

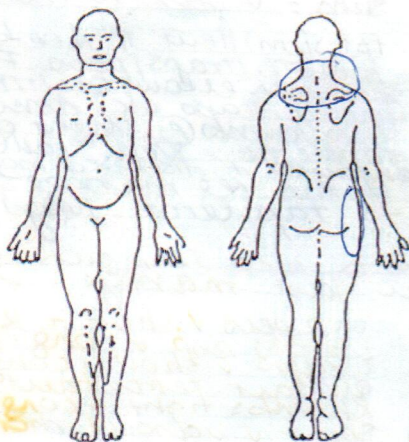


MBF 656 COOGEE STREET
2 Coogee East Mt Shendan
Client Record

Full Name Louise Hastie Date of Birth 10/01/84
Postal Address 10 GLADSTONE ST EMERALD 4720
Home Phone (07) 49 822 578 Work --- Mobile 0416 096 115
Email Address lhast5@eq.edu.au Health Fund MBF
Emergency Contact Details - Name and Number Gail 0415 652 510
Current Doctor Dr. Martin Referred By ---
Occupation and how long Teacher 1 year
Physical Activities/Hobbies/Exercise Gym, Touch
Past Medical History (operations/illnesses/accidents/injuries) Sprinters Knee

Medications - Prescribed or Natural: ---

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? ---

Some conditions require your massage treatment to be modified. Please tick all conditions below that apply to you NOW. Write the letter P next to any past conditions.

- ☒ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruising
- ☐ Chronic Pain
- ☒ Cold / Flu
- ☐ Diabetes
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache
- ☐ Numbness / Tingling
- ☐ Pregnant or Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☒ Sprained/strained muscles
- ☐ Varicose Veins

Details regarding above selections: ---

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:
Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

CLIENT AUTHORISATION

I understand that

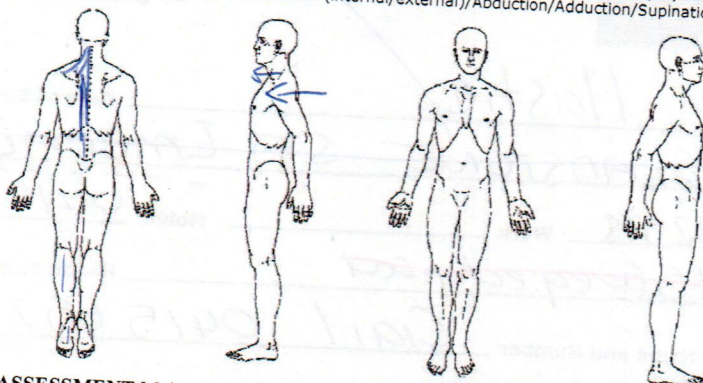
- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

Signature: Louise Hastie

Date: 28/6/07



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 (Client's ROM) **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/Inversion/Supination



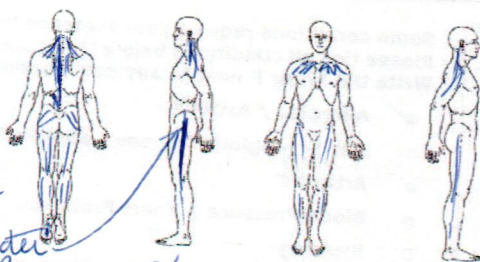
OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

broken clavicle
 sets stiff neck "lots" esp after sport
 large chested AC forward uneven shoulders
 chubby leg build

TREATMENT NO. 1

S = client been feeling sore lately with neck stiff + hoarse
 flu for 1 week, still has mucus + stem

DATE: 28.06.07
 TIME: 1030 Thurs
 PAID: 1hr 3 \$55
 REC.No: 1084 CERO
 AIR TEMP: 23°C
 MUSIC: Ian Cam Smith
 FACE CREST: 800p
 OIL BLEND: Mafuwlmi
 3p Franking
 also sheet '07 given
 NEXT APPT:



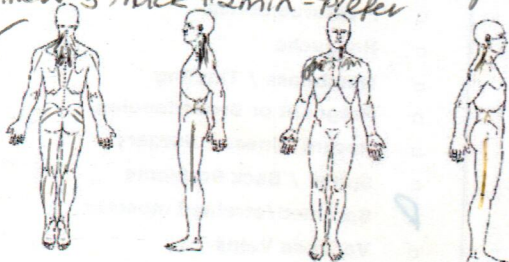
P = Reiom stretch peis, get balance body + get him to tapotent legs for cough
 tender

O/A: Ols tight esp L. slutes tight esp med
 L. deltoids esp right. Trp tight
 Peis v short + tight. L plant fascia
 Upper Traps: LBS L esp tight
 LES raised + cong. Scms tight
 Stern - v. varicoid rhomb region
 TP (stom) Heat TP rhomb/glu med / sim
 ham/ltb/traps/peis. F/E (rhomb)
 gives mtr elbow. Ols/ltb
 mixed traps ok. Arms @ms + Sr +
 iteg/arms @. client quiet throughout
 tapotent - Red. Really relaxed
 enjoyed it. discussed massage as care
 doing the leg manage + help

TREATMENT NO. 2

S = client been feeling sore in mid Tx region. Client's
 flu completely gone after last manage - v. happy
 pillow 3, rack 12 min - prefer

DATE: 03.07.07
 TIME: 9am on time
 PAID: 1hr + Tx Rack
 REC.No: 1095 CASH
 AIR TEMP: 23°C
 MUSIC: Bina I
 FACE CREST: 200p
 OIL BLEND: ger/time
 NEXT APPT:



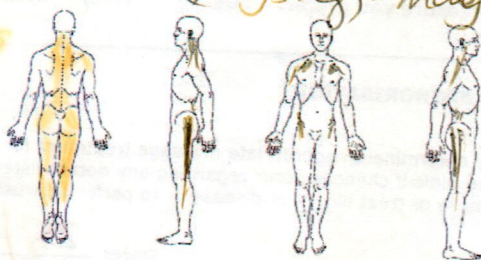
P = client advised to stretch on shin ball or rolled
 towel

O/A: R peis v. short + R AC forward
 traps esp v. cong. peis tight
 scaps v. short + cong
 Ols fast. pectorals tight. Stern
 rhombs tight + cong
 Stern - v. varicoid rhombespr
 TP (stom) Heat TP rhomb/traps/
 F/E rhomb/ham/ltb/ols
 mixed traps med ok Arms @ms +
 Sr. Ols 100% arms @. client quiet
 throughout. Body responded
 well. less tend. Rhomb cong in
 TP - 10/10 contributing to

TREATMENT NO. 3

S = client been feeling sore in lsc region - when
 touch (plays leg) - may have strained it. Nothing alone. To be
 nothing was wrong with it.

DATE: 28.09.07
 TIME: 1030 Thurs
 PAID: \$55 for 1hr 15
 REC.No: 1101
 AIR TEMP: 23°C
 MUSIC: Bina I
 FACE CREST: 200p
 OIL BLEND: 100% ger/time
 NEXT APPT:



P = Reiom squats
 chest. stretch HFs + sacral rocks (on bed) knees to
 chest. stretch HFs + glutes - not poss

O/A: HFs tight, gmed pin tight
 Ols tight. ES tight. Trp short
 scaps + rhombs v. short
 LBS tight esp (tender)
 Rhombs tighter
 Stern - v. varicoid rhomb region
 TP (stom). Heat TP rhomb/glu med / sim
 ham/ltb. F/E rhomb/ltb/scap
 lps ok. mixed traps med ok
 Arms @ms + Sr + rhomb
 client quiet for most. Body
 responded well. less tend.

\$28 mixed bag

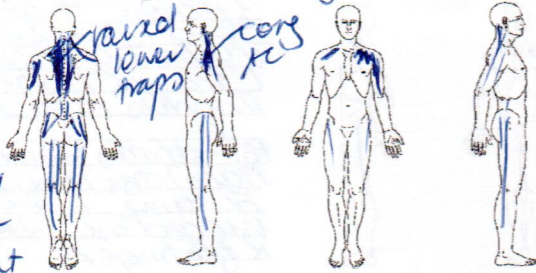
initially
 after
 15 min
 ger off
 table

TREATMENT NO. 4

DATE: 22.11.07
 TIME: Thurs 5pm
 PAID: 1hr \$55
 REC.No: 101 CASH
 AIR TEMP: 23°C
 MUSIC: Ganni-if there
 FACE CREST: Pepp
 OIL BLEND: Basil/line/
Rosem

NEXT APPT: _____

S= client been feeling sore in neck - bulky + sore
 lifting heavy weights @ gym. Had "2hr neck only"
 ms 2 weeks ago - DT.



O/A: 2 deltoid cong + 1 teres tight
 2 traps short/tight. Pecs short
 scap short. Deltoid (Crest) esp R
 traps lower V. cong + overdeveloped
 scap overdeveloped esp prox spine
 Rhomb region tight + cong
 - ant legs

Fa (-stom) Heat TP rhomb/med/
 ham/1TB/traps/sinus. Fr same
 ES/rhomb/med/2 trap/2C
 Arms @ MS + ST + UL Jugs @
 client quiet through heat - head
 esp C deltoid/teres. Softenel
 1TB still cong

Ordered wheat
 pillow + bag for friend

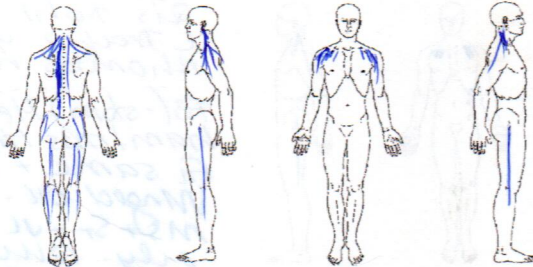
P= Review client see physio / S & C for aners + program
 evaluation of appropriate exercises

TREATMENT NO. 5

DATE: 08.07.08
 TIME: Tues 11am
 PAID: 1hr \$60
 REC.No: 1527 CASH
 AIR TEMP: 23°C
 MUSIC: Acher Bilk +
 FACE CREST: Pepp
 OIL BLEND: Pauk
Euc/ed/Basil

NEXT APPT: _____

S= client been feeling tight in neck region + occas sore
 Had 2-3 ms since last visit (Tr Emerald)



Traps up short + tight esp R ypm.
 Teres tender. Triceps L lower
 scap short. 2 traps tight
 ES tight + cong esp L raised + cong
 Rhomb region cong + tight. Pecs short
 - ant legs + Vabadd + tight

Fa (-stom) Heat TP rhomb/med/
 ham/1TB/traps/sinus. Fr same + ES/
 ant/teres/2 trap/ASIS. mixed Arms @
 @MS + ST + UL Jugs @ client quiet
 discussed Ms for babies/chin + why her
 deltoids/teres tight from imbalance

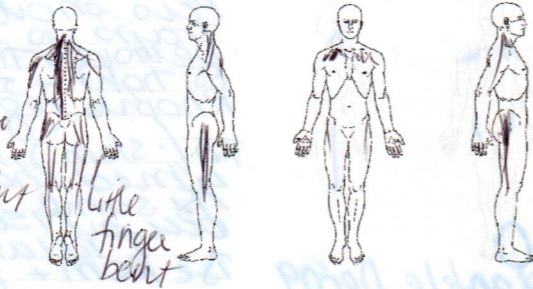
P= Review client watch posture - tuck chin + open chest in neck

TREATMENT NO. 6

DATE: 15.04.09
 TIME: Tues 9am
 PAID: 1hr \$60
 REC.No: 158 CASH
 AIR TEMP: 23°C
 MUSIC: Amara I Mygo
 FACE CREST: Pau
 OIL BLEND: Pau
Scalime/Graphut

NEXT APPT: _____

S= client been feeling tightness in Lx region - twinges
 since yesterday - pointed to Lx. Neck been faked



O/A: Triceps tender + tight
 Traps short. ES L prob bulky
 Pecs short + V. achy/scap
 scap tight L. teres tight
 traps up short + tight

Fa (-stom) Heat TP rhomb/med/
 ham/1TB/traps/sinus. Fr same
 + ES/scap/deltoids/scap/1TB
 mixed Arms @ MS + ST + UL Jugs @
 Elbow/OT/Rem neck
 esp back where it was cong

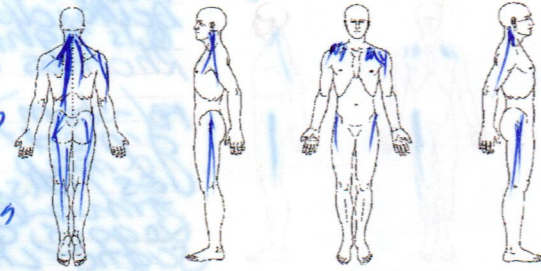
P= Surgery on finger tomorrow in bre. 3 weeks recovery

TREATMENT NO. 7

DATE: 05.01.10
 TIME: Tues 1hr
 PAID: \$65 PAID
 REC.No: Rt Nokes XMAS
 AIR TEMP: 23°C
 MUSIC: Ganni-dare dream
 FACE CREST: Pepp
 OIL BLEND: Pauk
Basil/Pepp

NEXT APPT: _____

S= client been feeling tightness in body after
 suffering migraines numbness over mouth + L arm
 from migraines



O/A: Traps up tight + short
 Pecs tight. rhomb/med/pin tight
 Deltoid + tight
 ES tight + cong esp Tr
 Rhomb region cong esp

Fa (-stom) Heat TP rhomb/
 med/ham/1TB/traps/
 scap mixed Arms @ MS + ST + UL Jugs @
 client quiet throughout DT on shoulders
 esp

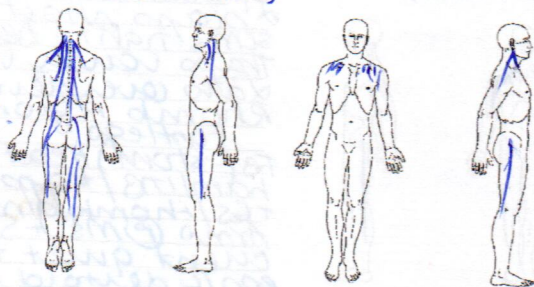
P= Review client see chiro Chris Heron for neck
 CT scan today on head/neck
 Discussed skeletal & muscle systems relationship

Body Wash B'DAY Massage

TREATMENT NO. 8

S = client been feeling tightness in neck/shoulders improved after Ms. Noticeable improvement

DATE: 08.11.10
TIME: \$65/hr
PAID: 1030 P.M.
REC.No: 609 + 630
AIR TEMP: 24°C
MUSIC: Mix Mod Israel
FACE CREST: Relax demon
OIL BLEND: Basil/Pepp
NEXT APPT:



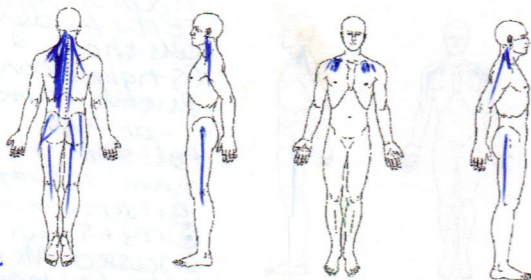
O/A: Dr OK'd Ms - from regular
Hams tight + traps tight
Traps tight esp R
L traps tight esp upper
Rhomb region cong + tight
FB(-stom) Heat. TP rhomb/med
ham/IBs/traps/sinus/l scap
R same + ES/als/occiput/scap
Winged ok. RM upper + lon
R 4th finger

P = Goes back next week Wants Hot Rock Ms next time

TREATMENT NO. 9

S = client been feeling tightness in her body esp neck v. tight & sore

DATE: 06.04.10
TIME: \$65/hr
PAID: CASH 9AM
REC.No: 747 Tues
AIR TEMP: 23°C
MUSIC: Diatonics
FACE CREST: Relax demon
OIL BLEND: Pepp/demon/als
NEXT APPT:



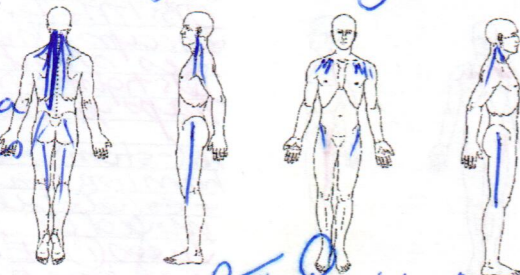
Flex v. sore
Deltoids tight
als tight
L traps up short + tight
Rhomb region cong
FB(-stom) Heat. TP rhomb/med
ham/IBs/traps/l scap
R same + ES/als/occiput/scap
Winged ok. Arms @ Sr + S
Mst Sr + VL. Joints @ - ankles
only. Quiet throughout most
the ROM > Ms

P = Recommend client use some heat on shoulder/neck

TREATMENT NO. 10

S = client been feeling tightness in her neck yesterday better today

DATE: 08.04.10
TIME: 9AM Thurs
PAID: \$65/hr +
REC.No: 754 Thurs
AIR TEMP: 23°C
MUSIC: Sampler room
FACE CREST: Relax demon
OIL BLEND: Ced/ora/Car
NEXT APPT:



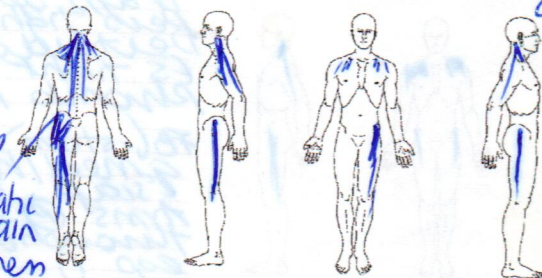
O/A: Peis short. TM tense
Traps up tight + short
Deltoids tight - improved
ES tight + short
Rhomb region cong + better
FB(-stom) Heat. TP rhomb/med
ham/IBs/traps/l scap
R same + ES/als/occiput/scap
Occiput 1st ap
Relaxed 7 Ms
Use ROM + feeling better

P = Recommend client continue exercise. See when sister gets married

TREATMENT NO. 11

S = client been feeling tightness in LHS up trap + neck. Injured @ chiro + help - pain started 2 wks ago

DATE: 22.06.10
TIME: 9am WEDS
PAID: \$65/hr CASH
REC.No: 821
AIR TEMP: 22°C
MUSIC: Rael Merc
FACE CREST: Relax demon
OIL BLEND: Manditang
NEXT APPT:



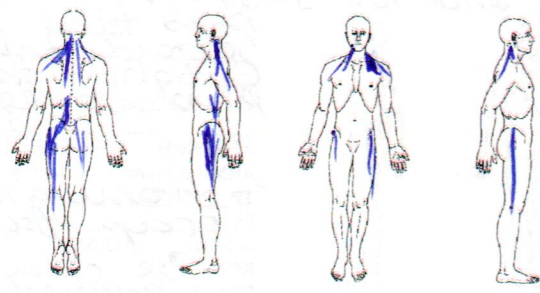
O/A: Lots time @ 40 mins
Traps up bulky/short
als tight
Rhomb l knotted/adhered
FB(-stom) Heat. TP rhomb/med
ham/IBs/traps/l scap
R same +
Joints @ Sr + S
Legs @ quick
Quick Ank out RM
Scathe - LHS v tight

P = client been feeling better 7 Ms - big improvement in neck - still some cong/stiffness

TREATMENT NO. 12

DATE: 01/06/10
TIME: 18:05 hrs
PAID: 1030 MON
REC.No: 11/10/10
AIR TEMP: 23°C CASH
MUSIC: 828
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
Mand Trang
HT: Feet + Face
EXTRA:

S = Client's neck been getting sore again + had pinch in L 47/48/49 region



O/A: MBS + TFLs L v. tight
Pso short. Thru knee
Deltoids tight - traps right
ES tight + short - sup traps right
Rhombis long esp lats
Full Body ☐ STOMACH ☐ Whole l side tight
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS tighter
TP + hamp/g med/pin/mb/hamp
Fx 47/48 occiput/sacrum
☐ Talked ☐ Quiet ☐ Breathing
ROM esp neck 7 Ms + shoulder
FBACK

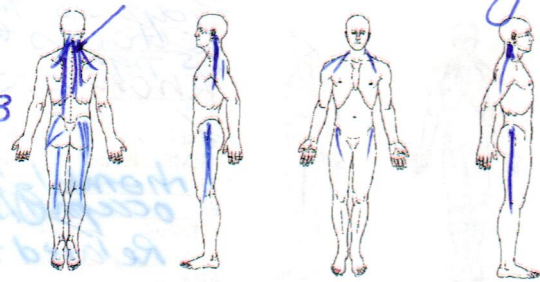
NEXT APPT:

P = Discussed doing more stretching / self-care for shoulder
back

TREATMENT NO. 13

DATE: 23 09/10
TIME: 18:05 hrs
PAID: 1900 CASH
REC.No: 2300
MUSIC: Twilight Mix 1-3
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
Gel / Grape / Lime
HT: Feet + Face
EXTRA:

S = Client been getting migraines - feel v sore/stiff in neck. Had 1 massage with ego in Lmward - not v effective most time on upper body



O/A: Traps up right / short / long
Deltoids tight - m. tense
ES tight / esp - v hard attached
Rhombis region long esp
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP rhomb/g med/hamp/mb/stop
Fx occiput/scalp/mus
☐ Talked ☐ Quiet ☐ Breathing
ROM Deep
FBACK Relaxed 7 Ms + quality ROM
better esp lateral

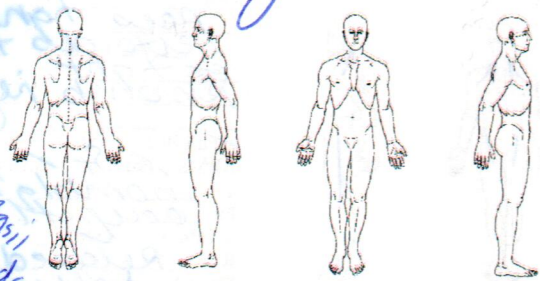
NEXT APPT:

P = Perom client have some intense tr to help over
there

TREATMENT NO. 14

DATE: 27 09/10
TIME: 18:05 hrs
PAID: 1900 CASH
REC.No: 1028
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
Relax / Pepp / Basil
HT: Feet + Arms / hands
EXTRA:

S = Client been feeling tightness in neck/shoulders esp 7 deep belly breathing this morning



O/A: Improved from previous but still v clamp but getting better
less effort. m. tense
ES tight. Traps up right
Rhombis esp tight
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS - ant legs
TP rhomb/g med/hamp/mb/stop
Fx occiput/scalp
☐ Talked ☐ Quiet ☐ Breathing
ROM 7se 7 Ms and feet better
FBACK Improvement

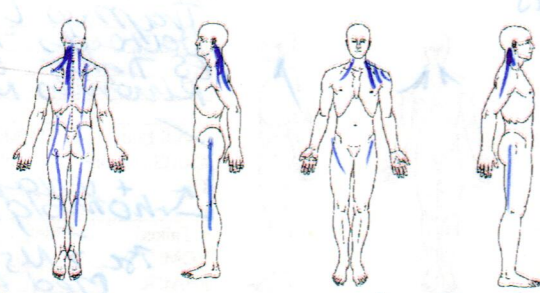
NEXT APPT:

P = Discussed why fast body balance class can affect body self. Perom put + scm stretch daily

TREATMENT NO. 15

DATE: 30 09/10
TIME: Thurs 9 AM
PAID: 2300 CASH
REC.No: 1013
AIR TEMP: 18:05 hrs
MUSIC: Yanni - tribute
FACE CREST: Jay
SUPINE SCENT: Lemon
OIL BLEND: Relax
Gel / Grape / Lime
HT: Feet + Arms / hands
EXTRA:

S = Client been feeling tightness in her neck in the car when turned head - it popped



O/A: Improved from previous
Traps up long esp LHS
ES tight + short. Deltoids tight
Rhombis region long + tight
Full Body ☐ STOMACH ☐
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP rhomb/g med/hamp/mb/stop
Fx occiput/scalp/mus
☐ Talked ☐ Quiet ☐ Breathing
ROM relaxed 7 Ms + feeling better
FBACK Tse ROM esp lat flexion
quality

NEXT APPT:

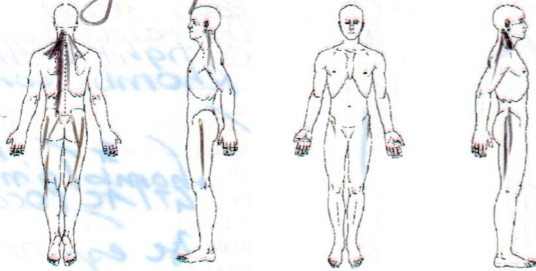
P = Perom client stretch out + work on keep
good posture

anas 2010

TREATMENT NO. 16

DATE: 20.12.10
TIME: 9:00 AM
PAID: \$65 Inv
REC.No: 1145 CASH
AIR TEMP: 23.5C
MUSIC: Indian I
FACE CREST: Jaw
SUPINE SCENT: Lemon
OIL BLEND: Relax
Pepp/Bane
HT: Feet + Face
EXTRA:

S = Client been feeling tightness in L up trap/neck
Feels tension higher this time (not last). Migraine
Big improvement since last 3 M intensive sessions. Last week
Pecis taut. Trm tense.
Deltoids tight. Trap up tight
CS tight + shout
Rhomb region cong + tight



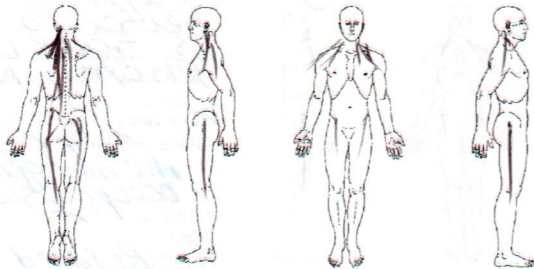
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/IBS
Fx occipit/scalp/es/IBS/AC
☐ Talked ☐ Quiet Breathing
ROM Rise after Ms - self report
FBACK Relaxed + looked calm sleepy

NEXT APPT: Molt + BDAY

TREATMENT NO. 17

DATE: 05.11.11
TIME: 9 AM THURS
PAID: \$55 Inv
REC.No: 1151 CASH
AIR TEMP: 23.5C
MUSIC: Ken Davis
FACE CREST: Jaw
SUPINE SCENT: Lemon
OIL BLEND: Relax
Pepp/Bane
HT: Feet + Face
EXTRA:

S = Client been feeling tightness in her neck
but better than previous session - no improvement since
last Ms



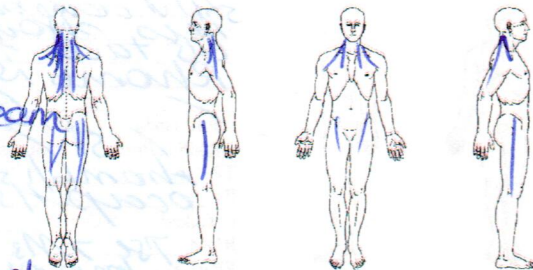
O/A: Trap up tight. Pecis tight
Deltoids tight
CS tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/IBS
Fx occipit/scalp/trm/AC/IBS
☐ Talked ☐ Quiet Breathing
ROM Relaxed > Ms + feet tired
FBACK

NEXT APPT:

TREATMENT NO. 18

DATE: 04.07.11
TIME: MON 3:50
PAID: Inv \$90
REC.No: 1365
AIR TEMP: 25.0C CASH
MUSIC: Kenny Dore Dream
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
mint/Pepp
HT: Feet + Face
EXTRA: HST - Glute/Lx + sh.
NEXT APPT: CST - M Face

S = Client been feeling tightness in her shoulder
has improved since last Ms



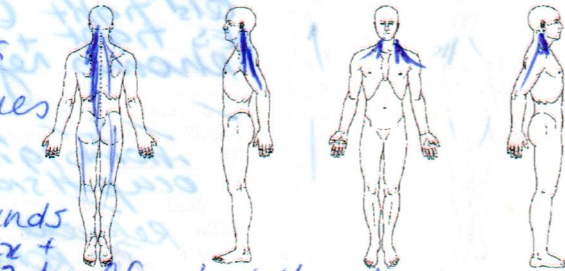
O/A: pecis tight
Deltoids taut. Resist
CS tight. Trm tense
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/IBS
Fx occipit/scalp
☐ Talked ☐ Quiet Breathing
ROM Relaxed > Ms
FBACK Softened + Bed HST

P = Recom stretch out & enjoy holiday week

TREATMENT NO. 19

DATE: 08.07.11
TIME: 9 AM FRI
PAID: \$70 Inv
REC.No: 1376 CASH
AIR TEMP: 25.0C
MUSIC: Kenny C mores
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
mint/Pepp
HT: Feet + Arms/hands
EXTRA: HST - 5 - 3xLx +
CST ① Face
NEXT APPT: 20th - 03.12.12 FRI

S = Client been feeling good - was stiff & twitchy
1st Ms in neck but better than Mon. Sinus + cold today



O/A: Trap up L tight.
Deltoids tight L esp
CS tight L esp
Rhomb region cong + vasocon
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP + L traps
Fx rhomb/g med/ham/IBS
☐ Talked ☐ Quiet Breathing
ROM Rise > Ms + feeling better
FBACK Med HST + CST

P = Xray shows shoulder position & curve of spine
Client had migraines & feeling sore with shoulder
FB(-stom) Heat TP rhomb/g med/ham/IBS. winged ok. cong upper
esp rhombos/trap/d/neck. Tr same + g med/ham/IBS/d/IBS
Arms @ ST + MS + ST + UL. Quick ant legs. Quiet throughout
Relaxed > Ms + feet diff in ROM. V. cong upper esp
may be causing h/aches

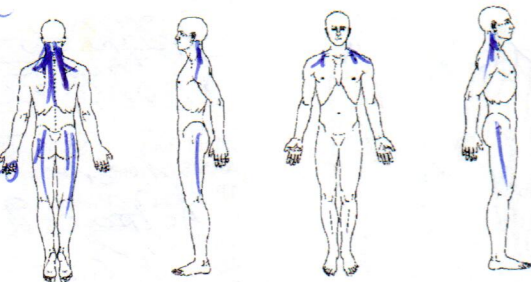
forgot give gift for 20th - next time

TREATMENT NO. 21

S=

Client been feeling tightness in her neck
→ 3 days worse than even

DATE: 1403-12
TIME: 7:25 PM
PAID: \$75
REC. NO: 250
AIR TEMP: 75
MUSIC: Jazzy Bill
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2x Face
CST: 2x Face
HST: 2x back



O/A:

Peep short. TMs tense
Deltoids tight @ 15 tight before
ES tight trap up tight
Rhomb region cong
Full Body STOMACH Mainly upper Ms
ARMS Prone Supine LEGS
TP rhomb/g med / ham / TRS
Fx occ / scalp / TMs
TALKED Quiet Breathing
ROM Feet better 7 Ms
FBACK V. cong

P=

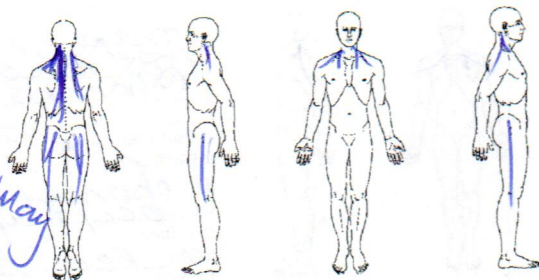
Recom use juice for anes +

TREATMENT NO. 22

S=

Client been feeling tightness in neck +
shoulders - did have improvement for
few days

DATE: 2803-12
TIME: 5:25 PM
PAID: \$75
REC. NO: 251
AIR TEMP: 75
MUSIC: Jazzy Bill
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2x Face
CST: 2x Face
HST: 2x back



O/A:

V. ST / RM used
Deltoids tight
ES v. cong / Peep v. short
Rhomb - aso d - cong
Full Body STOMACH
ARMS Prone Supine LEGS - ant
TP rhomb / g med / trap / 11 / 9
Fx occ / scalp / TMs
TALKED Quiet Breathing
ROM Used after Ms
FBACK Feet better

P=

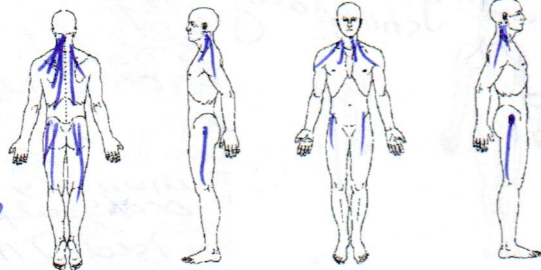
Scary juice over hot's for an +

TREATMENT NO. 23

S=

Client been feeling sore in neck
lately. Been busy with work

DATE: 3005-12
TIME: 1 PM
PAID: \$75
REC. NO: 252
AIR TEMP: 75
MUSIC: Jazzy Bill
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2x Face
CST: 2x Face
HST: 2x back



O/A:

Trap up tight
Deltoids tight
ES tight traps tight
Rhomb region cong
Full Body STOMACH
ARMS Prone Supine LEGS
TP No TMs. Seated pressure
Fx rhomb / g med / trap
TALKED Quiet Breathing
ROM Used > Ms
FBACK Feet better - 10 min

P=

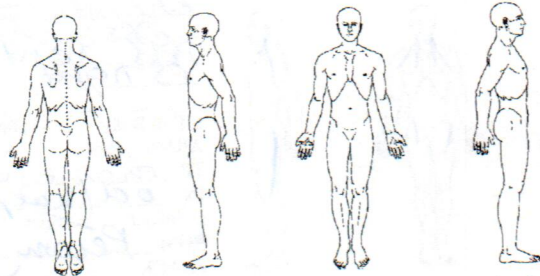
1 more km. then just school teaching
See in few weeks

TREATMENT NO. 24

S=

Client been feeling tightness in her
neck lately. wedding soon

DATE: 1806-12
TIME: 1:45 PM
PAID: \$75
REC. NO: 253
AIR TEMP: 75
MUSIC: Steve Helden
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: 2x Face
CST: 2x Face
HST: 2x back



O/A:

Trap up tight. Peep short
Deltoids tight
ES tight traps tight
Rhomb region cong
Full Body STOMACH
ARMS Prone Supine LEGS
TP rhomb / g med / ham / TRS
Fx occ / scalp
TALKED Quiet Breathing
ROM Used > Ms. Improved
FBACK Feet improved

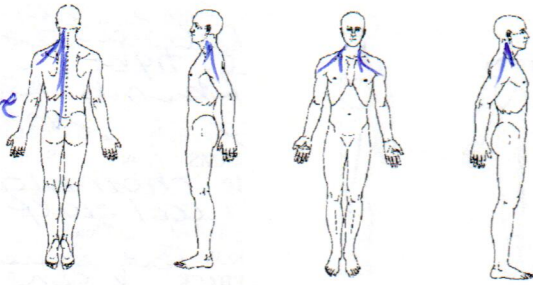
P=

Recom client stretch out + use heat

TREATMENT NO. 25

DATE: 27.06.12
TIME: 10am
PAID: \$75 Inv
REC.No: 1943
AIR TEMP: 25
MUSIC: Yanni - There
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Pepp / Lav
HT: Feet + Face
CST: (A) Face
HST: 2 x Lx

S = Client been feeling tightness in her neck
RHS stiff - woke up stiff



O/A: scms v. cong
traps up solid esp. 45
of neck + short
rhomb region cong +
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / traps
Fx Ac / traps / scap / occipit
☐ Talked ☐ Quiet ☐ Breathing
ROM V. Cong - some improve
FBACK Feet - still stiff

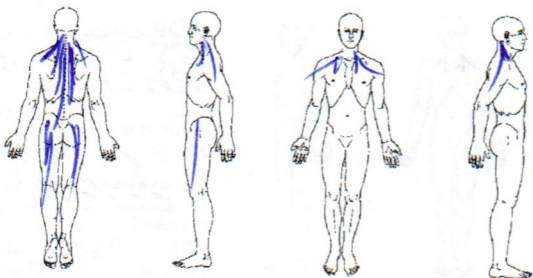
EXTRA
NEXT APPT:

P = Reiom client see physio or osteo for Tx
Reiom heat gel + rest - wedd on Sat

TREATMENT NO. 26

DATE: 24.09.12
TIME: Mon 9am
PAID: \$15 Eff
REC.No: Refer notes
AIR TEMP: 25
MUSIC: Piano
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Pepp / Lav
CST: (A) Face
HST: 2 x Lx

S = Client been feeling tightness neck
been ok



O/A: Traps up tight Pains
traps tender + TMs
Rhombus tight
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / occ /
Fx occ / traps / act / sc.
☐ Talked ☐ Quiet ☐ Breathing
ROM Feet better 7ms
FBACK

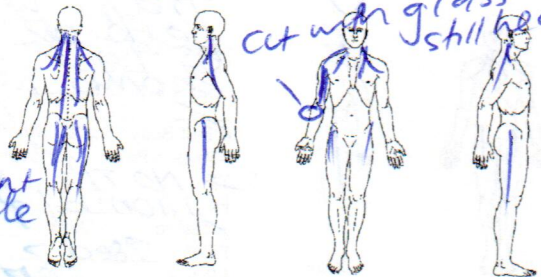
EXTRA
NEXT APPT:

P = Reiom look after body
Feet + Face

TREATMENT NO. 27

DATE: 22.08.12
TIME: Fri 4pm
PAID: \$75 Inv
REC.No: Myagi
AIR TEMP: 25
MUSIC: 2380 CBT
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Relax mint
HT: Feet + Face
CST: (A) Face
HST: 2 x Lx

S = Client been feeling tightness in her
L region, L shoulder jiggly



O/A: Traps up tight
traps tight Pains tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / ham / med
Fx occ / scalp / Tmt / S
☐ Talked ☐ Quiet ☐ Breathing
ROM Used 7ms - feet better
FBACK

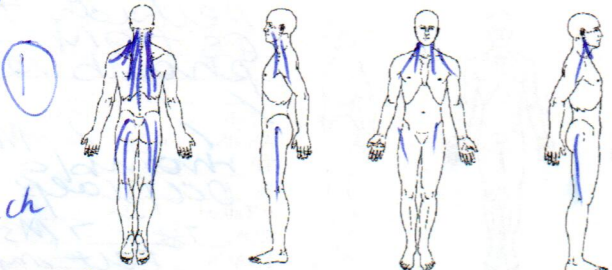
EXTRA
NEXT APPT:

P = Client feet better 7ms
Advised foam roller for mbs

TREATMENT NO. 28

DATE: 24.05.13
TIME: 4:15pm
PAID: \$75 Inv
REC.No: 2555 E
AIR TEMP: 25
MUSIC: Lav
FACE CREST: Lem
SUPINE SCENT: Affman
OIL BLEND: Relax
HT: 2 x Lx + 2 x back
CST: (A) Face
HST: Feet + F/H

S = Client been feeling tightness in her
body - wheelbarrow face



O/A: Abductor strain Tor II
rhombus tight Pains tight
traps tight Pains short
ES tight Deltoids tight
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / traps / L / scap
Fx occ / scalp / Tmt
☐ Talked ☐ Quiet ☐ Breathing
ROM Reiom used 7ms
FBACK another 1ms to help

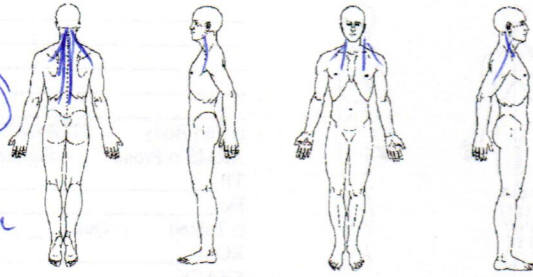
EXTRA
NEXT APPT:

P = Seeing physio for Tx

TREATMENT NO. 29

S = Client been feeling tightness in her body. Had migraine headache -> last MS

DATE: 06.06.13
TIME: 5 PM THURS
PAID: \$75
REC.No: 2550
AIR TEMP: 25
MUSIC: Jan Cam
FACE CREST: Jan
SUPINE SCENT: lem
OIL BLEND: Relax
Manditang
HT: 2x 2x back
CST: 4x Face
HST: Feet + Face

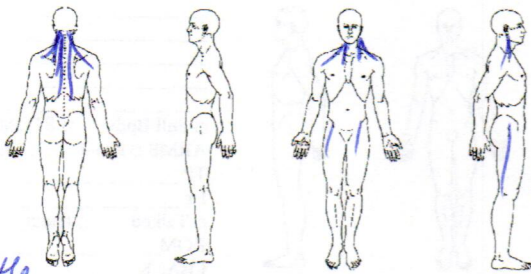


O/A: ES tight. Deltoids tight
Quiet. Pers tight
rhomb/g med/ham/legs
☐ Full Body ☒ STOMACH
ARMS ☐ Prone ☒ Supine MS LEGS
TP rhomb/g med/ham
Fx ES/ocul/2 traps/traps/rhomb
☐ Talked ☐ Quiet Breathing
ROM Used 3 MS
FBACK Feet better 2 MS

TREATMENT NO. 30

S = gift next time
Client been feeling tightness in her body in
neck especially. Been in hospital with
stomach probs

DATE: 10.07.14
TIME: 588
PAID: 1hr
REC.No: 25
AIR TEMP: 34.16
MUSIC: Base Men
FACE CREST: Jan
SUPINE SCENT: lem
OIL BLEND: Relax
Manditang 1'
HT: Feet / Face
CST: 4x Face
HST: 2x 2x back

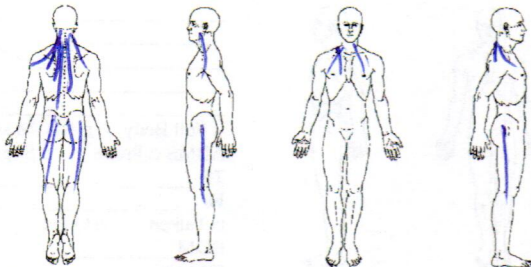


O/A: Pers tight
Deltoids tight
ES tight. traps up tight
Rhomb region cong
☐ Full Body ☐ STOMACH Gentle for used
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/traps
Fx ES/ocul/2 traps/traps
☐ Talked ☐ Quiet Breathing
ROM Used 2 MS
FBACK Feet better 2 MS

TREATMENT NO. 31

S = Client been feeling tightness in her
body in legs lately from exercise
gift next time

DATE: 01.08.14
TIME: 588
PAID: 1hr
REC.No: 2854
AIR TEMP: 25
MUSIC: Kenny G
FACE CREST: Jan
SUPINE SCENT: lem
OIL BLEND: Relax
Manditang
HT: Feet / Face
CST: 4x Face
HST: Feet / Face

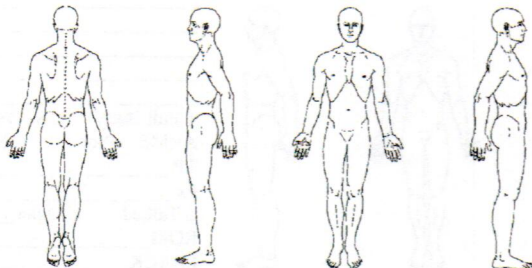


O/A: Pers tight
Deltoids tight
ES tight. traps up tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/traps
Fx ocul/traps/ham
☐ Talked ☐ Quiet Breathing
ROM Used 2 MS
FBACK Feet better 2 MS

TREATMENT NO. _____

S = _____

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



O/A: _____

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

EXTRA _____
NEXT APPT: _____

P = _____

Louise Harcourt

DOB 10 Jan 1984
Occupation Teacher

Appointments

Date	Time	Type	Practitioner
28 Jun 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
24 Mar 2025	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis
9 May 2024	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
3 May 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
28 Apr 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Mar 2024	2:30PM – 3:30PM	Gift Certificate - Book your Massage	Christine Jervis
17 Jul 2023	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
17 May 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Apr 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
22 Mar 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
8 Mar 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
22 Feb 2021	10:30AM – 11:30AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
12 Dec 2020	9:20AM – 10:20AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
28 Nov 2020	8:00AM – 9:00AM	60 minute Massage	Christine Jervis
21 Sep 2019	9:45AM – 10:45AM	60 minute Massage	Marina Franke
18 May 2019	8:30AM – 9:30AM	60 minute Massage	Marina Franke
13 Apr 2019	11:15AM – 12:15PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage
<p>Practitioner: Christine Jervis</p> <p>Appointment: 28 Jun 2025, 4:30PM</p>

Created: 5 Jul 2025, 9:36PM
Last updated: 5 Jul 2025, 9:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - lower back been sore from herniated disc and shoulder/neck still gets sore.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Pain and limited movement from daily medical appointments to help with digestive system problems. Herniated disc lumbar (no scan done)

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked.
Anything noteworthy - pregnancy x 2 past, Lx herniation (suspected no scans done)
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client Pressure used -2 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Topical Treatment - Fisiocrem
Aromatherapy Massage oil - lavender peppermint
Music - Enya

FB Treatment -legs with some remedial work on shoulders, back and legs.

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; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment - Felt great afterwards.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some 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: 24 Mar 2025, 9:30AM
Created: 24 Mar 2025, 11:02AM
Last updated: 24 Mar 2025, 1:46PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - lower back been sore from herniated disc and shoulder is pinching
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems. Herniated disc lumbar (no scan done)
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy x 2 past Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil - lavender peppermint Music - Yanni aria and if there music FB Treatment -legs with some remedial work on shoulders, back and legs.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt so much better
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See for another massage

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

Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 May 2024, 2:30PM
Created: 9 May 2024, 3:47PM
Last updated: 9 May 2024, 3:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - ligament pain in lower belly and numbness in R hand. Pregnant. Due May 20 elective c section. Today had cross country
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil - lavender Music - Sacophone music FB Treatment -legs with some remedial work on shoulders, back and legs.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt so much better

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See next week for another massage
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 2024, 9:30AM Created: 3 May 2024, 4:03PM Last updated: 3 May 2024, 4:05PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - lower back really sore and numbness in R hand. Pregnant. Due May 20 elective c section. Had food poisoning.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil - plain Music - Yanni if there FB Treatment -legs with some remedial work on shoulders, back and legs.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	ITBs

Body Chart	
Feedback after treatment -	Felt so much better
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See next week for another massage
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Apr 2024, 4:30PM Created: 28 Apr 2024, 6:31PM Last updated: 28 Apr 2024, 6:51PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - lower back really sore and numbness in R hand. Pregnant. Due May 20 elective c section.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil - plain Music - Ian Cam Smith. FB Treatment -legs with some remedial work on shoulders, back and legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine;

Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt could stand up after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See on Thursday for another 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: 10 Mar 2024, 2:30PM Created: 10 Mar 2024, 2:26PM Last updated: 10 Mar 2024, 4:09PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - neck been feeling compressed and tight. Pregnant. Due May. Cramping.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil -Mand/Tang Music - Ken Davis

	FB Treatment -legs with some remedial work on shoulders, back and legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see for 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: 17 Jul 2023, 4:00PM
Created: 17 Jul 2023, 5:52PM
Last updated: 17 Jul 2023, 5:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - neck been feeling compressed and tight.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked. ROM - not checked. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body

	Topical Treatment - Fisiocrem on shoulders Aromatherapy Massage oil -Mand/Tang Music - Yanni if there No spritzer FB Treatment -legs with some remedial work on shoulders and neck especially. Quick abdominal release.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Discussed seeing physio for TMJ pain and getting some regular massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see for 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: 17 May 2021, 2:30PM
Created: 23 May 2021, 5:39AM
Last updated: 23 May 2021, 5:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - physio working on leg tightness and would like massage to help with overall pain and tension.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked. ROM - not checked. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Neroli FB Treatment with some remedial work on shoulders and hips plus abdominal work, psoas release and gentle work. Some remedial work done on legs too.
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Physio is working on foot tension.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see for regular treatment to help with body balance and fertility.
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 2021, 10:30AM
Created: 23 Apr 2021, 10:44AM
Last updated: 23 Apr 2021, 10:46AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client struggling with leg tightness and overall pain.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked.

	<p>ROM - improved.</p> <p>Anything noteworthy - medical intervention currently.</p> <p>Anything specific to massage (E.g. no foot massage) -no.</p>
Treatment details - what was done today to help the client	<p>Pressure used -2 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Upper Body / Lower Body</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Ian Cam</p> <p>Aromatherapy Massage oil -Mand/Tang</p> <p>Spritzer - Neroli</p> <p>FB Treatment with some remedial work on shoulders and hips plus abdominal work, psoas release and gentle work.</p>
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Feeling good after massage ;-) Discussed seeing a physio to help with her foot tightness and get an assessment on how she is moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See for regular treatment to help with body balance and fertility.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Apr 2021, 10:30AM
Created: 23 Apr 2021, 10:28AM
Last updated: 23 Apr 2021, 10:31AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been getting physio to help pain in foot. Seeing Specialists this week for more consultations.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions)	Pain and limited movement from daily medical appointments to help with digestive system problems.

listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked. ROM - improved. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Neroli FB Treatment with some remedial work on shoulders and hips plus abdominal work, psoas release and gentle work.
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Feeling good after massage ;-) Discussed waiting to speak to both specialists before making any final decisions on further surgery.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continuing to see for regular treatment to help with body balance and fertility.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 8 Mar 2021, 10:30AM
Created: 17 Mar 2021, 4:08AM
Last updated: 18 Mar 2021, 3:22AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been sore and doesn't think surgery worked but her pain has improved dramatically with her hip and butt.
Medication or relevant procedures / info	Prescription Medication; Injury

identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked. ROM - improved. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Neroli FB Treatment with some remedial work on shoulders and hips plus abdominal work.
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Feeling good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing for regular treatment to help with body balance and fertility.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Feb 2021, 10:30AM
Created: 3 Mar 2021, 11:44PM
Last updated: 3 Mar 2021, 11:45PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been sore and struggling with body still. Seen doctor for IVF consult.

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. Covid compliance checked. ROM - not today. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Rose FB Treatment with some remedial work on shoulders and hips plus abdominal work.
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed fertility massage.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Nov 2020, 8:00AM
Created: 22 Dec 2020, 5:11AM
Last updated: 22 Dec 2020, 5:12AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been sore and struggling with body. Operations coming up and still problems with her recovery from surgery for bottom.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not today. Anything noteworthy - medical intervention currently. Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Jasmine FB Treatment with some remedial work on shoulders and hips. Gentle relaxation. Client very anxious and upset - in tears explaining what's been happening medically. Nurturing care today.
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; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt great after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how massage can help with anxiety and stress and recovery.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Dec 2020, 9:20AM
Created: 22 Dec 2020, 5:06AM
Last updated: 22 Dec 2020, 5:09AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been sore and struggling with body. Operations coming up and still problems with her recovery from surgery for bottom.
Feedback from previous treatment - long time since last treatment.

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

Prescription Medication; Injury

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

Pain and limited movement from daily medical appointments to help with digestive system problems.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not today.
Anything noteworthy - medical intervention currently.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used -2 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body / Lower Body
Topical Treatment - Fisiocrem on shoulders
Music - Ian Cam
Aromatherapy Massage oil -Mand/Tang
Spritzer - Jasmine

FB Treatment with some remedial work on shoulders and hips. Gentle relaxation. Client very anxious and upset - in tears explaining what's been happening medically. Nurturing care today.

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; QLs; ITBs; TFLs

Body Chart

Feedback after treatment -

Felt so good after massage.

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 21 Sep 2019, 9:45AM
Created: 21 Sep 2019, 10:56AM
Last updated: 23 Sep 2019, 1:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Neck/shoulders mostly, lower back Lx2/3 worn on one side but ok at the moment
 Feedback from previous treatment - felt great, looser

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -
 Any precautions / Red Flags -
 Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client Pressure used -hard
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -
 Topical Treatment -
 Music -Ian CS mix
 Aromatherapy -rosemary/pep euc

What parts of the body were massaged? Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp

Where any specific trigger points used? Upper Traps; Lev Scaps; QLs; Glutes

Body Chart

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 18 May 2019, 8:30AM

Created: 18 May 2019, 12:17PM

Last updated: 22 May 2019, 12:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -Lx2/3 worn on one side. Neck/shoulders, lower back P
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.

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client

Pressure used -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music -songs for guy mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp

Where any specific trigger points used?

Upper Traps; Lev Scaps; QLs; Glutes

Body Chart

Feedback after treatment -

:)

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

massage, stretch, sauna

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 13 Apr 2019, 11:15AM

Created: 13 Apr 2019, 11:14AM

Last updated: 26 Apr 2019, 11:07AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -Lx2/3 worn on one side.
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.

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client

Pressure used -hard
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music -Sacred Earth mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

Full Body Treatment; Arms - Prone; Legs - Prone; Legs - Supine

Where any specific trigger points used?

Upper Traps; Lev Scaps; QLs; Glutes

Body Chart

Feedback after treatment -

:)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

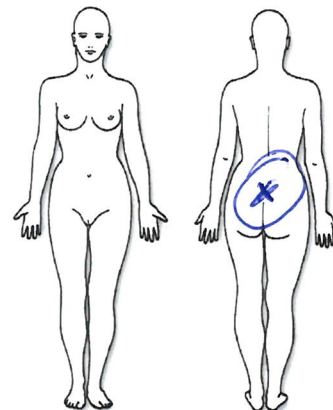
Patient Forms

There are no patient forms for Louise Harcourt.

Personal Information – your honest info helps plan the best treatment for you.			
Full Name <u>Louise Strubæk</u>		Date of Birth <u>1-9-81</u>	
Postal Address <u>7 Boombil Close, Mt Sheridan</u>			
Home Phone	Work Phone	Mobile <u>0437 640151</u>	
Email Address <u>louisestrubæk@hotmail.com</u>			
Emergency Contact Details – Name and Number <u>Josh McDermott (partner) 0439 640151</u>			
Occupation – how long? <u>Marketing M'ager</u>	Current Doctor <u>Dr Chris Goodall</u>	Health Fund <u>CVA</u>	
Who referred you? <u>Christine</u>		May I thank them for referring you? Yes No	
Please circle: what is the fastest / best way to get a response from you? (E.g. when confirming a massage) <u>Text Message</u> Home Telephone Work Telephone Email Facebook Message			
Physical activities / hobbies / exercise. Do you sit or stand for long hours? (E.g. computer/driving) <u>haven't exercised this pregnancy</u>			
Medications – prescribed or natural:			
Medical History (Operations / Illnesses / Accidents / Injuries) <u>Gestational Diabetes</u>			
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: <u>Gentle</u> Firm Hard Very Hard			

Some conditions affect massage. Please tick and circle things below that apply to you NOW.	
<input type="checkbox"/>	Allergies / Asthma / Sinus / Skin sensitivity
<input type="checkbox"/>	Any contagious disease / Cold / Flu
<input type="checkbox"/>	Anxiety / Depression
<input type="checkbox"/>	Arthritis / Bone or Spinal problems / Osteoporosis
<input type="checkbox"/>	Bruise Easily / Blood clotting problems (DVTs)
<input type="checkbox"/>	Cancer / Recent Illness / Surgery
<input type="checkbox"/>	Diabetes <input type="checkbox"/> TYPE 1 <input type="checkbox"/> TYPE 2 <input checked="" type="checkbox"/> GESTATIONAL
<input type="checkbox"/>	Dizziness / Numbness / Tingling / Cold hands / Cold feet
<input type="checkbox"/>	Fractured bones / Cuts / Burns
<input type="checkbox"/>	Headache <input type="checkbox"/> MILD <input type="checkbox"/> SEVERE <input type="checkbox"/> PERSISTENT
<input type="checkbox"/>	Hearing or Vision problems / Hearing Aid / Contact lenses
<input type="checkbox"/>	Heart Problems / Blood Pressure <input type="checkbox"/> HIGH <input type="checkbox"/> LOW
<input type="checkbox"/>	Pain <input type="checkbox"/> SHARP <input type="checkbox"/> DULL <input type="checkbox"/> ACHING
When is your pain worst? <input type="checkbox"/> MORNING <input type="checkbox"/> NIGHT <input type="checkbox"/> ALL THE TIME	
What relieves it? <input type="checkbox"/> ICE <input type="checkbox"/> HEAT <input type="checkbox"/> REST <input type="checkbox"/> MOVEMENT	
<input type="checkbox"/> MEDICATION <input type="checkbox"/> TOPICAL CREAM <input type="checkbox"/> other -	

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



Any extra health details:

tailbone

Pregnancy and birth history - please enter info (or tick) for what applies to you.

How many pregnancies have you had? *this is 2nd*
 Number of deliveries? *1* How long were your birth hours for each delivery? *5 hours*
 How would you describe your experiences or feelings about your:
 🤰 Pregnancy *first was easy, 2nd is more tiring about*
 🤰 Labour/delivery *scary*
 🤰 Post-partum recovery *fine*

Did you have any interventions / complications? *no*

Please tick what applies to your experiences:

<input checked="" type="checkbox"/> Natural Birth	<input type="checkbox"/> C-section
<input type="checkbox"/> Water Birth	<input type="checkbox"/> Termination
<input type="checkbox"/> Epidural / Pethidine	<input type="checkbox"/> Miscarriage
<input type="checkbox"/> Forceps / Ventouse	<input type="checkbox"/> Ectopic

Your current Pregnancy

Number of weeks pregnant now *35* Approximate due date *8 July*
 Have you noticed any swelling? ☐ ANKLES/FEET ☐ LEGS ☐ ARMS/HANDS ☐ FACE *feet are sore when I wear heels*
 Have you had any heavy bleeding, cramps or abdominal pain? *no*
 Is there any tenderness or unusual heat in your legs now? *no*
 Do you have Varicose veins or Spider veins? ☐ No ☒ Yes - Where? *legs - spider*
 Have you noticed any Stretchmarks? ☒ No ☐ Yes - Where?

Menstrual and Fertility Conditions – tick what applies to you

<input type="checkbox"/> Painful Periods	<input type="checkbox"/> PCO (Polycystic ovaries)
<input type="checkbox"/> Irregular Periods	<input type="checkbox"/> PCOS (Polycystic Ovarian Syndrome)
<input type="checkbox"/> Excessive Bleeding (>1pad/tampon per/hr)	<input type="checkbox"/> POF (Premature Ovarian Failure)
<input type="checkbox"/> Fibroids	<input type="checkbox"/> Endometriosis
<input type="checkbox"/> Painful Ovulation	<input type="checkbox"/> Failure to Ovulate
<input type="checkbox"/> Miscarriage (once)	<input type="checkbox"/> Low AMH
<input type="checkbox"/> Recurrent miscarriage	<input type="checkbox"/> Retroverted or inverted uterus
<input type="checkbox"/> Other -	

Symptoms usually experienced prior to and during menstruation

<input type="checkbox"/> Lower back ache	<input type="checkbox"/> Change in bowels <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhoea
<input checked="" type="checkbox"/> Headaches	<input type="checkbox"/> Pain / numbness in legs <input type="checkbox"/> left leg <input type="checkbox"/> right leg
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Cramps <input type="checkbox"/> left side <input type="checkbox"/> right side <input type="checkbox"/> lower abdomen
<input type="checkbox"/> Dragging sensation	<input type="checkbox"/> Dark thick blood at beginning of menstruation
<input type="checkbox"/> Heaviness or pressure in lower pelvis	<input type="checkbox"/> Dark thick blood at the end of menstruation
<input type="checkbox"/> Increased urination	<input type="checkbox"/> Blood clots
<input type="checkbox"/> Anything else you notice -	



Reasons for your visit

Do you have any particular goals for your massage treatments?

relaxation

What is your primary concern? Does it interfere with your sleep, work, relationships or everyday life?

I am not sleeping well at the moment as I feel uncomfortable

Final important personal questions...

Have you informed your doctor/health care practitioner about starting massage treatment? Yes ☐ No ☒

Have you undergone fertility treatment or taken a long time to get pregnant? NO.

Do have any digestive complaints? E.g. Constipation (going <1 per day), diarrhoea, hard or loose bowel movements, abdominal pain, bloating or discomfort.

Sometimes I feel ~~am~~ slightly constipated

How well is your bladder working? Any infections or bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently?

urinate frequently

Any falls / injuries to your sacrum, tailbone or head?

NO.

Have you had any surgery on your abdomen / lower back?

NO.

Trauma is stored at a cellular level in the body and some massage techniques can affect your body's response (and your emotional state) so it's important for a therapist to understand your body's history. Have you witnessed or experienced any emotional abuse, physical abuse or trauma in your life?

NO.

Do you fall asleep easily and how well are you sleeping through the night?

Yes

Please read, confirm and sign

- ☒ I understand massage treatment is not a replacement for medical care.
- ☒ Massage therapists do not diagnose illness/disease or perform thrust manipulations.
- ☒ I will keep my massage therapist updated on any changes to this information and my health.

Client Signature

[Handwritten Signature]

Date

3/6/19

Therapist Signature

[Handwritten Signature]

Date

3/6/19

PLEASE READ THIS INFORMATION CAREFULLY

Every massage treatment has potential risks...

Such as causing pain, muscular discomfort, fatigue, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, creating an aromatic response (irritating/photo-sensitising skin), causing blood pressure changes or interacting with medications.

To minimise possible risk, you must:

Be honest

About all the information you provide regarding your health: especially for heart, kidney, immune or health problems or if you are pregnant/breastfeeding or trying to get pregnant. Massage should not be performed under certain medical conditions.

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 or feel unwell at any stage during a treatment.

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. Delay your shower for 2 hours to help essential oils keep working.

Please read, confirm and sign

- ☒ 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.

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

Client Signature

Louise Straker

Client Name

Louise Straker

Date

3-6-19

POSTNATAL PACKAGE

Newborn babies are held and fed
for around 40 hours each week...

loovise struber-
her mum is
having free
one
sonya struber

Birth is never easy.
Babies are hard work.



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