

Shynade Hohenhaus

Appointments

Date	Time	Type	Practitioner
28 Jun 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis Appointment: 28 Jun 2025, 9:30AM Created: 28 Jun 2025, 10:36AM Last updated: 28 Jun 2025, 1:15PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client cramping in calves, baby turned so head is up
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Sees Tania McSweeney for massage
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) - no.
Treatment details - what was done today to help the client	Pressure used - 3 firm Music - Ian Cam Smith Aromatherapy Massage oil - 1 % relax blend Spritzer - Rose Remedial techniques - shoulders, hips, back.
Hot Pack	Upper Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	

What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - side-lying; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Relaxed after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed treatment throughout pregnancy. Showed belly lift and discussed using pillow and side lying at 90 degrees to help when sore
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:	28 Jun 2025, 9:30AM
Completed:	20 Jun 2025, 11:33AM
About you...	
What's your health fund?	Medibank
Occupation - how long?	High school teacher - 8 years
List your physical activities, hobbies, exercise or sport.	Walking.
Do you sit/stand for long hours? (E.g. car/desk)	Occasionally
Medications - prescribed or natural	N/A
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	Past broken ankle.
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?

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?

Relief from pregnancy related pain and stiffness

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?

N/A

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?

Typical effects of pregnancy

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?

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?

1

How many babies have you birthed?

0

Have you had any birth interventions or complications?

How long were your birth hours for each delivery?

Any other info you would 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.

A handwritten signature in black ink, appearing to read 'SRAH'.