

Heather Owen

DOB 5 Jun 1959

Appointments

Date	Time	Type	Practitioner
25 Oct 2024	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis
4 Jul 2024	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
9 Nov 2023	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
2 Sep 2022	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jul 2022	8:45AM – 9:45AM	Sauna & Massage	Christine Jervis
21 Jul 2022	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2022	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2021	11:20AM – 12:20PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
4 Aug 2021	11:20AM – 12:20PM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage									
<p>Practitioner: Christine Jervis</p> <p>Appointment: 4 Jul 2024, 9:30AM</p> <p>Created: 14 Jul 2024, 9:54PM</p> <p>Last updated: 14 Jul 2024, 10:02PM</p>									
<p>Standard Consultation - Remedial Massage</p> <table><tr><td>Presenting complaint (relevant medical history or client info)</td><td>What's going on now - client's body struggling with shoulders and neck been sore - headaches. Nothing further can be done, after cortisone. Possible future surgery? Struggling with depression - incontinence and pain.</td></tr><tr><td>Medication or relevant procedures / info identified that may affect the massage.</td><td>Prescription Medication; Injury; Red Flags</td></tr><tr><td>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</td><td>Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.</td></tr><tr><td>Assessment / Testing done (including ROM) / Observations</td><td>Verbal consent obtained. ROM - checked before and after.</td></tr></table>		Presenting complaint (relevant medical history or client info)	What's going on now - client's body struggling with shoulders and neck been sore - headaches. Nothing further can be done, after cortisone. Possible future surgery? Struggling with depression - incontinence and pain.	Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags	Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.	Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before and after.
Presenting complaint (relevant medical history or client info)	What's going on now - client's body struggling with shoulders and neck been sore - headaches. Nothing further can be done, after cortisone. Possible future surgery? Struggling with depression - incontinence and pain.								
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags								
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.								
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before and after.								

	Anything noteworthy - limited ROM and painful slow movements. Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.
Treatment details - what was done today to help the client	Pressure used - Gentle Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Ian cam Smith 2 Aromatherapy Massage oil - pain blend FB (+stom). Remedial work on shoulders/upper back/neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SCMs; QLs; ITBs; TFLs; Glutes; TMJ; Psoas
Body Chart	
Feedback after treatment -	Enjoyed massage, needing some help.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing physio Julie Faulkes still. Discussed how support can help - talked about psychology, using friends to help too.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 Nov 2023, 11:00AM
Created: 9 Nov 2023, 12:25PM
Last updated: 9 Nov 2023, 12:43PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client's body still improving after seeing physio for localised treatment on her back and shoulders. Shoulders and neck been sore - headaches
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions)	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.

listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before and after. Anything noteworthy - limited ROM and painful slow movements. Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.
Treatment details - what was done today to help the client	Pressure used - Gentle Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Ian cam Smith Aromatherapy Massage oil - pain blend FB (+stom). Remedial work on shoulders/upper back/neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SCMs; QLs; ITBs; TFLs; Glutes; TMJ; Psoas
Body Chart	
Feedback after treatment -	Enjoyed the massage today.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing physio Julie Faulkes still.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Sep 2022, 9:30AM
Created: 3 Sep 2022, 8:25AM
Last updated: 3 Sep 2022, 8:29AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's body improving after seeing physio for localised treatment on her back and shoulders.

Medication or relevant procedures / info Prescription Medication; Injury; Red Flags

identified that may affect the massage.

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

Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked before and after.
Anything noteworthy - limited ROM and painful slow movements.
Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.

Treatment details - what was done today to help the client

Pressure used - Gentle
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper body
Music - indian
Aromatherapy Massage oil - cream

FB (+stom). Remedial work on shoulders/upper back/neck.

What parts of the body were massaged?

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

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -

Enjoyed the massage today. Esp work around shoulders and hips. Felt very relaxed compared to previous visits being in so much pain. Thanked. E for telling her to go to the physio and doctor.

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

Seeing physio Julie Faulkes still. Seeing specialist in Brisbane in Sept for check of pain receptors. Discussed how massage helps with the bigger picture of holistic health. Discussed anxiety and seeing a psychologist.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 28 Jul 2022, 8:45AM

Created: 28 Jul 2022, 2:18PM

Last updated: 28 Jul 2022, 2:21PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client's feet still sore and body is feeling tight. Very emotional from lack of sleep
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before and after. Anything noteworthy - limited ROM and painful slow movements. Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.
Treatment details - what was done today to help the client	Pressure used - Gentle Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music -indian Aromatherapy Massage oil - cream FB (+stom). Remedial work on shoulders/upper back/neck - firmer and deeper this week. Arm and neck massage supine. Side lying L hip to work on Qls and glutes and ITBs better. Client really enjoyed that.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SCMs; QLs; ITBs; TFLs; Glutes; TMJ; Psoas
Body Chart	
Feedback after treatment -	Enjoyed the massage today. Esp work around shoulders and hips.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing physio Julie Faulkes next week. Talked about general role massage can help with for her body
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20mins
Feedback after treatment -	Enjoyed the warmth but struggled with the seating.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Jul 2022, 9:00AM
Created: 21 Jul 2022, 10:07AM
Last updated: 21 Jul 2022, 10:34AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client's feet still sore and body is feeling tight. Lower back been really sore with spasmhad to Medicate pain is so bad
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before and after. Anything noteworthy - limited ROM and painful slow movements. Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.
Treatment details - what was done today to help the client	Pressure used - Gentle Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music -indian Aromatherapy Massage oil - cream FB (+stom). Remedial work on shoulders/upper back/neck - firmer and deeper this week. 40mins on back today. Arm and neck massage supine.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; SCMs; QLs; ITBs; TFLs; Glutes; TMJ; Psoas
Body Chart	
Feedback after treatment -	Felt stiff after massage but really enjoyed DT and acupressure around L QLs and R Rhombs.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how it might be good to see the physio and check on Lx region plus sitting and standing with back pain. Talked about whole health including naturopathy and exercise being a big picture thing

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 14 Jul 2022, 9:00AM**Created:** 15 Jul 2022, 6:41AM**Last updated:** 15 Jul 2022, 6:43AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's feet still sore and body is feeling tight. Body sore from gardening. Lower back been really sore and R shoulder. She had a fall in the garden and her Lx area has been hurting since.

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

Prescription Medication; Injury; Red Flags

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

Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked before and after.
Anything noteworthy - limited ROM and painful slow movements.
Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.

Treatment details - what was done today to help the client

Pressure used - Gentle
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper body
Music -Yanni if there
Aromatherapy Massage oil - Mental Clarity
Spritzer - Jasmine

FB (+stom). Remedial work on shoulders/upper back/neck - firmer and deeper this week.
With side-lying QL work on LHS.

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; 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; TMJ

Body Chart**Feedback after treatment -**

Felt stiff after massage but really enjoyed DT and acupressure around L QLs and R

Rhombs.

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

Discussed how it might be good to see the physio and check on Lx region.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 8 Sep 2021, 11:20AM

Created: 8 Sep 2021, 1:20PM

Last updated: 8 Sep 2021, 1:22PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client's feet still sore and body is feeling tight. Had sciatic pain last night and a bad sleep. Lots of restless legs but muscular pain is improving with massage.

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

Prescription Medication; Injury; Red Flags

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

Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked before and after.
Anything noteworthy - limited ROM and painful slow movements.
Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.

Treatment details - what was done today to help the client

Pressure used - Gentle
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper body
Music -Yanni if there
Aromatherapy Massage oil - Mental Clarity
Spritzer - Jasmine

FB (- stom). Remedial work on shoulders/upper back/neck - firmer and deeper this week. Gentle massage through lower body and legs.

What parts of the body were massaged?

Full Body Treatment; 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; TMJ

Body Chart**Feedback after treatment -**

Felt good after massage :-)

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

Discussed how massage can help with her body. Talked about some options for being still after surgery and for helping with sleep.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 23 Aug 2021, 10:30AM**Created:** 23 Aug 2021, 10:32AM**Last updated:** 23 Aug 2021, 4:18PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling very sore and struggling coming off pain meds for past couple of months. Last few weeks her feet have been sore from bunions and she is undecided about surgery and she's getting anxiety as she's not sleeping until 2-3am. Her mid-back is spasming...

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

Prescription Medication; Injury; Red Flags

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

Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked before and after.
Anything noteworthy - limited ROM and painful slow movements.
Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.

Treatment details - what was done today to help the client

Pressure used - Gentle
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper body
Music -Yanni if there
Aromatherapy Massage oil - Mand/Tang
Spritzer - Neroli

FB (- stom). Remedial work on shoulders/upper back/neck. Gentle massage through lower body and legs.

What parts of the body were massaged?

Full Body Treatment; 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; TMJ
Body Chart	
Feedback after treatment -	Felt good after massage :-)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help with her body. Talked about some options for being still after surgery and for helping with sleep.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Aug 2021, 11:20AM
Created: 5 Aug 2021, 4:05AM
Last updated: 5 Aug 2021, 4:11AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling very sore and struggling coming off pain meds for past couple of months. Been struggling with body for past 6-7 years. Finished swim teaching in 2016 and done admin work. On recent caravan trip, struggled with car sitting.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain stimulators in back - Lx and L gluteal. 2 operations for herniated discs.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked before. Anything noteworthy - limited ROM and painful slow movements. Anything specific to massage (E.g. no foot massage) - watch pain stimulation sites.
Treatment details - what was done today to help the client	Pressure used - Gentle Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Steve Helpen Aromatherapy Massage oil - Mand/Tang Spritzer - Neroli FB (- stom). Remedial work on shoulders/upper back/neck. Gentle massage through

	lower body and legs.
What parts of the body were massaged?	Full Body Treatment; 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; TMJ
Body Chart	
Feedback after treatment -	Enjoyed the massage and felt good after. Warned she might be stiff and sore.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Recommended some regular treatment to help with PNS, anxiety and tension. Explained how her NS is working really hard.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

Client Health Check	
Practitioner: Christine Jervis Appointment: 8 Sep 2021, 11:20AM Completed: 5 Sep 2021, 10:04PM	
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?	<input type="checkbox"/> Cough <input type="checkbox"/> Fever <input type="checkbox"/> Shortness of breath <input checked="" type="checkbox"/> None of the above
How severe are your symptoms?	<input type="checkbox"/> Not severe <input type="checkbox"/> Mildly severe <input type="checkbox"/> Very severe <input checked="" type="checkbox"/> I didn't have any symptoms
Have you been to a doctor's clinic or hospital in the last two weeks?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
COVID-19	
Have you been in contact with anyone known to have COVID-19 in the last two weeks?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> I don't know
Have you had to self-isolate any time	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

within the last month due to COVID-19 symptoms?

Client Health Check

Practitioner: Christine Jervis

Appointment: 23 Aug 2021, 10:30AM

Completed: 19 Aug 2021, 10:40PM

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



Full Name Heather Owen D.O.B 5/6/59 Gender F
 Address 9 Malabar Ct, Bayview Hts
 Home Phone 4054 6331 Work _____ Mobile 0402 059 444
 Email Address garryowen1@bigpond.com.au
 Emergency Contact Details - Name and Number Garry Owen 0412 762 105
 Current Doctor Dr S Macdonald Referred By _____
 Occupation and How long Swimming Teacher
 Physical Activities/Hobbies/Exercise Walking / Swimming
 Past Medical History (major operations/conditions) Hysterectomy / Caesarians / Knee
 Medications - Prescribed or Natural: _____

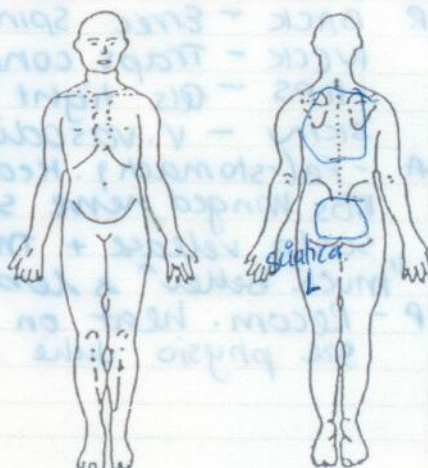
Tick any of the conditions below that apply to you **NOW**:

- | | |
|---|--|
| <input type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart / Blood Problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Numbness / Tingling |
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising | <input type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Chronic Pain | <input checked="" type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Cold / Flu | <input type="checkbox"/> Sprained/strained muscles |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Varicose Veins |

Details regarding above selections:

Having bulging discs L5

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



Amount of Pain (1-10): 6-7

Massage may include several areas of the body, if you wish an area NOT to be massaged please circle it from the following list;

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

- This session includes a brief consultation and Massage treatment.
- Information regarding personal details will not be provided to any other person or organization, without consent.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Massage does not take the place of medical treatment where needed. If in doubt, please consult your doctor.

I agree to the Massage of: Heather Owen (insert name of person being Massaged)

Signature: [Signature] Date: 24/11/05



Informed Consent for Massage

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 for the purpose of improving your well being?

☒ **Yes** ☐ **No**

Every massage treatment has some potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating pre-existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, causing blood thinning or euphoria or interacting with medications and homeopathic remedies)

To minimise possible risk, you must:

Be honest about the information you provide regarding your health.

(especially if you have heart/kidney/immune/health problems or are 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 in the 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 or using stairs.

Keep well hydrated with water especially in the 24-48 hours after treatment.

Please tick the boxes below to confirm you have read and agree with each statement:

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I agree to read and retain the information brochure I will be given to take home at the end of my first session

Your Name:

Heather Owen

Signature:

Heather Owen

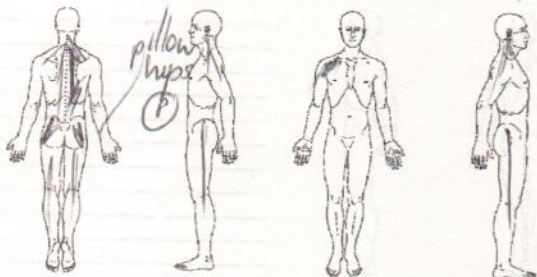
Date:

4/3/09

4

NEXT APPT:

S = Dengue Fever hospitalised - lost platelets low. V. ill.
Chin & Ms - help bulging disc. Should see a rhombic + lots
back stiffened + out from bed-rest. esp v. sore



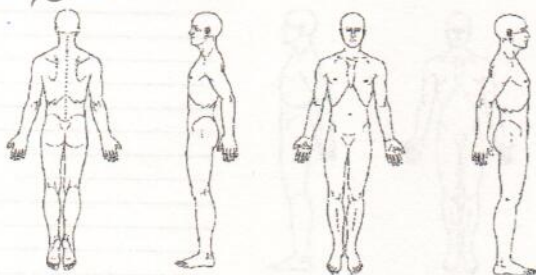
O/A:
 traps up short + tight
 Pers R short Δ v. tight
 Dextoids tight R esp.
 Distright bth. + near right / short
 Rhomb region cong + tight
 R (tsom) Heat 1P rhomb / med / thamy
 R / traps / biceps. in same + ES / AC / GT / W
 R / shoulder / back / exp. Arms @ 5 + 5
 Mx 5 + 5. Quiet throughout
 Body responded well / less tense
 after. Enjoyed Mx - forgot how
 good it was
 reom Julie for physio to
 traps, ex etc)

BDAY CARD

P = Leom swim before road walk⁹ + reem Julie for physio to help with active recovery (massage, etc)

$S =$ _____

NEXT APPT: _____

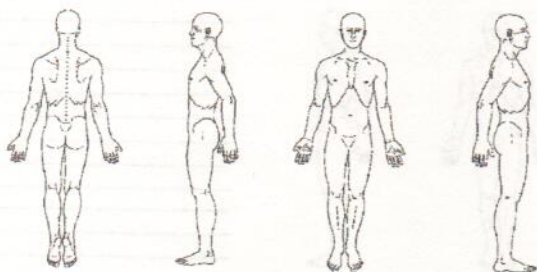


O/A: _____

~~2010577X~~

W/L 5/10
BPA411 + MOLT11
TREATMENT NO.

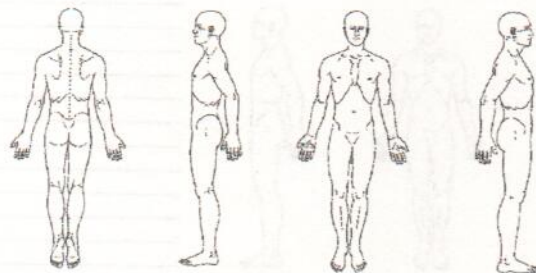
PT: _____



O/A: _____

TREATMENT NO. _____

ONE BEING, _____



O/A: _____

NO LULLY

Client Record

SOAP = SUBJECTIVE: clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

Date	Treatment Given
26.11.05 ASH \$45 1hr 5 Ian Cam Smith end	2 young sons (5+7yo) - busy, had them late in life S - client has bulg ^g disc, bent over to make bed & felt pain, is on Chris' urgent list. Sister is a massage therapist, used to get regular manage O - LEGS → L leg tighter, ITBs tender esp L, hip flexors tight. Quads taut. Heels cracked/dirty BACK → L errec spinaes tight, Rhomboids taut / some congest ⁿ (lats too) NECK → Traps esp L + splin cap L v. taut, scms taut esp R, Occiputs congested HIPS → L gluteal v. congested. R piriformis v. tender / taut too. SKIN → tanned, v dehydrated skin - lots of oil used
11am Thurs (15 mins early) 22°C	A - FB (-stomach) Heat used. Triggers rhomboids / occiputs / gluteals / sciatic / ITBs TMJ release, scalp massage, stretched calves / winged nerve scap. client had forgotten how good manage felt. Back not "fixed", still sore & manage P - Recom. heat + activate gluteals when sitting, also suck ^g in tummy muscles throughout day, strengthen them. Recom. heat gluteals, ice 24-48hrs > 1 st acute attack. Rest today. See Chris ASAP
16.02.06 \$45 1hr 30 Blend - Sports Wint / Room / BR Music - 16:30 Modern girls 11:30 Thurs Temp - 22°C	S - client went to run + landed awkwardly on knee, lower back been hurting since. Yesterday painful - today improved O - LEGS - Hamstrings tight + congested esp L, L knee swollen BACK - Errec Spinaes L v. tight - L Rhomboids tight NECK - Traps congested + strain ^g , sun L tight pecs taut, occiputs, L tight HIPS - Qls tight esp L, gluteals taut. SKIN - v. vasodilated @ rhomboids + traps A - FB (-stomach) Heat used. Triggers rhomboids / occiputs / gluteals / ITBs winged nerve scap stretch + calves + hip & ankle stretch. Scalp release + TMJ. Arms massaged, prone. Client felt "much better" & less tense & manage ^g . 1 st L side problem P - Recom. heat on sore areas, continue icing knee + see physio Julie for diagnosis
13.12.06 CNL	related to any femur sits man with
28.06.07 \$35 The EFBS lav + laviced / Mand / Vanilla 4:30 Thurs Ely 9 I	has cold @ moment S - client been v. stressed lately building house client's knee (L) reverted to pre-op condition. O - LEGS - Hamms taut, Calves taut. (L) knee. Some bruise ^g BACK - ES taut, Traps v. cong. atrophy, some lymph NECK - Rhombs taut esp L - Pecs short / tight HIPS - Qls taut, Glutes taut esp L. sinus - 2490 SKIN - Rhombs v. vasod. Blew nose a lot - 30 mins @ A - FB (-stom) Heat. TP rhomb / glute med / ham / ITB / sinus Ex ES / rhomb / glute palm weak / ITB. winged scaps bed OK Arms (L) PMS + ST. JL Laps (L) + arms. Client Hacked a little. Body relaxed P - get - husband going for op. aim for things to settle down then. Discussed returning to the water for knee fitness + weight loss

ECNL
08.12.07

PCNL
16/12/08

21.12.08
(L)

NO LULLY

Client Record

SOAP = SUBJECTIVE: clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

Date	Treatment Given
24.11.05 ASH \$45 1hr 5 lan Cam Smith end	2 young sons (5+7yo) - busy, had them late in life S - client has bulg ⁹ disc, bent over to make bed & felt pain, is on chn's urgent list. Sister is a massage therapist, used to get regular massage O - LEGS → L leg tighter, ITBs tender esp L, hip flexors tight, quads taut. Heels cracked / BACK → L errec spinaes tight, Rhomboids taut / some congest ⁿ (lats too) dirty NECK → Traps esp L + splin cap L v. taut, scms taut esp R, Occiputs congested HIPS → L gluteal v. congested, R piriformis v. tender / taut too.
11am Thurs (15 min early) 22°C	SKIN → tanned, v dehydrated skin - lots of oil used A - FB(-stomach) Heat used. Triggers rhomboids / occiputs / gluteals / sciatica / ITBs TMJ release, scalp massage, stretched calves / winged nerve scap. client had forgotten how good massage felt. Back not "fixed", still sore & manage talked swim entire massage P - Recom. heat + activate gluteals when sitting, also suck ⁹ in tummy muscles throughout day, strengthen them. Recom. heat gluteals, ice 24-48hrs > 1 st acute attack. Rest today. See Chn ASAP
16.02.06 \$45 1hr 30 min Blend - Sports Wint / Room / BR Music - 16:30 Modern girls 11:30 Thurs Temp - 22°C	S - client went to run + landed awkwardly on knee, lower back been hurting since. Yesterday painful - today improved O - LEGS - Hamstrings tight + congested esp L, L knee swollen BACK - Errec Spinaes L v. tight, L Rhomboids tight NECK - Traps congested + strain ⁹ , sun L tight pecs taut, occiputs HIPS - Qls tight esp L, gluteals taut. SKIN - v. vasodilated @ rhomboids + traps A - FB(-stomach) Heat used. Triggers rhomboids / occiputs / gluteals / ITBs winged nerve scap stretch + calves + hip → ankle stretch scalp release + TMJ. Arms massaged, prone. Client felt "much better" & less tense & manage ⁹ poss. L side problem P - Recom. heat on sore areas, continue icing knee + see physio Julie for diagnosis
E13.12.06 CNL	related to any femur sits mcn
28.06.07 \$55 1hr EFBs lav + laviced / Mand / Vanilla 4:30 Thurs Ely 9 I	has cold @ moment S - client been v. stressed lately building house client's knee (L) reverted to pre-op condition. O - LEGS - Hamms taut, Calves taut (L) knee. Some bruise ⁹ BACK - ES taut, Traps v. cong - atrophy, some lymph NECK - Rhombs taut esp L - Pecs short / tight HIPS - Qls taut, Glutes taut esp L. sinus - 2490 SKIN - Rhombs v. vasod. Blew nose a lot - 30 mins @ A - FB(-stom) Heat TP rhomb / glute med / ham / ITB / sinus Fx ES / rhomb / glute palm walk / ITB. winged scaps bed OK. Arms (L) PMS + ST. JL legs (L) + arms. Client talked a little. Body relaxed P - act - husband going for op. aim for things to settle down then. Discussed returning to the water for knee fitness + weight loss

E CNL
08.12.07

PCNL
6/12/08

21.12.08
(L)