AM – 10:00AM	Sauna & Massage	Christine Jervis
3 Mar 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
17 Feb 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
10 Feb 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
19 Dec 2022	1:30PM – 2:30PM	Sauna & Massage	Christine Jervis
11 Nov 2022	11:00AM – 12:00PM	Sauna & Massage	Christine Jervis
4 Nov 2022	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
20 Oct 2022	11:00AM – 12:00PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 6 Jun 2025, 11:00AM</p> <p>Created: 6 Jun 2025, 9:06PM</p> <p>Last updated: 6 Jun 2025, 9:08PM</p>	
Standard Consultation - Remedial Massage	
<p>Presenting complaint (relevant medical history or client info)</p>	<p>What's going on now - client recovered from pancreatitis and bile duct blockage, just</p>

	finished medication schedule. Blood tests in future to monitor. Dr happy. Client's neck been very sore. In constant pain.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone 2023 Glandular fever and gall bladder removal.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Ian cam smith Aromatherapy Massage oil - glisten pain blend Spritzer - joyful FB(stom). Worked all over, especially upper body, shoulders and neck tight. Gentle massage - oil just popped on stomach to absorb.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed physio recommendations in addition to chiro. Discussed pain and it's affect on the body and mind.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good. Lots of heat and sweat. 52 degrees. Sweat a lot.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Jul 2024, 1:00PM

Created: 3 Jul 2024, 2:10PM

Last updated: 4 Jul 2024, 8:29AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client recovering from pancreatitis and bile duct blockage. Complications with recovery and surgery. 2 week doctor check up ok.

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

Injury

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

Shoulder - cortisone
2023 Glandular fever and gall bladder removal.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - all body fatigue and tiredness
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem shoulders
Music - Ian cam smith
Aromatherapy Massage oil - glisten pain blend
Spritzer - joyful

FB(stom). Worked all over, especially upper body, shoulders and neck tight. Gentle massage - oil just popped on stomach to absorb.

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids

Body Chart

Feedback after treatment -

Felt good after massage.

Plan for future results / treatment /

Returning to work next week. Discussed some strategies to help manage her body.

Focus On Movement | Created 5 Jul 2025, 9:40PM

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progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good. Lots of heat and sweat. 47 degrees. Sweat a lot.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 17 May 2024, 9:30AM Created: 17 May 2024, 9:33AM Last updated: 17 May 2024, 10:55AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client recovering well from glandular fever and gall bladder removal. Complications with recovery. Still investigating what's wrong.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Ian cam smith Aromatherapy Massage oil - glisten pain blend Spritzer - joyful FB(stom). Worked all over, especially upper body, shoulders and neck very congested.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed recovery and moving forward slowly. Taken a break from chiro - too many appointments.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good. Lots of heat and sweat. 47 degrees. Sweat a lot in her treatment.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Nov 2023, 9:30AM
Created: 3 Nov 2023, 12:28PM
Last updated: 3 Nov 2023, 12:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client recovering well from glandular fever. Still recovering. Headaches and RHS tension - very tight
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Ian cam smith Aromatherapy Massage oil - glisten pain blend Spritzer - joyful

FB(stom). Worked all over, especially upper body, shoulders and neck very congested.

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids

Body Chart

Feedback after treatment - Felt really good after massage. ROM improved but very clunky and stiff movement, very tight.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed recovery and moving forward slowly

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

Time in Sauna (minutes) - 25

Feedback after treatment - Felt really good. Lots of heat.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 Oct 2023, 9:30AM

Created: 27 Oct 2023, 12:51PM

Last updated: 27 Oct 2023, 12:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client diagnosed with glandular fever. Still recovering. Headaches and RHS tension.

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

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

Assessment / Testing done (including ROM) / Observations
Verbal consent obtained.
ROM - not checked today
Anything noteworthy - all body fatigue and tiredness
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today Pressure used - 2-3 firm

to help the client	Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Ian cam smith Aromatherapy Massage oil - glisten relax blend Spritzer - joyful FB(stom). Worked all over, especially upper body, shoulders and neck very congested.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good after massage. ROM improved.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed recovery and moving forward slowly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good. Sauna after massage.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 8 Sep 2023, 11:15AM Created: 8 Sep 2023, 11:18AM Last updated: 8 Sep 2023, 2:10PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling very fatigued and struggled with a bad virus. Away from work for a week. Husband helping with movement around house as struggling even with showers
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags /	Shoulder - cortisone

Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - mod music girls 1 Aromatherapy Massage oil - glisten relax blend Spritzer - joyful FB(stom). Worked all over, especially upper body, shoulders and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good after massage. ROM improved.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Getting iron infusion next week. Discussed recovery and moving forward slowly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Jul 2023, 9:00AM Created: 22 Jul 2023, 12:53PM Last updated: 22 Jul 2023, 12:55PM	
Standard Consultation - Remedial Massage	

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling R shoulder pain like bursitis since last massage.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - mod music girls 1 Aromatherapy Massage oil - glisten relax blend Spritzer - joyful FB(stom). Worked all over, especially upper body, shoulders and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good after massage - felt difference
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed doing some regular treatment to help
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Felt really good. Discussed more about getting her own sauna for home

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Mar 2023, 9:30AM
Created: 3 Mar 2023, 9:04AM
Last updated: 3 Mar 2023, 12:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling good since last massage. Lower back pain improvement with new body pillow and office chair/foot rest
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - mod music girls 1 Aromatherapy Massage oil - cream Spritzer - none today FB(stom). Worked all over, especially upper body, shoulders and neck. Lower back tight and legs ITBs tender.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good and feeling a difference with regular massage
Plan for future results / treatment / progress / homework (including	Discussed doing some gentle movement in the day to help her slight swelling she is

discussion with client, advice, stretches)	seeing in her ankles
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Felt really good. Discussed more about getting her own sauna for home

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 17 Feb 2023, 9:30AM Created: 17 Feb 2023, 10:29AM Last updated: 18 Feb 2023, 6:00AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling such a big emotional release from her last massage. All neck pain drastically reduced and she's realised how helpful massage is in shifting tension
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - all body fatigue and tiredness Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - dhimana indian music Aromatherapy Massage oil - cream Spritzer - none today FB(stom). Worked all over, especially upper body, shoulders and neck. Even lower back tight and legs ITBs tender
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine;

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good - enjoyed the Sauna. Lots of sore bits
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing her for some regular treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Felt really good. Discussed getting her own sauna for home

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 10 Feb 2023, 9:30AM

Created: 10 Feb 2023, 9:26AM

Last updated: 10 Feb 2023, 10:50AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling in need of massage. Shoulder sore but especially neck been really hurting.
Feedback from previous treatment - been a long time since last treatment, needs treatment

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today
Anything noteworthy - all body fatigue and tiredness
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem shoulders

	Music - Yanni if there Aromatherapy Massage oil - cream Spritzer - none today FB(stom). Worked all over, especially upper body, shoulders and neck. Even lower back tight and legs ITBs tender
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good - enjoyed the Sauna. Lots of sore bits
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing chiro Chris
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Felt really relaxed, got a good sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 19 Dec 2022, 1:30PM Created: 20 Dec 2022, 6:35PM Last updated: 27 Dec 2022, 5:14AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling in need of massage. Shoulders still tight. Been away since mother in law passes away Melbourne. Feedback from previous treatment - been looking forward to getting this massage.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	<p>ROM - not checked today</p> <p>Anything noteworthy - all body fatigue and tiredness</p> <p>Anything specific to massage (E.g. no foot massage) -</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Fisiocrem shoulders</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - lav H2O oil</p> <p>Spritzer - none today</p> <p>FB(stom). Worked all over, especially upper body, shoulders and neck.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good - enjoyed the Sauna. Very relaxed.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing chiro Chris
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really relaxed, got a good sweat

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Nov 2022, 11:00AM
Created: 11 Nov 2022, 10:57AM
Last updated: 11 Nov 2022, 12:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling clickiness in neck still. Been for a new bed topper, pillow and has fisiocrem using daily. Shoulders still tight

Feedback from previous treatment - really loving the massage.

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Shoulder - cortisone
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - cot checked today</p> <p>Anything noteworthy - all body fatigue and tiredness</p> <p>Anything specific to massage (E.g. no foot massage) -</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Fisiocrem shoulders</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - lav H2O oil</p> <p>Spritzer - none today</p> <p>FB(stom). Worked all over, especially upper body. And neck. Lots of remedial stretching, TPs upper body.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids
Body Chart	
Feedback after treatment -	Felt really good - enjoyed the Sauna again. Very relaxed.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing physio Chris
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really relaxed

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Nov 2022, 11:00AM
Created: 4 Nov 2022, 11:03AM
Last updated: 4 Nov 2022, 12:23PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling headaches and tenderness in shoulders. Been for a new pillow and has fisiocrem now.
 Feedback from previous treatment - really enjoyed it

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM - cot checked today
 Anything noteworthy - all body fatigue and tiredness
 Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client Pressure used - 2-3 firm
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack - Lower Body
 Topical Treatment - Fisiocrem shoulders
 Music - Ian Can Smith
 Aromatherapy Massage oil - Peppermint blend
 Spritzer - none today

 FB(stom). Worked all over, especially upper body.

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Deltoids

Body Chart

Feedback after treatment - Felt really good - enjoyed the Sauna

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some regular treatment and helping with tension in her shoulders and neck

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

Time in Sauna (minutes) -	23
Feedback after treatment -	Sweated lots and really enjoyed how good it felt

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Oct 2022, 11:00AM
Created: 20 Oct 2022, 12:45PM
Last updated: 20 Oct 2022, 1:09PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client's neck sore, making a crunching noise recently. Had bursitis and several local injections but still experiencing pain and pulling.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked before (not after). Restricted and clunky movement.
Anything noteworthy - small stature, some small tattoos.
Anything specific to massage (E.g. no foot massage) -

Client had any previous treatment elsewhere? Yes in Melbourne

Any Red Flags - bruises easily.

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- Bruises easily

Treatment details - what was done today to help the client

Pressure used - 2-3
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper
Music - Ian Cam Smith
Aromatherapy Massage oil - cream

FB (+stom). Remedial techniques on upper and lower back, shoulders and neck.

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - quick prone stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; Psoas Release
Body Chart	
Feedback after treatment -	Felt really good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed sending her info regarding finding a local physio and chiro
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record - Women's Health	
Practitioner: Christine Jervis Appointment: 20 Oct 2022, 11:00AM Completed: 16 Oct 2022, 10:26PM	
About you...	
What's your health fund?	Australian Unity
Occupation - how long?	Medical Receptionist- 4 Years +
List your physical activities, hobbies, exercise or sport.	Lots of walking and just about to get back into Pilates and using a Rowing Machine.
Do you sit/stand for long hours? (E.g. car/desk)	Yes
Medications - prescribed or natural	Pristeq and Levlin Ed
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	Serious burn injury three and a half years ago.
About Massage...	
How did you find out about our massage clinic?	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Expo <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input type="checkbox"/> From our Swim School <input checked="" type="checkbox"/> Referral - word of mouth
Who referred you? We use a client reward system - May we thank them?	Jess Moyer
Type of massage pressure you prefer?	<input type="checkbox"/> Gentle <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard

☐ Not sure? (We'll check at your massage)

What are your goals or reasons for getting massage?

Relieve stored up neck/shoulder tension. This is where I hold my stress and anxiety.

Any areas you DON'T want massaged?

☐ Face☐ Head☒ Stomach☐ Back☐ Buttocks☐ Arms

☐ Legs☐ Feet☐ Ok with above areas being massaged

☐ Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y

Do you experience headaches?

☐ No☒ Mild☐ Severe☐ Persistent☐ Migraines

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

☒ No problems - everything is working well

☐ 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☐ Struggling most of the time

☐ Occasionally experience problems

Do you have any pain?

☐ No pain - nothing hurts☐ Morning soreness☐ Night time pain

☐ Varies - can be any time☒ All the time

☐ Hurts doing something specific. E.g. Bending over to touch toes.

☐ 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 falling asleep☐ Trouble staying asleep through the night

☐ 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?

Women's Health Check...

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.

Any falls / injuries to your sacrum, tailbone, head, ankles or feet?

No

Have you had any surgery on your abdomen or lower back?

Appendix removed over 20 years ago.

How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you

No issues.

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sneeze or do you need to urinate frequently?

Menstrual and Fertility Conditions - please tick what applies to you...

- ☐ Painful Periods ☐ Irregular Periods
☐ Excessive Bleeding (>1pad/tampon per/hr) ☐ Fibroids
☐ Painful Ovulation ☐ Miscarriage (once) ☐ Recurrent miscarriage
☐ Currently doing Fertility Treatment. E.g. IVF. ☐ Trying to get pregnant now
☐ Postnatal Recovery ☐ PCO (Polycystic ovaries)
☐ PCOS (Polycystic Ovarian Syndrome) ☐ POF (Premature Ovarian Failure)
☐ Endometriosis ☐ Failure to Ovulate ☐ Low AMH
☐ Retroverted uterus ☐ Inverted uterus ☒ No problems that I know of

Symptoms experienced prior to and during menstruation

- ☐ I don't menstruate now ☐ Lower back ache ☐ Headaches
☐ Dizziness ☐ Dragging sensation ☐ Heaviness or pressure in lower pelvis
☐ Increased urination ☐ Constipation ☐ Diarrhoea
☐ Changes in my usual bowel movements ☐ Pain/numbness in right leg
☐ Pain/numbness in left leg ☐ Pain/numbness in both legs
☒ Cramps - lower abdomen ☐ Cramps - left side ☐ Cramps - right side
☐ Dark thick blood at beginning of menstruation
☐ Dark thick blood at the end of menstruation ☐ Blood clots
☐ None of the above happen during my period

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

No.

Pregnancy, Birth and Postnatal Recovery

Trauma is stored at a cellular level in the body. Some massage techniques affect your body's response, especially if you've experienced emotional events or trauma. Massage creates a safe, supportive treatment space for all women to be nurtured.

Tick what applies to your birth experiences -

- ☐ No birth history to report ☒ Vaginal Birth ☐ Water Birth
☐ Epidural / Pethidine ☐ Forceps / Ventouse ☐ C-section
☐ Termination ☐ Miscarriage ☐ Ectopic

How many pregnancies have you had?

Two

How many babies have you birthed?

Two

Have you had any birth interventions or complications?

No

How long were your birth hours for each delivery?

25 Hours

Any other info you would like to share?

No

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.

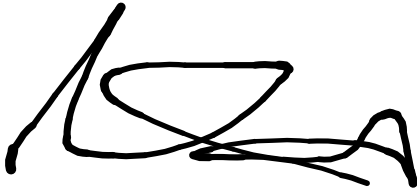
It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ 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.

A handwritten signature in black ink, appearing to be 'Andie Grech', written in a cursive style.