

Tina Gibbons

DOB 22 Oct 1984

Appointments

Date	Time	Type	Practitioner
20 Sep 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
27 Jul 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
28 Jun 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
1 Jun 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
3 May 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
5 Apr 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
8 Mar 2025	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis
8 Feb 2025	3:00PM – 4:00PM	75 minute Remedial Massage	Christine Jervis
10 Jan 2025	3:00PM – 4:00PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 Jul 2025, 3:00PM

Created: 27 Jul 2025, 4:26PM

Last updated: 27 Jul 2025, 4:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling better energy improvement. Gallbladder surgery 18 Aug Mon.
Feedback from previous treatment - loved it

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

Illness

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

Celiacs Disease diagnosed Feb 2025

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - larger build, bloating
Treatment details - what was done today to help the client	Pressure used - 2-3 Music - I dis Aromatherapy Massage oil - Lav Peppermint Spritzer - lavender Peppermint Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids. Gentle stomach massage - bruise on stomach from secateurs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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
Body Chart	
Feedback after treatment -	Felt great after massage treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still doing Year of self care, would like dietitian help in the future.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Jun 2025, 3:00PM
Created: 28 Jun 2025, 4:05PM
Last updated: 28 Jun 2025, 4:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	<p>What's going on now - client feeling tired, school finished. V stressed. Diagnosis celiac confirmed.</p> <p>Feedback from previous treatment - loved it</p>
Medication or relevant procedures / info identified that may affect the massage.	Illness
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Celiacs Disease diagnosed Feb 2025
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - larger build, bloating</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3</p> <p>Music - I dis</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>Spritzer - lavender Peppermint</p> <p>Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids. Gentle stomach massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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
Body Chart	
Feedback after treatment -	Felt good after massage treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still doing Year of self care, would like dietitian help in the future. aiming for some downtime in these holidays

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 1 Jun 2025, 3:00PM

Created: 1 Jun 2025, 2:55PM

Last updated: 1 Jun 2025, 4:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore from gall stones. Diagnosis celiac confirmed.
Seeing surgeon this week and doing colonoscopy so difficult week.
Feedback from previous treatment - loved it, overall feeling brighter and happier

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

Illness

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

Celiacs Disease diagnosed Feb 2025

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - larger build, bloating

Treatment details - what was done today to help the client

Pressure used - 2-3
Music - I dis
Aromatherapy Massage oil - Lav Peppermint
Spritzer - lavender Peppermint

Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids. Gentle stomach massage

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck

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

Body Chart

Feedback after treatment - Felt good after massage treatment. Took some time to relax as very stressed at the moment

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Still doing Year of self care, would like dietitian help in the future. See how big week ahead goes with results

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 3 May 2025, 3:00PM

Created: 3 May 2025, 4:10PM

Last updated: 3 May 2025, 4:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore from gall stones. Diagnosis celiac confirmed.
Feedback from previous treatment - loved it, overall feeling brighter and happier

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Celiacs Disease diagnosed Feb 2025

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - larger build, bloating

Treatment details - what was done today to help the client Pressure used - 2-3
Music - Saxophone tunes
Aromatherapy Massage oil - Lav Peppermint
Spritzer - lavender Peppermint

Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids. Gentle

	stomach massage
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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
Body Chart	
Feedback after treatment -	Felt good after massage treatment. Discussed how body is feeling and responding to massage well
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still doing Year of self care, would like dietitian help in the future. Current seeking treat for gallstones and waiting for endoscopy
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Apr 2025, 3:00PM
Created: 5 Apr 2025, 4:06PM
Last updated: 5 Apr 2025, 4:36PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore from gall stones. Diagnosis celiac confirmed. Feedback from previous treatment - loved it, overall feeling brighter and happier
Medication or relevant procedures / info identified that may affect the massage.	Illness
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Celiacs Disease diagnosed Feb 2025
Assessment / Testing done (including	

ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - larger build, bloating</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3</p> <p>Music - Saxophone tunes</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>Spritzer - Euc Peppermint</p> <p>Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids. Gentle stomach massage</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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
Body Chart	
Feedback after treatment -	Felt good after massage treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still doing Year of self care, would like dietitian help in the future. Current seeking treat for gallstones and waiting for endoscopy
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 8 Mar 2025, 9:30AM
Created: 8 Mar 2025, 9:31AM
Last updated: 8 Mar 2025, 11:07AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling better. Diagnosis celiac confirmed Feedback from previous treatment - loved it, overall feeling brighter and happier
Medication or relevant procedures / info identified that may affect the massage.	Illness
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Celiacs Disease diagnosed Feb 2025
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - larger build, bloating
Treatment details - what was done today to help the client	Pressure used - 2-3 Music - Saxophone tunes Aromatherapy Massage oil - Lav Peppermint Spritzer - Euc Peppermint Remedial techniques - shoulders, neck and ITBs. Vasodilated rhomboids
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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
Body Chart	
Feedback after treatment -	Felt good after massage treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still doing Year of self care, she doesn't want another stressful bad year so she is looking after herself with regular treatment. Just processing diagnosis and would like dietitian help in the future once she has her head wrapped around this.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 8 Feb 2025, 3:00PM**Created:** 8 Feb 2025, 5:06PM**Last updated:** 8 Feb 2025, 5:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling better after 1st massage. Supposed to be doing gluten free but finding it hard to eat the restricted diet

Feedback from previous treatment - loved it

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 - not checked

Anything noteworthy - no

Anything specific to massage (E.g. no foot massage) - larger build, bloating

Treatment details - what was done today to help the client

Pressure used - 2-3

Music - Yanni if there

Aromatherapy Massage oil - Lav Peppermint

Spritzer - Euc Peppermint

Remedial techniques - shoulders, neck and ITBs

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck

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

Body Chart

Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Year of self care, she doesn't want another stressful bad year so she is looking after herself with regular treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Jan 2025, 3:00PM
Created: 10 Jan 2025, 4:04PM
Last updated: 10 Jan 2025, 8:59PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now -client feels sore all over, been a stressful year at school.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked and bit restricted, pain with shoulders
Anything noteworthy - no
Anything specific to massage (E.g. no foot massage) - no

Client had any previous treatment elsewhere? Yes but not for 3 years

Any Red Flags - no

Studying now with psych, will leave teaching when study is done

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

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
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - lower
Topical Treatment - Fisiocrem upper
Music - Yanni if there
Aromatherapy Massage oil - pav peppermint loves

	Spritzer - euc peppermint
	FB (+stom). Remedial techniques on shoulders/neck/back. Hips and shoulders tight and tender. Short amount on tummy - v lumpy and tight esp R side.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - quick prone stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt really good, many sore spots esp legs, hips and shoulders.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help - suggested a longer 75 min session in the next 4-6 weeks. Client felt very tight and tense.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record - Women's Health	
Practitioner: Christine Jervis	
Appointment: 10 Jan 2025, 3:00PM	
Completed: 1 Jan 2025, 5:24AM	
About you...	
What's your health fund?	n/a
Occupation - how long?	Primary School Teacher (10 years)
List your physical activities, hobbies, exercise or sport.	Hobbies - studying at uni, gardening, DIY projects Physical activity- minimal (short walks)
Do you sit/stand for long hours? (E.g. car/desk)	Sit for long periods when studying but mostly on my feet all day with work
Medications - prescribed or natural	Pre and pro biotic, vit c, zinc, milk thistle
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	Nil, relatively healthy

About Massage...

How did you find out about our massage clinic?

- ☒ Google
 ☐ Facebook
 ☐ Instagram
 ☐ Phonebook
☐ Massage Association
 ☐ Health Professional (Doctor, Physio, Midwife)
☐ Referral - word of mouth
 ☐ Current/Previous customer

Who referred you? We use a client reward system - May we thank them?

Type of massage pressure you prefer?

- ☐ Gentle
 ☐ Firm
 ☐ Hard
 ☐ Very Hard
☒ Not sure? (We'll check at your massage)

What are your goals or reasons for getting massage?

Undo stress tension in back, neck and shoulders

Any areas you DON'T want massaged?

- ☐ Face
 ☐ Head
 ☐ Stomach
 ☐ Back
 ☐ Buttocks
 ☐ Arms
☐ Legs
 ☐ Feet
 ☒ Ok with above areas being massaged
☐ Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y

Do you experience headaches?

- ☐ No
 ☐ Mild
 ☐ Severe
 ☐ Persistent
 ☒ Migraines

Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?

- ☐ No problems - everything is working well
☐ Discomfort with a whole mix of things happening
 ☐ Abdominal pain
☒ Bloating
 ☐ Constipation (going less than once per day)
☐ Hard bowel movements
 ☒ Loose bowel movements
 ☐ Diarrhoea
☐ Food allergies
 ☐ Struggling most of the time
☐ Occasionally experience problems

Do you have any pain?

- ☐ No pain - nothing hurts
 ☐ Morning soreness
 ☐ Night time pain
☐ Varies - can be any time
 ☐ All the time
☐ Hurts doing something specific. E.g. Bending over to touch toes.
☐ Tender to touch
 ☐ Dull pain
 ☐ Aching or throbbing
 ☐ Sharp pain
☐ Stiffness
 ☒ Muscle tightness
 ☐ Restricted movement

If your body hurts, what relieves it?

- ☐ I have no pain to manage
 ☐ Ice
 ☒ Heat
 ☒ Rest
 ☐ Exercise
☒ Stretching
 ☐ Medication
 ☐ 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 falling asleep
 ☐ Trouble staying asleep through the night
☐ 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?

Women's Health Check...

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved

sleep, mental health and stress management.

Any falls / injuries to your sacrum, tailbone, head, ankles or feet? No

Have you had any surgery on your abdomen or lower back? No

How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently? If I hold pee to long it hurts to wee

Menstrual and Fertility Conditions - please tick what applies to you...

☐ Painful Periods ☒ Irregular Periods
☐ Excessive Bleeding (>1pad/tampon per/hr) ☐ Fibroids
☐ Painful Ovulation ☐ Miscarriage (once) ☐ Recurrent miscarriage
☐ Currently doing Fertility Treatment. E.g. IVF. ☐ Trying to get pregnant now
☐ Postnatal Recovery ☐ PCO (Polycystic ovaries)
☐ PCOS (Polycystic Ovarian Syndrome) ☐ POF (Premature Ovarian Failure)
☐ Endometriosis ☐ Failure to Ovulate ☐ Low AMH
☐ Retroverted uterus ☐ Inverted uterus ☒ No problems that I know of

Symptoms experienced prior to and during menstruation

☐ I don't menstruate now ☐ Lower back ache ☐ Headaches
☐ Dizziness ☐ Dragging sensation ☐ Heaviness or pressure in lower pelvis
☐ Increased urination ☐ Constipation ☐ Diarrhoea
☐ Changes in my usual bowel movements ☐ Pain/numbness in right leg
☐ Pain/numbness in left leg ☐ Pain/numbness in both legs
☐ Cramps - lower abdomen ☐ Cramps - left side ☐ Cramps - right side
☐ Dark thick blood at beginning of menstruation
☐ Dark thick blood at the end of menstruation ☐ Blood clots
☒ None of the above happen during my period

Any female health details or info you'd like to share? Periods becoming lighter and sometimes irregular

Pregnancy, Birth and Postnatal Recovery

Trauma is stored at a cellular level in the body. Some massage techniques affect your body's response, especially if you've experienced emotional events or trauma. Massage creates a safe, supportive treatment space for all women to be nurtured.

Tick what applies to your birth experiences -

☒ No birth history to report ☐ Vaginal Birth ☐ Water Birth
☐ Epidural / Pethidine ☐ Forceps / Ventouse ☐ C-section
☐ Termination ☐ Miscarriage ☐ Ectopic

How many pregnancies have you had? 0

How many babies have you birthed? 0

Have you had any birth interventions or complications? No

How long were your birth hours for each delivery? N/a

Any other info you would like to share? No

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.

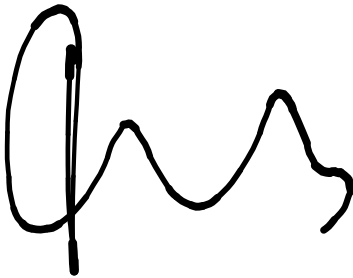
It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ 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.

A handwritten signature in black ink, consisting of a large loop followed by a series of smaller, connected loops and a final downward stroke.