

Ben Piercy

DOB 20 Jan 1959

Appointments

Date	Time	Type	Practitioner
6 Nov 2024	3:15PM – 4:15PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Initial Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 6 Nov 2024, 3:15PM  
**Created:** 6 Nov 2024, 4:38PM  
**Last updated:** 6 Nov 2024, 4:44PM

Initial Consultation - Remedial Massage Appointment

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

What's going on now - clients body sore. Last massage therapist poked too hard with hips and it hurt (ASIS area) and he had trouble walking the day afterwards. Bad cramping legs at night

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

Verbal consent obtained.  
ROM - yes checked, some limits  
Anything noteworthy - damaged skin (rough), taller build  
Anything specific to massage (E.g. no foot massage) - firm gentle, not too hard  
  
Client had any previous treatment elsewhere? Yes. Monthly.  
  
Any Red Flags - herniating disc 6 months pain, lying in his stomach relieves it. Very active client.

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

Injury

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

Herniation. Arthritis.  
Cramping. Magnesium on legs.

**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 - Upper Body  
Topical Treatment - Fisiocrem  
Music - Ian Cam Smith

Aromatherapy Massage oil - Lav peppermint Spritzer - peppermint, Euc, Tea tree  Minimal work on stomach, most of remedial techniques on shoulders, back, hips and legs.	
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - quick prone stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Pecs; ITBs; Glutes; Psoas Release
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Never been worked on the front before, only on back
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Next time show pelvic rocking. Talked about how massage can help.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

There are no patient forms for Ben Piercy.