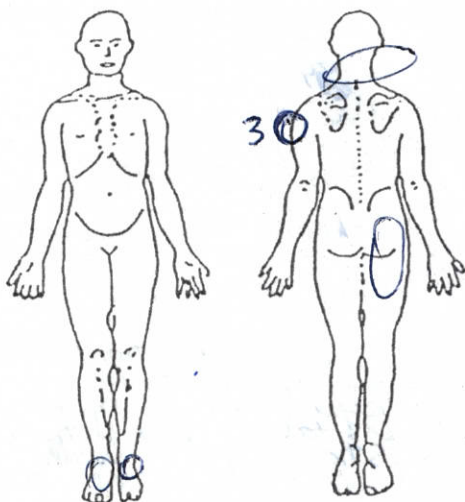


Personal Information			
Full Name <i>Cecily Buswell</i>		Occupation <i>teacher</i>	
Postal Address <i>4 Boonaree Cl Mt Sheridan</i>			
Home Phone <del>40361001</del>	Work Phone <i>40549111</i>	Mobile <i>0408783060</i>	
Email Address <i>busfam1@bigpond.com</i>			
Please circle what is the fastest / best 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>Bill Buswell</i>		Relationship to you (e.g. Partner). <i>husband</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 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) <i>NO</i>			
Client Signature <i>CBuswell</i>		Date <i>20/04/17</i>	

☐ Office - Please tick after updated information is electronically entered

Full Name Cecily Bussell Date of Birth 09/01/1954  
 Postal Address 4 Boonaree Ct Mt Sheridan  
 Home Phone 40361001 Work 40549111 Mobile 0408783060  
 Email Address ~~bussfam@austarnet.com.au~~ Health Fund MSF  
 Emergency Contact Details - Name and Number Bill Bussell (as above)  
 Current Doctor Dr Sarah Smith Referred By Jenny + Kin  
 Occupation and how long Teacher - forever  
 Physical Activities/Hobbies/Exercise gym  
 Past Medical History (operations/illnesses/accidents/injuries) tight (R) hamstring  
L shoulder pain + neck + (L) foot  
 Medications - Prescribed or Natural: lipitor 20mg - gopen 4mg

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 P
- ☒ 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

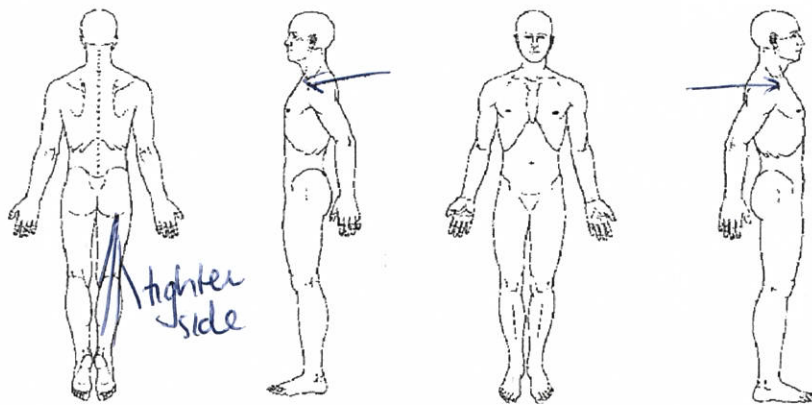
- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to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

Signature: C Bussell

Date: 01/07/2008



**TOTAPS = TALK** (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordinat  
**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



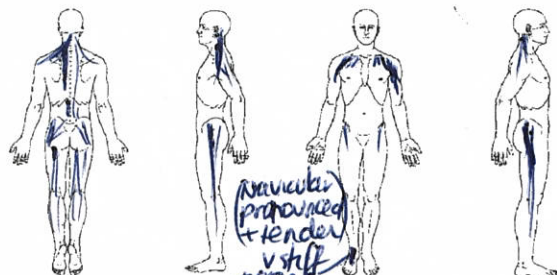
**OBSERVATION/PALPATION/ASSESSMENT** Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Used to see Sandy Fancourt (regularly). Hasn't been able to find anyone as good  
 Likes osteo as opposed to chiro. Sees physio regularly

V-Dry skin. Deep tissue / Rom preferred

**TREATMENT NO. 1** S = Client been feeling tight in (R) hamstring + (L) shoulder v. cong + sore.

DATE: 01.07.08  
 TIME: 2:30pm Tues  
 PAID: \$70 INITIAL  
 REC.No: 1519 CASH  
 AIR TEMP: 23°C  
 MUSIC: Ian Cam Smith  
 FACE CREST: Pav.  
 OIL BLEND: Sports  
 Room / Wint / Line  
 Info 07 + bus card given

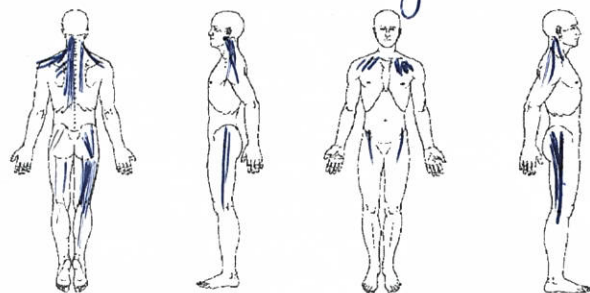


O/A: Sits tight. Up traps cong.  
 Traps v. tight esp R. Rhomb/latiss v.  
 Pecs short + tight. Dls tight v.  
 ES tight esp tx. Diaphragm tight  
 pectorals esp L cong - hump b/v. ten  
 Rhombs cong esp L + varied + cong  
 FB(-stom) Heat. TP rhomb/gmed/tra  
 Traps/latiss/hiap - Dead.  
 mixed traps bed ok. Arms (p3ms +  
 S-RV. Jugs (p3). Client quiet forms.  
 Body responded well + tense  
 after 15 min rest. Sleepy dur  
 sitting. Looked brighter

P = Re rom per stretch daily to help with posture  
 Re rom see also Logan J for orthobionomy. Re rom massage  
 for restricted ankle. in 3-4 weeks

**TREATMENT NO. 2** S = client been feeling tight in (L) shoulder + neck region + hams been tight too.

DATE: 18.08.08  
 TIME: Mon 3:30 hrs  
 PAID: \$60 CASH  
 REC.No: 1576  
 AIR TEMP: 23°C  
 MUSIC: Enya  
 FACE CREST: Pepe  
 OIL BLEND: Sports  
 gel / oil / Basil

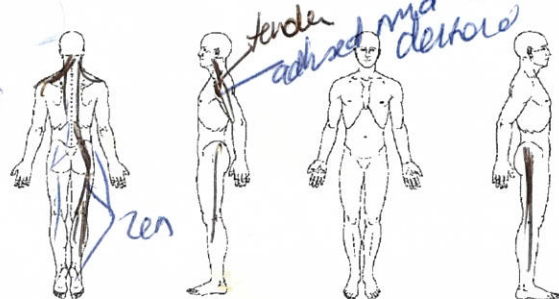


O/A: Pecs short + tight  
 Deltoids L tight + short  
 Traps up short + tight + bulky  
 Dls tall. Traps R tight  
 ES tight esp tx. Quads tight  
 Rhomb region cong + tight  
 FB(-stom) Heat. TP rhomb/gmed/lat  
 Diaphragm - Be same ES/hiap  
 mixed traps bed ok. Arms (p3ms +  
 Client quiet throughout.  
 Body con 7 ms

P = Did per stretching again with client - daily when warm

**TREATMENT NO. 3** S = client been feeling tight in shoulders - feel up to her ears, R started drifts in addition to (L). Plans R so

DATE: 11.12.08  
 TIME: Thurs 3:30  
 PAID: 1hr \$60  
 REC.No: 1593  
 AIR TEMP: 23°C  
 MUSIC: Kenny Rogers  
 FACE CREST: Pepe  
 OIL BLEND: Rain  
 Tea Tree / may



O/A: Hamsegs feeling tight  
 Pecs short esp L. Traps R tight  
 Deltoids adhered + v. tight R  
 ES tight + short + traps tight  
 Rhomb region cong + tight  
 FB(-stom). Heat. TP rhomb/gmed/lat  
 Diaphragm/hiap/ham/mb  
 Traps/latiss/hiap - Dead.  
 mixed traps bed ok. Arms (p3ms +  
 Client quiet throughout.  
 Body con 7 ms

P = Re rom client deltoid + per stretch to help shoulders  
 See physio if reclus - Discussed seeing + prevent further probs

02.12.08  
 21:00

B'DAY CARD  
 7/10/09  
 GARY

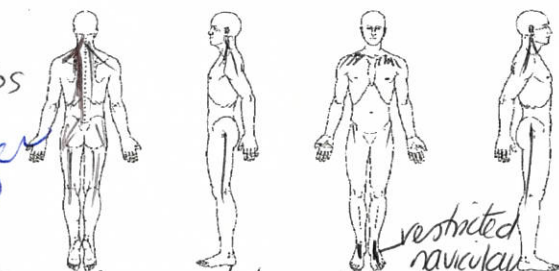
# TREATMENT NO. 4

DATE: 29.01.09  
TIME: Thurs 330  
PAID: 1hr \$60  
REC.No: 0030 EFBS  
AIR TEMP: 23°C  
MUSIC: Indian  
FACE CREST: Pau.  
OIL BLEND: Pain Free  
Pepp Basil / TB

NEXT APPT:

UV for Daughter  
w/ Bag for daughter  
BDAY

S = client been feeling tight + cong in ① shoulder  
① foot been stiff, RO start stiffness too. Off pain Meds  
+ arthritis mrx = v sore + stiff. No gym



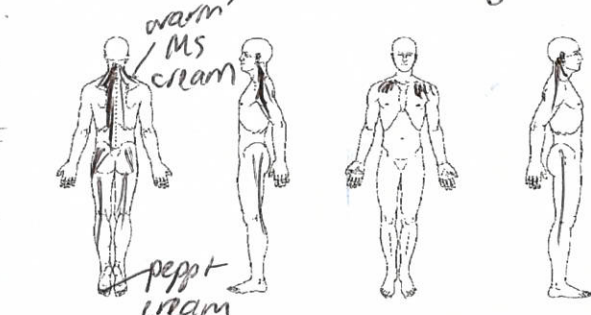
O/A: Pecs short + tight. ITBs tight.  
Traps up, short + tight. Hamstrings  
Calves taut. Ws short.  
Hams tight. 2 traps tight + short.  
Rhomb region cong + tight - v. varied.  
FB (-stom) Heat TP rhomb / g med /  
ham / ITB / traps / sinus. Tr same +  
ES / Qs / LT / L scap / ALc. winged  
scap bed ok. Arms ① 5 + ② 5 + ③ 5 +  
Jugs ① client quiet throughout  
body responded well - v. sleep -  
v. good DT / RM work - 1 se ROM

# TREATMENT NO. 5

DATE: 17.04.09  
TIME: \$60 1hr  
PAID: FR 11pm  
P: 113 EFBS  
MUSIC: Ndrh Jones  
FACE CREST: Pau.  
OIL BLEND: Relax  
Yu / Grape / Lime

NEXT APPT:

S = client been feeling tight in usual areas - look forward to Ms today - unstable hips, been diagnosed



O/A: Pecs tight + tender.  
2 traps tight + short.  
Qs tight esp L. ITBs tight.  
Traps up short esp L. v. varied.  
Rhomb region cong + tight esp.  
FB (-stom) Heat. TP rhomb / g med /  
ham / ITB / traps / sinus. Tr same +  
ES / Qs / LT / L scap / ALc. winged ok.  
Arms ① 5 + ② 5 + ③ 5 +  
Jugs ① client quiet throughout - body  
relaxed after. v. good TRS

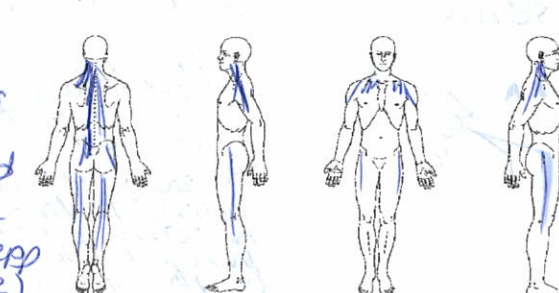
P = Remon client stretch out + use heat on shoulder

# TREATMENT NO. 6

DATE: 06.09  
TIME: \$60 1hr 5  
PAID: 4pm Thurs  
REC.No: 235 EFBS  
AIR TEMP: 23°C  
MUSIC: Aman  
FACE CREST: Pau - Ved  
OIL BLEND: Spk  
Yu / Grape / Lime  
Bone / Pepp (back)

NEXT APPT:

S = client been feeling tight in shoulders / neck - "up to ears" with tension



O/A: Pecs short + tight  
L scap tight  
Traps up tight + short  
Qs tight esp L. v. cong esp upper  
ES - esp L v. cong  
Rhomb region cong / tight /  
FB (-stom) Heat. TP rhomb / g med /  
ham / ITB / L scap / traps / LT /  
Tr same + ES / Qs / LT / L scap / ALc.  
winged ok. Arms ① 5 + ② 5 + ③ 5 +  
Jugs ① client quiet throughout - v. relaxed  
after - kept nodding off

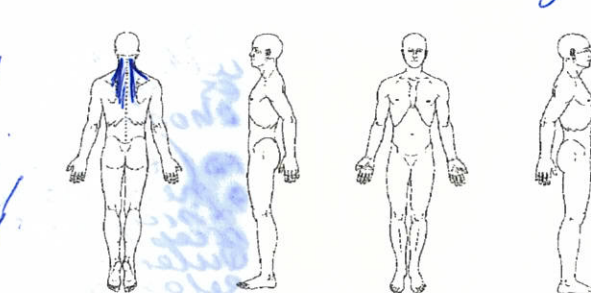
P = Discussed getting more reg Tr instead of just when she is in pain

# TREATMENT NO. 7

DATE: 08.03.09  
TIME: 230 Weds  
PAID: 1hr \$60  
REC.No: 289 CASH  
AIR TEMP: 23°C  
MUSIC: Yanni if there  
FACE CREST: Pepp  
OIL BLEND: Pepp  
Lemon / Tea Tree / May

NEXT APPT:

S = client been feeling tightness in neck - up around ears + some genital pain / some tightness

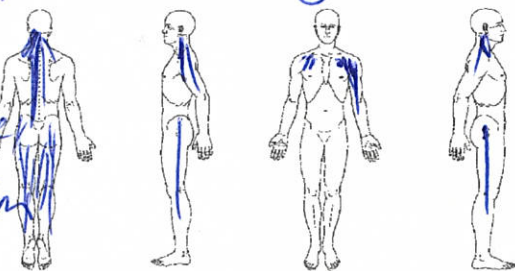


O/A: Tender ITBs  
Traps bulky + tight  
Deltoids tight. L scap tight  
Qs taut. Qs tight  
ES tight + short esp Tr  
Rhomb region + v. varied  
FB (-stom) Heat. TP rhomb / g med /  
ham / ITB / traps / sinus / L scap.  
Tr same + ES / Qs / LT / L scap / ALc.  
winged ok. Arms ① 5 + ② 5 + ③ 5 +  
Jugs ① client quiet throughout - v. relaxed  
+ feeling 1 se ROM

P = Remon client keep up reg MS + regular ex / m / ment to help with stress esp on cold times

TREATMENT NO. 8 <sup>Revised</sup> S= Client been feeling tightness in 'usual areas' whole body sore & v tired. School holidays now

DATE: 23/09/09  
TIME: 5:00 hr  
PAID: 23000 CASH  
REC.No: 483 weds  
AIR TEMP: 24°C  
MUSIC: Mixed Ms Music  
FACE CREST: Pepp 15-30  
OIL BLEND: Relax Rain  
Bane Pepp/Rosen

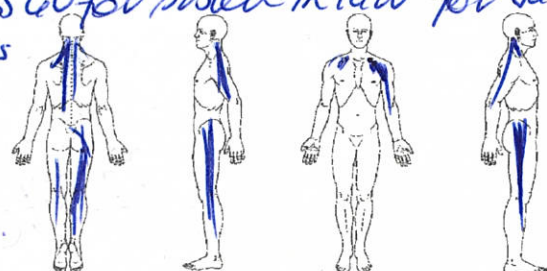


O/A: Sinusy @  
Mx tense: R upper cong too  
Dees short: ribs tender  
Traps up tight esp L. Cst right  
Deltoids tight esp L. R  
Rhomb region cong + v tense  
Fb (stom) Heat TP rhomb/lineal  
ham/IB traps/sinus/1 scap  
R same + ES/Os/deltoid  
Traps winged on. Relaxed M  
+ feeling improvement after  
ms "v tired" + sleep  
sleep throughout

NEXT APPT: feet  
HT - face / Arms /  
Pepp Cm - hands = Reom client use Tennis ball + discussed getting  
feet n/lotag same to mid-term or @ next holidays

TREATMENT NO. 9 S= Client been sinusy lately. Body feels

BOOM 2010  
DATE: 01/10/09  
TIME: 4pm - Ready  
PAID: \$65 Thv  
REC.No: 566 + 555  
AIR TEMP: 24°C CASH  
MUSIC: Enya  
FACE CREST: Orange  
OIL BLEND: Relax  
Pepp/Lav

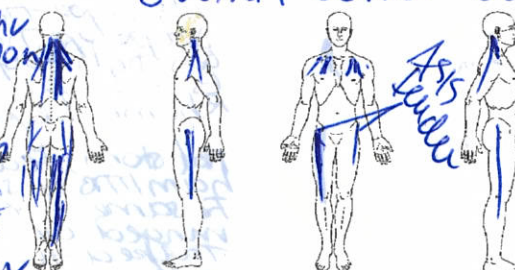


O/A: Lined tighter R + pm/hang  
Ribs short: Mx tense  
Deltoids tight  
Traps up L right  
ES right L esp. Traps  
Rhomb region cong L esp  
Fb (stom) Heat TP rhomb/lineal  
ham/IB traps/scap  
R same + ES/Os/deltoid  
winged on. Rms @ St + mazy  
+ v sleep ankles Relaxed  
7ms + ready for bed

NEXT APPT: HT - face/feet  
Pepp cream  
XMAS 09  
P= Reom heat in shower for sinuses. Drink tho  
Xmas lunch with mum @ home + b-fast family

TREATMENT NO. 10 S= Client been sore in shoulders v stressed  
this year. C room not Hc - v hot  
B/WASH some CO blend of Marine Nounsh

DATE: 16/02/10  
TIME: 230 hr  
PAID: \$65 Thv  
REC.No: 681  
AIR TEMP: 23°C  
MUSIC: Mbd Gts Israel  
FACE CREST: Lav demon  
OIL BLEND: Relax  
Mand/Rang  
NEXT APPT: 6d/14/11/Lav  
HT - Feet + face

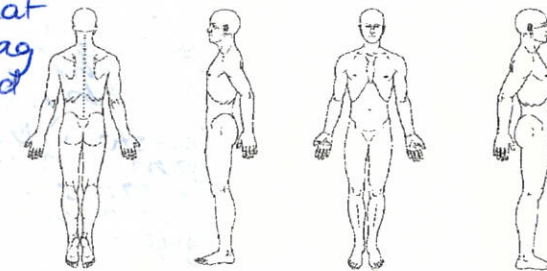


O/A: Sleepy @ R/IBs esp tight  
Rhombos esp R v cong  
C traps + y traps v tight  
Delt tight. Tender Hc esp  
Fb (stom) Heat TP rhomb/lineal  
ham/IBs traps/scap  
R same + ES/Os  
winged OK. Rms @ St +  
@ Rms + St + v sleep @  
F talk - v quiet throughout

NEXT APPT: 6d/14/11/Lav  
HT - Feet + face  
Reom take things slowly

TREATMENT NO. 11 S= Client been feeling tightness in her body  
esp R/Hs shoulder/neck. Been to physio  
x2 + asked

DATE: 18/05/10  
TIME: \$65 Thv wheat  
PAID: Tues 4pm Bag  
REC.No: 802 + 853 Red  
AIR TEMP: 23°C  
MUSIC: Ranni - Dare  
FACE CREST: Lav Dream  
OIL BLEND: Lemon  
Pain - Euclemmon



O/A: R t/b ant + medially cong  
Ribs v tight R/IBs tender  
Traps up tight + short L esp  
Deltoids tight L esp adhesion  
ES tight esp L + Tr region  
Rhomb region cong  
Fb (stom) Heat TP rhomb/lineal  
ham/IBs traps/scap  
R same + ES/Os  
winged OK. Rms @ St +  
@ Rms + St + v sleep @  
F talk - v quiet throughout - snore?  
Relaxed 7ms + v sleepy

NEXT APPT: Will Ring  
HT - face/feet  
P= Discussed how Ms helps body + how  
imp imbalance - not all probs can cause trouble

NL 05/10  
XMAS 10

TREATMENT NO. 12

DATE: 19.07.10  
TIME: 4pm 1hr  
PAID: \$65  
REC.No: 898 EFT65  
AIR TEMP: 23°C  
MUSIC: Carl Chang  
FACE CREST: dav  
SUPINE SCENT: lemongrass  
OIL BLEND: Relax  
Mint / Peppermint Rain  
HT Feet + Face  
EXTRA

NEXT APPT:

TREATMENT NO. 13

DATE: 07 09.10  
TIME: Tues 4pm  
PAID: 1hr \$65  
RECEIVED: 962  
23°C  
MOIST: Miyag. GASH  
FACE CREST: 100%  
SUPINE SCENT: Lemon  
OIL BLEND: 100%  
Pepp/Basil  
HT: Fleet + face  
EXTRA

NEXT APPT:

## TREATMENT NO. 14

DATE: 19 10.10  
TIME: Tues 4pm  
PAID: \$65  
REC.No: 1041  
AIR TEMP: 23°C 115  
MUSIC: Piano Music  
FACE CREST: Saw Tunes  
SUPINE SCENT: Lemon  
OIL BLEND: Retard 5 parts  
Wint Pepp  
Feet + Face  
EXTRA

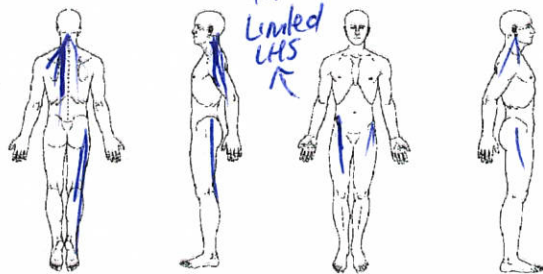
NEXT APPT:

TREATMENT NO. 15

DATE: 1512.10  
TIME: Weds 4pm  
PAID: \$65 1hr CASH  
REC.No: 1122 CASH  
AIR TEMP: 23°C  
MUSIC: Tunes 2 Paul  
FACE CREST: Saw new  
SUPINE SCENT: Yemon  
OIL BLEND: Belam  
Paul 1 Pepp  
Ht Feet 4.7m  
EXTRA

NEXT APPT:

S = Client been feeling tightness in her L shoulder + neck - V. sore/stiff

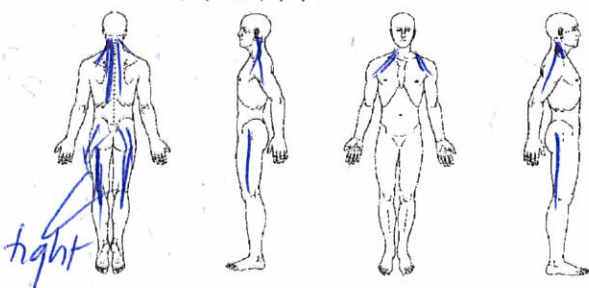


O/A:  
 Dis. tart. nbs + mscpr tr  
 detouring right lead tend  
 es right pass left  
 rhombs long mpt.

☐ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine    ☐ LEGS  
 TP rhomboid med / ham / tris / re  
 Fx occiput / scalp / my / lat / AT  
☒ Talked    ☐ Quiet    Deep Breathing  
 ROM Rhomb v. red + improved R  
 FBACK Improved + Relaxed 3

p = Client been feeling better after discussed  
how Ms can help her body / <sup>v. tired</sup> / <sup>discussed</sup> / <sup>nonide</sup>

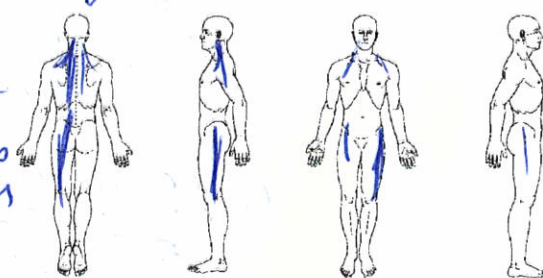
S = Aunt been feeling tightness in her shoulders  
a little. Improved since bad fall + cut head in another  
mumbled. over dog's bed. fall  
stayed



O/A (P) over dog's bed  
 Pers tight  
 traps up tight + shout  
 Es tight + shout  
 Rhomb region cong + tight

☒ Full Body    ☐ STOMACH  
 ARMS ☒ Prone <sup>5s</sup>    ☐ Supine <sup>Ms</sup>    LEGS  
 TP rhomboid / hamstrings  
 Fx occiput / scalp / TMJ  
☐ Talked    ☐ Quiet    Breathing  
 ROM rise after Ms + feeling both  
 FBAC flexion, rotation, lateral flexion

P= Room client continue current regime. Throwing  
doing gym class zumba per week but not everyday  
S= client b/c harms get too tight  
may judge balance when getting off bench



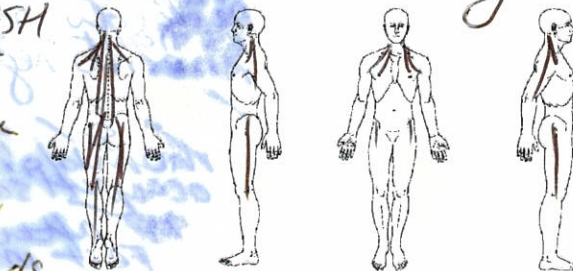
O/A:

Trans up right. Pess short  
Deloids right. Less conc  
Ex right cap. Ws right  
Rhomb region conc. Vex

☐ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine    LEGS *tender LHS*  
 TP *Thump (g) med L harm / TB*  
 Fx *TBs / AC / GTO / tender L* *beep*  
☐ Talked    ☐ Quiet    *- felt like being*    Breathing  
 ROM *lie after US - sec - report*  
 FBACK *V + fired after US + part retina*

$P =$  Discussed using heat @ mo to help tension Ms when  
maggles start.

S = Client been feeling tightness in hips/lx/neck  
+ even groin - car accident 6 weeks ago  
Osteo today helped w/ alignment  
hips up, right / short



Frame up right / short  
left side right  
to right  
Rhomb region long

☒ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine    LEGS  
 EX *Thompson / med / ham / hps*  
☐ Talked    ☐ Quiet    Breathing  
 ROM *Gender M / after osteo*  
 FBAC *still RM on shoulder / ne*

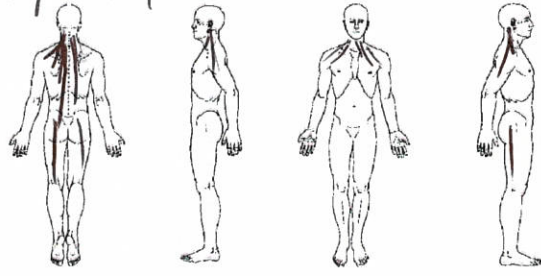
= Remove client H<sub>2</sub>O + look after self

BDAY 11 + MOUT 11

TREATMENT NO. 16

S = Client's shoulders v. sore - needing Ms.  
V. Busy start to year + cyclone stress

DATE: 22.02.11  
TIME: 4pm Mon  
PAID: 1hr \$65  
REC.No: 15.12.10 - Prepaid \$55  
AIR TEMP: 24°C  
MUSIC: Loud change  
FACE CREST: 1hr  
SUPINE SCENT: Lemon  
OIL BLEND: Peppermint  
HT: Feet + Face  
EXTRA:



O/A: Perv. tight V-DTRM on new  
Cts. tight. Traps up right  
CS both tight esp. T2  
Rhomboids cong & esp. right  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/g/med/ham/TMs  
Fx Ac/1st/2nd/3rd/TMs  
☐ Talked ☐ Quiet Breathing  
ROM Rise after Ms - self report  
FBACK Feet better + tired

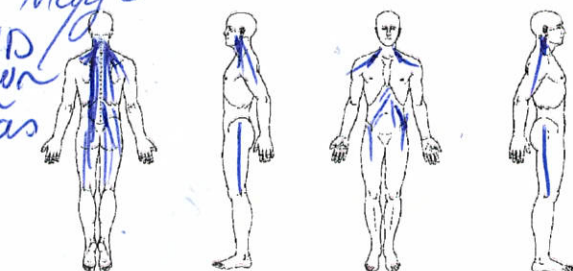
NEXT APPT:

P = Reconn see when need.

TREATMENT NO. 17

S = Client on hol's. Had bulk flu with cough -  
v. sick, never been so sick 13x anti-biotics  
Rknee + shoulders sore

DATE: 18.04.11  
TIME: 11am Mon  
PAID: \$65 1hr PAID  
REC.No: 15.12.10 - Prepaid own  
AIR TEMP: 24°C  
MUSIC: Yanni - There's a  
FACE CREST: 1hr  
SUPINE SCENT: Lem  
OIL BLEND: Red Tree  
HT: Feet + Face  
EXTRA:



O/A: Cts. tight  
Accep. tender  
Rhomb region cong  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/g/med/ham/TMs  
Fx occiput/scalp/TMs  
☐ Talked ☐ Quiet Breathing  
ROM Rise after Ms - self report  
FBACK Feet better bed smell

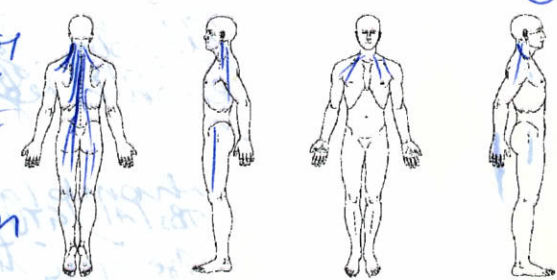
NEXT APPT:

P = Reconn enjoy hol's & see when need it.

TREATMENT NO. 18

S = Client been feeling v. sore in her neck

DATE: 14.06.11  
TIME: 3.50 PM  
PAID: \$65 1hr CASH  
REC.No: 1328 CASH  
AIR TEMP: 24°C  
MUSIC: Bach - Rite I  
FACE CREST: 1hr  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA:



O/A: Perv. tight. Traps up tight  
Deltoids tight  
CS tight + short  
Rhomb region cong + tight  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP occiput/scalp/TMs  
Fx rhomb/g/med/ham/TMs  
☐ Talked ☐ Quiet Breathing  
ROM Feet better 2Ms  
FBACK V. tired 2Ms. Double  
Mouy so relaxed

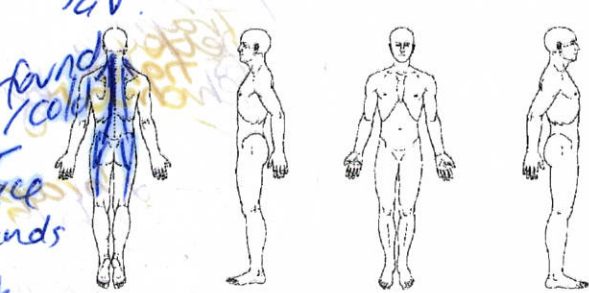
NEXT APPT:

P = Felt big diff - emailed 2 days later

TREATMENT NO. 19

S = Client been feeling tightness in her neck +  
hips pulling when she walks  
+ bought 1hr

DATE: 30.08.11  
TIME: 3.50 PM  
PAID: 1hr CASH  
REC.No: 146 CASH  
AIR TEMP: 25°C  
MUSIC: Ren Paus  
FACE CREST: 1hr  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Arms/hands  
EXTRA: 2x back



O/A: Sleep throughout  
Traps up tight. Perv. short  
Deltoids tight. TMs tense  
CS tight + short  
Rhomb region cong  
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/g/med/ham/TMs  
Fx occiput/scalp/TMs  
☐ Talked ☐ Quiet Breathing  
ROM Rise after Ms  
FBACK Felt improvement

NEXT APPT:

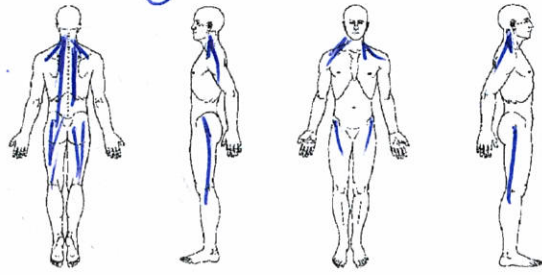
P = Relaxed + felt huge diff - see @ 2m time  
Feeling osko on hol's

BDAY 2012 +  
MOUT Sept 11  
+ 2mas 11

## TREATMENT NO. 20

DATE: 16.12.11  
 TIME: 1:30 PM  
 PAID: \$70.00  
 REC.No: 1662  
 AIR TEMP: 25°C  
 MUSIC: Sampler  
 FACE CREST: 2av  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 CST: 1x Face  
 HST: 2x Lx  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body  
 > doing PT bc back pain so bad

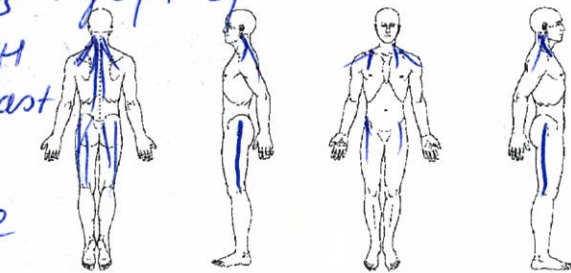


O/A: Mbs + Tals tender  
 Deltoids v. comp  
 ES tight pectorals  
 Rhomb region comp  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g med/ham/100  
 Fx capt/scalp/100  
☐ Talked ☐ Quiet mostly Quiet Breathing  
 ROM Tied > Ms  
 FBACK felt better > Ms

## TREATMENT NO. 21

DATE: 09.02.12  
 TIME: 1hr 30thurs  
 PAID: \$100 B'DAY  
 REC.No: 1760  
 AIR TEMP: 25°C  
 MUSIC: Kenny G Allstar  
 FACE CREST: 2av  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 CST: 1x Face  
 HST: 2x Lx  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in shoulder  
 as per normal

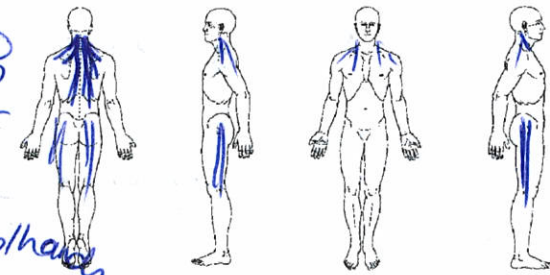


O/A: Pecs show + tight  
 Deltoids tight  
 ES tight traps up tight  
 Rhomb region comp  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g med  
 Fx trap/scalp/100  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Tied > Ms  
 FBACK felt better > Ms

## TREATMENT NO. 22

DATE: 03.04.12  
 TIME: 1hr 35  
 PAID: \$65 PAID @  
 REC.No: 1857  
 AIR TEMP: 25°C  
 MUSIC: Don Mcg II  
 FACE CREST: 2av  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + Arms/hand  
 CST: 1x Face  
 HST: 2x Lx  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her back  
 doesn't feel quite right

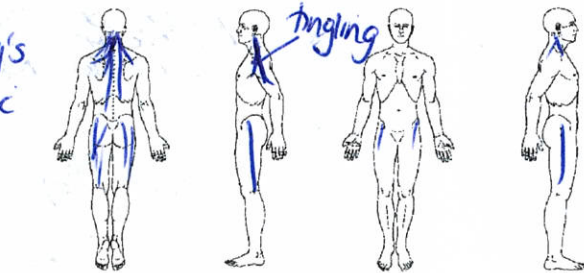


O/A: Rt on weight  
 Deltoids tight Pecs tight  
 ES tight  
 Rhomb region comp  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g med/ham  
 Fx occ/100/scalp/100  
☐ Talked ☐ Quiet some comp Breathing  
 ROM Felt better > Ms - slept  
 FBACK V. sore dvr & Ms. some

## TREATMENT NO. 23

DATE: 19.06.12  
 TIME: \$75 1hr  
 PAID: 340 TUES  
 REC.No: 1907 + 20  
 AIR TEMP: 25°C  
 MUSIC: Mary's  
 FACE CREST: 2av  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + Face  
 CST: 1x Face  
 HST: 2x Lx  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling sore in shoulder -  
 R hip needs to see osteopath



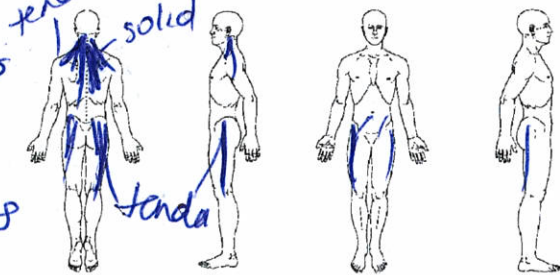
O/A: R hip v. comp  
 Pecs tight L Atc ter  
 Deltoids tight. traps up tight  
 ES tight v. a sore  
 Rhomb region comp Res  
☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g med/ham/100  
 Fx occ/scalp/100  
☐ Talked ☐ Quiet (s) slept + comp Breathing  
 ROM Tied > Ms  
 FBACK felt better > Ms

P = See osteopath over hol's

TREATMENT NO. 24

S = client been feeling tightness in her body > breaks of rib @ breast level from fall

DATE: 25.09.12  
TIME: 3:45 TUES  
PAID: \$75 CASH  
REC.No: Refer notes  
AIR TEMP: 25  
MUSIC: Piano  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand Hang  
HT Feet + Face  
CST @ Face  
HST 2x Lx  
2x back  
EXTRA  
NEXT APPT:



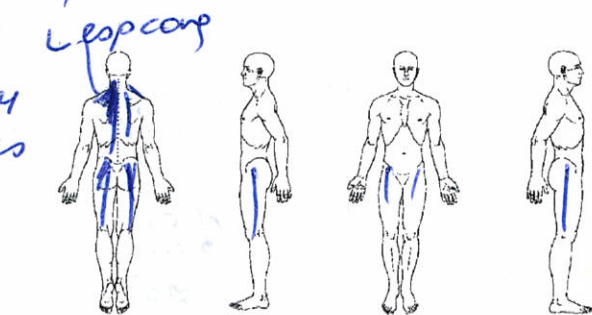
O/A: Traps tender + tight  
Delt tight  
Rhomb/Trap/Scap  
Full Body STOMACH  
ARMS Prone Supine Ms LEGS  
TP rhomb/g/med/ham/IBs  
Fx occ/salp/AC/G/L/IBs  
Talked Quiet Breathing  
ROM Feet better > ms  
FBACK

P = R hip + shoulder - v cong See osteo FR1

TREATMENT NO. 25

S = client been feeling tightness in her shoulder + trap comp

DATE: 06.12.12  
TIME: 3:45 THURS  
PAID: \$75  
REC.No: 2543 CASH  
AIR TEMP: 25  
MUSIC: After schoolers  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Chamomile  
HT Feet + Face  
CST @ Face  
HST 2x Lx  
2x back  
EXTRA  
NEXT APPT:



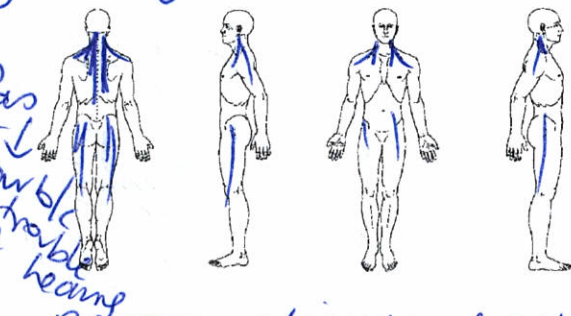
O/A: Traps tight  
Delt tight  
Rhomb region cong  
Full Body STOMACH  
ARMS Prone Supine Ms LEGS  
TP rhomb/g/med/ham/IBs  
Fx occ/salp  
Talked Quiet Breathing  
ROM Feet better > ms  
FBACK

P = client to relax over xmas

TREATMENT NO. 26

S = client been feeling tightness in her body in hips + on her shoulders

DATE: 31.1.13 ①  
TIME: Thurs 1hr  
PAID: \$75  
REC.No: 2222 PAID  
AIR TEMP: 25 xmas  
MUSIC: Mod cuts  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Low  
HT Feet + Face  
CST @ Face  
HST 2x Lx  
EXTRA  
NEXT APPT:



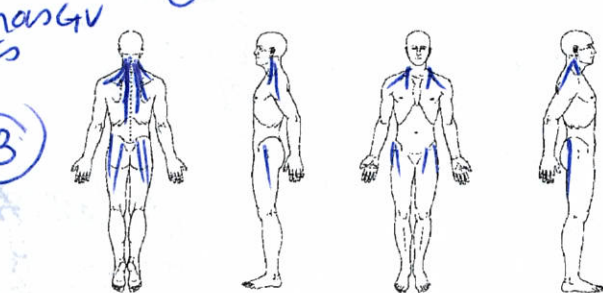
O/A: Hands a/rthric  
Traps v cong  
Delt tight - Feet short  
Rhomb tight  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/g/med/ham/IBs  
Fx traps tight/hips sore  
Talked Quiet Breathing  
ROM  
FBACK

P = Reven client look after body

TREATMENT NO. 27 ②

S = client been feeling tightness in her body all over - hips + shoulders

DATE: 4.4.13  
TIME: \$75 1hr xmas  
PAID: Refer notes  
REC.No: 2460  
AIR TEMP: 25  
MUSIC: GV  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
May/Ar  
HT Feet + Face  
CST @ Face  
HST 2x Lx  
2x back  
EXTRA  
NEXT APPT:



O/A: Deltoids tight  
es tight  
Rhomb region cong  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/g/med/ham/IBs  
Fx occ/salp/mt  
Talked Quiet Breathing  
ROM 1 sed > ms  
FBACK Feet better

P = Reven see osteo

③ 06.06.13 \$75 client been feeling tightness in her body  
Feet/FB(-stem) Heat. TP rhomb/g/med/ham/IBs/traps/hips  
ack - low/Fx same + GI/IBs. Quiet throughout most. Feet better > ms  
Basil working hard with hip balance + quite tight

TREATMENT NO. 29

S = client been feeling tightness in her shoulders

DATE: 26.06.13

TIME: 2622

PAID: 1hr \$85

REC.No: 25

AIR TEMP: 25

MUSIC: Acher T

FACE CREST: dem

SUPINE SCENT: dan

OIL BLEND: Relax

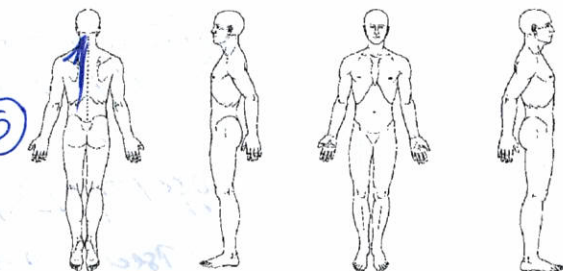
HT: mand / temp

CST: Face

HST: 2 x br

EXTRA: 2 x back

NEXT APPT:



O/A: KB (tstom) Heat used to help pers sweat. mms tense ES tight. Deltoids tight Rhomboids tight. G med tight

Full Body STOMACH ARMS ☐ Prone ☐ Supine LEGS TP rhomboids / g med / ham Fx occ / scalp / mt ☐ Talked ☐ Quiet Breathing ROM Used > ms FBACK felt better but stiff

P = client been feeling stiff after - rework moving well in next term

TREATMENT NO. 30

S = client been v. sore in upper body + hips

DATE: 24.09.13

TIME: 2500

PAID: \$85

REC.No: 2829

AIR TEMP: 25.0C

MUSIC: mand / temp

FACE CREST: dan

SUPINE SCENT: dem

OIL BLEND: Relax

HT: Vigen Dany

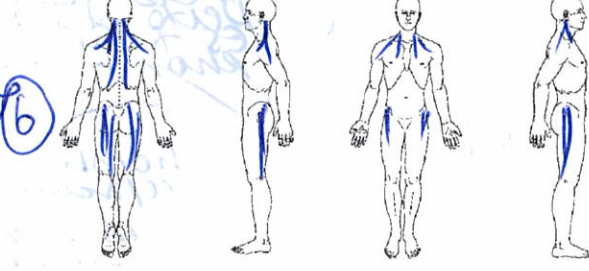
CST: Feet / Face

HST: Face

EXTRA:

NEXT APPT:

Stiff next time



O/A: ES/als both tight Deltoids tight. G med tight ES tight + pers tight Rhomboids region core

Full Body STOMACH ARMS ☐ Prone ☐ Supine LEGS TP rhomboids / g med / traps / d / core Fx occ / scalp / mt ☐ Talked ☐ Quiet Breathing ROM Used > ms FBACK felt better > ms

P = Re-work client see osteo in future to help alignment

TREATMENT NO. 31

S = client been feeling tightness in shoulders + in ribs

DATE: 21.01.14

TIME: 530 TUES

PAID: \$85 1hr

REC.No: 25

AIR TEMP: 25

MUSIC: Steve Heygh T

FACE CREST: dan

SUPINE SCENT: dem

OIL BLEND: Relax

HT: 2 x br + 2 x back

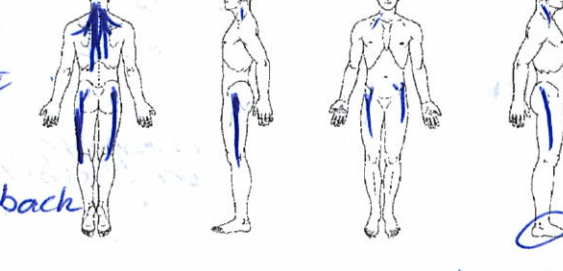
CST: Face

HST: Feet + Face

EXTRA:

NEXT APPT:

get of orange Aprice



O/A: Traps up tight Wts tight. Pers tight RPLs + ribs v. tender Rhomboids regions

Full Body STOMACH ARMS ☐ Prone ☐ Supine LEGS TP rhomboids / g med / ham / traps Fx occ / g / ribs / cs ☐ Talked ☐ Quiet Breathing ROM Used > ms FBACK felt tender but better

P = Re-work client stretch & playing knowing game in the pool each afternoon

TREATMENT NO. 32

S = client been feeling tightness in her neck & struggling with ROM + pain

DATE: 17.04.14

TIME: TUES 330

PAID: \$85 EFT

REC.No: 25

AIR TEMP: 25

MUSIC: Ianm - if there

FACE CREST: dan

SUPINE SCENT: dem

OIL BLEND: Relax

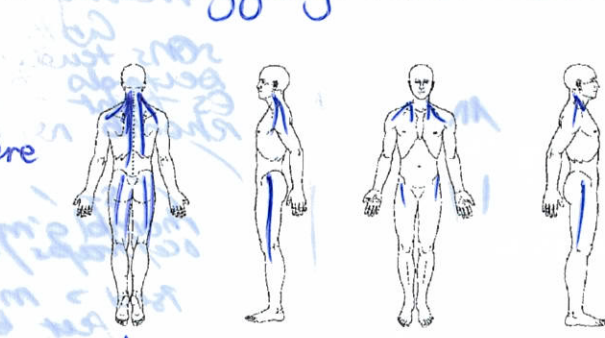
HT: Feet / Face

CST: Face

HST: 2 x br

EXTRA: 2 x back

NEXT APPT:



O/A: pers tight. SCMs tight Traps up tight ribs tight Deltoids tight TIs tight Rhomboids tight

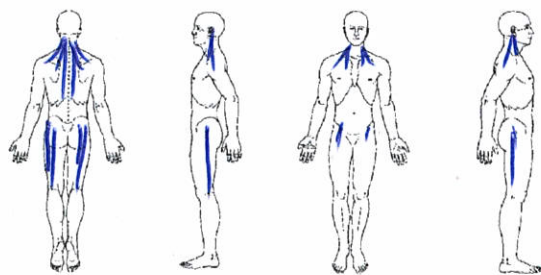
Full Body STOMACH ARMS ☐ Prone ☐ Supine LEGS TP rhomboids / g med / traps Fx occ / g / AC ☐ Talked ☐ Quiet Breathing ROM Used > ms (neck exp) FBACK felt relaxed > ms

P = seeing surgeon for cortisone injection in neck

# TREATMENT NO. 33

DATE: 2.7.14  
TIME: 4pm webs  
PAID: \$88 1hr.  
REC.No: 3407  
AIR TEMP: 25  
MUSIC: Norah J  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand / Tang  
HT: ① Face  
CST: Feet / Face  
HST:

S = Client been feeling tightness in her body in her neck esp.



O/A: Pecs tight / short  
Deltoids tight. Traps up  
ES tight  
Rhomb region cong

Full Body ☒ STOMACH ☒ MS  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP: occ / traps / rhomb / deltoid  
Fx: rhomb / g med / ham / trap  
☐ Talked ☐ Quiet ☒ Breathing  
ROM: Used > ms esp neck / shoulder  
FBACK: Feet diff - Bed smell

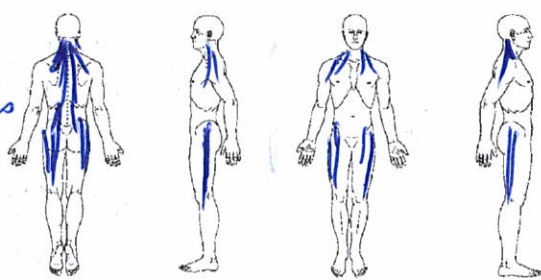
EXTRA  
NEXT APPT:

P = Seeing physio every 2 weeks for neck

# TREATMENT NO. 34

DATE: 24.09.14  
TIME: 3pm TUES  
PAID: \$88 CASH  
REC.No: 3592  
AIR TEMP: 25  
MUSIC: Kenny G moneys  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand / Tang  
HT: 2xln + 2x back  
CST: ① Face  
HST: Feet / Face

S = Client been feeling tightness in her body esp in hips / lx region even hamstrings



O/A: Pecs tight. Traps up high.  
Deltoids tight  
ES tight  
Rhomb region cong

Full Body ☒ STOMACH ☒ MS  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP: rhomb / g med / ham / trap  
Fx: occ / traps / 12 traps  
☐ Talked ☐ Quiet ☒ Breathing  
ROM: Used > ms.  
FBACK: Feet better but still didn't realise how sore her shoulders were. Hard to get into osteo

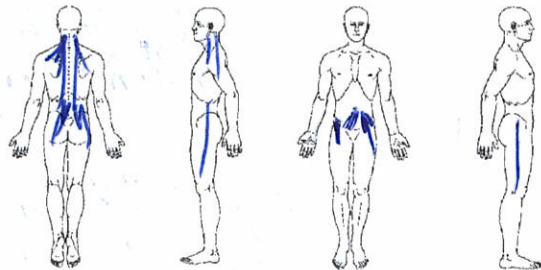
EXTRA  
NEXT APPT:

P = Reiom see physio re: back discussed using heat / ice

# TREATMENT NO. 35

DATE: 21.01.15  
TIME: \$88 1hr  
PAID: G, PAID  
REC.No: 3592  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand / Tang  
HT: ① Face  
CST: 2xln  
HST: 2x back

S = Client been feeling tightness in her body in her all over generally but not too bad



O/A: Pains / Psoas + hammy  
Pecs tight. 12s tight +  
Deltoids tight V. under  
ES tight Pecs tight  
Rhomb region cong

Full Body ☐ STOMACH ☐ MS  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP: rhomb / g med / ham / traps  
Fx: occ / traps / 12 traps  
☐ Talked ☐ Quiet ☒ Breathing  
ROM: Rhomb improved Rom  
FBACK: Feet improvement - not as many sore spots

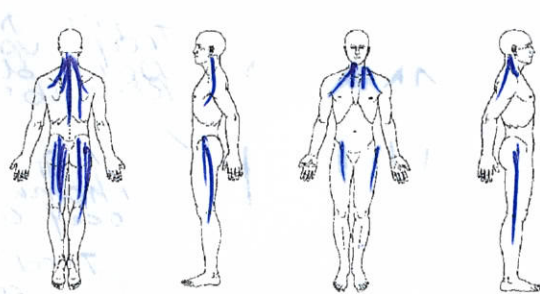
EXTRA  
NEXT APPT:

P = Reiom client enjoy pool in this hot weather

# TREATMENT NO. 36

DATE: 15.04.15  
TIME: \$88 1hr CASH  
PAID: 3540  
REC.No: 3540  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Low  
SUPINE SCENT: Relax  
OIL BLEND: Stress blend  
Mand / Tang  
HT: ① Face  
CST: 2xln  
HST: 2x back

S = Client been feeling tightness in her body in her neck esp. Needle wearing off



O/A: Anky feeling + stiff Rom  
sens tender neck  
Deltoids tight Uscap. high  
ES tight Traps up tight  
Rhomb region cong + varied

Full Body ☐ STOMACH ☐ MS  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP: rhomb / g med / ham / traps  
Fx: occ / traps / 12 traps  
☐ Talked ☐ Quiet ☒ Breathing  
ROM: Used > ms  
FBACK: Feet better > ms

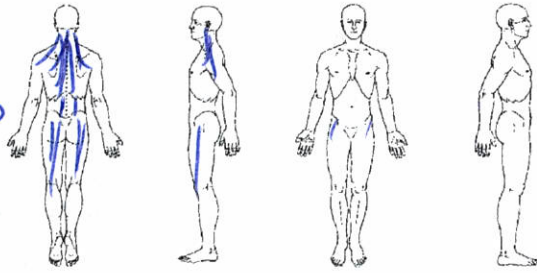
EXTRA  
NEXT APPT:

P = Discussed getting some reg Tx before oping to 1<sup>st</sup> neck needle

SRINU 3568 7<sup>th</sup> May - Mother's Day Ms. As usual Tx

TREATMENT NO. 37  
 DATE: 1.7.15  
 TIME: 1pm TWEDS  
 PAID: \$88  
 REC.No: 13562  
 AIR TEMP: 25  
 MUSIC: Mix MS 20-50  
 FACE CREST: Jaw  
 SUPINE SCENT: Jaw  
 OIL BLEND: Relax  
 HT: Mandibular  
 CST: Face  
 HST: 2x in  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body after looking after grandson

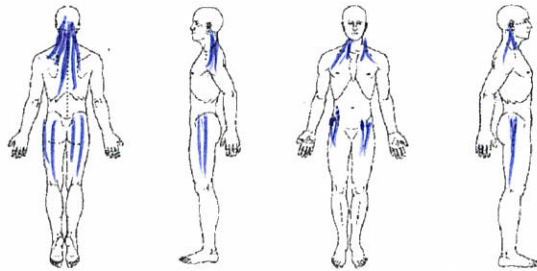


O/A: Traps up tight. Deltoids tight  
Es tight Pecs tight  
Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/med/ham/traps  
 Fx occ traps / 1.5 cap / ac / 6/6  
☒ Talked ☒ Quiet Breathing  
 ROM 7sed > ms  
 FBACK felt better > ms

P =

TREATMENT NO. 38  
 DATE: 29.9.15  
 TIME: 1pm  
 PAID: \$88  
 REC.No: 13562  
 AIR TEMP: 25  
 MUSIC: Jaw  
 FACE CREST: Jaw  
 SUPINE SCENT: Jaw  
 OIL BLEND: Relax  
 HT: Mandibular  
 CST: Face  
 HST: 2x in  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tight neck/shoulder MS + legs been sore from new orthosis

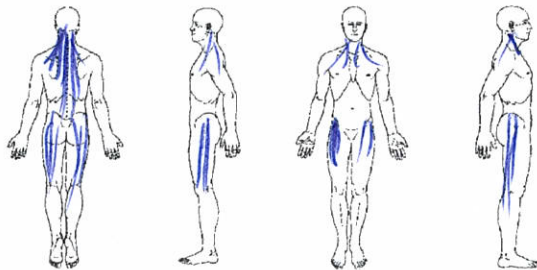


O/A: Pecs tight  
Deltoids tight  
Es tight  
Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/med/ham/traps  
 Fx occ traps / 1.5 cap / ac / 6/6  
☒ Talked ☒ Quiet Breathing  
 ROM 7sed > ms  
 FBACK felt better

P = Recom client stretch out to help MS tension

TREATMENT NO. 39  
 DATE: 25.02.16  
 TIME: 8.38  
 PAID: hr  
 REC.No: 13562  
 AIR TEMP: 25.0C  
 MUSIC: Jaw  
 FACE CREST: Jaw  
 SUPINE SCENT: Jaw  
 OIL BLEND: Relax  
 HT: Mandibular  
 CST: Face  
 HST: 2x in  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her body in shoulders / neck bit stiff

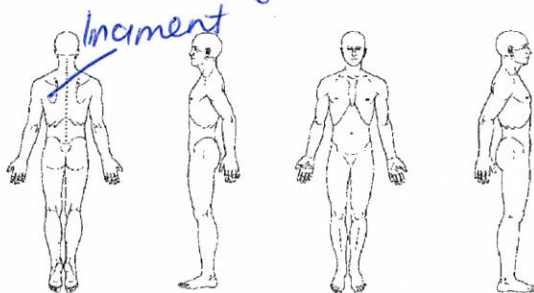


O/A: Deltoids tight. Pecs tight  
Es tight  
Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/med/ham/traps  
 Fx occ traps  
☒ Talked ☒ Quiet Breathing  
 ROM 7sed > ms  
 FBACK felt better

P = Recom client stretch out with body

TREATMENT NO. 40  
 DATE: 07.06.15  
 TIME: 8.38  
 PAID: hr  
 REC.No: 13562  
 AIR TEMP: hr  
 MUSIC: Jaw  
 FACE CREST: Jaw  
 SUPINE SCENT: Jaw  
 OIL BLEND: Relax  
 HT: Mandibular  
 CST: Face  
 HST: 2x in  
 EXTRA: 2x back  
 NEXT APPT:

S = Client been feeling tightness in her Ln region



O/A: Pecs tight. Traps up high  
Deltoids tight  
Es tight  
Rhomb region cong  
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/med/ham/traps  
 Fx occ traps / 1.5 cap / ac / 6/6  
☒ Talked ☒ Quiet Breathing  
 ROM 7sed > ms  
 FBACK felt better > ms

P = Recom client stretch out for body

41 M 28.09.16

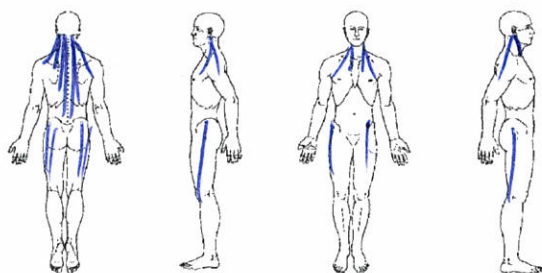
forgot gift but  
gave xmas  
gift

TREATMENT NO. 41

S =

Client been feeling tightness in her  
body in her hips/shoulders

DATE: 02/12/16  
TIME: 10:00/hr  
PAID:   
REC.No: 25  
AIR TEMP:   
MUSIC: Music mix  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax



O/A: feet tight  
back pain tight  
ex right  
chronic region day

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ LEGS  
TP: feet > m.s  
Fx: feet better  
☐ Talked ☐ Quiet  
ROM: feet better > m.s  
FBACK: feet > m.s

HT: Feet / Face  
CST: A face  
HST: 2 x m  
EXTRA: 2 x back  
NEXT APPT: 2 x back

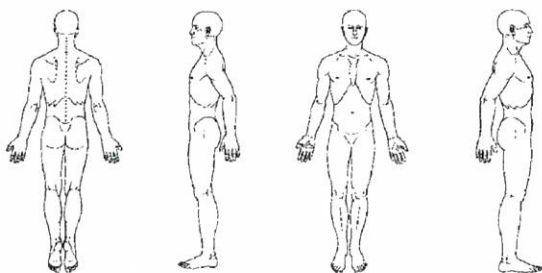
P =

Client been feeling tightness in her body

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_



O/A: \_\_\_\_\_

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

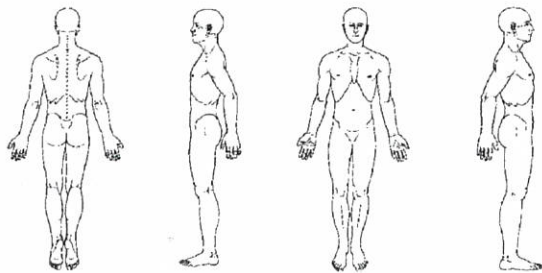
HT: \_\_\_\_\_  
CST: \_\_\_\_\_  
HST: \_\_\_\_\_  
EXTRA: \_\_\_\_\_  
NEXT APPT: \_\_\_\_\_

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

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_



O/A: \_\_\_\_\_

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

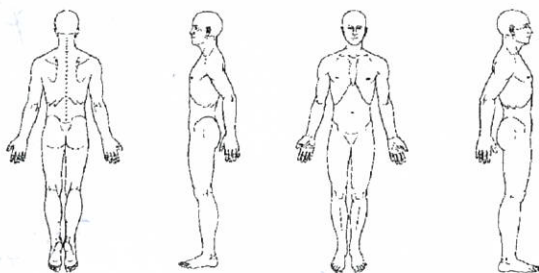
HT: \_\_\_\_\_  
CST: \_\_\_\_\_  
HST: \_\_\_\_\_  
EXTRA: \_\_\_\_\_  
NEXT APPT: \_\_\_\_\_

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

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_



O/A: \_\_\_\_\_

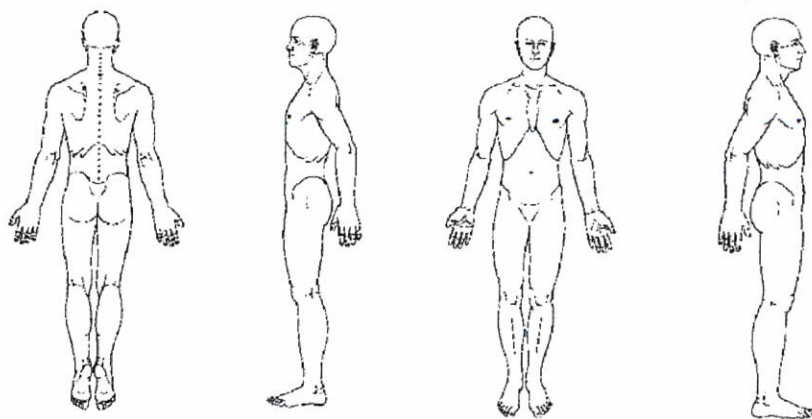
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ LEGS  
TP: \_\_\_\_\_  
Fx: \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
ROM: \_\_\_\_\_  
FBACK: \_\_\_\_\_

HT: \_\_\_\_\_  
CST: \_\_\_\_\_  
HST: \_\_\_\_\_  
EXTRA: \_\_\_\_\_  
NEXT APPT: \_\_\_\_\_

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

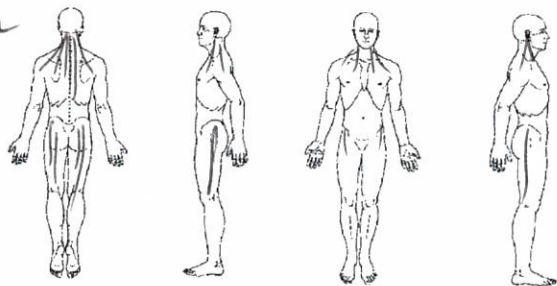
CECILY



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

**TREATMENT NO.** 42 **S=** Client been feeling tighter in her body in her shoulders/back

**DATE:** 20/04/17  
**TIME:**  
**PAID:** Thurs 230pm  
**REC.No:**  
**AIR TEMP:** 25  
**MUSIC:**  
**FACE CREST:** Jaw  
**SUPINE SCENT:** Lem  
**OIL BLEND:** mandarin  
**HT:** Feet/Fad  
**CST:** 1 Face  
**HST:** 2 x lu  
**EXTRA:** 2 x back  
**NEXT APPT:**



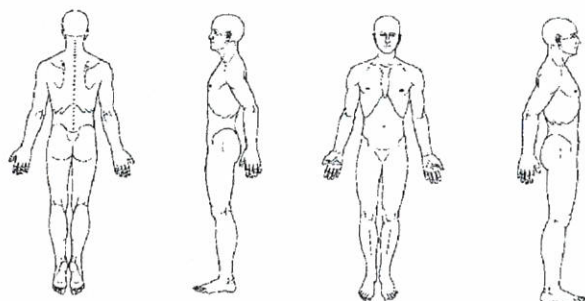
**O/A:**  
 Traps tight  
 Deltoids tight. Upper tension  
 es, tight. Psoas tight  
 Rhomb region comp

☐ Full Body ☐ STOMACH  
**ARMS** ☐ Prone ☐ Supine **LEGS**  
**TP:** rhomboid/neck/ham/traps  
**Fx:** occ/traps/scap/scap  
☐ Talked ☐ Quiet **Breathing**  
**ROM:** Trd 2 ms  
**FBACK:** felt better 7 ms

**P=** Client been better 7 ms - still seeing osteo. Discussed looking after herself

**TREATMENT NO.** **S=**

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

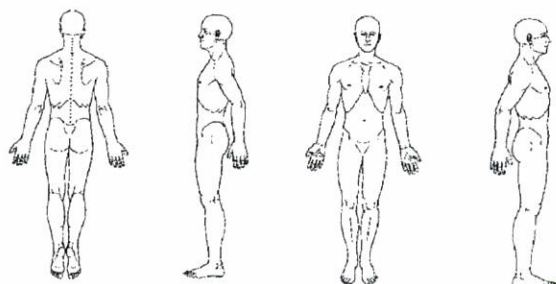


**O/A:**  
☐ Full Body ☐ STOMACH  
**ARMS** ☐ Prone ☐ Supine **LEGS**  
**TP:**  
**Fx:**  
☐ Talked ☐ Quiet **Breathing**  
**ROM:**  
**FBACK:**

**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:**

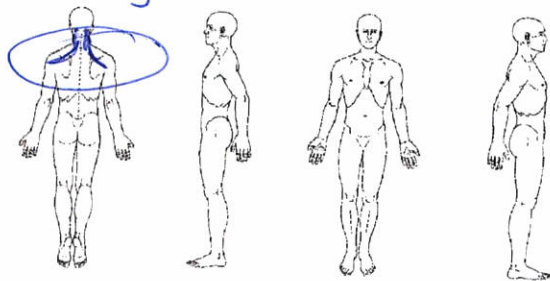
**P=**

TREATMENT NO. 43

S = Neck & shoulders

DATE: 18/12/17  
TIME: 2  
PAID: £88 1hr  
REC.No: \_\_\_\_\_  
AIR TEMP: 22.4  
MUSIC: Mass long  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: lemon  
OIL BLEND: Mand / lav almond  
HT \_\_\_\_\_  
CST \_\_\_\_\_  
HST \_\_\_\_\_

Cecily



O/A:

holds glutes whilst mass.  
so ↑ tone.

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS ☒  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☒ Talked 1/2 ☐ Quiet \_\_\_\_\_ Breathing \_\_\_\_\_  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

EXTRA cupped v. back  
NEXT APPT: \_\_\_\_\_

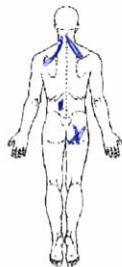
P = Bruising? Asthma seeing osteo (hard pressure)

TREATMENT NO. 44

S = neck + shoulders

DATE: 14/3/19  
TIME: 3-40  
PAID: b.c.  
REC.No:  
AIR TEMP: 23  
MUSIC: Fall tones.  
FACE CREST:  
SUPINE SCENT: lemon  
OIL BLEND: M/T  
HT feet chest  
CST  
HST glutes  
v-back  
EXTRA cupping  
NEXT APPT:

cecily



O/A: (2) glute T  
(1) QL ↑  
all upper back.

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS  
TP SITS  
Fx  
☐ Talked ☒ Quiet ☒ Breathing  
ROM  
FBACK feeling better + relaxed

P = hard pressure try slide + stat cups - back first, then legs

Massage

aromatherapy

hot stones

pregnancy  
and infants

remedial

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Aquatics

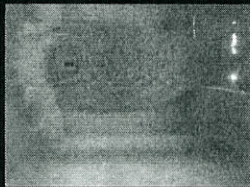
# A Gift of Healthy Movement

To: \_\_\_\_\_

From: \_\_\_\_\_

Your Gift: 60 min Remedial Massage Date: 13/5/16

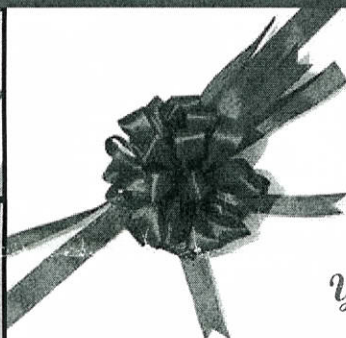
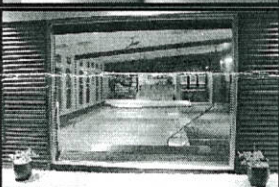
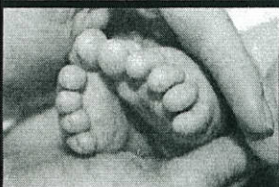
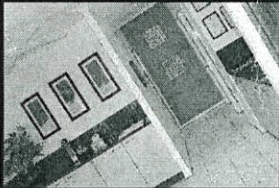
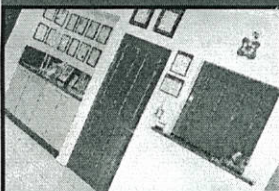
Valid for three months from the date of issue



[www.focusonmovement.com.au](http://www.focusonmovement.com.au)

massage / aquatics

Phone 0439 775 003



## Special gift for you

*Your gift includes our specialized*

*60 minute Remedial Massage Treatment*

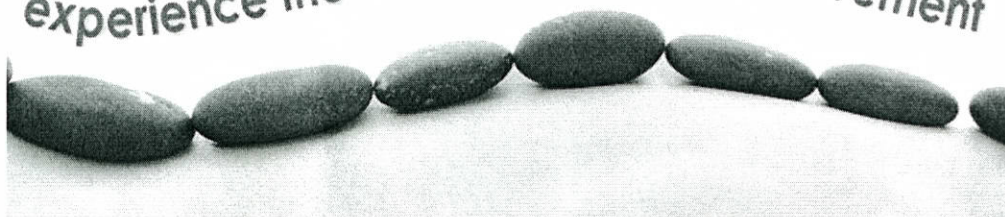
*Including Aromatherapy, Thermal Stones and Hot Wet Towels.*

*On our electric Massage Table in our Remedial Massage Clinic.*

**Our Mission is to help you**



*experience the benefits of healthy movement*



Gift Certificate #1219 issued December 2017.

Valid for 6 months.

Gift Certificates are not transferable, refundable or redeemable for cash.  
Appointments are essential and available Tuesday – Saturday. Saturday costs extra.  
Please mention this Gift Certificate when making your appointment time.



**PROFESSIONAL MEMBERSHIP**



Cecily Bussell

DOB 9 Jan 1954  
Occupation Teacher

Appointments

Date	Time	Type	Practitioner
17 Nov 2023	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
21 Oct 2020	10:00AM – 11:00AM	60 minute Massage	Christine Jervis
9 Oct 2019	2:30PM – 3:45PM	60 minute Massage	Marina Franke
9 Oct 2019	2:00PM – 2:30PM	Sauna with Massage	Marina Franke
11 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
4 Feb 2019	11:30AM – 12:30PM	60 minute Massage	Marina Franke
12 Nov 2018	4:30PM – 5:30PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 17 Nov 2023, 9:30AM  
**Created:** 18 Nov 2023, 6:22AM  
**Last updated:** 18 Nov 2023, 6:23AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Seeing physio and chiro occasionally to help neck pain.

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.  
Anything noteworthy - no  
Anything specific to massage (E.g. no foot massage) - loves hot stones.

Treatment details - what was done today to help the client

Pressure used - firm 3

Focus On Movement | Created 11 Aug 2025, 7:34PM

1 of 7

Hot Stones - 2 x Hips and 2 x Back/Shoulders  
 Hot Wet Towels - Feet / Face  
 Hot Pack - Lower Body  
 Topical Treatment - Fisiocrem on shoulders/neck  
 Music - Mod Girls Mix  
 Aromatherapy Massage oil -Mand/Tang  
 Spritzer - Orange

FB treatment - massaged all over.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; ITBs; TFLs; Forearms; Psoas

#### Body Chart

**Feedback after treatment -** Felt better after massage

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

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 21 Oct 2020, 10:00AM

**Created:** 15 Nov 2020, 5:20AM

**Last updated:** 15 Nov 2020, 5:23AM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client had some falls. Bruising on body.  
 Feedback from previous treatment - Been ok through corona lockdown and doing puzzles, gardening and home things. Seeing physio occasionally to help neck pain.

**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** Verbal consent obtained.

<b>ROM) / Observations</b>	ROM - checked. Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - loves hot stones.
<b>Treatment details - what was done today to help the client</b>	Pressure used - firm 3 Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem on shoulders/neck Music - Norah Jones Aromatherapy Massage oil - Mand/Tang Spritzer - Orange  FB treatment - massaged all over.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids; ITBs; TFLs; Forearms; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt better after massage - enjoyed the treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting another massage before she has her Cataracts removed in November. Loved the Sauna and would like another Sauna.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 9 Oct 2019, 2:30PM  
**Created:** 9 Oct 2019, 2:04PM  
**Last updated:** 9 Oct 2019, 5:06PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -neck (facet joint) and shoulders, hips, tired tendonopathy both thumbs getting better, seeing physio fortnightly  
Feedback from previous treatment - enjoyed cupping

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

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

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - neck reduced all planes Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin/u traps Topical Treatment - Music -Enya mix Aromatherapy -pep euc/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	very relaxed, fell asleep. Blissed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	seeing physio and osteo
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	20
<b>Feedback after treatment -</b>	really relaxed very well

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 11 Sep 2019, 2:30PM  
**Created:** 11 Sep 2019, 2:32PM  
**Last updated:** 11 Sep 2019, 5:02PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -neck (facet joint) and shoulders, hips, tired tendonopathy both thumbs getting better, seeing physio fortnightly  
 Feedback from previous treatment - enjoyed cupping

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

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

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - neck reduced all planes Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin/u traps Topical Treatment - Music -Enya mix Aromatherapy -pep euc/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	very relaxed, fell asleep
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	seeing physio and osteo
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 4 Feb 2019, 11:30AM  
**Created:** 4 Feb 2019, 11:29AM  
**Last updated:** 4 Feb 2019, 12:45PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -neck and shoulders, tendonopathy both thumbs, tired-Japan  
 Feedback from previous treatment - enjoyed cupping

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

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

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - neck reduced all planes Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin/u traps Topical Treatment - Music -lan CS instrumental Aromatherapy -tangerine/mandarin
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	very relaxed, fell asleep a few minutes of bowls at the end as longer session
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	seeing physio and osteo
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 12 Nov 2018, 4:30PM  
**Created:** 12 Nov 2018, 4:25PM  
**Last updated:** 12 Nov 2018, 5:38PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -neck and shoulders, tendonopathy both thumbs  
 Feedback from previous treatment - enjoyed cupping

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

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

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - neck reduced all planes Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin/u traps Topical Treatment - Music -modern Aromatherapy -tangerine
<b>What parts of the body were massaged?</b>	
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	seeing physio and osteo
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

Patient Forms

There are no patient forms for Cecily Bussell.