

Carlyn Bonetti

DOB 23 Mar 1985

Appointments

Date	Time	Type	Practitioner
24 Jan 2025	4:20PM – 5:20PM	Gift Certificate - Book your Massage	Christine Jervis
27 Jan 2024	3:00PM – 4:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Jan 2025, 4:20PM

Created: 24 Jan 2025, 5:24PM

Last updated: 24 Jan 2025, 5:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -feeling sore esp neck Tight and body sore all over from resuming exercise after a 1 month break

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked, bit restricted
Anything noteworthy -no
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
Music - Yanni Middle music
Aromatherapy Massage oil - Lavender Peppermint
Spritzer - Euc Tea Tree

Remedial techniques - Shoulders, neck and hips

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; ITBs
Body Chart	
Feedback after treatment -	Felt really good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting regular treatment this year
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jarvis Appointment: 27 Jan 2024, 3:00PM Created: 27 Jan 2024, 4:15PM Last updated: 27 Jan 2024, 9:13PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now -feeling sore esp neck Tight
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked, bit restricted Anything noteworthy -no 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 Music - Yanni Middle music Aromatherapy Massage oil - Cream plus lavender

	Spritzer - no
	Remedial techniques -
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; ITBs
Body Chart	
Feedback after treatment -	Felt really good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting regular treatment and getting a sauna next time
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Carlyn Bonetti.



Personal Information			
Full Name <i>Carlyn Bonetti</i>		Occupation <i>Teacher</i>	
Postal Address <i>25 Diamond Street, Mount Sheridan Qld 4868</i>			
Home Phone	Work Phone	Mobile <i>0421476630</i>	
Email Address <i>carlynbuchan@hotmail.com</i>			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)			
<input checked="" type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input type="radio"/> Email
		<input type="radio"/> Facebook Message	
Emergency Contact Details: Name and Number <i>Steve Bonetti</i>		Relationship to you (e.g. Partner). <i>Partner</i>	
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		Please circle if you use any of the following: <input checked="" type="radio"/> Facebook / <input type="radio"/> Twitter / <input type="radio"/> Instagram / <input type="radio"/> Pinterest / <input type="radio"/> Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
Client Signature <i>[Signature]</i>		Date <i>4/04/17</i>	

☐ Office - Please tick after updated information is electronically entered



FOCUS ON MASSAGE

Client Record

PB Box 515

Westcourt. 4870

Full Name Carlyn Bonetti Date of Birth 23/03/85

Postal Address 7 Lenora Close, Woree

Home Phone 40541010 Work _____ Mobile 0421476630

Email Address _____ Health Fund _____

Emergency Contact Details - Name and Number Steve Bonetti

Current Doctor Wendy Wall Referred By _____

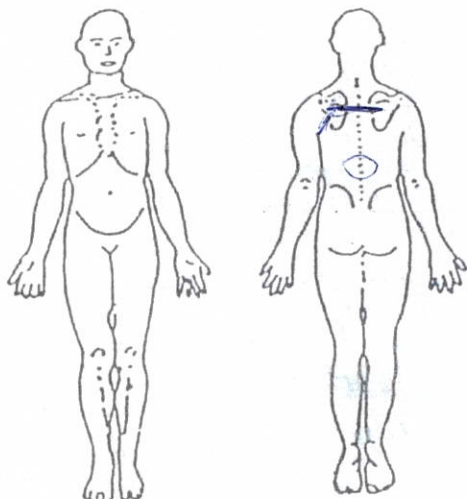
Occupation and how long Teacher, 1 Year

Physical Activities/Hobbies/Exercise _____

Past Medical History (operations/illnesses/accidents/injuries) _____

Medications - Prescribed or Natural: _____

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



Amount of Pain (1-10): _____

Type (sharp, dull, aching etc) _____

When is the pain worst? _____

What relieves the pain? _____

Some conditions require your massage treatment to be modified. Please tick all conditions below that apply to you NOW. Write the letter P next to any past conditions.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruising
- ☐ Chronic Pain
- ☐ Cold / Flu
- ☐ Diabetes
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache
- ☐ Numbness / Tingling
- ☐ Pregnant or Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☐ Sprained/strained muscles
- ☐ Varicose Veins

Details regarding above selections: _____

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:

Face Head Chest Stomach Back Buttocks Arms Legs Feet

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

CLIENT AUTHORISATION

I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

Signature: Carlyn

Date: 4/04/08



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 for the purpose of improving your well being?

☒ **Yes** ☐ **No**

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

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.

(especially if you have heart/kidney/immune/health problems or are 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 in the treatment.

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 or using stairs.

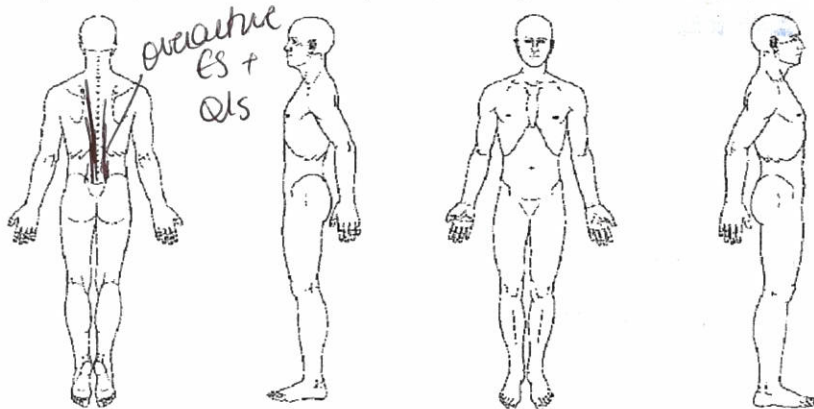
Keep well hydrated with water especially in the 24-48 hours after treatment.

Please tick the boxes below to confirm you have read and agree with each statement:

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

Your Name: Carlyn Bonetti Signature:  Date: 04/04/08

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTALS = 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/Inversion/Inversion

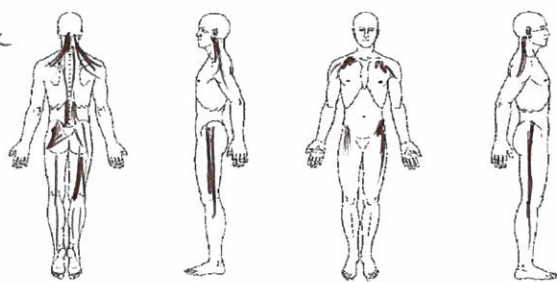


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Sees Margaret for chiropractic when neck "out".

TREATMENT NO. 1 S = Client been feeling cong in mid back region

DATE: 04.04.08
 TIME: 5pm Fri 1hr
 PAID: \$60 + \$10 INITIAL
 REC.No: Referral
 AIR TEMP: 23°C ERMBOS
 MUSIC: Norah Jones I
 FACE CREST: Pepp
 OIL BLEND: Relax
 7/41 Rosewood
 Info 07 given
 NEXT APPT:

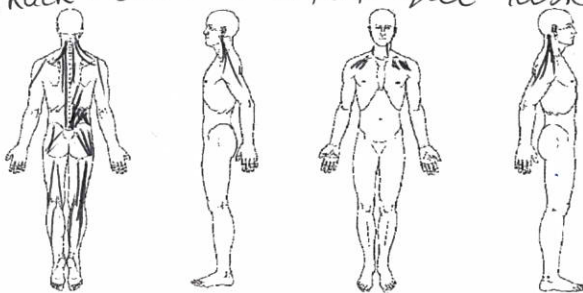


O/A: Hams tight (R) - Pt + g med Cong
 traps up short + cong + bulky
 pectorals tight. Pectorals tight
 QLs tight. Ape tight + tender
 ES tight + v. cong esp Tx + v. varied
 Rhomboscong + tight + v. varied
 T1/T2 - stom Heat TP rhomb/g med/ha
 2 trap/AC Tx. Tx same + ITBs/ES/4
 winged traps bed ok. Arms (C) ms.
 S + R. v. legs (C). Client quiet thro
 it shoulders - tender. Client felt
 'quat' after. Medium pressure - 10 min

P = Reconn client per stretch daily 3 breaths. Discussed role of
 Ms in posture + body maintenance

TREATMENT NO. 2 S = Client been feeling tight in (R) T12 rib region - shortness of
 breath Neck C been feeling tight. can't remember how
 Tx Rack - 3min 5 she felt after last ms - but s.H's she is now sore.

DATE: 23.05.08
 TIME: 1hr 20pm Fri
 PAID: \$60 CASH
 REC.No: 1479
 AIR TEMP: 23°C
 MUSIC: Ian Sam Smith
 FACE CREST: dau
 OIL BLEND: Pain
 BPL/gang/dau
 NEXT APPT:

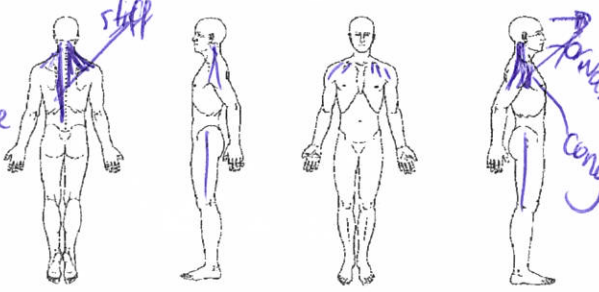


O/A: Deltoids tight esp R. traps up esp
 Riats v. short. LES larger
 QLs tight esp R.
 Hams tight esp R.
 Rhomb region cong + tight
 T1/T2 - stom Heat TP rhomb/g med/ha
 ITB trap. winged traps bed ok
 ms + S + R. v. legs (C) - ankle
 ms. client quiet throughout - body
 responded well. Sore cong after +
 1st ROM L + R still v. imbalanced

P = Reconn per stretch + lat stretch + watch posture. See
 Chris Hemm Chiro for check of spine/hips/ribs

TREATMENT NO. 3 S = Client been feeling tight in shoulder/neck region

DATE: 05.09.08
 TIME: 1hr 5pm Fri
 PAID: 1580 CASH
 REC.No: 239C
 AIR TEMP: 23°C
 MUSIC: Vanni-Minot
 FACE CREST: Pepp
 OIL BLEND: Relax
 Pepp orange
 NEXT APPT:



O/A: traps up R short + tight.
 QLs short. 2 traps short + tight
 ES tight + cong esp L - both bind
 Hams/lares tight v. adhered/stp
 Rhomb region cong + tight + varied
 T1/T2 - stom Heat TP rhomb/g med/ha
 QLs/L trap. Tx same + ES/4
 trap/AC Tx. winged traps bed ok
 ms + S + R. v. legs (C) - ankle
 ms. client quiet throughout - body
 improved ROM 7 Ms - esp neck
 Test "heaps better"

P = Reconn client stretch over towel to help Tx region
 see in 4 weeks for Ms on school holidays

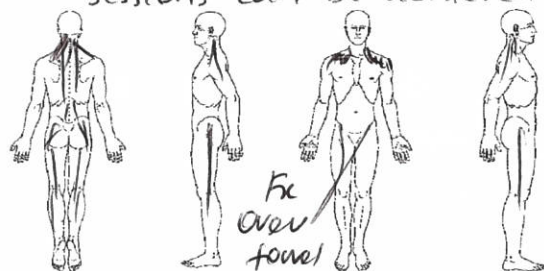
P x NL
 6/12/08
 21.12.08
 BPA

Some Detox organic body wash.

TREATMENT NO. 4

DATE: 16/04/09
TIME: Tues 1hr.
PAID: \$600 CBPS
REC.No: 330
AIR TEMP: 23°C
MUSIC: Miyagi I
FACE CREST: Pepp
OIL BLEND: Rain
Euc/May/Tea Tree
NEXT APPT:

S = Client been feeling tightness in neck + crnch?
+ limited ROM. Saw chiro @ In form who x-rayed +
identified scoliosis + relam 2 weekly Tr until maintenance
sessions can be achieved

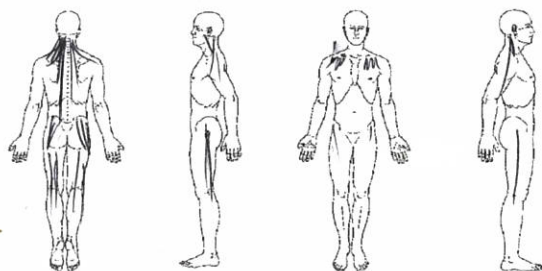


O/A:
Trap up short + tight
L traps tight + short
L med tight. SCms esp L tight
ES tight + V. cong + L Adluxa
Rhomb region cong + vasod
Fb(-stom) Heat TP rhomb/gmed/L
scaps/traps/sinus + Fx same +
G/als/occupit. winged ok. Arms
PS + MS. Quiet throughout
Tse ROM 7 MS + felt big improvement
2 MS. V. knotted esp to shoulder

TREATMENT NO. 5

DATE: 22/05/09
TIME: Fri 15pm
PAID: 1hr \$60
REC.No: 330 CBPS
AIR TEMP: 23°C
MUSIC: African I
FACE CREST: Pau
OIL BLEND: Relax
41/11/09
NEXT APPT:

S = Client been feeling tight in neck shoulders - trapezoid
been V. busy @ work & missed MS - dim? for one (a 3-4
felt improvement - last MS trap up tight + cong

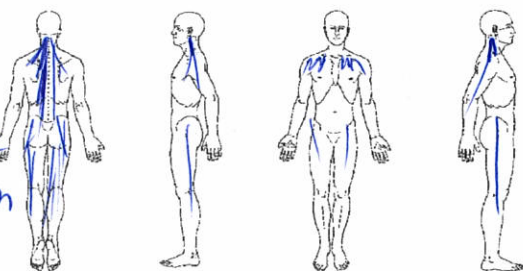


O/A:
Deltoids cong tight + cong
L traps tight. Pels short.
ES tight + V. cong. TBs tender
Rhomb region cong + tight
Fb(-stom) Heat TP rhomb/gmed/L
scaps/traps. Fx same + occupit/scap
TM/alc. winged scaps bed ok.
Arms PS + MS. JLegs P. Quiet
throughout - body responded

TREATMENT NO. 6

DATE: 19/09/06
TIME: 5:15 PM
PAID: \$60 1hr 5
REC.No: 333 CBPS
AIR TEMP: 23°C
MUSIC: Kenya + Saxo
FACE CREST: Pau Phone
OIL BLEND: Rain
Pepp/Bamel/Rerm
NEXT APPT:

S = Client been feeling tight + cong in shoulders/
neck - noted this after last MS after few days

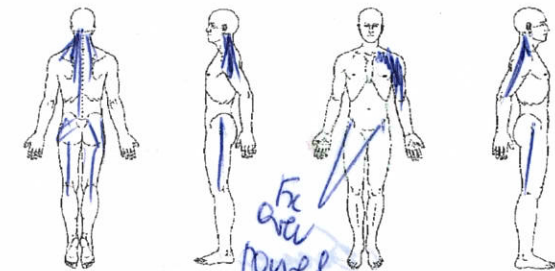


O/A:
Trap tight + cong
Temp tender. Pels tight
L traps tight. L scaps tight
ES tight + V. cong
Rhomb region cong + tight
Fb(-stom) Heat TP rhomb/gmed/L
scaps/traps/sinus/L scap
Fx same + occupit/als
winged scaps bed ok
Arms PS + MS + JLegs P. Quiet
throughout - Tse ROM neck

TREATMENT NO. 7

DATE: 27/08/09
TIME: 5:20 1hr
PAID: \$60 CBPS
REC.No: 395
AIR TEMP: 23°C
MUSIC: Indian Mix I
FACE CREST: Pepp
OIL BLEND: Pepp/ave
NEXT APPT:

S = Client been feeling cong in upper 'a' - niggling
not painful. No others - stopped consciously checking
Revised ROM + in TR



O/A:
R Sams tight.
Trap tight + short esp L
Deltoids tight. ES tight
L traps tight. ES tight
Rhomb region cong + tight
Fb(-stom) Heat TP rhomb/gmed/L
scaps/traps/sinus/L scap
Fx same + occupit/als
winged scaps bed ok
Arms PS + MS + JLegs P. Quiet
throughout - Tse ROM neck

Hi face/feet
Pepp cream - feet
Sleeps
foetal position
N/L 10/09

P = Discussed get's MS with niggles occur's not pain
Discussed sleep + how position affects

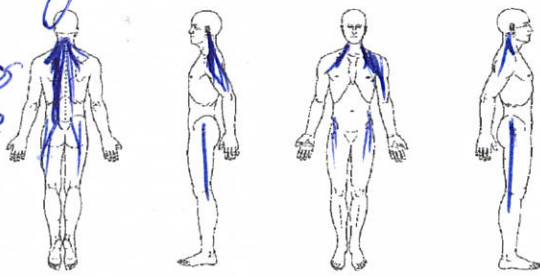
12MAS 09 BDAY 2011 + MOLT 2/11

12MAS 2011 + BDAY 2011 + MOLT Sept 11

TREATMENT NO. 12

S = client been feeling tightness in her body top shoulders/lats/lbs @ shovelling for new veggie garden. Dad died this year from cancer so some time away from school

DATE: 21 04 11
TIME: THURS 230
PAID: \$65 1hr
REC.No: 1271 CFBBS
AIR TEMP: 25°C
MUSIC: Yanni - if there
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
Tea Tree/Gen
HT Feet + Face
EXTRA



Peis tight. tender ALG + tde
Es tight - both + OLS/lats
Rhombos cong + varied. v. high
FB(- stom) Heat TP rhomb/ls
traps traps winged on
Anns P St + S MS + St + vl
Jlms P Quiet throughha
Relaxed - MS
ROM rise after ms

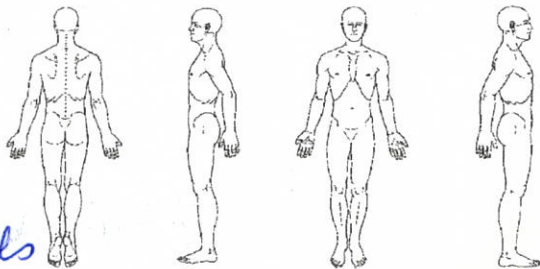
NEXT APPT:

P = Person stretch out + discussed how MS helps

TREATMENT NO. 13

S = client been feeling tightness in upper '2 - getting h'aches lately. Feeling neck + tie up tight

DATE: 12/12/11
TIME: Mon 9am
PAID: 1hr \$70
REC.No: 1349
AIR TEMP: 25°C
MUSIC: 12/12/11
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
No drink
HT Feet + Arms/ hands
EXTRA



O/A: traps up v. tight
ms tense
Deltoids tight. Peis tight
Es tight varied
Rhomb region cong
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
P same + ES/LS
Fast slow - MS

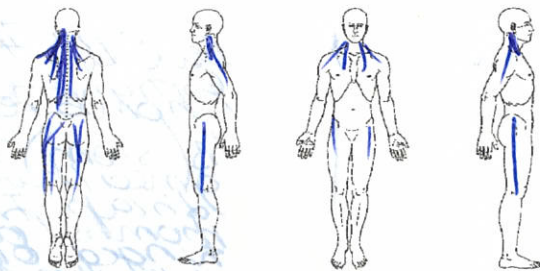
NEXT APPT: 2x 1hr
2x back
CST @ Face

P = Feels it's time to go to Chris for adjstmt -
Person go these hols

TREATMENT NO. 14

S = client been feeling some tightness in her back - conference in T'ville for 2 day + drive all the way

DATE: 04.04.12
TIME: Weds 9am
PAID: 1hr \$75
REC.No: 1832
AIR TEMP: 25°C
MUSIC: Don Mc's
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax 1/1
Mand/Tang
HT Feet + 8
EXTRA Face



O/A: OLS tight esp L
Hams tight. Peis tight
varied upper
traps 1st tight - varied
Rhombos tight
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
Lunged on Anns
St + S MS + St + vl
Quiet throughout
Relaxed - MS + Feet good

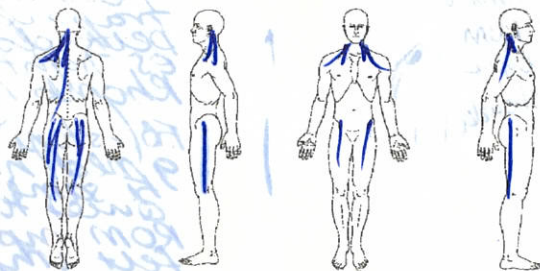
NEXT APPT:

P = Design keep moving for lx area to free

TREATMENT NO. 15

S = Client been feeling tightness in her neck + shoulders. Feels neck comp

DATE: 04 05 12
TIME: 10 30 THURS
PAID: \$75 1hr C
REC.No: 2118
AIR TEMP: 25°C
MUSIC: Empa I
FACE CREST: Lau
SUPINE SCENT: Lem
OIL BLEND: Relax
HT 2x 1hr 2x back
EXTRA Feet + ALH



O/A: Dels up tight
Deltoids tight
Es tight OLS tight
Rhomb region cong
FB(- stom) Heat TP rhomb/ls
g med/ham/lbs traps/ls
Lunged on Anns
St + S MS + St + vl
Quiet throughout
Relaxed - MS + Feet good

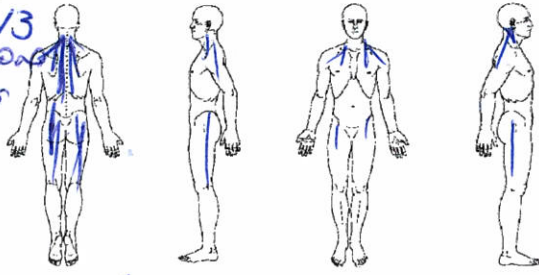
NEXT APPT:

P = Person see @ Christmas if possible

TREATMENT NO. _____

S = Client been away to Sydney sleeping in strange beds - so from that

DATE: 16/01/13
 TIME: 17:01
 PAID: \$75/hr
 REC.No: 136
 AIR TEMP: 23.6
 MUSIC: Relax
 FACE CREST: 2cm
 SUPINE SCENT: 2cm
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x 1m
 2 x back



O/A:

Deltoids tight
 ES tight. Pecs tight
 Rhomb region comp

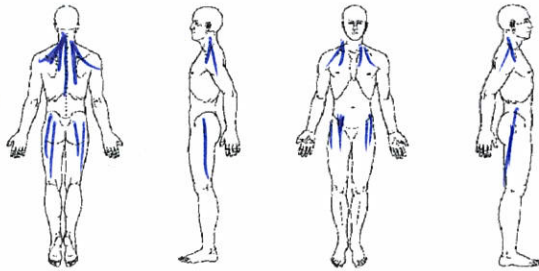
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP same
 Fx rhomb/9 med ham/traps
☐ Talked ☒ Quiet Breathing
 ROM Felt better > Ms
 FBAC

P = Chiro yesterday. Discussed looking after mt

TREATMENT NO. 17

S = Client been feeling tightness in her body in shoulders/trunk. Been exercising + doing pilates feeling good

DATE: 13/01/13
 TIME: 2:15 mon
 PAID: \$85
 REC.No: 136
 MP: 25
 23 Heat bag
 FACE CREST: 2cm
 SUPINE SCENT: 2cm
 OIL BLEND: Relax 1/1
 Mand/Trape
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x 1m
 2 x back



O/A:

Pecs tight Trap up right
 Deltoids tight
 ES tight. Pecs tight scapula
 Rhomb region comp

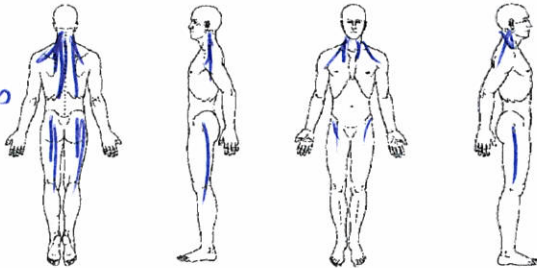
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/5 med ham/traps
 Fx 2x scap/traps/2 traps
☐ Talked ☒ Quiet Breathing
 ROM Used > Ms
 FBAC Felt better > Ms

P = Client been feeling better > Ms. Recommended her handover. Bought a wheat bag

TREATMENT NO. 18

S = Client been feeling good after done exercise + pilates lately this year. Dad died of cancer so wants to be healthy

DATE: 30/09/14
 TIME: 1:30 PM
 PAID: \$88/hr
 REC.No: 136
 AIR TEMP: 25
 MUSIC: 3600 off
 FACE CREST: 2cm
 SUPINE SCENT: 2cm
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x 1m
 2 x back



O/A:

Deltoids tight
 ES tight Trap up tight
 Rhomb region comp

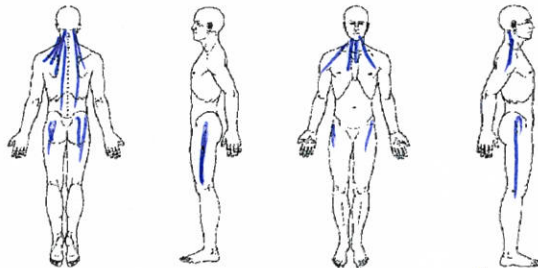
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/9 med
 Fx 2x traps
☐ Talked ☒ Quiet Breathing
 ROM 2x traps/2 traps
 FBAC

P = Discussed Thermomix, heavily eating / ex effects on body

TREATMENT NO. 19

S = Client been feeling tightness in her body in her shoulders / upper 1/2

DATE: 29/03/16
 TIME: \$88
 PAID: 1hr
 REC.No: 136
 AIR TEMP: 25
 MUSIC: 15-30
 FACE CREST: 2cm
 SUPINE SCENT: 2cm
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x 1m
 2 x back



O/A:

Traps up tight
 Deltoids tight Pecs tight
 ES tight
 Rhomb region comp

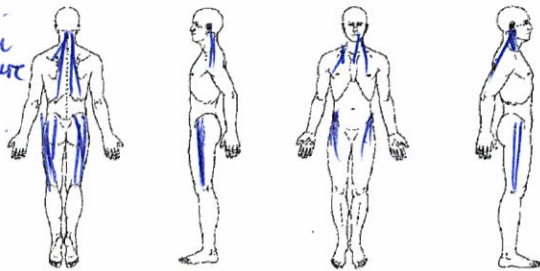
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/9 med ham/traps
 Fx 2x traps
☐ Talked ☒ Quiet Breathing
 ROM 2x traps/2 traps
 FBAC

P = Enjoyed Tummy Ms - explains how it helps

TREATMENT NO. 20

S = Client been feeling tightness in her
sinus above eyes lately shins/ankles
tender from 9 hours Mt

DATE: 13 07 16
TIME: 5:30
PAID: 1hr
REC.No: Nix Yanni
AIR TEMP: 25
MUSIC: Mandragora
FACE CREST: low
SUPINE SCENT: lem
OIL BLEND: Mandragora
HT: tail x feet
CST: face
HST: slu
2. back
EXTRA
NEXT APPT:



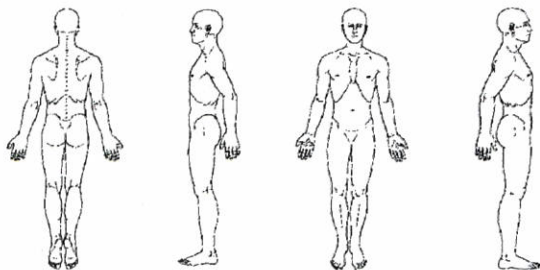
O/A: sinus tender Back
deltoideus tight Free
trapezius tight trunk
rhomboid tight
overlaid A/C
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP rhomboid/med/ham/ham
Fx ocul/ham/scap breathing
☒ Talked ☒ Quiet
ROM head MS
FBACK get better MS

P = Deep my client stretch out with body to help soreness
and discussed talking to the Dr. regarding her
sinus

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: _____

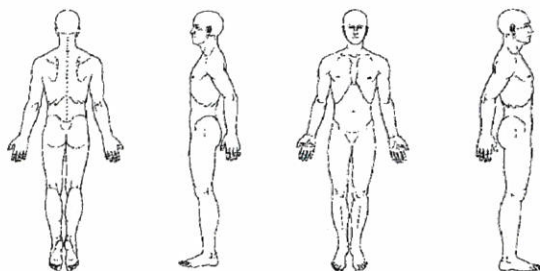
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P = _____

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: _____

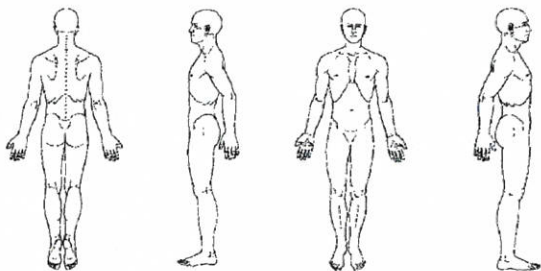
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P = _____

TREATMENT NO. _____

S = _____

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



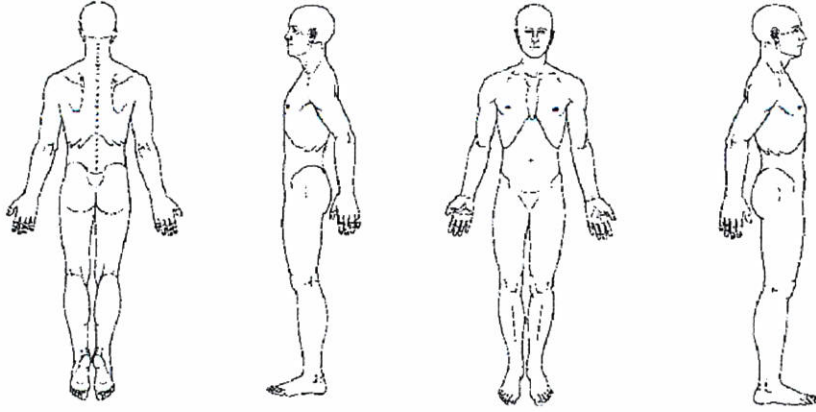
O/A: _____

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

P = _____

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

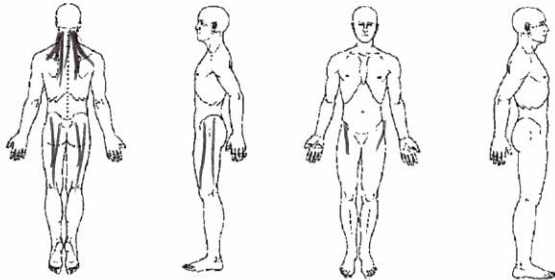
Carlyn



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

TREATMENT NO. 21 S = Client been feeling tightness in her body in her shoulders but feeling better than previously

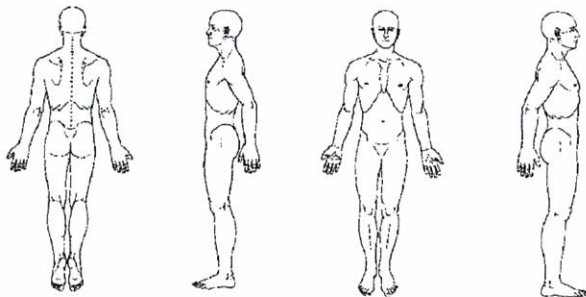
DATE: 4.4.17
TIME:
PAID: \$88
REC.No:
AIR TEMP: 1hr.
MUSIC:
FACE CREST: 2av
SUPINE SCENT: Lem
OIL BLEND: Pelon
HT: feet / Fall
CST: (A) Fall
HST: Feet
2x lu + 2x back
EXTRA
NEXT APPT:



O/A:
Pels phot. Mrs tense.
Dextors tight + short
FS tight + short
Rhomb region cong + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP rhomb / 5 med / ham / traps
Fx occ / ham / traps / traps
☐ Talked ☐ Quiet ☐ Breathing
ROM Tied 2 ms
FBACK Pelon stretch shoulders
P = Pelon client keep up exercise to help body

TREATMENT NO. S =

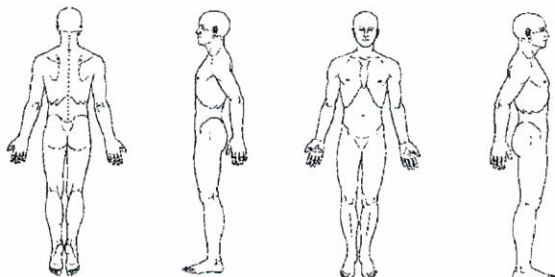
DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT
CST
HST
EXTRA
NEXT APPT:



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

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

CARLYN BONETTI

TREATMENT NO. 22

S= client's body feeling some tenderness with exercise but loves her new routine of ex

TREATMENT NO. _____

Office: ☐ Scanned & filed

DATE: 5.9.17

TIME: 4pm MON

AIR TEMP: 25°C

MUSIC: Don McGr

FACE CREST: Jan

SUPINE SCENT: Lem

OIL BLEND: Retan

Hot Towel: Feet / Face

Cold Stones: A Fall

Hot Stones: 2 x back



O/A: _____

Pericardio tight. Perio taut
SS tight. Ham/calves tender
Rhomb region very

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine ☐ MS LEGS
TP ham/calves/traps/rhombos
Fx achilles/ES/HFS
☐ Talked ☐ Quiet Breathing
ROM Good esp @ hips
FBACK Feet looser

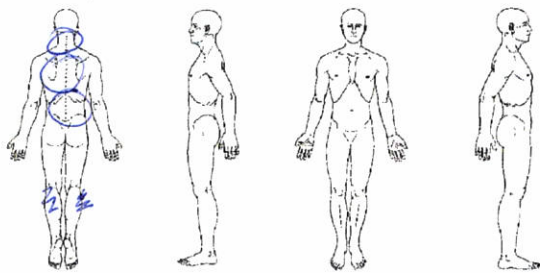
P= Rejoin client stretch out lower half to help tension

TREATMENT NO. 2

DATE: 6/14/18.
 TIME: 2-15
 PAID: \$88 1hr
 REC.No:
 AIR TEMP: 23
 MUSIC: A11
 FACE CREST:
 SUPINE SCENT: lemon
 OIL BLEND: M/T
 HT: x2
 CST
 HST: x4.
 EXTRA
 NEXT APPT:

S = Skiing so sore L.B, mid & v-back & arms.

cardyn B



O/A: calves ↑.

② QL ↑.

v-back ↑.

☒ Full Body ☐ STOMACH
 ARMS: ☒ Prone ☒ Supine LEGS ☒
 TP forearms + v traps.
 Fx err spin.
☐ Talked ☒ Quiet Breathing
 ROM
 FBACK

P = Firm → hard cupping ② QL, err spin & v-back



ABN 21 435 291 414

A Gift of Massage



No. 14794

To: Carlyn

From: Jennie & Vic

To the Value of: One hour Massage Date of Issue: 20.03.08
(Initial Consult)

PHONE: 0439 775 003 CLINIC: 51 Lyndel Drive Woree 4868 POST: PO Box 106 Westcourt 4870

EMAIL: cjervis@focusonmassage.com.au WEB: www.focusonmassage.com.au