

Rachel Boivin

DOB 8 Jun 1981
Occupation Lawyer

Appointments

Date	Time	Type	Practitioner
5 May 2025	1:00PM – 2:00PM	60 minute Massage	Christine Jervis
19 Oct 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Jul 2024	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
1 Jun 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Oct 2023	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
1 Jul 2023	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
5 Nov 2022	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
27 Oct 2022	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
20 Oct 2022	9:15AM – 10:15AM	REBOOKING - 60 minute Massage	Christine Jervis
21 Aug 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
21 Dec 2020	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
16 Feb 2019	9:50AM – 11:05AM	75 minute Remedial Massage	Marina Franke
21 Jul 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
9 Jun 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 May 2025, 1:00PM
Created: 5 May 2025, 12:56PM
Last updated: 5 May 2025, 2:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in shoulders and back. New job, going well, improved conditions. Divorce and settlement finalised and settled in her house 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 today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Samophone Kenny G
Aromatherapy Massage oil - relax peppermint and lavender

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good after massage.

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

Discussed getting another massage ti help with busy month

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 19 Oct 2024, 11:00AM

Created: 19 Oct 2024, 12:56PM

Last updated: 19 Oct 2024, 12:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical

What's going on now - client been feeling sore in shoulders and back. Started new job,

history or client info)	going well, improved conditions. Divorce and settlement finalised yesterday.
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 today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used - 3 gentle firm, esp legs Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Music - Yanni if there Aromatherapy Massage oil - relax peppermint and lavender FB Tx - some remedial techniques on shoulders, hips and ITBs.
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; Deltoids; ITBs; TFLs; Glutes; Forearms
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Moving back to her own house (next to her parents) at end of the year. Discussed how much she enjoyed the massage.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 13 Jul 2024, 11:00AM
Created: 13 Jul 2024, 10:59AM
Last updated: 13 Jul 2024, 12:10PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in shoulders and back. Started new job.
Still negotiating divorce

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 today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Ian Cam Smith
Aromatherapy Massage oil - relax

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good after massage. Very sore

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

Feeling very tight - suggested some more treatment

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

Time in Sauna (minutes) -

25

Feedback after treatment -

Sweat lots at the end

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 1 Jun 2024, 11:00AM**Created:** 1 Jun 2024, 12:33PM**Last updated:** 1 Jun 2024, 12:35PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in shoulders and back. L shoulder got hit at hockey. Still negotiating divorce.

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 today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Ian Cam Smith
Aromatherapy Massage oil - relax

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good after massage.

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

Changing jobs soon. Offered free sauna with her next massage.

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

Time in Sauna (minutes) -**Feedback after treatment -**

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Oct 2023, 10:30AM

Created: 25 Oct 2023, 11:45AM

Last updated: 25 Oct 2023, 4:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in shoulders and back. Lots of marking and work. Sold house with divorce. Still got consent orders to go.

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 today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - tony O'Connor and piano
Aromatherapy Massage oil - relax

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart

Feedback after treatment -

Felt good after massage.

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

Discussed heat with shoulders

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 1 Jul 2023, 10:30AM**Created:** 1 Jul 2023, 11:37AM**Last updated:** 1 Jul 2023, 12:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling good but has sore calves. Feel neuro symptoms in her R leg but lower back been pretty stable. Separated 3 months ago.

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 today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Yanni if there
Aromatherapy Massage oil -Sports

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good after massafe

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

Discussed getting back into regular massage

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 5 Nov 2022, 9:00AM**Created:** 5 Nov 2022, 10:13AM**Last updated:** 5 Nov 2022, 11:34AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling good but has a sore leg. Child jumped in it last night

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 today.

Anything noteworthy - no.

Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Face

Hot Pack - Upper Body

Music - Ian can Smith

Aromatherapy Massage oil - peppermint

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids; ITBs; TFLs; Glutes; Forearms

Body Chart**Feedback after treatment -**

Felt good - really enjoyed treatment

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

Discussed looking after her body and getting regular treatment

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 Oct 2022, 9:30AM

Created: 27 Oct 2022, 10:45AM

Last updated: 27 Oct 2022, 10:51AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling good. Busy. Lower back been 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. Checked for Covid contact.
ROM - Not today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Ian can Smith
Aromatherapy Massage oil - activate cream

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids

Body Chart

Feedback after treatment -

Felt really good :-)

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

Discussed getting some regular treatment to help.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 Oct 2022, 9:15AM

Created: 20 Oct 2022, 10:47AM

Last updated: 20 Oct 2022, 10:49AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling good. Busy. Lower back been sore. Locked up 3 weeks ago and had physio.

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. Checked for Covid contact.
ROM - Not today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Music - Ian can Smith
Aromatherapy Massage oil - activate cream

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids

Body Chart**Feedback after treatment -**

Felt really good and asked about coming next week :-)

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) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 21 Aug 2021, 10:30AM**Created:** 23 Aug 2021, 4:37PM**Last updated:** 23 Aug 2021, 4:38PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling good. Busy. Nothing to report with body - just looking forward to a 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. Checked for Covid contact.
 ROM - Not today.
 Anything noteworthy - no.
 Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used - 3 gentle firm, esp legs
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack - Upper Body
 Music - Yanni
 Aromatherapy Massage oil - Mand/Tang
 Spritzer - Neroli

FB Tx - some remedial techniques on shoulders, hips and ITBs.

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; Deltoids

Body Chart	
Feedback after treatment -	Felt good :-)
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) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 21 Dec 2020, 9:30AM Created: 21 Dec 2020, 10:32AM Last updated: 21 Dec 2020, 10:36AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling good. Busy with work. Long time since 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. Checked for Covid contact. ROM - Not today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used - 3 gentle firm, esp legs Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Music - Ian Cam Aromatherapy Massage oil - Mand/Tang Spritzer - Jasmine FB Tx - some remedial techniques on shoulders, hips and ITBs.
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; Deltoids

Body Chart	
Feedback after treatment -	Felt great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	4 weeks off on holidays now. Encouraged her to enjoy it - first time since she started working.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Marina Franke Appointment: 16 Feb 2019, 9:50AM Created: 16 Feb 2019, 9:52AM Last updated: 18 Feb 2019, 9:48AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now -L back P and shoulders Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	2x cesarean, possible T/A non engagement
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - bruise easily, use mid lift on table Anything specific to massage - E.g. no foot massage-tickly feet/don't massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - Music -nature Aromatherapy -peppermint eucalyptus and rosemary
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; QLs; Glutes
Feedback after treatment -	enjoyed, relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	psoas stretch shown off bed, will see physio re T/A engagement
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Jul 2018, 10:00AM
Created: 21 Jul 2018, 9:48AM
Last updated: 21 Jul 2018, 11:24AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -L back P after road trip Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	2x cesarean, possible T/A non engagement
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - bruise easily, use mid lift on table Anything specific to massage - E.g. no foot massage-tickly feet/don't massage
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -err spin, u traps Topical Treatment - Music -lan CS Aromatherapy -mandarin
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses

Where any specific trigger points used?	Upper Traps; QLs; Glutes
Feedback after treatment -	increased ROM, still cautious and sore
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	psoas stretch shown off bed, will see physio re T/A engagement
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 9 Jun 2018, 10:00AM
Created: 11 Jun 2018, 4:28PM
Last updated: 20 Jun 2018, 2:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - upper body (no feet-tickly) Feedback from previous treatment -
Medication or relevant procedures / info identified that may affect the massage.	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. y ROM - Anything noteworthy -Bruise easily but massage ok Any precautions / Red Flags -
Treatment details - what was done today to help the client	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area -slide err. spin. & u. traps Topical Treatment - Music - Aromatherapy -tangerine
What parts of the body were massaged?	Full Body Treatment
Where any specific trigger points used?	Upper Traps; Lev Scaps
Feedback after treatment -	area feels looser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch, possible dry needling?

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

Client Health Check

Practitioner: Christine Jervis

Appointment: 21 Aug 2021, 10:30AM

Completed: 17 Aug 2021, 12:19PM

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



Personal Information			
Full Name <i>Rachel Boivin</i>		Occupation <i>Lawyer</i>	
Postal Address <i>160 McCarmack St, Manurewa</i>			
Home Phone <i>—</i>	Work Phone <i>40513233</i>	Mobile <i>0459393938</i>	
Email Address <i>rachelboivin@gmail.com</i>			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage) <div> <input checked="" type="radio"/> Text Message <input type="radio"/> Home Telephone <input type="radio"/> Work Telephone <input type="radio"/> Email <input type="radio"/> Facebook Message </div>			
Emergency Contact Details: Name and Number <i>JP BOIVIN 0448856701</i>		Relationship to you (e.g. Partner). <i>Husband.</i>	
Is it ok to email you massage tax invoices? Please circle: Yes (please email) / No (please print)		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
Client Signature <i>[Signature]</i>		Date <i>10.6.17.</i>	

☐ Office - Please tick after updated information is electronically entered

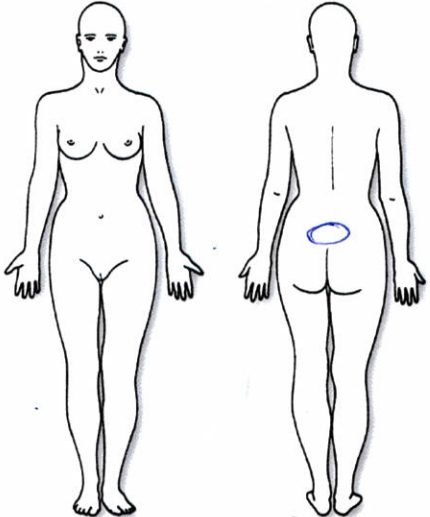
Full Name Rachel Marie Boivin Date of Birth 8/6/81
 Postal Address 160 McCormack St, Marunda 4870
 Home Phone n/a Work _____ Mobile 0459393938
 Email Address rachelboivin@gmail.com Health Fund AMM
 Emergency Contact Details – Name and Number JP Boivin 0448856701
 Current Doctor Clare Harkin Referred By Marg & Jim Black
 Occupation and how long Lawyer - 18 months
 Physical Activities/Hobbies/Exercise Walk, gym.
 Medical History (operations/illnesses/accidents/injuries/# of children) 2 c-sections, bursitis in elbows both, some lower back strain 2015.
 Medications – Prescribed or Natural: none

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): 2
 Type (sharp, dull, aching etc) dull
 When is the pain worst? sitting
 What relieves the pain? core exercise

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: 18/6/16

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:

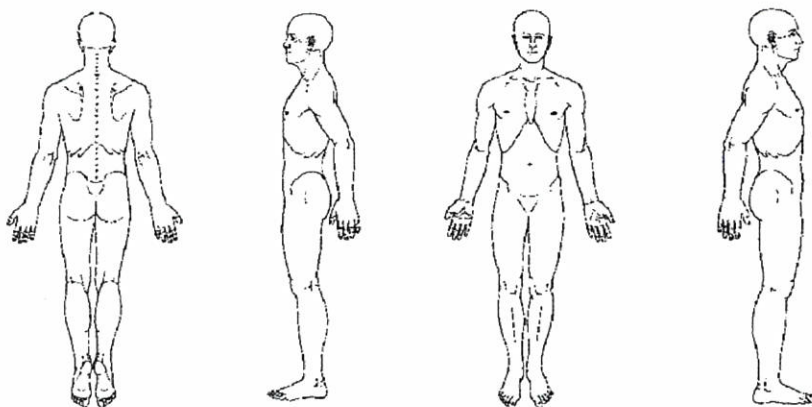
Your Name:

Rachel Bivin

Date:

18/6/16

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** Te. (client co-ordinator)
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

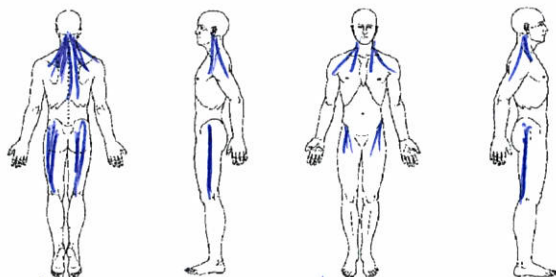


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

TREATMENT NO. 1

DATE: 18.06.16
 TIME: 8.30
 PAID: \$88/hr
 REC.No:
 AIR TEMP: 25
 MUSIC: taniam
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 1.7m
 CST: 2x in
 HST: 2x back

S = Client been feeling tightness in her body in her legs



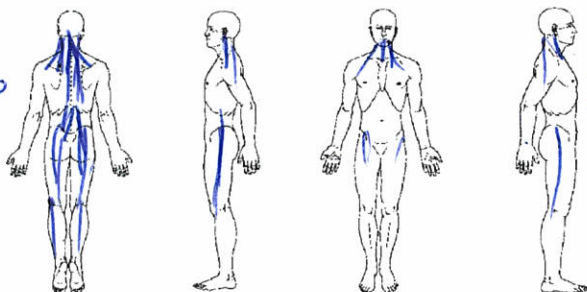
O/A:
 Dls tight Hams v. tight
 Deltoids tight
 ES tight
 Rhombus region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP rhomboid med/ham traps
 Fx occ/traps traps
☒ Talked ☒ Quiet
 ROM Bed > ms
 FBACK felt better > ms

P = Client been better > ms - discussed how ms can help

TREATMENT NO. 2

DATE: 25.06.16
 TIME: 8.30
 PAID: \$88/hr
 REC.No:
 AIR TEMP: 25
 MUSIC: MS music
 FACE CREST: low
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: 1.7m
 CST: 2x in
 HST: 2x back

S = Client been feeling tightness in her body in her shoulders + back improving but



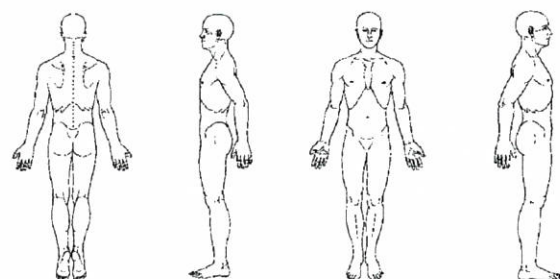
O/A:
 still some tension
 traps up tight Dls tight
 pectorals tight
 ES tight
 rhombus region vascade
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP
 Fx
☒ Talked ☒ Quiet
 ROM Bed > ms
 FBACK felt better > ms

P = Discussed postural awareness

TREATMENT NO. 3

DATE:
 TIME:
 PAID:
 REC.No:
 AIR TEMP:
 MUSIC:
 FACE CREST:
 SUPINE SCENT:
 OIL BLEND:
 HT:
 CST:
 HST:

S =



O/A:
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine ☒ LEGS
 TP
 Fx
☒ Talked ☒ Quiet
 ROM
 FBACK

P =

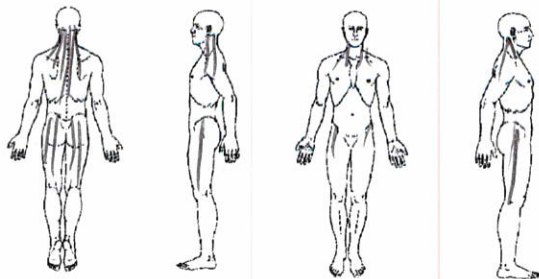
EXTRA
 NEXT APPT:

Rachel B.

TREATMENT NO. 3

DATE: 10/06/17
TIME: 10AM SAT
PAID:
REC.No:
AIR TEMP: 25°C
MUSIC:
FACE CREST: 250
SUPINE SCENT: Lem
OIL BLEND: Kefon
mand Hong
HT Feet / Face
CST 2 x 10
HST 2 x 10
EXTRA
NEXT APPT:

S = Client been doing X-fit & sore from that
Needing a Massage.



O/A:

Detached tight. Pers. taut
Es. tight traps up tight
Rhomb. Myon + cong / vaso

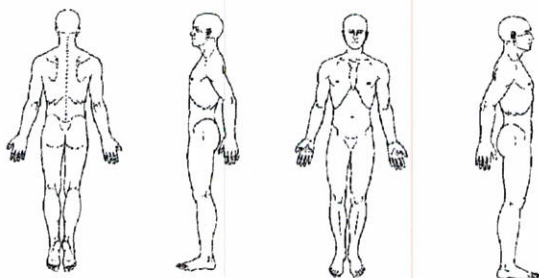
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP chomb / g med / ham / traps
Fx occ / traps / traps
☐ Talked ☐ Quiet Quiet Breathing
ROM Used > Ms
FBACK felt better > Ms

P = Client to use fsiocren + heat. Discussed self-care

TREATMENT NO. .

DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT
CST
HST
EXTRA
NEXT APPT:

S =



O/A:

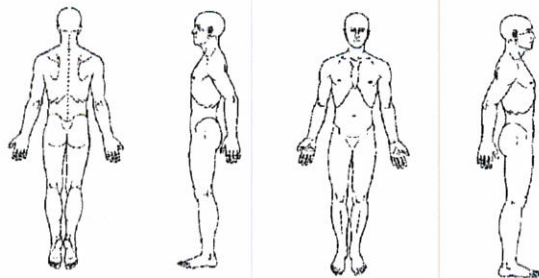
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P =

TREATMENT NO. .

DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT
CST
HST
EXTRA
NEXT APPT:

S =



O/A:

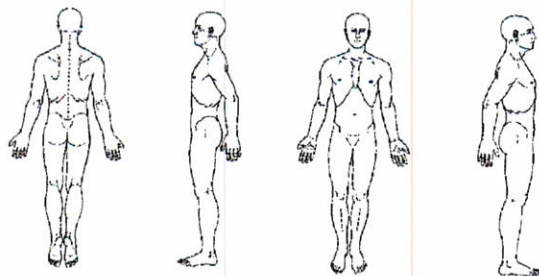
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P =

TREATMENT NO. .

DATE:
TIME:
PAID:
REC.No:
AIR TEMP:
MUSIC:
FACE CREST:
SUPINE SCENT:
OIL BLEND:
HT
CST
HST
EXTRA
NEXT APPT:

S =



O/A:

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP
Fx
☐ Talked ☐ Quiet Breathing
ROM
FBACK

P =