

Sarah Thorne

DOB1 Jan 1982

Appointments

Date	Time	Type	Practitioner
24 Jul 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
14 May 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
12 Mar 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
5 Mar 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
27 Feb 2025	2:30PM – 3:15PM	45 minute Massage	Christine Jervis
19 Feb 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
6 Nov 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
11 Sep 2024	11:00AM – 12:00PM	Sauna & Massage	Christine Jervis
24 Jul 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
1 May 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Jan 2024	9:30AM – 10:30AM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
5 Jan 2024	9:30AM – 10:30AM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Jul 2025, 12:45PM

Created: 24 Jul 2025, 1:51PM

Last updated: 24 Jul 2025, 2:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical

history or client info)	What's going on now - client feeling better but body very tired
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) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Music saxophone Kenny G tunes Aromatherapy Massage oil - pain blend h20 Spritzer - lavender peppermint Remedial techniques - Remedial techniques on hips and legs. 7mins each lower leg prone and 7 supine
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen)
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage. Legs were very sore.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Looking for monthly massage (more regular self care)
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 14 May 2025, 12:45PM

Created: 14 May 2025, 1:58PM

Last updated: 14 May 2025, 4:20PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling better from L miniscal tear and toe inhury. Comps done and now heading into a busy term but feeling 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) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Ian can smith
Aromatherapy Massage oil - lav peppermint
Spritzer - lavender peppermint

Remedial techniques - Remedial techniques on hips and legs. 10mins each lower leg. 8mins hips each side and Side lying legs and itbs/quads prone with stomach/psoas release

Hot Pack

Lower Body

Hot Stones

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

Hot Wet Towels

Feet

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen)

Where any specific trigger points used?

Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Focus On Movement | Created 11 Aug 2025, 8:37PM

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Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see in 4-6 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Mar 2025, 11:00AM Created: 12 Mar 2025, 12:11PM Last updated: 12 Mar 2025, 12:18PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and sore from L miniscal tear. Sore this week. Tired. Bit stiff.
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) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian can smith Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs. 10mins each lower leg. 8mins hips each side and Side lying legs and itbs/quads prone with stomach/psoas release
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen)
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Moving house next week. See when she can fit in. Staff away too.
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, 11:00AM Created: 5 Mar 2025, 12:23PM Last updated: 5 Mar 2025, 12:45PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and sore from L miniscal tear. Sore this week.
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) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Saxophone tunes Kenny G

	Aromatherapy Massage oil - lab peppermint Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs..8mins each lower leg. 5mins hips each side plus Side lying legs.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen)
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Manage treatment with physio at end of next month (holidays) daily exercises and massage weekly focus on legs
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Feb 2025, 2:30PM Created: 27 Feb 2025, 2:27PM Last updated: 27 Feb 2025, 5:11PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and sore from L miniscal tear. Some improved from last week
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) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Saxophone tunes Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs.. 7mins each lower leg. 5mins hips Side lying legs and hips and finish with psi as release. Stones legs and lower back
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Stomach; Gluteals / Lower Back; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Manage treatment with physio at end of next month and massage weekly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 19 Feb 2025, 11:00AM

Created: 19 Feb 2025, 12:13PM

Last updated: 19 Feb 2025, 12:14PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and sore from L miniscal tear.
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) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage. Very sore and tired.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Manage treatment with physio and massage alternate weeks

Infra-Red Sauna (if applicable - info is below)
Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 11 Sep 2024, 11:00AM Created: 11 Sep 2024, 12:14PM Last updated: 11 Sep 2024, 4:35PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired. 7 days of work. nothing found from Dr results
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 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 - 2-3 firm Music - Piano music Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used; QLs; ITBs; TFLs; Glutes; Psoas	
Body Chart	
Feedback after treatment -	Felt good after massage. Very sore and tired.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Busy after show, still working big load
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 24 Jul 2024, 12:45PM Created: 24 Jul 2024, 1:51PM Last updated: 24 Jul 2024, 5:09PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired. 7 days of work. Recovering from cold with cough still. R Plantar fasciitis and toe L improved with foot massager in her office
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 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 - 2-3 firm Music - Piano music Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg
Hot Pack	Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Busy 4 weeks with show but things getting better
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 5 Jun 2024, 1:00PM Created: 5 Jun 2024, 2:15PM Last updated: 5 Jun 2024, 2:37PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired. 7 days of work. Recovering from cold. R Plantar fasciitis and toe L sore from Demi plie
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 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 - 2-3 firm Music - Ken Davis Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs. Got cold - blanket and 26 degrees. 10 mins each lower leg
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage. Stomach very tender.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Busy 4 weeks, new person hard to deal with. Hope to do 3-4 weeks massage from June

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

Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 1 May 2024, 12:45PM

Created: 2 May 2024, 12:35AM

Last updated: 2 May 2024, 12:37AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired. 7 days of work. Feedback from previous treatment - really enjoyed massage.
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 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 - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs. Got cold - blanket and 26 degrees.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Busy til June, new person hard to deal with. Hope to do 3-4 weeks massage from June
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis Appointment: 25 Jan 2024, 9:30AM Created: 26 Jan 2024, 3:14PM Last updated: 26 Jan 2024, 3:18PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired with musical on Feedback from previous treatment - really enjoyed massage.
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 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 - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including	Will resume classes soon - will be good to do some monthly treatment this year.

discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Never done it before, felt very warm. Thought about how good it would be to stretch.

Initial Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 5 Jan 2024, 9:30AM</p> <p>Created: 6 Jan 2024, 5:12AM</p> <p>Last updated: 6 Jan 2024, 5:17AM</p>	
Initial Consultation - Remedial Massage Appointment	
Presenting complaint (relevant medical history or client info)	What's going on now - client put on 6kg on holidays, lumbar and ribs get sore. Will be dancing 7 days a week this year as 1 teacher has left. General FB Massage needed.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - no.</p> <p>Client had any previous treatment elsewhere? Yes 6 weekly massage usually.</p> <p>Any Red Flags - no</p>
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	<p>Pressure used - 2-3 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Fisiocrem</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Sports Blend</p> <p>Spritzer - Joy</p> <p>Remedial Techniques on shoulders, back, hips, neck. L side little more tighter.</p>

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; Deltoids; QLs; ITBs; TFLs; Psoas Release
Body Chart	
Feedback after treatment -	Tender lumbar, hips and stomach - really enjoyed treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting regular treatment, doing some side lying treatment. Suggested free Sauna next time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record	
Practitioner: Christine Jervis Appointment: 5 Jan 2024, 9:30AM Completed: 3 Jan 2024, 11:37AM	
About you...	
What's your health fund?	BUPA
Occupation - how long?	Dance Teacher - too long! (over 20 years)
List your physical activities, hobbies, exercise or sport.	pilates
Do you sit/stand for long hours? (E.g. car/desk)	yes - on admin days
Medications - prescribed or natural	thyroxine
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	Previous (long time ago) - stress fracture L4/5 - left 5th metatarsal fracture
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 type="checkbox"/> Referral - word of mouth <input checked="" type="checkbox"/> Current/Previous Customer

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

What are your goals or reasons for getting massage?

maintenance
self-care

Type of massage pressure you prefer?

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

Any areas you DON'T want massaged?

☐ Face ☐ Head ☐ Stomach ☐ Back ☐ Buttocks ☐ Arms
☐ Legs ☐ Feet ☒ I am ok with all the above areas being massaged
☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

Do you experience headaches?

☐ No ☐ Mild ☐ Severe ☐ Persistent ☒ Migraines

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

☐ 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 ☒ Occasionally experience problems
☐ Struggling most of the time ☐ 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.

Previous (long time ago)
- stress fracture L4/5
- left 5th metatarsal fracture

Do you have any pain?

☐ No pain - nothing hurts ☐ Morning soreness ☐ Night time pain
☐ Happens randomly - can be any time
☐ Pain doing something specific. E.g. Bending over to touch toes.
☐ All the time ☐ 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 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.

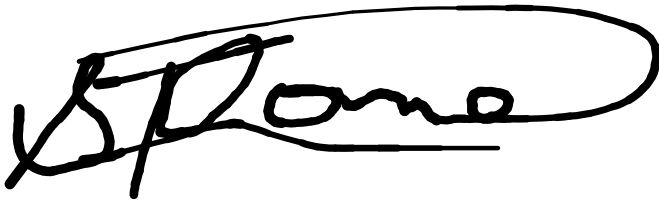
It's ok to discuss my treatment with my doctor, physio or referring health practitioner.

☒ 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.

A handwritten signature in black ink, appearing to read 'S. Thorne', enclosed within a large, loopy oval shape.