

Mr Ross Sanders

DOB20 Jan 1973

Appointments

Date	Time	Type	Practitioner
6 Jun 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
27 Oct 2023	11:00AM – 12:00PM	Sauna & Massage	Christine Jervis
28 Jul 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
22 Jul 2023	10:20AM – 11:20AM	Sauna & Massage	Christine Jervis
10 Mar 2023	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
3 Mar 2023	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
21 Jan 2023	9:00AM – 10:00AM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 6 Jun 2025, 9:30AM

Created: 6 Jun 2025, 9:00PM

Last updated: 6 Jun 2025, 9:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt sore with his right shoulder and lower 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)-

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. Thin skinny build, good lean muscular

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Tunes Saxophone
Aromatherapy Massage oil - pain blend

	Spritzer - joyful
	Remedial techniques - FB. Remedial techniques on shoulders and back. Really worked shoulders and arms lots today plus lower back and legs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms
Body Chart	
Feedback after treatment -	Felt good - improved after sauna and massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed workload and keeping his body fit and moving well
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat - more heat this time.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Oct 2023, 11:00AM Created: 27 Oct 2023, 2:06PM Last updated: 27 Oct 2023, 5:02PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - felt soreness with body improving, R rhoms and L shoulder still sore. Lower back been sore. Diagnosed with glandular fever so been tired
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. Thin skinny build, good lean muscular
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni if there blend Aromatherapy Massage oil - relax blend glisten Spritzer - joyful Remedial techniques - FB. Remedial techniques on shoulders and back. Client slept through the massage snoring. Very relaxed. Really worked shoulders and arms lots today plus lower back and legs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms
Body Chart	
Feedback after treatment -	Felt good - improved after sauna and massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed recovery from glandular fever
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat - more heat this time.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis	

Appointment: 28 Jul 2023, 9:30AM**Created:** 28 Jul 2023, 9:25AM**Last updated:** 28 Jul 2023, 10:49AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt soreness with lower back impeding movement.

Feedback from previous treatment - sore day after and felt much better in 48 hours. Just starting to feel hip again now

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. Thin skinny build, good lean muscular

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Yanni if there blend

Aromatherapy Massage oil - relax blend glisten

Spritzer - joyful

Remedial techniques - FB. Remedial techniques on shoulders and back. Client slept through the massage snoring. Very relaxed. Really worked shoulders and arms lots today plus lower back and legs

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms

Body Chart

Feedback after treatment -	Felt good - improved after sauna and massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using ice packs and cream on the plane plus jumper for lumbar support
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat - more heat this time.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Jul 2023, 10:20AM
Created: 22 Jul 2023, 12:18PM
Last updated: 22 Jul 2023, 12:53PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - felt soreness with lower back impeding movement. Feedback from previous treatment - enjoyed last treatment but been a long time.
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. Thin skinny build, good lean muscular
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni if there blend Aromatherapy Massage oil - relax blend glisten Spritzer - joyful Remedial techniques - FB. Remedial techniques on shoulders and back. Client slept through the massage snoring. Very relaxed. Really worked shoulders and arms lots today plus lower back and legs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders

Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms
Body Chart	
Feedback after treatment -	Felt good - improved after sauna and massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed pelvic rocking to help with limited movement
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat. Had to stand for some as back back makes it hard to sit

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Mar 2023, 9:30AM Created: 10 Mar 2023, 10:40AM Last updated: 10 Mar 2023, 12:21PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - felt soreness with shoulder is improving. Did landscaping work rocking rock yesterday. Feedback from previous treatment - enjoyed last treatment
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. Thin skinny build, good lean muscular

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni if there blend Aromatherapy Massage oil - Cream Spritzer - none Remedial techniques - FB. Remedial techniques on shoulders and back. Client slept through the massage snoring. Very relaxed. Really worked shoulders and arms lots today plus lower back and legs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms
Body Chart	
Feedback after treatment -	Felt good and looked sleepy
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment when he returns from Melbourne to clear his mum's estate. Prob June.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat from 5mins. Discussed more on how it helps

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Mar 2023, 11:00AM
Created: 3 Mar 2023, 12:05PM
Last updated: 3 Mar 2023, 12:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)
 What's going on now - felt soreness with shoulder is returning.
 Feedback from previous treatment - many weeks feeling great having massage with me

	last time
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	<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. Thin skinny build, good lean muscular</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Mod Music hallelujah mix</p> <p>Aromatherapy Massage oil - Cream</p> <p>Spritzer - none</p> <p>Remedial techniques - FB with short stomach massage to release psoas. Remedial techniques on shoulders and back. Clients slept through the massage. Very relaxed. Really worked shoulders and arms lots today</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; SCMs; Forearms
Body Chart	
Feedback after treatment -	Felt good. Very sleepy
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25

Feedback after treatment -	First time using it, not sure. Discussed how it helps and why it's good to try something at least 3 times
----------------------------	---

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 Jan 2023, 9:00AM

Created: 21 Jan 2023, 10:17AM

Last updated: 21 Jan 2023, 10:30AM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info)	What's going on now - clients R shoulder is giving him grief especially when sleeping.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked. Improved quality Anything noteworthy - muscular small build, low fat percentage Anything specific to massage (E.g. no foot massage) - no Client had any previous treatment elsewhere? Yes. Used to see a good remedial guy who diagnosed a twisted hip.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face / Arms & Hands / Back Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem / Zen / Balm Music - Yanni if there Aromatherapy Massage oil - cream Spritzer - none Remedial techniques on shoulders, back and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS
Body Chart	

Feedback after treatment -	Felt good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how regular treatment can help. New client pack gifted.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

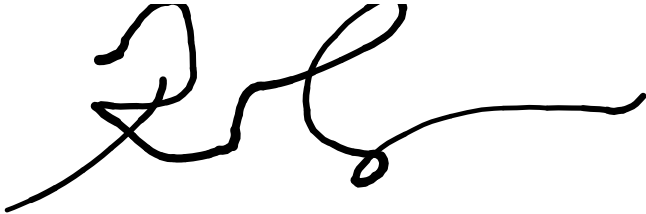
Patient Forms

New Client Record	
Practitioner: Christine Jervis Appointment: 21 Jan 2023, 9:00AM Completed: 21 Jan 2023, 7:54AM	
About you...	
What's your health fund?	Australian Unity
Occupation - how long?	Landscaper
List your physical activities, hobbies, exercise or sport.	Renovating
Do you sit/stand for long hours? (E.g. car/desk)	No
Medications - prescribed or natural	Floroxitine
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	No
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?	Andie Grech
What are your goals or reasons for getting massage?	Alleviate shoulder pain and sleep better with less body pain.
Type of massage pressure you prefer?	<input type="checkbox"/> Gentle <input type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input checked="" type="checkbox"/> Not sure? (We'll check at your massage)

Any areas you DON'T want massaged?	<input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input checked="" type="checkbox"/> I am ok with all the above areas being massaged <input type="checkbox"/> Not sure? (We will discuss reasons for massaging different areas at your appointment)
Do you experience headaches?	<input checked="" type="checkbox"/> No <input type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input type="checkbox"/> Migraines
Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?	<input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day) <input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Food allergies <input type="checkbox"/> Occasionally experience problems <input type="checkbox"/> Struggling most of the time <input checked="" type="checkbox"/> No problems - everything is working well
Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.	No
Do you have any pain?	<input type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input checked="" type="checkbox"/> Night time pain <input checked="" type="checkbox"/> Happens randomly - can be any time <input checked="" type="checkbox"/> Pain doing something specific. E.g. Bending over to touch toes. <input type="checkbox"/> All the time <input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input checked="" type="checkbox"/> Sharp pain <input type="checkbox"/> Stiffness <input type="checkbox"/> Muscle tightness <input type="checkbox"/> Restricted movement
If your body hurts, what relieves it?	<input type="checkbox"/> I have no pain to manage <input type="checkbox"/> Ice <input type="checkbox"/> Heat <input type="checkbox"/> Rest <input type="checkbox"/> Exercise <input checked="" type="checkbox"/> Stretching <input type="checkbox"/> Medication <input checked="" type="checkbox"/> Topical Cream (E.g. Tiger Balm)
Some conditions affect massage. We want to safely treat you. Tick what applies to you -	<input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Sinus <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Trouble sleeping or falling asleep <input type="checkbox"/> Arthritis <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Spinal problems <input type="checkbox"/> Swelling <input type="checkbox"/> Bruise Easily <input type="checkbox"/> Blood clotting problems <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes Type 1 <input type="checkbox"/> Diabetes Type 2 <input type="checkbox"/> Dizziness <input type="checkbox"/> Numbness <input type="checkbox"/> Tingling <input type="checkbox"/> Cold hands / Cold feet <input type="checkbox"/> Heart Problems <input type="checkbox"/> Blood Pressure - high <input type="checkbox"/> Blood Pressure - low <input type="checkbox"/> Hearing problems <input type="checkbox"/> Hearing Aid <input type="checkbox"/> Vision problems <input type="checkbox"/> Contact Lenses <input checked="" type="checkbox"/> None of the above apply to me
Any extra health details or info you'd like to share?	
Your consent... <p>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.</p> <p>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.</p> <p>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.</p> <p>It's ok to discuss my treatment with my doctor, physio or referring health practitioner. <input checked="" type="checkbox"/> Yes - clients will be informed if this happens. <input type="checkbox"/> No thanks.</p> <p>My Massage Therapist and I both have the right to stop or refuse treatment at any <input checked="" type="checkbox"/> Yes - I know I can ask questions at any time too.</p>	

time

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

A handwritten signature in black ink, appearing to be 'RS', written over a dashed horizontal line.