

Damien Ottone

DOB 14 Nov 1980
Occupation Labourer

Appointments

Date	Time	Type	Practitioner
13 Aug 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
25 Jun 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
21 May 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
3 Apr 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
13 Mar 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
5 Mar 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
19 Feb 2025	12:45PM – 1:45PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Jun 2025, 12:45PM

Created: 5 Jul 2025, 9:28PM

Last updated: 5 Jul 2025, 9:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling good, ready for a massage.

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

Injury

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - hairy back and legs

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Enya Aromatherapy Massage oil - Lav Peppermint balm Spritzer - Ec Tea free Remedial techniques - shoulders, back, neck, legs.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in about another 5 weeks - he's liking that.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 May 2025, 12:45PM
Created: 21 May 2025, 1:43PM
Last updated: 22 May 2025, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - clients body improved after last massage. Looking forward to massage today.
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - hairy back and legs
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - Lav Peppermint balm Spritzer - Ec Tea free Remedial techniques - fb plus stomach
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage, enjoyed today but also some sore spots. ITBs sore esp GT and pecs/traps/rhombs tender.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in about 5 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 Apr 2025, 12:45PM**Created:** 3 Apr 2025, 2:00PM**Last updated:** 3 Apr 2025, 2:01PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - clients body improved after last massage. L ankle twisted after jumping from truck.

Feedback from previous treatment - felt better

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

Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - hairy back and legs

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Mod Girls KD lang

Aromatherapy Massage oil - Lav Peppermint balm

Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?**Body Chart****Feedback after treatment -**

Felt good after massage, enjoyed today. ITBs sore esp GT and pecs/traps/rhombs tender.

Plan for future results / treatment /

See in 1 month

progress / homework (including
discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 13 Mar 2025, 12:45PM

Created: 13 Mar 2025, 1:52PM

Last updated: 13 Mar 2025, 5:34PM

Standard Consultation - Remedial Massage

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

What's going on now - clients body improved after last massage.

Feedback from previous treatment - felt better

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

Injury

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

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

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - hairy back and legs

**Treatment details - what was done today
to help the client**

Pressure used - 2-3 firm

Music - Kenny G saxophone

Aromatherapy Massage oil - Lav Peppermint balm

Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage;

Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Body Chart

Feedback after treatment -

Felt good after massage, enjoyed today

Plan for future results / treatment /
progress / homework (including
discussion with client, advice, stretches)

See in 1 month

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 5 Mar 2025, 12:45PM**Created:** 5 Mar 2025, 1:50PM**Last updated:** 7 Mar 2025, 11:11AM

Standard Consultation - Remedial Massage

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

What's going on now - clients body improved after last massage. Been sick with Covid
Feedback from previous treatment - felt better

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

Injury

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

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

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - hairy back and legs

**Treatment details - what was done today
to help the client**

Pressure used - 2-3 firm
Music - Kenny G saxophone
Aromatherapy Massage oil - Lav Peppermint balm
Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See weekly for this month to get on track
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Feb 2025, 12:45PM
Created: 19 Feb 2025, 2:53PM
Last updated: 19 Feb 2025, 2:56PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info)	What's going on now - client been sore and stiff all over
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - checked before</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - hairy legs and forearms</p> <p>Client had any previous treatment elsewhere? Yes. 10 years ago with me.</p> <p>Any Red Flags - no</p>

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
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 / Arms & Hands Hot Pack - Upper Body Topical Treatment - upper Fisiocrem / Zen lower Music - Ian Cam Smith Aromatherapy Massage oil - Balm and extreme oil Spritzer - euc peppermint Fb with remedial techniques on shoulders and back
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs
Body Chart	
Feedback after treatment -	ITBs and rhomb very sore and tight, felt he really needed it
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See for some weekly treatments to get body back feeling better
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record	
Practitioner: Christine Jervis Appointment: 19 Feb 2025, 12:45PM Completed: 14 Feb 2025, 8:40PM	
About you...	
What's your health fund?	QLD country health
Occupation - how long?	Foreman - 23yrs

List your physical activities, hobbies, exercise or sport.	Fishing
Do you sit/stand for long hours? (E.g. car/desk)	Stand long hours
Medications - prescribed or natural	Lexam10
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	None
About Massage...	
How did you find out about our massage clinic?	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input checked="" type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous Customer
Who referred you? We use a client reward system - May we thank them?	Known Christine long time
What are your goals or reasons for getting massage?	Loosen up back muscles
Type of massage pressure you prefer?	<input type="checkbox"/> Gentle <input type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input checked="" type="checkbox"/> Not sure? (We'll check at your massage)
Any areas you DON'T want massaged?	<input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input checked="" type="checkbox"/> I am ok with all the above areas being massaged <input type="checkbox"/> Not sure? (We will discuss reasons for massaging different areas at your appointment)
Do you experience headaches?	<input type="checkbox"/> No <input checked="" type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input type="checkbox"/> Migraines
Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?	<input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day) <input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Food allergies <input type="checkbox"/> Occasionally experience problems <input type="checkbox"/> Struggling most of the time <input checked="" type="checkbox"/> No problems - everything is working well
Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.	None
Do you have any pain?	<input type="checkbox"/> No pain - nothing hurts <input checked="" type="checkbox"/> Morning soreness <input type="checkbox"/> Night time pain <input type="checkbox"/> Happens randomly - can be any time <input type="checkbox"/> Pain doing something specific. E.g. Bending over to touch toes. <input type="checkbox"/> All the time <input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input type="checkbox"/> Sharp pain <input checked="" type="checkbox"/> Stiffness <input type="checkbox"/> Muscle tightness <input type="checkbox"/> Restricted movement
If your body hurts, what relieves it?	<input type="checkbox"/> I have no pain to manage <input type="checkbox"/> Ice <input type="checkbox"/> Heat <input type="checkbox"/> Rest <input type="checkbox"/> Exercise <input checked="" type="checkbox"/> Stretching <input type="checkbox"/> Medication <input type="checkbox"/> Topical Cream (E.g. Tiger Balm)

Some conditions affect massage. We want to safely treat you. Tick what applies to you -

- ☐ Allergies ☐ Asthma ☐ Sinus ☐ Anxiety ☐ Depression
☐ Trouble sleeping or falling asleep ☐ Arthritis ☐ Osteoporosis
☐ Spinal problems ☐ Swelling ☐ Bruise Easily
☐ Blood clotting problems ☐ Cancer ☐ Diabetes Type 1
☐ Diabetes Type 2 ☐ Dizziness ☐ Numbness ☐ Tingling
☐ Cold hands / Cold feet ☐ Heart Problems ☐ Blood Pressure - high
☐ Blood Pressure - low ☐ Hearing problems ☐ Hearing Aid
☐ Vision problems ☐ Contact Lenses ☒ None of the above apply to me

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

Your consent...

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

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

- ☒ Yes - clients will be informed if this happens. ☐ No thanks.

My Massage Therapist and I both have the right to stop or refuse treatment at any time

- ☒ Yes - I know I can ask questions at any time too.

I will keep my Massage Therapist updated on any changes to this information and my health.

D. Ottone