

Rebecca Flockhart

DOB1 May 1973

Appointments

Date	Time	Type	Practitioner
23 Aug 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
8 Jul 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
3 May 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
22 Mar 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
26 Feb 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
3 Jan 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
4 Dec 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Nov 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Sep 2024	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
6 Sep 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Aug 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Jul 2024	1:30PM – 2:00PM	30 minute Massage	Christine Jervis
4 Jul 2024	11:00AM – 12:00PM	Sauna & Massage - First Visit	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 8 Jul 2025, 4:00PM</p> <p>Created: 8 Jul 2025, 5:08PM</p> <p>Last updated: 9 Jul 2025, 4:11PM</p>	
<p>Standard Consultation - Remedial Massage</p> <p>Presenting complaint (relevant medical history or client info)</p>	
<p>What's going on now - client feeling good managing yoga. Feedback from previous treatment - felt great, glad she was here today for treatment</p>	

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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for July skiing NZ and September cruise</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes don mcg mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments</p>
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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed moving with body and listening to what's happening. looking after body during this long term ahead where she is supervising her previous role at school plus starting a new one.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 3 May 2025, 9:30AM**Created:** 3 May 2025, 9:05AM**Last updated:** 3 May 2025, 12:35PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling good managing yoga and Pilates since school is back. Feedback from previous treatment - felt great, glad she was here today for her birthday week.

Medication or relevant procedures / info identified that may affect the massage.**Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.
ROM - not checked
Anything noteworthy - restriction and tenderness
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Away for July skiing NZ and September cruise

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Tunes don mcg mix
Aromatherapy Massage oil - lav peppermint
Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments

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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed moving with body and listening to what's happening. Like how she managed thumb pain that lasted for 2 days. She likes the new heat pack.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Mar 2025, 9:30AM
Created: 22 Mar 2025, 10:47AM
Last updated: 22 Mar 2025, 7:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and in need of massage, had meltdown at school yesterday. Feedback from previous treatment - felt great, glad she was here today.
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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for July skiing and September cruise</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes acker bilk mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p>

	Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments
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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage and really needed it.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in May. Possibly away for Easter.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Jan 2025, 9:30AM
Created: 3 Jan 2025, 10:38AM
Last updated: 3 Jan 2025, 7:52PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Nov/Dec Japan trip, then Atherton for Christmas</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes Elevator mix</p> <p>Aromatherapy Massage oil - extreme pain blend</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.</p>
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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Ready for school starting, suggested thrapacks for her sore neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Big sweat, lived it to start her detox

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Dec 2024, 4:30PM
Created: 4 Dec 2024, 5:38PM
Last updated: 5 Dec 2024, 6:38AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - not checked
 Anything noteworthy - restriction and tenderness
 Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

 Nov/Dec Japan trip, then Atherton for Christmas

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
 Music - Tunes Elevator mix
 Aromatherapy Massage oil - extreme pain blend
 Spritzer - lavender peppermint

 Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

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

Body Chart	
Feedback after treatment -	Felt improvement - loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See after Japan holiday and Tablelands trip
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 7 Nov 2024, 4:30PM Created: 7 Nov 2024, 5:42PM Last updated: 7 Nov 2024, 5:59PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired but body feeling better with regular yoga Feedback from previous treatment - felt great, glad she was here today.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked Anything noteworthy - restriction and tenderness Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment Nov/Dec Japan trip, then Atherton for Christmas
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Tunes Acker Bilk - she loved Aromatherapy Massage oil - lavender Peppermint Spritzer - lavender peppermint Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage esp shoulder release and neck work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in final week of school term
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 25 Sep 2024, 11:00AM
Created: 25 Sep 2024, 12:04PM
Last updated: 25 Sep 2024, 12:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling tired and sore after moving children's furniture in Brisbane. Feedback from previous treatment - felt great, glad she was here today.
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

	<p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>October - away for work conference</p> <p>Nov/Dec Japan trip</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes Acker Bilk</p> <p>Aromatherapy Massage oil - lavender Peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.</p>
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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage esp shoulder release and neck work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 6 weeks after trip away
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Didn't sweat much til the end.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Sep 2024, 4:30PM
Created: 6 Sep 2024, 4:19PM

Last updated: 6 Sep 2024, 6:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling very stressed and sore. Tired and irritable.
Feedback from previous treatment - felt great, glad she had another appt booked. Ekka - August and daughter presenting. Went well

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked
Anything noteworthy - restriction and tenderness
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

October - away for work conference
Nov/Dec Japan trip

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Yanni 1
Aromatherapy Massage oil - Lavenand Peppermint
Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today. Crunchy feeling on L arch

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; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -	Felt improvement - loved massage esp shoulder release and neck work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 2 weeks for holidays. Sauna next time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Aug 2024, 11:00AM
Created: 10 Aug 2024, 12:25PM
Last updated: 10 Aug 2024, 12:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling very much better and hasn't worn heels. Feedback from previous treatment - felt great, very sore almost bruised for about 2 days afterwards
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked Anything noteworthy - restriction and tenderness Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment Ekka - August and daughter presenting. October - away for work conference Nov/Dec Japan trip
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni if there Aromatherapy Massage oil - Pain blend h20 Spritzer - lavender peppermint Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today

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; Gluteals / Lower Back; Feet
Where any specific trigger points used?	QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt improvement
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 4 weeks.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Jul 2024, 1:30PM
Created: 27 Jul 2024, 2:15PM
Last updated: 27 Jul 2024, 2:45PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling very sore with QLs giving her pain after being in heels Feedback from previous treatment - felt great
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked

	Anything noteworthy - restriction and tenderness Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Piano tunes Aromatherapy Massage oil - Pain blend h20 Spritzer - lavender peppermint Remedial techniques - lumbar and hips
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; Gluteals / Lower Back; Feet
Where any specific trigger points used?	QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt improvement in how she is moving
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed heat, using fisiocrem and showers to help. See in 2 weeks.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Jul 2024, 11:00AM
Created: 14 Jul 2024, 10:02PM
Last updated: 14 Jul 2024, 10:07PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client ready for her holiday treat. Client just had wax but would like a Sauna.

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) - loves massage.</p> <p>Client had any previous treatment elsewhere? Yes usually on holidays.</p> <p>Any Red Flags - no. Talks a lot - discussed her divorce.</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 / Zen / Balm - upper body</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Joyful</p> <p>FB (+stomach). Remedial techniques on shoulders/back/neck.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - quick prone stretch/massage; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs
Body Chart	
Feedback after treatment -	Enjoyed Massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweat a lot.

Patient Forms

New Client Record - Women's Health

Practitioner: Christine Jervis**Appointment:** 4 Jul 2024, 11:00AM**Completed:** 2 Jul 2024, 12:54PM

About you...

What's your health fund? HCF**Occupation - how long?** Teacher - over 20 yrs**List your physical activities, hobbies, exercise or sport.** Walking**Do you sit/stand for long hours? (E.g. car/desk)** Yes**Medications - prescribed or natural** None**Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.** Pinched sciatic nerve once

About Massage...

How did you find out about our massage clinic?

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

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

Type of massage pressure you prefer?

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

What are your goals or reasons for getting massage? Therapy

Any areas you DON'T want massaged?

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

Do you experience headaches? ☒ No ☐ Mild ☐ Severe ☐ Persistent ☐ Migraines

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

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

Do you have any pain?	<input checked="" type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input type="checkbox"/> Night time pain <input type="checkbox"/> Varies - can be any time <input type="checkbox"/> All the time <input type="checkbox"/> Hurts doing something specific. E.g. Bending over to touch toes. <input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input 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 type="checkbox"/> Stretching <input checked="" type="checkbox"/> Medication <input 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 falling asleep <input type="checkbox"/> Trouble staying asleep through the night <input type="checkbox"/> Arthritis <input type="checkbox"/> Osteoporosis <input checked="" 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 type="checkbox"/> None of the above apply to me
Any extra health details or info you'd like to share?	Discs in back did not form properly when in active get sore back legs hips
Women's Health Check...	
We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.	
Any falls / injuries to your sacrum, tailbone, head, ankles or feet?	No
Have you had any surgery on your abdomen or lower back?	No
How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently?	Sometimes when I sneeze I can leak but not often to make it a problem.
Menstrual and Fertility Conditions - please tick what applies to you...	<input type="checkbox"/> Painful Periods <input type="checkbox"/> Irregular Periods <input type="checkbox"/> Excessive Bleeding (>1pad/tampon per/hr) <input type="checkbox"/> Fibroids <input type="checkbox"/> Painful Ovulation <input type="checkbox"/> Miscarriage (once) <input type="checkbox"/> Recurrent miscarriage <input type="checkbox"/> Currently doing Fertility Treatment. E.g. IVF. <input type="checkbox"/> Trying to get pregnant now <input type="checkbox"/> Postnatal Recovery <input type="checkbox"/> PCO (Polycystic ovaries) <input type="checkbox"/> PCOS (Polycystic Ovarian Syndrome) <input type="checkbox"/> POF (Premature Ovarian Failure) <input type="checkbox"/> Endometriosis <input type="checkbox"/> Failure to Ovulate <input type="checkbox"/> Low AMH <input type="checkbox"/> Retroverted uterus <input type="checkbox"/> Inverted uterus <input checked="" type="checkbox"/> No problems that I know of
Symptoms experienced prior to and during menstruation	<input type="checkbox"/> I don't menstruate now <input type="checkbox"/> Lower back ache <input type="checkbox"/> Headaches <input type="checkbox"/> Dizziness <input type="checkbox"/> Dragging sensation <input checked="" type="checkbox"/> Heaviness or pressure in lower pelvis <input type="checkbox"/> Increased urination <input type="checkbox"/> Constipation <input checked="" type="checkbox"/> Diarrhoea <input checked="" type="checkbox"/> Changes in my usual bowel movements <input type="checkbox"/> Pain/numbness in right leg <input type="checkbox"/> Pain/numbness in left leg <input type="checkbox"/> Pain/numbness in both legs <input type="checkbox"/> Cramps - lower abdomen <input type="checkbox"/> Cramps - left side <input type="checkbox"/> Cramps - right side <input type="checkbox"/> Dark thick blood at beginning of menstruation

- ☐ Dark thick blood at the end of menstruation
 ☒ Blood clots
☐ None of the above happen during my period

Any female health details or info you'd like to share?

I'm 51 so nothing has changed

Pregnancy, Birth and Postnatal Recovery

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

Tick what applies to your birth experiences -

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

How many pregnancies have you had?

4

How many babies have you birthed?

4

Have you had any birth interventions or complications?

Like stirrups, forceps baby 3, baby 1 induced labour

How long were your birth hours for each delivery?

Each is about 2-3 hours for the girls and the boys are about 1-2 hours

Any other info you would like to share?

I actually recover really quickly with my births no complications. I needed help due to size or location of baby internally

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 'Rebecca Flockhart', written in a cursive style.