

Full Name Anne Majer Date of Birth 8/3/73
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 Home Phone (07)40331298 Work - Mobile 0409626568
 Email Address amayer@pacific.net.au Health Fund MBF
 Emergency Contact Details - Name and Number Mary Majer 40331298
 Current Doctor Caroline Yates Referred By -
 Occupation and how long Primary Teacher
 Physical Activities/Hobbies/Exercise Walking

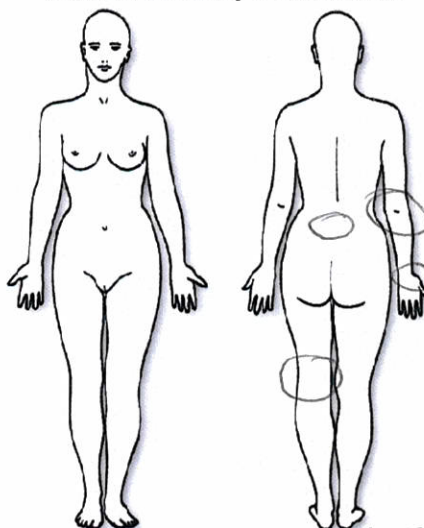
Medical History (operations/illnesses/accidents/injuries/# of children) left knee operation
enlarged thyroid, tennis elbow (right) arthritis - right wrist.
 Medications - Prescribed or Natural: Lexapro Nordette

Some conditions require your massage to be modified.
 Please tick all conditions below that apply to you NOW.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☒ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruise Easily / Blood clotting problems / Varicose Veins
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Constipation ☐ NOW ☒ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache ☐ NOW ☒ SOMETIMES ☐ MOST OF THE TIME
- ☒ Numbness / Tingling
- ☐ Period Problems / Diagnosed female condition
- ☐ Pregnant / Trying to get pregnant / Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems or ☒ Sprained/strained muscles

Details have sore lower back
at times

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



Amount of Pain (1-10): 6-8

Type (sharp, dull, aching etc) aching

When is the pain worst? when used alot

What relieves the pain? rest

Please circle any areas you DON'T want massaged: Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

All the information a client provides helps determine an appropriate massage treatment.
 Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
CLIENTS - if you develop any further complications/symptoms/problems or your details change, **PLEASE ADVISE ASAP.**

Signature: [Signature] Date: 26/2/12

PLEASE READ THIS INFORMATION CAREFULLY

Every massage treatment has potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, cause blood thinning, euphoria or interact with medications or homeopathic remedies).

To minimise possible risk, you must:

Be honest about the information you provide regarding your health: especially for heart/kidney/immune/health problems, if you're pregnant/breastfeeding

Tell your therapist if you have sensitive skin, bruise easily, have any known health problems, if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable at any stage.

After treatment, it is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving/using stairs. Keep well hydrated with water especially in the 24-48 hours after treatment.



It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs. Do you agree to such discussion to improve your health?

☒ **Yes** ☐ **No**



Please tick the boxes below - after you read and agree with each statement:

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☒ I agree to read the information brochure I will be given to take home at the end of my first treatment.



Your
Signature:

Anne Majer

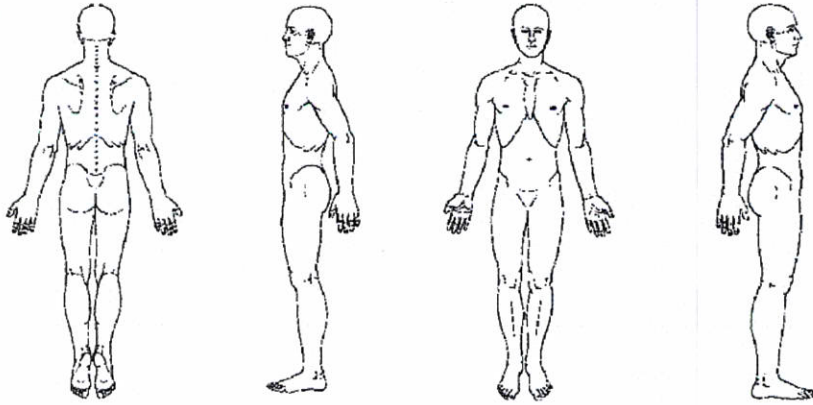
Your Name:

ANNE MAJER

Date:

26/2/12

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)
Head (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion

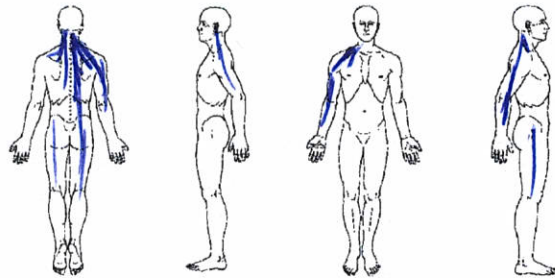


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Arthritis diagnosis - working with physio Julie

TREATMENT NO. 1 S = Client's whole body sore - hasn't had Ms in a long time

DATE: 14/02/12
 TIME: 2:30 TUES
 PAID: \$75 Inv.
 REC.No:
 AIR TEMP: 23°C
 MUSIC: Norah
 FACE CREST: Dem
 SUPINE SCENT: lav
 OIL BLEND: Relax
Pepp/dav
 HT Feet + Face
 CST ① Face
 HST 2x lx

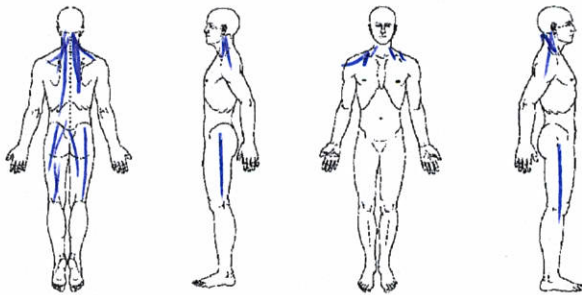


O/A: strapping on - feels arm
qls taut. Trapp up right
ES cong. Pels tight
Rhombos cong + tight
☒ Full Body ☒ STOMACH dots Ms esp upper body
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs
 Fx occl traps/d traps
☐ Talked ☒ Quiet Quiet Breathing
 ROM Used after Ms
 FBAC Felt better - big diff

EXTRA 2x back P = Seeing physio for more Tx
 NEXT APPT:

TREATMENT NO. 2 S = Client been feeling tightness in body + still has covering/protection on elbow/wrist

DATE: 20/02/12
 TIME: 3:50 MON
 PAID: \$70 Inv.
 REC.No:
 AIR TEMP: 25
 MUSIC: Trilight
 FACE CREST: lav
 SUPINE SCENT: dem
 OIL BLEND: Relax
Tea tree/dem
 HT Feet + Face
 CST ① Face
 HST 2x lx

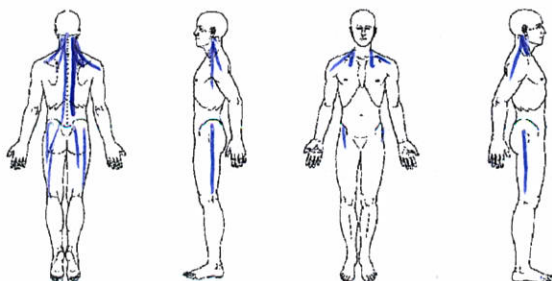


O/A: Better than previous week
deapstant Pels tight
qls taut. ES v abng
Rhombos still cong + asoa
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs
 Fx occl traps/d traps
☐ Talked ☒ Quiet Quiet Breathing
 ROM Used after Ms
 FBAC Felt better > Ms

EXTRA 2x back P = Remom see physio again for further Tx
 NEXT APPT:

TREATMENT NO. 3 S = Client been sore this week + v. busy/stressed @ school

DATE: 02/03/12
 TIME: 3:50 FRI
 PAID: \$75 Inv.
 REC.No:
 AIR TEMP: 25
 MUSIC: Trilight
 FACE CREST: lav
 SUPINE SCENT: dem
 OIL BLEND: Relax
Pepp/Banl
 HT Feet + Face
 CST ① Face
 HST 2x lx



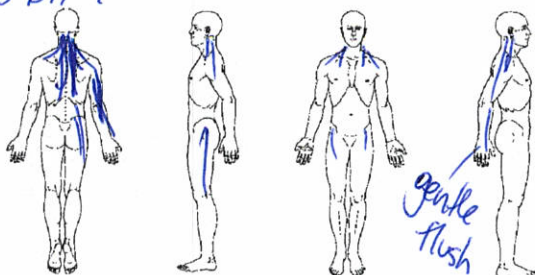
O/A: Improving with swelling - did gentle Ms/lymph clear unit,
☒ Full Body ☒ STOMACH for digest
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs/traps
 Fx occl traps
☐ Talked ☒ Quiet Quiet Breathing
 ROM Used > Ms
 FBAC Felt relaxed but tired

EXTRA 2x back P = Arm guard now for wrist all the time + elbow
 NEXT APPT:

TREATMENT NO. 4.

DATE: 09.03.12
 TIME: 5:55 PM
 PAID: \$50 embs
 REC.No: 1794
 AIR TEMP: 250
 MUSIC: Twilight
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax 1%
 Mandi tang
 HT Feet + Face
 CST (A) Face
 HST 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in shoulders
 + wrist been sore



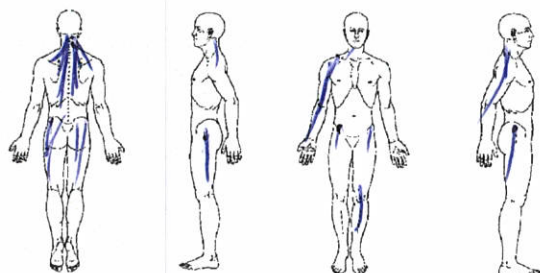
O/A:
 Pecs taut R esp
 Deltoids tight R esp
 ES tight + short
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp 1mm
☒ Talked ☒ Quiet Quiet Breathing
 ROM Feet better > Ms
 FBAC Tired

P = Relax client rest - v. tired from work

TREATMENT NO. 5

DATE: 14.03.12
 TIME: Weds 3pm
 PAID: 1hr \$75
 REC.No: 1806
 AIR TEMP: 250
 MUSIC: N/A
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Basil / Grape
 HT Feet + Face
 CST (A) Face
 HST 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness + sore in R side
 Had fall & hurt herself



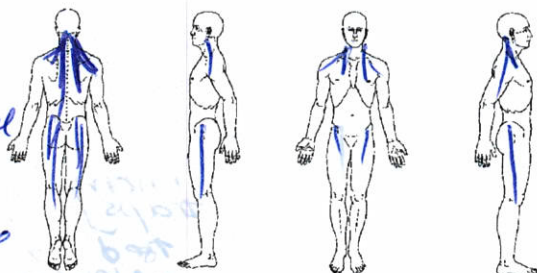
O/A:
 Shoulder R side upper
 Deltoids tight
 ES tight + short
 Rhomb region cong + tight
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx occipital/scalp
☒ Talked ☒ Quiet Quiet Breathing
 ROM Relaxed > Ms
 FBAC Feet better

P = Discussed recovery from fall

TREATMENT NO. 6

DATE: 28.03.12
 TIME: Weds 3:50
 PAID: 1hr \$75
 REC.No: 1822
 AIR TEMP: 250
 MUSIC: Mod Grits Israel
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT Feet + Face
 CST (A) Face
 HST 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 esp on elbow tired - sports car race



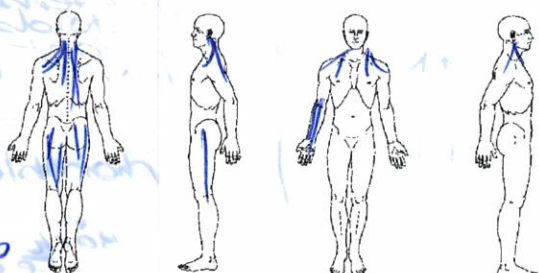
O/A:
 Rash still
 Pecs short TMS tense
 Deltoids tight Qstight
 ES tight + short
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occipital/scalp 1mm/Pes
☒ Talked ☒ Quiet Quiet Breathing
 ROM elbow tender -
 FBAC Feet relaxed but tired

P = Relax compression band on elbow

TREATMENT NO. 7

DATE: Mon 02/04/12
 TIME: 1:15 PM
 PAID: \$75
 REC.No: 1827
 AIR TEMP: 250
 MUSIC: Twilight
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT Feet + Arms
 CST (A) Face hands
 HST 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling sore in shoulders
 + back Elbow sore



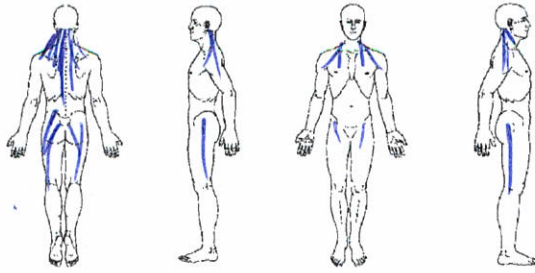
O/A:
 Pecs taut
 Deltoids tight. Pecs taut
 ES tight trappus
 Rhomb cong + tight
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp 1mm/IBs
☒ Talked ☒ Quiet Quiet Breathing
 ROM Tired > Ms
 FBAC Feet better > Ms

P = good with back

TREATMENT NO. 8

DATE: 2209.12
 TIME: 20:01
 PAID: \$85
 REC.No: 25 EFT
 AIR TEMP: 25
 MUSIC: Twilight
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in shoulders
 back tummy - picking up kids



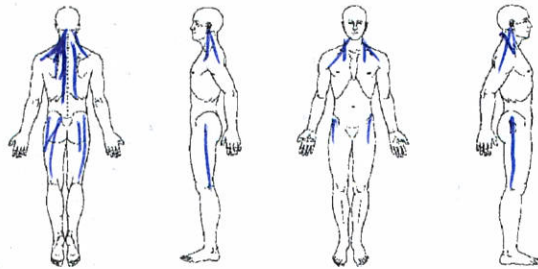
O/A:

Deltoids tight
 El. tight Pecs taut
 Rhombos tight + vasodil.
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp/mnt/Peep
☐ Talked ☐ Quiet ☒ Breathing
 ROM Tied > Ms
 FBACK Feet better > Ms

TREATMENT NO. 9

DATE: 03 09.12
 TIME: 5pm WEDS
 PAID: \$75 1hr.
 REC.No: 2117 EFT
 AIR TEMP: 25
 MUSIC: Indian I
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her
 back most of the time.



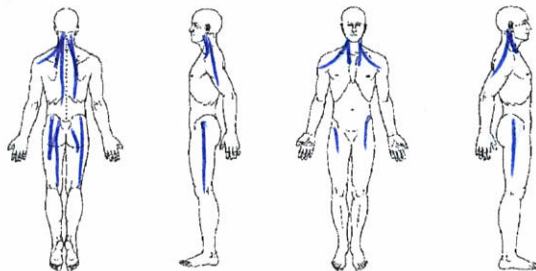
O/A:

Deltoids taut
 Pecs taut. traps up tight
 Ols tight + tummy
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/L scaps
 Fx occ/scalp/mnt
☐ Talked ☐ Quiet ☒ Snored Breathing
 ROM Tied after Ms
 FBACK Feet tied

TREATMENT NO. 10

DATE: 13 10.12
 TIME: Sat 10:45
 PAID: 1hr \$85
 REC.No: 2139 EFT
 AIR TEMP: 25
 MUSIC: Enya
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in Lx + neck
 region
 0.1t nex time



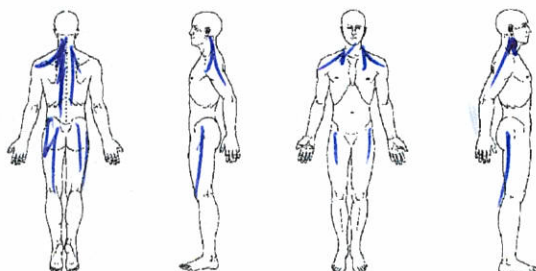
O/A:

Ols tight
 Pecs short. m. tense
 As tight. Deltoids tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx traps/occ/scalp
☐ Talked ☐ Quiet ☒ Breathing
 ROM Tied > Ms
 FBACK Next time s/l help for
 back
 stiffness

TREATMENT NO. 11

DATE: 19 10.12
 TIME: \$75 1hr
 PAID: 2:52
 REC.No: 25 4pm FRI
 AIR TEMP: 25
 MUSIC: Acheroldies
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body



O/A:

m. tense
 Deltoids tight
 Es tight Pecs short
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx
☐ Talked ☐ Quiet ☒ Breathing
 ROM Back on today
 FBACK Feet relaxed > Ms

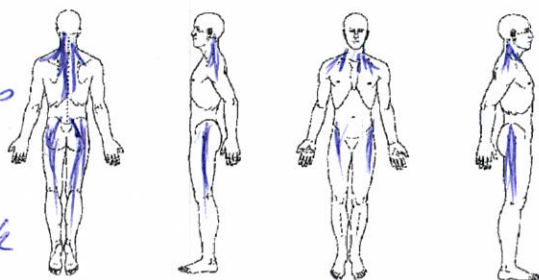
P = Blom client look after body

TREATMENT NO. 12

DATE: 16.12.12
 TIME: 5pm-7pm
 PAID: 2300
 REC.No: 2300
 AIR TEMP: 25 notes
 MUSIC: Hickey Birk
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax
 HT: 2x + 2x back
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in shoulders / neck / back.



O/A: 2x tight.
 Pels short. Mst tense
 ES tight. Dextoids tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/als/traps
 Fx occ/scalp/TMT
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK Relaxed 7ms

P = Just had reflex - going for reg tx next year

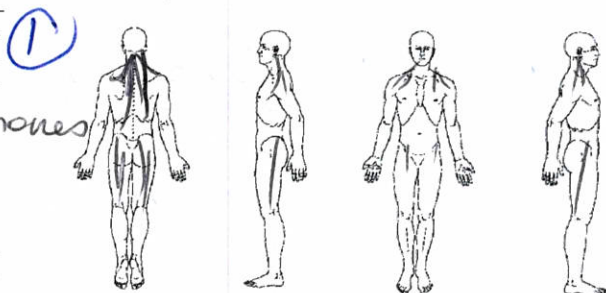
TREATMENT NO. 13

DATE: 15.2.13
 TIME: 7.25 1hr
 PAID: 4pm
 REC.No: 24
 MP: 25
 N: Kenny Gmones
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet + Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body



O/A: Dextoids tight. Pels tight
 ES tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham
 Fx trap/scap
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK Feet better 7ms

P = Client been feeling better 7ms

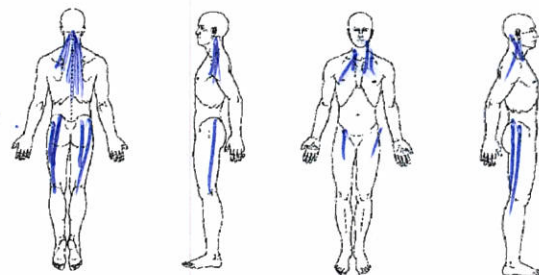
TREATMENT NO. 14

DATE: 15.03.16
 TIME: 3.30
 PAID: 388
 REC.No: 3455
 AIR TEMP: 25
 MUSIC: Mass Mixt-20
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet / Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her



O/A: Dextoids tight
 Pels tight
 Dextoids tight
 Traps up tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/scap/16scaps
☐ Talked ☒ Quiet Breathing
 ROM Red 7ms
 FBACK felt better 7ms

P = Acrom client stretch out after running

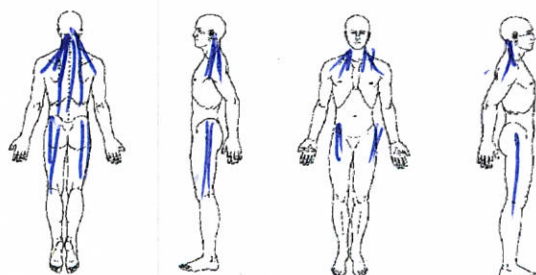
TREATMENT NO. 15

DATE: 23.03.16
 TIME: 3.30
 PAID: 1hr
 REC.No: 4392
 AIR TEMP: 25
 MUSIC: Mix ms 10-60
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet / Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her shoulders improved. tx been sore



O/A: Pels tight
 Dextoids tight
 ES tight
 Rhomb region cong

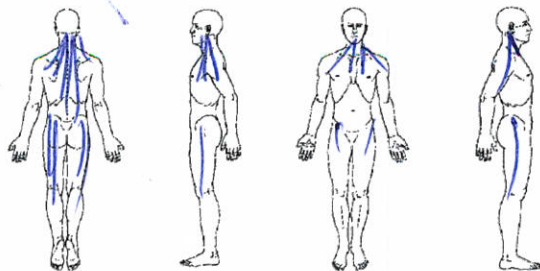
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/scap/16scaps
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK felt

P = Perom client stretch out with body in pool

TREATMENT NO. 16

DATE: 30.03.16
TIME: \$88
PAID: 1hr
REC.No:
AIR TEMP: 25
MUSIC: New Helpem I
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Belan
4/4/12av
HT: Feet 1 Fair
CST: 1 Fair
HST: 2 x 1/4
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her shoulders



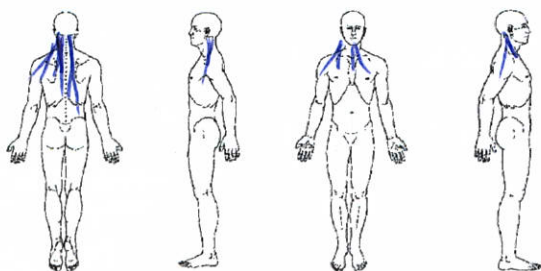
O/A:
traps up tight
Deltoids tight
ES right
Rhomb region comp
Better this week
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP ES/O/S
Fx Rhomb/g med / traps
Quiet Breathing
ROM felt v. relaxed
FBACK Used > ms rom

P = Discussed keeping exercising on holidays

TREATMENT NO. 17

DATE: 26.04.16
TIME: \$66
PAID: 1hr
REC.No:
AIR TEMP: 25
MUSIC: Lav
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Belan
Mandarin
HT: Feet 1 Fair
CST: 1 Fair
HST: 2 x 1/4
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her body in her R shoulder lately + back been sore

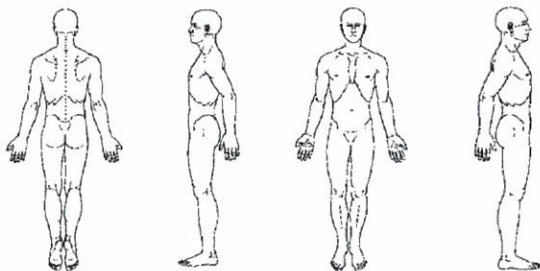


O/A:
traps up tight
Deltoids tight
ES right
Rhomb region comp
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP Rhomb/g med / ham traps
Fx
Quiet Breathing
ROM
FBACK

P = Reconc client mix up spine? posture to help balance shoulder - neck / b'shoulder / back

TREATMENT NO. _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
HT: _____
CST: _____
HST: _____
EXTRA
NEXT APPT: _____

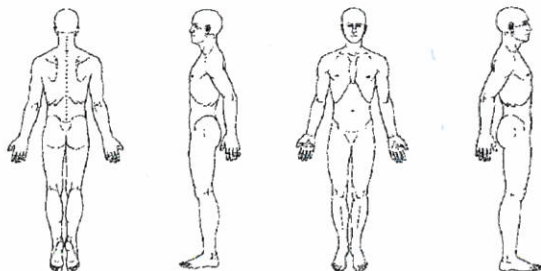


O/A: _____
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP
Fx
Quiet Breathing
ROM
FBACK

P = _____

TREATMENT NO. _____

DATE: _____
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
HT: _____
CST: _____
HST: _____
EXTRA
NEXT APPT: _____



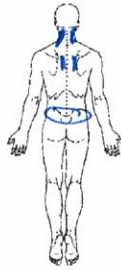
O/A: _____
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP
Fx
Quiet Breathing
ROM
FBACK

P = _____

TREATMENT NO. 

S =

② Lx
② Acc tear, re injured 3/12.
Anne Mayer



O/A:

Firm → DT.

Neck ↑ - supine ②

☐ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS full p, 1/2 sup

TP mid trapez.

Fx ~~err~~ spine esp. mid tx

☐ Talked

☒ Quiet

Breathing

ROM

FBACK

✓

DATE: 3/11/17

TIME: 1pm.

PAID:

REC.No:

AIR TEMP: 24

MUSIC: Ian Cam Smith

FACE CREST:

SUPINE SCENT: lemon

OIL BLEND: L/M

HT ② Feet / Face.

CST

HST Lx Back

x2 x2.

EXTRA

NEXT APPT:

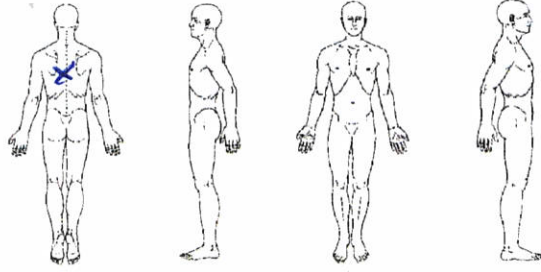
P =

TREATMENT NO. 19

S = mid tx pinching

DATE: 4/12/17
TIME: 5
PAID: _____
REC.No: _____
AIR TEMP: 22
MUSIC: mass long
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: L/T
HT feet almond
CST chest
HST 2x glutes
EXTRA 2x back
NEXT APPT: cups

Anne.



O/A: _____

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine LEGS ☒
TP _____
Fx _____
☐ Talked ☐ Quiet _____ Breathing
ROM _____
FBACK _____

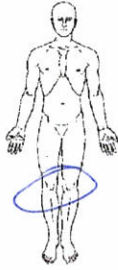
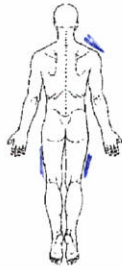
P = twist chair stretch
brief cupping

TREATMENT NO. 

S = knees & LB sore. swimming carnival last week.
shoulders not too bad.

DATE: 11/12/17
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: 22
MUSIC: mass lans
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: 1/1 Almond
HT feet chest.
CST _____
HST glutes v-back.
EXTRA _____
NEXT APPT: _____

Anne



O/A: hips/glutes ↑ Ⓛ QL ↑
ITB's ↑

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒
TP _____
Fx _____
☐ Talked ☒ Quiet reg ☒ Breathing
ROM _____
FBACK _____

P = _____

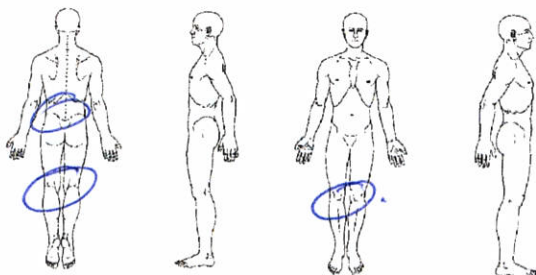
TREATMENT NO



DATE: 18/12/17
 TIME: 10:30 1hr
 PAID:
 REC.No: 897.
 AIR TEMP: 22
 MUSIC: MASS lang.
 FACE CREST:
 SUPINE SCENT: lemon.
 OIL BLEND:
 HT: mand / lav almond
 CST: feet chesr.
 HST: glutes v-back.
 EXTRA
 NEXT APPT:

S = knees & L-Back.

Anne



O/A: ITB's, quads & peroneals ↑

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS
 TP
 Ex gentle ground knees.
☐ Talked ☒ Quiet ☒ Breathing
 ROM
 FBACK

P = physio this pm for knees.

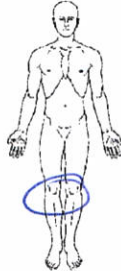
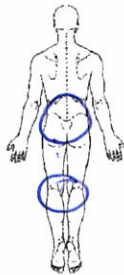


TREATMENT NO. 4

DATE: 29/1/18
TIME: 1:30pm 1hr
PAID:
REC.No:
AIR TEMP: 23
MUSIC: Nara J
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND: mandarin
HT
EXTRA

S = some all over - L.B. mostly

Anne Majer



O/A:

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ S/L ☐ Supine LEGS ☒
TP
Fx
☒ Quiet ☐ Talked
ROM
FBACK

NEXT APPT: P =

TREATMENT NO. _____

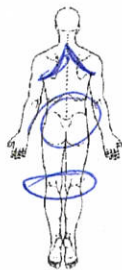


S = General, tightness + knees.

DATE: 23/3/18
TIME: 3:40 1hr
PAID: \$88 card
REC.No: _____
AIR TEMP: 23
MUSIC: Ian C Smith
FACE CREST: _____
SUPINE SCENT: Umar
OIL BLEND: _____
m/1
HT +2
CST _____
HST +4

EXTRA knees
NEXT APPT: _____

Anne



O/A: u traps etc ↑

⑥ quad ↑

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒
TP _____
Fx _____
☐ Talked ☒ Quiet Breathing
ROM _____
FBACK _____

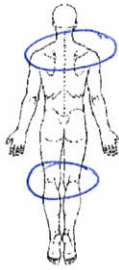
P = _____

TREATMENT NO. 

S = knees & v. back.

DATE: 11-40 4/4/18
TIME: 11-40
PAID: _____
REC.No: _____
AIR TEMP: 23
MUSIC: All
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: n/t
HT x2
CST _____
HST x4

Anne M.



O/A: v-traps ↑

① hip/glutes a little. ↑

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS p + s
TP _____
Fx _____
☐ Talked ☒ Quiet Breathing _____
ROM _____
FBACK _____

EXTRA _____
NEXT APPT: 11/4/18

P = _____



Laerdal

helping save lives

Anne Majer. 🗨️ 27/4/18.

3-40 pm.

24°C

All times.

\$88

clarity

① Kneel extra soon.

walk yesterday & carried Max.

Big day at school today.

med → hard combo (broad legs).

TREATMENT NO. 26

S = knees not load, L-Back, U-Back.

DATE: 28/5/19
TIME: 1-30
PAID: ✓
REC.No:
AIR TEMP: 24
MUSIC: Don Mc Greg
FACE CREST:
SUPINE SCENT: Lemon
OIL BLEND:
Mand.
HT x2
CST
HST x4

Gaylene. Anne



O/A:

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒ ☒
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

EXTRA
NEXT APPT:

P = ~~24~~ Firm → hard, broad on legs

TREATMENT NO. 

S = School reports, shoulders

TREATMENT NO. _____

Office: ☐ Scanned & filed

DATE: 4/6/18

TIME: 3pm

AIR TEMP: 24

MUSIC: Dixie Modern

FACE CREST: _____

SUPINE SCENT: clarity

OIL BLEND: _____

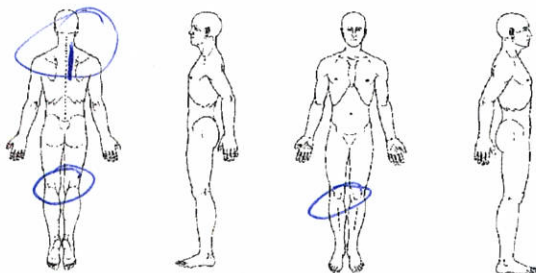
Mand.

Hot Towel & L

Cold Stones _____

Hot Stones xc

Anne M



O/A:

inner thigh prone.

err spinae mid tx up.

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS ☒

TP

Ex err spin.

☐ Talked ☒ Quiet

☒ Breat

ROM

FBACK

P = Firm → deeper / broad on legs.