



Personal Information			
Full Name		Occupation	
Sarah Coleman		Teacher	
Postal Address			
11 Senate St Bentley Park			
Home Phone	Work Phone	Mobile	
—	—	0402324297	
Email Address			
asyoulightit@gmail.com			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a message)			
<input checked="" type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input checked="" type="radio"/> Facebook Message
Emergency Contact Details: Name and Number		Relationship to you (e.g. Partner).	
IAN COLEMAN 0437921625		HUSBAND	
Is it ok to email you massage tax invoices?		Please circle if you use any of the following:	
Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		<input checked="" type="radio"/> Facebook / <input checked="" type="radio"/> Twitter / <input checked="" type="radio"/> Instagram / <input checked="" type="radio"/> Pinterest / <input checked="" type="radio"/> Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
NONE			
Client Signature		Date	
Sarah Coleman		8/12/16	

☐ Office - Please tick after updated information is electronically entered

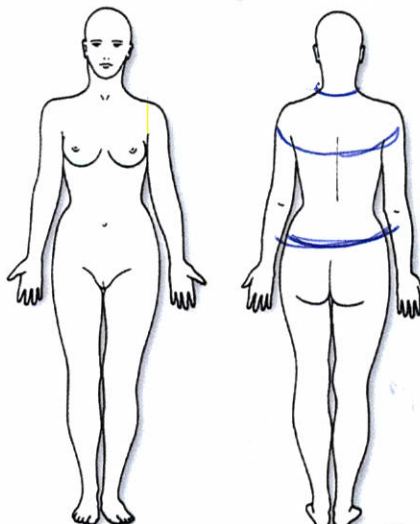
Full Name Sarah Coleman Date of Birth 18/04/84  
 Postal Address 11 Senate St, Bentley Park  
 Home Phone \_\_\_\_\_ Work \_\_\_\_\_ Mobile 0402324297  
 Email Address asyoulightit@gmail.com Health Fund Medibank  
 Emergency Contact Details - Name and Number Ian Coleman -0437921625  
 Current Doctor Dr Susan McDonald Referred By \_\_\_\_\_  
 Occupation and how long Teacher -10 years  
 Physical Activities/Hobbies/Exercise Toddler, gym, walking, yoga  
 Medical History (operations/illnesses/accidents/injuries/# of children) 1 child (2)  
 Medications - Prescribed or Natural: metformin

Some conditions require your massage to be modified.  
 Please tick all conditions below that apply to you NOW.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruise Easily / Blood clotting problems / Varicose Veins
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Constipation ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☒ Headache ☐ NOW ☐ SOMETIMES ☒ MOST OF THE TIME
- ☒ Numbness / Tingling
- ☒ Period Problems / Diagnosed female condition
- ☐ Pregnant / Trying to get pregnant / Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems or ☐ Sprained/strained muscles

Details \_\_\_\_\_

Please circle areas of soreness or  
 pain on the body chart below:



Amount of Pain (1-10): 5-8

Type (sharp, dull, aching etc) aching

When is the pain worst? end of day

What relieves the pain? stretching

Please circle any areas you DON'T want massaged: Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard



All the information a client provides helps determine an appropriate massage treatment.  
 Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

CLIENTS - if you develop any further complications/symptoms/problems or your details change, PLEASE ADVISE ASAP.

Signature: \_\_\_\_\_

Date: 16/6/15



**PLEASE READ THIS INFORMATION CAREFULLY**

**Every massage treatment has potential risks;** such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, cause blood thinning, euphoria or interact with medications or homeopathic remedies).

**To minimise possible risk, you must:**

**Be honest** about the information you provide regarding your health: especially for heart/kidney/immune/health problems, if you're pregnant/breastfeeding

**Tell your therapist** if you have sensitive skin, bruise easily, have any known health problems, if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable at any stage.

**After treatment,** it is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving/using stairs. Keep well hydrated with water especially in the 24-48 hours after treatment.



It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs. Do you agree to such discussion to improve your health?

☒ **Yes**      ☐ **No**



**Please tick the boxes below - after you read and agree with each statement:**

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☒ I agree to read the information brochure I will be given to take home at the end of my first treatment.



Your  
Signature:

Your Name:

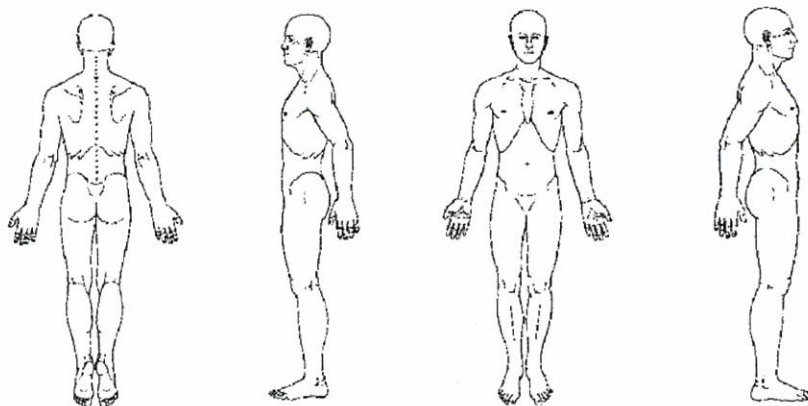
Sarah Coleman

Date:

16/6/15



**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

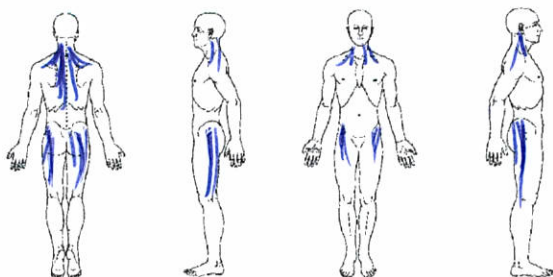


**OBSERVATION/PALPATION/ASSESSMENT** Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

V-time poor - running English program @ TAS

**TREATMENT NO. 1** S = Client been feeling tightness in her body  
 & feeling v. in used up

DATE: 17.06.15  
 TIME: \$88  
 PAID: 1hr  
 REC.No: 1256  
 AIR TEMP: 25°C  
 MUSIC: Jav  
 FACE CREST: Lem  
 SUPINE SCENT: Relax  
 OIL BLEND: Mandarin  
 2xln + 2xback  
 HT: 1.7m  
 CST: (A) Face  
 HST: 2xln  
 2xback  
 EXTRA:  
 NEXT APPT:

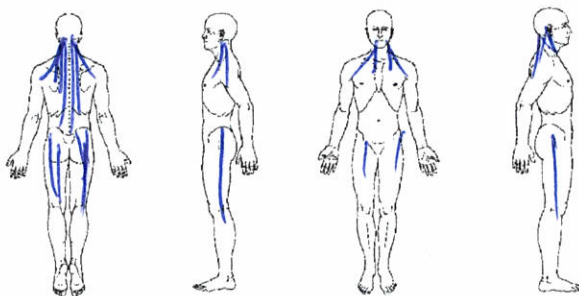


O/A:  
 Perv tight  
 Deltoids tight + tender  
 as tight traps up tight  
 Rhomb region comp  
☒ Full Body ☒ STOMACH/MS  
 ARMS ☐ Prone ☐ Supine MS LEGS  
 TP rhomb/med/ham/traps  
 Fx occ/traps/l/scaps  
☐ Talked ☐ Quiet  
 ROM Used > ms  
 FBAC felt better > ms

P = Reconn client stretch out by lifting sternum for posture  
 New brochures given by

**TREATMENT NO. 2** S = Client been feeling in her body on her upper  
 trouble with chest like reflex feeling heavy in region

DATE: 31.05.16  
 TIME: \$88  
 PAID: 1hr  
 REC.No: 1257  
 AIR TEMP: 25  
 MUSIC: Jav  
 FACE CREST: Lem  
 SUPINE SCENT: Relax  
 OIL BLEND: Mandarin  
 2xln + 2xback  
 HT: 1.7m  
 CST: (A) Face  
 HST: 2xln  
 2xback  
 EXTRA:  
 NEXT APPT:

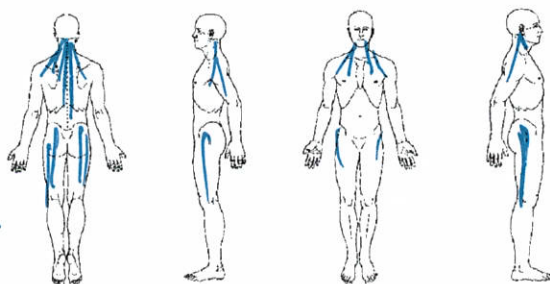


O/A:  
 Perv tight  
 Deltoids tight/tender  
 as tight traps up tight  
 Rhomb region comp  
☒ Full Body ☒ STOMACH Focussed on release  
 ARMS ☐ Prone ☐ Supine LEGS of tight  
 TP rhomb/med/ham/traps  
 Fx occ/traps/l/scaps  
☐ Talked ☐ Quiet  
 ROM Used > ms  
 FBAC felt better > ms

P = Felt improvement with breathing - 4, 6, 7

**TREATMENT NO. 3** S = Client been feeling tightness in her body in her  
 r hip / scate region pinch.

DATE: 08.12.16  
 TIME: 1hr: \$88  
 PAID: /  
 REC.No: 1258  
 AIR TEMP: 25°C  
 MUSIC: Massage Mix  
 FACE CREST: Jav  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 2xln + 2xback  
 HT: 1.7m  
 CST: (A) Face  
 HST: 2xln  
 2xback  
 EXTRA:  
 NEXT APPT:



O/A:  
 Trap up tight  
 Deltoids tight. Perv tight  
 as tight + short ms fun  
 Rhomb region comp  
☒ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP act/traps/l/scaps  
 Fx rhomb/med/ham/traps  
☐ Talked ☐ Quiet  
 ROM Used > ms  
 FBAC felt better > ms

P = been working at @ gym to help strengthen body



4. 10.01.17 Client been feeling tightness in  
her body in her hips  
2xln + 2xback. Feet / Fore HT.

FB(-stom) Heat. TP rhomb / g'med / ham / traps /  
Incaps.

Feet better > Ms - some stiffness  
but 'could move'

Client is away now - rejoin some mg to  
to help with body. started boot camp  
today

5.2 1.18. Client been feeling tightness  
in her body in her hips / shoulders  
Physio working on her hips to help  
get body right

FB(-stom) Heat. TP rhomb / g'med / ham /  
traps / Incaps

Feet better > Ms. V relaxed +  
moving free with movement

Rejoin client continue with physio exercises

☐ 2 3.17. Client been feeling tightness in  
her body in her shoulders / hips

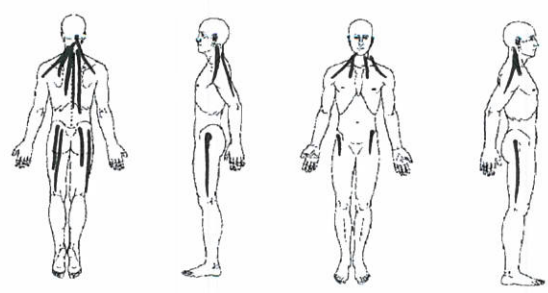
FB(+stom) Heat. TP rhomb / g'med / ham / traps / Incaps  
TP rhomb + tender + v. sore upper body.  
Feet better > Ms  
Rejoin client stretch out with body  
to help body in water

SARAH COLEMAN

TREATMENT NO. 7  
Office: ☐ Scanned & filed

DATE: 24/08/17  
TIME: 3:30PM  
AIR TEMP: THURS  
MUSIC: IanLam  
FACE CREST: Jan  
SUPINE SCENT: lem  
OIL BLEND: Relax  
Manditane  
Hot Towel: Feet / Face  
Cold Stones: (A) Face  
Hot Stones: 2 x In  
2 x back

S = client feeling tightness in shoulders / neck  
lots of exercise @ mo



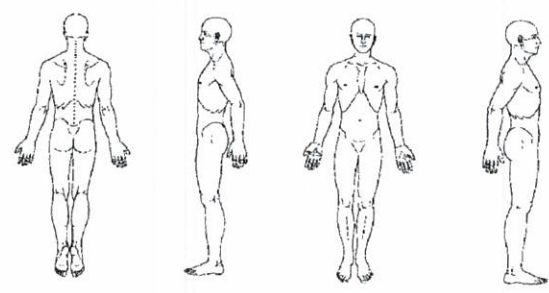
O/A: Slowed down MS to help PNS  
Pers tight / traps up tight  
rhombos tight / scap + dls tight  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine MS LEGS  
TP rhombos region tight  
Fx occ / traps / scap  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Tied > ms  
FBACK feet big diff > ms

P = Discussed slowing down to help body

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

TREATMENT NO. \_\_\_\_\_  
Office: ☐ Scanned & filed

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
Hot Towel \_\_\_\_\_  
Cold Stones \_\_\_\_\_  
Hot Stones \_\_\_\_\_



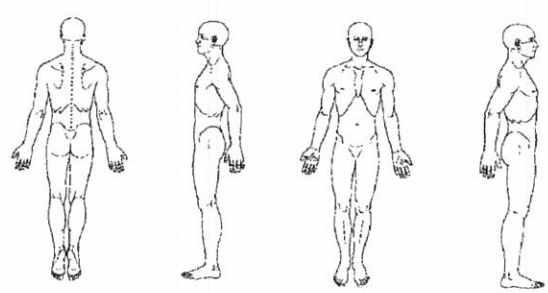
O/A: \_\_\_\_\_  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

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

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

TREATMENT NO. \_\_\_\_\_  
Office: ☐ Scanned & filed

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
Hot Towel \_\_\_\_\_  
Cold Stones \_\_\_\_\_  
Hot Stones \_\_\_\_\_



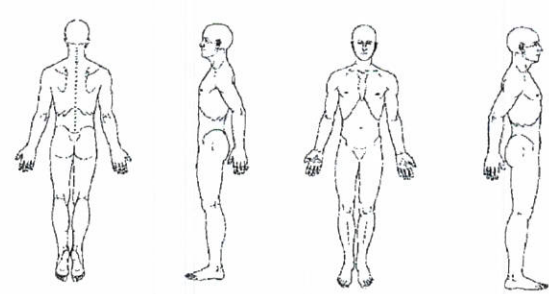
O/A: \_\_\_\_\_  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☐ Talked ☐ Quiet Breathing  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

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

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

TREATMENT NO. \_\_\_\_\_  
Office: ☐ Scanned & filed

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
Hot Towel \_\_\_\_\_  
Cold Stones \_\_\_\_\_  
Hot Stones \_\_\_\_\_



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

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

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

S = client been tense with upper body. Exercising so body tight.

SARAH COLEMAN

TREATMENT NO. 8

Office: ☐ Scanned & filed

DATE: 7.9.17

TIME: 3.30pm

AIR TEMP: 25

MUSIC: Don Mcgr

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Peloni

Hot Towel: Feet / Face

Cold Stones: 1 x Face

Hot Stones: 2 x in

2 x back

P = Discussed DOMS



O/A:

legs tight - hamms esp.  
Thoracic tightness.

ES cong  
rhomb region cong / varada

☒ Full Body

☒ STOMACH

ARMS ☒ Prone ☒ Supine MS LEGS

TP rhombs / traps / pels / deltoids

Fx es / occ

☐ Talked ☐ Quiet

Fast Breathing

ROM 1 x 2 x ms

FBACK felt better with Tr

TREATMENT NO.



S = tension headaches. & (L) arm.!

DATE: 6/4/18

TIME: 3:40

PAID: \$44 1hr

REC.No:

AIR TEMP: 23

MUSIC: Dido

FACE CREST:

SUPINE SCENT:

OIL BLEND: lemon

MIT

HT: 5'2"

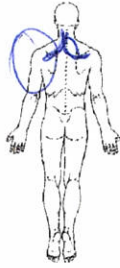
CST

HST: 4'11"

EXTRA: cupping

NEXT APPT:

Sarah C



O/A:

tight generally calves  
v-back ↑

slide & brief stat cups v-back

☐ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS

TP v-back

Fx mid traps.

☐ Talked ☒ Quiet

Breathing

ROM

FBACK

P = firm



## Sarah Coleman

**DOB** 18 Apr 1984

**Occupation** Teacher

### Appointments

Date	Time	Type	Practitioner
14 Jul 2025	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
18 May 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
23 Mar 2025	2:15PM – 3:15PM	Sauna & Massage	Christine Jervis
9 Mar 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
9 Feb 2025	1:00PM – 2:00PM	Sauna & Massage	Christine Jervis
15 Jan 2025	3:45PM – 4:45PM	Sauna & Massage	Christine Jervis
5 Dec 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
25 Aug 2024	2:30PM – 3:30PM	Sauna & Massage	Christine Jervis
27 Jul 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 May 2024	3:00PM – 4:00PM	Sauna & Massage	Christine Jervis
24 Mar 2024	2:30PM – 3:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 Feb 2024	4:30PM – 5:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
7 Dec 2022	12:45PM – 1:45PM	Sauna & Massage	Christine Jervis
12 Aug 2022	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
24 Mar 2022	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
22 Jan 2022	10:20AM – 11:20AM	60 minute Massage	Christine Jervis
13 Mar 2021	10:30AM – 11:30AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
11 Mar 2020	10:20AM – 11:20AM	60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
2 Dec 2019	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
6 Nov 2019	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
18 Feb 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
26 Nov 2018	4:30PM – 5:30PM	60 minute Massage	Marina Franke
8 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 14 Jul 2025, 4:30PM

Created: 14 Jul 2025, 5:37PM

Last updated: 14 Jul 2025, 5:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - been on hols - easing back into school. LHS still tight

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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

Treatment details - what was done today to help the client

Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Ian Cam Smith 2 and Len Savis  
Aromatherapy Massage oil - sports extreme  
  
Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck

Focus On Movement | Created 11 Aug 2025, 8:41PM

2 of 26



<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; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	discussed seeing again later this term
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	25
<b>Feedback after treatment -</b>	Lots of sweat, enjoyed the sauna

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 18 May 2025, 4:00PM  
**Created:** 18 May 2025, 4:59PM  
**Last updated:** 18 May 2025, 5:00PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - been sore and tired from resuming exercise - LHS still pulled and injured so adjusting gym exercise still. Been really tight with thoracic region

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Ian Cam Smith 2  
Aromatherapy Massage oil - sports extreme

	Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
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; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed maybe seeing physio if thoracic tightness continues
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Mar 2025, 2:15PM Created: 23 Mar 2025, 3:31PM Last updated: 23 Mar 2025, 3:32PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired from resuming exercise - LHS still pulled and injured so adjusting gym exercise
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 - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face



	Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith 2 Aromatherapy Massage oil - sports extreme  Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
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; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment. Much better.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Away for holidays to Melbourne to visit family, grandma is 94. See after holidays.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	24
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 9 Mar 2025, 4:00PM Created: 9 Mar 2025, 5:09PM Last updated: 9 Mar 2025, 5:37PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired from resuming exercise - LHS has pulled on Friday
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 - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.

<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 2-3.</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Hips</p> <p>Topical Treatment - Fisiocrem shoulders</p> <p>Music - Kenny G saxophone</p> <p>Aromatherapy Massage oil - sports extreme</p> <p>Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck</p>
<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; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see in 2 weeks if pain persists, away for holidays to Melbourne to visit family, grandma is 94.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	24
<b>Feedback after treatment -</b>	Lots of sweat, enjoyed the sauna

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 9 Feb 2025, 1:00PM  
**Created:** 9 Feb 2025, 2:08PM  
**Last updated:** 9 Feb 2025, 2:23PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - been sore and tired from resuming exercise - feeling a LHS niggle esp with at pull downs assisted at gym

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

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



<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Yanni if there Aromatherapy Massage oil - relax pepper euc  Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
<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; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying less work stress, see in 2 weeks if pain persists
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	24
<b>Feedback after treatment -</b>	Lots of sweat, enjoyed the sauna

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 15 Jan 2025, 3:45PM  
**Created:** 15 Jan 2025, 4:57PM  
**Last updated:** 15 Jan 2025, 5:16PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - been sore and tired from resuming exercise after holiday break away.

**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 - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ackerman Bilk oldies Aromatherapy Massage oil - relax pepper euc  Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
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; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	ready for the new year ahead, switching to a lower stress position at school not leadership anymore
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	24
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 25 Aug 2024, 2:30PM Created: 25 Aug 2024, 3:37PM Last updated: 25 Aug 2024, 3:38PM	
Standard Consultation - Remedial Massage	

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - been sore and tired. Back to Italy in September for school trip. Migraine for 2 weeks
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam 2 Aromatherapy Massage oil - pain H20  Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
<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; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See once more before trip overseas
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	22
<b>Feedback after treatment -</b>	Lots of sweat, enjoyed the sauna

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 27 Jul 2024, 3:00PM	



**Created:** 27 Jul 2024, 4:34PM  
**Last updated:** 27 Jul 2024, 4:36PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - been sore and tired. Back to Italy in September for school trip.

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Piano tunes  
Aromatherapy Massage oil - pain H2O  
  
Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.

**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; Face / sinuses

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -** Felt great after

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** See once more before trip overseas

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

**Time in Sauna (minutes) -** 22

**Feedback after treatment -** Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 18 May 2024, 3:00PM

Created: 18 May 2024, 4:12PM

Last updated: 18 May 2024, 4:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - I side sore from exercise. Back to Italy in September for school trip.

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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

Treatment details - what was done today to help the client

Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Carl Chang  
Aromatherapy Massage oil - lavender  
  
Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.

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; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Felt great afterwards

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

Discussed how massage can help - see before school term ends

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

Time in Sauna (minutes) -

25

Focus On Movement | Created 11 Aug 2025, 8:41PM

11 of 26

Feedback after treatment -	Lots of sweat, enjoyed the sauna. Wished she had one at home.
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Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Mar 2024, 2:30PM

Created: 24 Mar 2024, 2:16PM

Last updated: 24 Mar 2024, 8:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Holidays soon for birthday. L side been very sore. Done 4 weeks consistent weights and exercise. Back to Italy in September for school trip. Week away at beach for birthday
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 - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Carl Chang Aromatherapy Massage oil - lavender  Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
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; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Heading away for birthday in next holidays for 1 week to the beach. discussed getting some treatment next month



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

Time in Sauna (minutes) -	23
Feedback after treatment -	Lots of sweat, enjoyed the sauna.

Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 18 Feb 2024, 4:30PM  
**Created:** 18 Feb 2024, 5:45PM  
**Last updated:** 19 Feb 2024, 8:53AM

Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - all of her body is sore esp hips, back and shoulders. Holiday away went well, death of friend on return. Back to Italy in September for school trip

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Ian Cam Smith  
Aromatherapy Massage oil - Massage h2o oil lavender  
  
Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -** Felt great after treatment. Really felt a difference

<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Doing running in gym with cloud runners - see how she goes. Suggested free sauna with massage on her next visit. Heading away for birthday in next holidays for 1 week to the beach
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 7 Dec 2022, 12:45PM <b>Created:</b> 7 Dec 2022, 2:26PM <b>Last updated:</b> 7 Dec 2022, 2:28PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - all of her body is sore esp hips, back and shoulders. Holidays start tomorrow.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith Aromatherapy Massage oil - Massage h2o oil lavender  Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Next time - still need to talk about using Epsom salts to help soak feet and help with soreness.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	20
<b>Feedback after treatment -</b>	Felt great after Sauna - enjoyed the shower too.

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 12 Aug 2022, 11:00AM  
**Created:** 12 Aug 2022, 12:05PM  
**Last updated:** 12 Aug 2022, 12:15PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - all of her body is sore esp hips, back and shoulders. Very stressed at Work.

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Yanni if there  
Aromatherapy Massage oil - Massage Cream  
  
Very tight shoulders and back - plus legs were tender and tight through ITBs and hamstrings. Felt very tight all over. Very vasodilated shoulders.

**What parts of the body were massaged?** Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick

stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

#### Body Chart

**Feedback after treatment -** Felt good after treatment.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Talked about getting a free sauna with her next massage. Next time - still need to talk about using epsom salts to help soak feet and help with soreness.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 24 Mar 2022, 9:30AM

**Created:** 25 Mar 2022, 10:57AM

**Last updated:** 25 Mar 2022, 10:58AM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - all of her body is sore esp hips, back and shoulders. Client is heading away for school holidays.

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fisiocrem shoulders  
Music - Ian Cam Smith  
Aromatherapy Massage oil - Massage Cream

Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very tight all over. Very vasodilated shoulders.



<b>What parts of the body were massaged?</b>	Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment. Working on getting more regular treatment...
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Next time - still need to talk about using epsom salts to help soak feet and help with soreness.
<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:** Christine Jervis

**Appointment:** 22 Jan 2022, 10:20AM

**Created:** 22 Jan 2022, 11:35AM

**Last updated:** 22 Jan 2022, 11:57AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - all of her body is sore esp hips, legs, quads and feet aching. Away for 4 weeks in Tasmania - hiked lots. R shoulder blade - rhombs sore.

**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 - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

**Treatment details - what was done today to help the client** Pressure used - Firm 2-3.  
Hot Stones - 2 x Hips and 2 x Back/Shoulders  
Hot Wet Towels - Feet / Face  
Hot Pack - Hips  
Topical Treatment - Fiisocrem  
Music - Ian Cam Smith  
Aromatherapy Massage oil - Mental Clarity  
Spritzer - Jasmine

Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt

	very tight all over. Very vasodilated shoulders.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment. Would like to get monthly massage this term
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Next time - talk about using epsom salts to help soak feet and help with soreness.
<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:** Christine Jervis  
**Appointment:** 13 Mar 2021, 10:30AM  
**Created:** 14 Mar 2021, 8:25AM  
**Last updated:** 14 Mar 2021, 8:27AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - all of her body is sore esp hips and shoulders/back. Started new exercise regime and nutrition advice. Has put on weight. Lots of stress at work.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Shoulders Topical Treatment - Zen hips Music - Yanni Aromatherapy Massage oil - Mand/Tang Spritzer - Neroli

Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very knotted especially in the upper body. Very vasodilated shoulders. Felt very tired and tight.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes

#### Body Chart

**Feedback after treatment -** Enjoyed the massage. Felt calmer.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Talked about how regular massage can help. Going away for 1st week of the holidays to Mission Beach and Sydney for a show.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 11 Mar 2020, 10:20AM

**Created:** 11 Mar 2020, 8:31PM

**Last updated:** 11 Mar 2020, 8:34PM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - all of her body is sore esp hips and shoulders/back.

**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)-** Injury.

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today.  
Anything noteworthy - sensitive skin. Vasodilates easily  
Anything specific to massage (E.g. no foot massage) - No.

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

	Music - Norah Jones Aromatherapy Massage oil - Rosemary/Pepp/Euc Spritzer - Lavender  Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very knotted especially in the upper body. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	So many tender spots. Enjoyed the massage. Felt calmer leaving. Discussed seeing her again soon for some treatment to help.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how regular massage can help. Going away for 1st week of the holidays. Home for the 2nd week. Off to Brisbane today for 4 day conference.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 2 Dec 2019, 3:00PM Created: 2 Dec 2019, 4:05PM Last updated: 2 Dec 2019, 4:20PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - not much time to talk before. Late from school drama - arrived very stressed. Hit by one of the students. Feedback from previous treatment -
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)-	Injury.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Short on time. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today	Pressure used - Firm 3.



<b>to help the client</b>	<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 shoulders</p> <p>Music - Norah Jones</p> <p>Aromatherapy Massage oil - Rosemary/Pepp/Euc</p> <p>Spritzer - Lavender</p> <p>Lots to still address - client very stiffly held with passive ROM. She had lots of tender spots today. Enjoyed stomach treatment - didn't know psoas was tender.</p>
<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; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt many tender spots. Enjoyed the massage. Felt calmer leaving. Discussed seeing her in the New Year.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Sent running resource sheet via email - Romanov Technique. Discussed more abdominal work and side lying massage for leg tension in ITB region.
<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:** Christine Jervis  
**Appointment:** 6 Nov 2019, 9:00AM  
**Created:** 6 Nov 2019, 10:02AM  
**Last updated:** 6 Nov 2019, 10:09AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	<p>What's going on now - client's R shoulder and legs really sore from running.</p> <p>Seeing chiro and seeing physio for Tx. Legs constantly aching - physio said LHS weaker and R doing more. Working on unilateral exercises.</p>
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	

<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained. Yes.</p> <p>ROM - checked.</p> <p>Anything noteworthy - lots of congestion and tightness. Very vasodilated.</p> <p>Any precautions / Red Flags - no</p> <p>Anything specific to massage - No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3.</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Arms/hands and feet</p> <p>Topical Treatment - Fisiocrem on hips</p> <p>Music - Yanni if there</p> <p>Aromatherapy - Mand/Tang because oil bottle ran out half way. Used Pepp/Rosemary (pain) for half of the massage.</p> <p>Lots to address - client very stiffly held with passive ROM.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt like it was needed. Enjoyed the treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed working on abdominals next time. Recommended ICE after running and also for feet at night to help with aching.
<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:** 18 Feb 2019, 4:00PM  
**Created:** 18 Feb 2019, 5:05PM  
**Last updated:** 18 Feb 2019, 5:09PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -ocipital area sore, mid Tx Been on holidays so haven't been back to chiro yet  
 Feedback from previous treatment - :)

**Details of Medications / Red Flags etc (i.e. conditions listed above)-** seeing chiro who sug. massage

**Medication or relevant procedures / info**

identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -quite firm/hard Hot Stones -4 Hot Wet Towels -2 Cupping area- err spin, mid to upper back, ribs prone Topical Treatment - Music -nature Aromatherapy -pep eucalyptus/rosemary
What parts of the body were massaged?	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TMJ
Body Chart	
Feedback after treatment -	great
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage and chiro combo offer tummy massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Marina Franke Appointment: 26 Nov 2018, 4:30PM Created: 26 Nov 2018, 4:28PM Last updated: 26 Nov 2018, 5:44PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now -ocipital area sore, mid Tx also. Legs feel very heavy mid afternoon onward. Chiro also working lateral ribs Feedback from previous treatment -
Details of Medications / Red Flags etc (i.e. conditions listed above)-	seeing chiro who sug. massage

<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<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 - 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 -quite firm/hard Hot Stones -4 Hot Wet Towels -2 Cupping area- next time please Topical Treatment - Music -relax Aromatherapy -tangerine
<b>What parts of the body were massaged?</b>	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; SCMs; TMJ
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	great
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	massage and chiro combo offer tummy massage
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

Client Health Check	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 22 Jan 2022, 10:20AM <b>Completed:</b> 18 Jan 2022, 3:48PM	
Travel History	
<b>Have you been out of the country in the past 2 months? If so, where.</b>	No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

## Client Health Check

**Practitioner:** Christine Jervis  
**Appointment:** 13 Mar 2021, 10:30AM  
**Completed:** 13 Mar 2021, 9:22AM

## Travel History

Have you been out of the country in the past 2 months? If so, where. No

## Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe  
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

## COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No



