

Rachel Jessup

DOB

4 Jan 1988

Appointments

Date	Time	Type	Practitioner
6 Dec 2024	8:00AM – 9:00AM	60 minute Massage	Christine Jervis
12 Nov 2024	12:00PM – 1:00PM	60 minute Massage	Christine Jervis
15 Oct 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
4 Sep 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
21 Aug 2024	12:45PM – 1:45PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 6 Dec 2024, 8:00AM

Created: 6 Dec 2024, 9:02AM

Last updated: 9 Dec 2024, 11:08AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tender and achy in legs all the time. Swelling improved from last massage.tension from being diagnosed with Gedt Diabetes but on the cusp so not really applicable in any other place apart from FNQ

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

Red Flags

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

Poss gestational diabetes

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) - slim build, long body

Treatment details - what was done today to help the client

Pressure used - 2-3
Music - Enya liked
Aromatherapy Massage oil - Lavender 1%

	Spritzer - rose
	Remedial techniques - gentle flush esp legs, really likes head and scalp massage - did 2 head massages throughout, lots of flushing
Hot Pack	Upper Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt great - really enjoyed treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Client heading to Victoria and Tasmania for Xmas for Dec and Jan.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Nov 2024, 12:00PM
Created: 12 Nov 2024, 11:58AM
Last updated: 12 Nov 2024, 1:57PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling tender and achy in hips and neck and shoulders. Cramping lately. Swelling improved from last massage.

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

Details of Medications / Red Flags /

Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - slim build, long body
Treatment details - what was done today to help the client	Pressure used - 2-3 Music - Massage Tunes acker bilk Aromatherapy Massage oil - Lavender 1% Spritzer - rose Remedial techniques - gentle flush esp legs, really likes head and scalp massage - did 2 head massages throughout, lots of flushing
Hot Pack	Upper Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great - really enjoyed treatment. Felt so much better after wants to fit another treatment in
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Client heading to Victoria and Tasmania for Xmas for Dec and Jan.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Oct 2024, 11:00AM**Created:** 15 Oct 2024, 12:05PM**Last updated:** 15 Oct 2024, 1:33PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tender and achy in hips and neck. Migraines.
Feedback from previous treatment - felt great, really looking forward to another session.

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) - slim build, long body

Treatment details - what was done today to help the client

Pressure used - 2-3
Music - Ian Cam Smith
Aromatherapy Massage oil - Lavender 1%
Spritzer - rose

Remedial techniques - gentle flush esp legs, really likes head and scalp massage - did a few head massages throughout

Hot Pack

Upper Body

Hot Stones

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

Hot Wet Towels

Feet; Face

Topical Treatment**What parts of the body were massaged?**

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart**Feedback after treatment -**

Felt great - really enjoyed treatment.

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

Discussed how regular massage helps. Client off to Brisbane next week.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 4 Sep 2024, 12:45PM**Created:** 4 Sep 2024, 1:54PM**Last updated:** 5 Sep 2024, 12:24PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling tender and achy in hips and neck
 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 today
 Anything noteworthy - no
 Anything specific to massage (E.g. no foot massage) - slim build, long body

Treatment details - what was done today to help the client

Pressure used - 2-3
 Music - Ian Cam Smith
 Aromatherapy Massage oil - Lavender 1%
 Spritzer - rose
 Remedial techniques - gentle flush esp legs, really likes head and scalp massage

Hot Pack

Upper Body

Hot Stones

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

Hot Wet Towels

Feet; Face

Topical Treatment**What parts of the body were massaged?**

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

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt great - would love 5mins just on her scalp
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed posture - have a posture chart to check.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Aug 2024, 12:45PM
Created: 21 Aug 2024, 1:52PM
Last updated: 22 Aug 2024, 11:12PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in shoulders and neck - always holds tension there.

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) - gentle pressure for legs, very sensitive veins - pressure 1/lymph drainage

Client had any previous treatment elsewhere? Yes

Any Red Flags - no

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 - 1 legs, 2-3 shoulders and neck
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body

Topical Treatment - none
 Music - Ian Cam Smith
 Aromatherapy Massage oil - Lavender
 Spritzer - Rose

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids

Body Chart

Feedback after treatment - Best Massage she's ever had - "magic hands"

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed pec stretch and making postural changes

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

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

New Client Record - Women's Health

Practitioner: Christine Jervis
Appointment: 21 Aug 2024, 12:45PM
Completed: 16 Aug 2024, 12:31PM

About you...

What's your health fund? HCF

Occupation - how long? Mother

List your physical activities, hobbies, exercise or sport. Running around after a toddler. Currently pregnant with second. Pilates once a week.

Do you sit/stand for long hours? (E.g. car/desk) No

Medications - prescribed or natural Fish oil, magnesium, pre natal sup.

Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. Breast augmentation, colonoscopy - cancer polyps removed last year. Left knee was damaged a few years back from a bike crash

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?

Jasna Rebic

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?

I have constant tension in my shoulders and neck, starting to hunch from it, would like them worked on. Relaxation for pregnancy and relief from aches and pains that come with it 😊

Any areas you DON'T want massaged?

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

Do you experience headaches?

- No Mild Severe Persistent Migraines

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

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

Do you have any pain?

- No pain - nothing hurts Morning soreness Night time pain
 Varies - can be any time All the time
 Hurts doing something specific. E.g. Bending over to touch toes.
 Tender to touch Dull pain Aching or throbbing Sharp pain
 Stiffness Muscle tightness Restricted movement

If your body hurts, what relieves it?

- I have no pain to manage Ice Heat Rest Exercise
 Stretching Medication Topical Cream (E.g. Tiger Balm)

Some conditions affect massage. We want to safely treat you. Tick what applies to you -

- Allergies Asthma Sinus Anxiety Depression
 Trouble falling asleep Trouble staying asleep through the night
 Arthritis Osteoporosis Spinal problems Swelling
 Bruise Easily Blood clotting problems Cancer
 Diabetes Type 1 Diabetes Type 2 Dizziness Numbness
 Tingling Cold hands / Cold feet Heart Problems
 Blood Pressure - high Blood Pressure - low Hearing problems
 Hearing aid Vision problems Contact Lenses
 None of the above apply to me

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

Women's Health Check...

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.

Any falls / injuries to your sacrum, tailbone, head, ankles or feet? 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? Definitely can pee sometimes when I sneeze. Struggle to orgasm these days. I feel everything changed when I had a baby.

Menstrual and Fertility Conditions - please tick what applies to you...

Painful Periods Irregular Periods
 Excessive Bleeding (>1pad/tampon per/hr) Fibroids
 Painful Ovulation Miscarriage (once) Recurrent miscarriage
 Currently doing Fertility Treatment. E.g. IVF. Trying to get pregnant now
 Postnatal Recovery PCO (Polycystic ovaries)
 PCOS (Polycystic Ovarian Syndrome) POF (Premature Ovarian Failure)
 Endometriosis Failure to Ovulate Low AMH
 Retroverted uterus Inverted uterus No problems that I know of

Symptoms experienced prior to and during menstruation

I don't menstruate now Lower back ache Headaches
 Dizziness Dragging sensation Heaviness or pressure in lower pelvis
 Increased urination Constipation Diarrhoea
 Changes in my usual bowel movements Pain/numbness in right leg
 Pain/numbness in left leg Pain/numbness in both legs
 Cramps - lower abdomen Cramps - left side Cramps - right side
 Dark thick blood at beginning of menstruation
 Dark thick blood at the end of menstruation Blood clots
 None of the above happen during my period

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

Pregnancy, Birth and Postnatal Recovery

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

Tick what applies to your birth experiences -

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

How many pregnancies have you had? 1

How many babies have you birthed? 1

Have you had any birth interventions or complications? No

How long were your birth hours for each 46

delivery?

Any other info you would like to share? Currently pregnant with second

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.

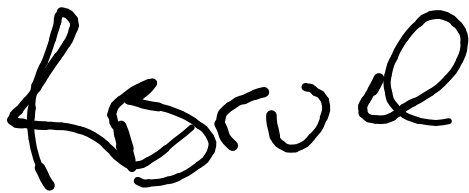
Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

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 'R. Jessup'.