

Martin Majer

DOB

1 Jan 1975

Occupation

Architect

Appointments

Date	Time	Type	Practitioner
22 Dec 2024	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
4 Jan 2024	4:30PM – 5:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 4 Jan 2024, 4:30PM

Created: 6 Jan 2024, 5:17AM

Last updated: 6 Jan 2024, 5:21AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's body sore from working outside

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

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

Sinus congestion - esp prone.

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) - watch prone positioning for sinus drainage. History of Lx problems so use elevated mid lift.

Treatment details - what was done today to help the client

Pressure used - 3 firm
Music - Yanni if there
Aromatherapy Massage oil - Sports Blend
Spritzer - Joyful

Remedial techniques - shoulders, back, hips.
Sinuses - blew nose after prone, congested with facial massage.

Hot Pack

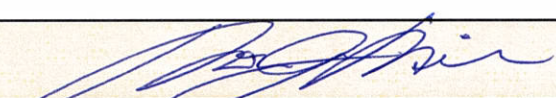
Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
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; Pecs; Deltoids; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt better after massage - enjoyed it.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular treatment this year to help manage stress.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweated well. Used his phone in the Sauna.

Patient Forms

There are no patient forms for Martin Majer.



Personal Information			
Full Name MARTIN JOHN MAJER		Occupation ARCHITECT	
Postal Address 27 ALPINIA TERRACE, MOUNT SHERIDAN, 4868			
Home Phone 40 36 07 35	Work Phone 40 51 40 88	Mobile 0447625376	
Email Address m-s-majer@bigpond.com martin@clarkeandprince.com.au			
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 SARINA . MAJER Home N° OR 0409497456		Relationship to you (e.g. Partner). WIFE .	
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) NIC			
Client Signature 		Date 02.03.18	

☐ Office - Please tick after updated information is electronically entered

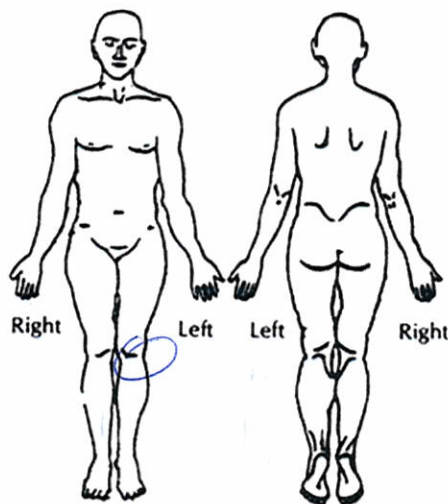
Full Name MARTIN & JOHN MAJER Date of Birth 01.01.75
 Postal Address 27 ALPINE STREET MT. SHERIDAN
 Home Phone 07 40 360 735 Work 07 40 514 088 Mobile 0447 625 376
 Email Address martin@clerkeandprince.com.au Health Fund _____
 Emergency Contact Details - Name and Number SARINA MAJER
 Current Doctor CAMERON MCLEOD Referred By _____
 Occupation and how long ARCHITECT 15 YEARS.
 Physical Activities/Hobbies/Exercise YES TIME TO TIME.
 Medical History (operations/illnesses/accidents/injuries) _____
 Medications - Prescribed or Natural: _____

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
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Cold / Flu
- ☐ Constipation ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Numbness / Tingling
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☐ Sprained/strained muscles

Details _____

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



Amount of Pain (1-10): _____

Type (sharp, dull, aching etc) _____

When is the pain worst? _____

What relieves the pain? _____

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: 11/7/2013

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:

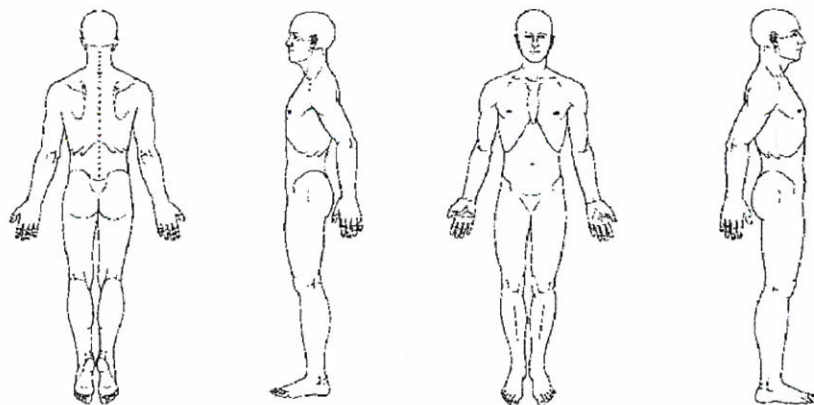
Your Name:

MARTIN JOHN MAYER

Date:

11/7/2013

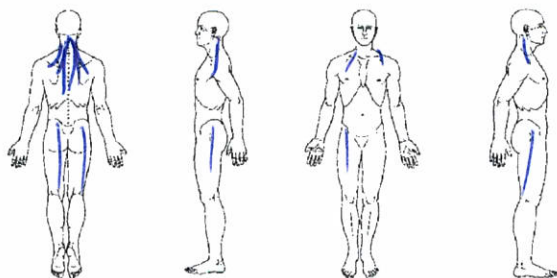
SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)
Head (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion



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

TREATMENT NO. 1 S = Client been feeling tightness in shoulders

DATE: 11.07.2013
 TIME: 1hr
 PAID: \$88 \$75
 REC.No: 3651
 AIR TEMP: 25
 MUSIC: Ian Cam
 FACE CREST: Lem
 SUPINE SCENT: Lav
 OIL BLEND: balax
 HT: 6'10 1/2
 CST: Feet / Face
 HST: 2 x 1/2 back



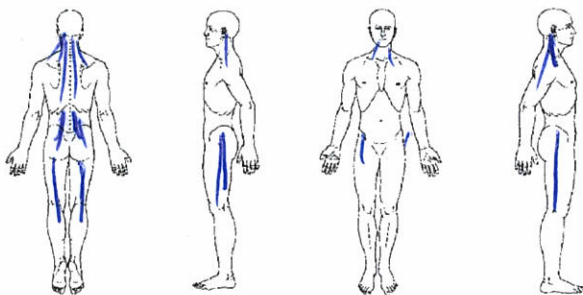
O/A:
 mbs taut Hamus taut
 Deltoids tight
 Pels short Soms tight
 Rhombs tight

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/g/med/ham/traps
 Fx Traps / GT / AC / ES / LS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tied > ms
 FBAC Feet better

EXTRA
 NEXT APPT: P = Reiom client get some mg Tx

TREATMENT NO. 2 S = client been feeling sore in Lx region

DATE: 14.08.2013
 TIME: 5pm
 PAID: \$85 1hr
 REC.No: 3728
 AIR TEMP: 25
 MUSIC: Kenny G
 FACE CREST: Lem
 SUPINE SCENT: Lav
 OIL BLEND: Relax - mandarin
 HT: Feet / Face
 CST: 1/2 Face
 HST: 2 x 1/2 back



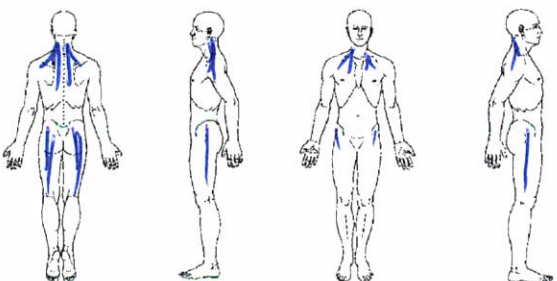
O/A:
 Als tight Peas tight
 Lx region tight
 Traps up tender Slept throughout

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/g/med/ham/traps
 Fx mbs / GT / AC / Hamus / MS
☐ Talked ☐ Quiet Quiet Breathing
 ROM Feet diff after MS
 FBAC Pktd.

EXTRA
 NEXT APPT: P = Feet improvement - discussed stretching to help

TREATMENT NO. 3 S = Client feeling stressed with node - shoulders tense
 Neck been stiff
 didn't show. Ad/MS date.

DATE: 20.05.14
 TIME: 08:30
 PAID: \$3332 \$78
 REC.No: 3728
 AIR TEMP: 25
 MUSIC: Enya
 FACE CREST: Lem
 SUPINE SCENT: Lem
 OIL BLEND: Relax/spots
 HT: Feet / Face
 CST: 1/2 Face
 HST: 2 x 1/2 back



O/A:
 Traps up tight SPMS tight
 Pels short Tris tense
 Deltoids tight
 Rhomb region tight

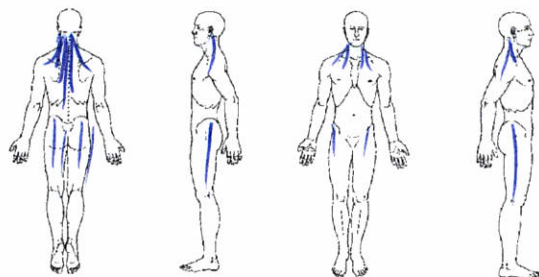
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine Ms LEGS
 TP rhomb/g/med/ham/traps
 Fx ac/scap/tris
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tied > ms
 FBAC feet better > ms

EXTRA
 NEXT APPT: P = Discussed using heat to help relax

TREATMENT NO. 4

DATE: 02.07.2014
 TIME: 5pm
 PAID: \$99.1hr
 REC.No: 3408
 AIR TEMP: 35
 MUSIC: Vanny if there
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: ① Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S= Client been feeling tender in body after moving - all over feels tired.



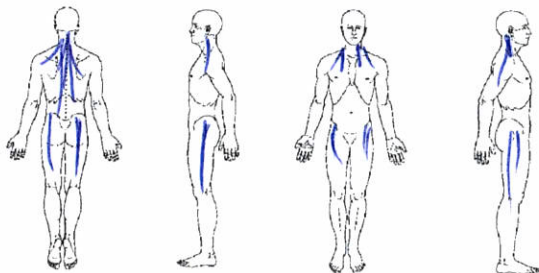
O/A: Pers short. mts tense
 Deltoids tight.
 ES tight Traps up tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / g med / ham / traps
 Fx occ / traps / AC / LT
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsd > ms
 FBACK felt better > ms

P= Perom client relax wherever possible to help manage busy times

TREATMENT NO. 5

DATE: 15.08.14
 TIME: 8pm
 PAID: 1hr
 REC.No: 3407
 AIR TEMP: 35
 MUSIC: Norah Jones
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: ① Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S= client been feeling tired after his house sale & lots of work



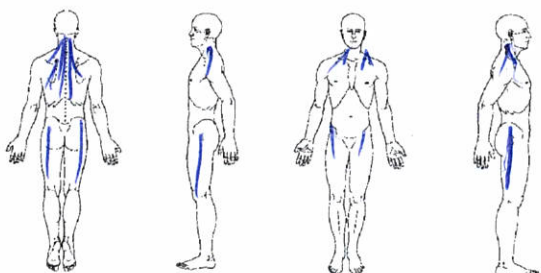
O/A: mts tense. Dly tight
 Deltoids tight Pers short
 ES tight Traps up tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / g med / ham / traps
 Fx occ / traps / LT
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsd > ms
 FBACK felt better > ms

P= Perom client stretch out - discussed physio

TREATMENT NO. 6

DATE: 09.10.14
 TIME: 8pm
 PAID: \$88 / hr
 REC.No: 3416
 AIR TEMP: 35
 MUSIC: Kenny G
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: ① Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S= Client been feeling tightness in his body all over. stressed from work



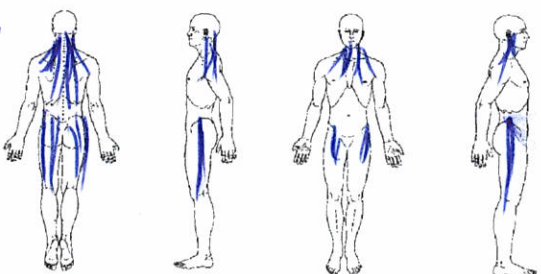
O/A: Pers tight. Pers tight
 Deltoids tight. Traps up tight
 ES tight Deltoids tender
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb / g med / ham / traps
 Fx occ / traps / LT
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsd > ms
 FBACK felt better > ms

P= Perom client work on getting more sleep - discussed how that's helped

TREATMENT NO. 7

DATE: 24.03.16
 TIME: 12.30 hrs
 PAID: \$88 / hr
 REC.No: 3408
 AIR TEMP: 25oc
 MUSIC: 25oc
 FACE CREST: 2x
 SUPINE SCENT: dem
 OIL BLEND: Relax
 HT: Feet / Face
 CST: ① Face
 HST: 2x Ln
 2x back
 EXTRA
 NEXT APPT:

S= Client been feeling tightness in shoulders/back after moving building



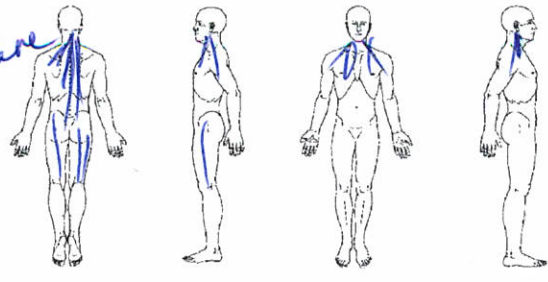
O/A: Pers taut. Traps up tight
 Deltoids tight
 ES tight Deltoids tender
 Rhomb region cong
 over ASIS
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb / g med / ham / traps
 Fx occ / traps / LT
☐ Talked ☐ Quiet Quiet Breathing
 ROM Tsd > ms
 FBACK felt better > ms

P= Perom client stretch out with MS

TREATMENT NO. 8

DATE: 10/07/16
TIME: 7:45
PAID: 7:45
REC.No: SSS 7:45
AIR TEMP: 7:45
MUSIC: SSS 7:45
FACE CREST: SSS 7:45
SUPINE SCENT: SSS 7:45
OIL BLEND: SSS 7:45
HT Relax
CST Relax
HST Relax
EXTRA
NEXT APPT:

S = Client been feeling tightness in her body in her Lt region



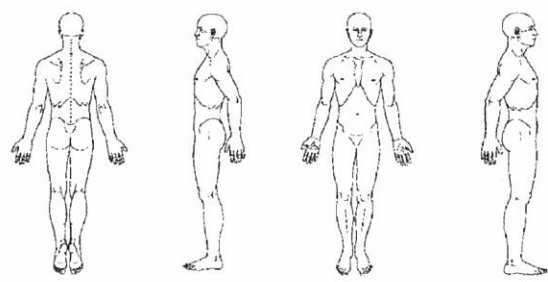
O/A: traps up tight
as tight as tight
traps up tight
traps up tight
traps up tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP traps up tight
Fx traps up tight
☐ Talked ☐ Quiet ☐ Breathing
ROM 7:45
FBACK 7:45

P = Long day - to report big difference in pain

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: _____

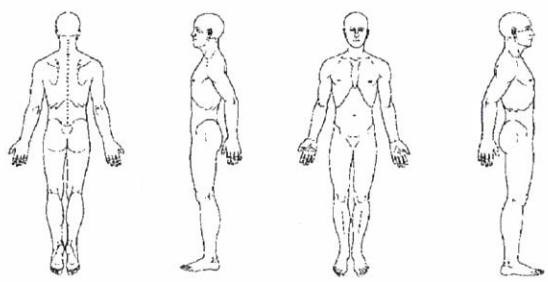
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet ☐ Breathing
ROM _____
FBACK _____

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: _____

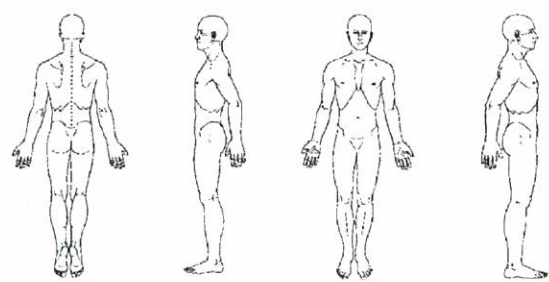
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet ☐ Breathing
ROM _____
FBACK _____

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: _____

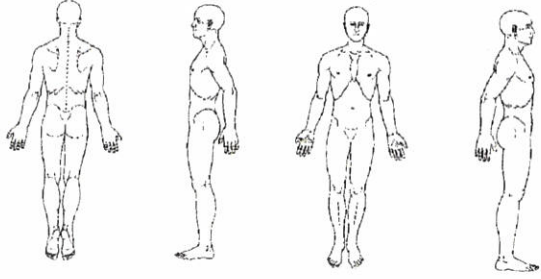
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet ☐ Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. 

S = general.

Martin Junior



O/A:

DATE: 2/3/18
TIME: 3:40
PAID: 60
REC.No:
AIR TEMP: 23
MUSIC: guitar sax
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND:
Mand / Tang
HT feet
CST feet
HST glute v.back.
EXTRA
NEXT APPT:

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

P = Hard pressure

Martin Mayer.



Phone 0439 775 003



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massage / aquatics

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PROFESSIONAL MEMBERSHIP

