

Helen Martin

DOB18 Dec 1946

Appointments

Date	Time	Type	Practitioner
4 Dec 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Sep 2024	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
12 Aug 2024	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
22 Jul 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Jun 2024	12:30PM – 1:30PM	REBOOKING - 60 minute Massage	Christine Jervis
2 May 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
18 Mar 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Aug 2021	10:00AM – 11:00AM	60 minute Massage	Christine Jervis
29 Jan 2020	9:10AM – 10:10AM	60 minute Massage	Christine Jervis
9 Dec 2019	9:10AM – 10:10AM	60 minute Massage	Christine Jervis
4 Nov 2019	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
20 Sep 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
31 Jul 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
5 Jun 2019	9:00AM – 10:00AM	60 minute Massage	Marina Franke
12 Apr 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
30 Jan 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
5 Dec 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
31 Oct 2018	12:45PM – 2:00PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage
<p>Practitioner: Christine Jervis</p> <p>Appointment: 4 Dec 2024, 3:00PM</p> <p>Created: 4 Dec 2024, 4:14PM</p> <p>Last updated: 4 Dec 2024, 4:15PM</p>

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - very sore and stiff with her body still but feeling coping ok. Usual areas needing attention.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Red Flags - some dizziness occasionally. Vertigo - 2 rounds suffered Hasn't seen chiro. Just Physio for vertigo
Medication or relevant procedures / info identified that may affect the massage.	Red Flags; Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Continuous neck and hip problems. Keep an eye on pain severity.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - Really congested upper body and very tightly held muscles.</p> <p>Any precautions / Red Flags - Dizziness.</p> <p>Anything specific to massage - No. no stomach massage as doesn't love it. Just pop oil on to absorb and do points quickly.</p>
Treatment details - what was done today to help the client	<p>Pressure used - firm 2-3.</p> <p>Hot Stones - 2 x back and 2 shoulders/neck</p> <p>Hot Wet Towels - feet/face.</p> <p>Topical Treatment - Fisiocrem shoulders</p> <p>Heat - neck.</p> <p>Music - Enja</p> <p>Aromatherapy - Extreme pain blend h20</p> <p>Just oil on stomach</p> <p>Deeper pressure used on shoulders/back. Remedial techniques used.</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; ITBs
Body Chart	
Feedback after treatment -	Felt great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Going well - discussed getting some massage in the New Year.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 23 Sep 2024, 9:00AM**Created:** 23 Sep 2024, 10:09AM**Last updated:** 4 Nov 2024, 10:18AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - very sore and stiff with her body still but feeling coping ok. Usual areas needing attention.

Details of Medications / Red Flags etc (i.e. conditions listed above)- Red Flags - some dizziness occasionally. Vertigo - 2 rounds suffered **Hasn't** seen chiro. Just Physio for vertigo

Medication or relevant procedures / info identified that may affect the massage. Red Flags; Further investigation needed

Details of Medications / Red Flags etc (i.e. conditions listed above)- Continuous neck and hip problems. Keep an eye on pain severity.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today.

Anything noteworthy - Really congested upper body and very tightly held muscles.

Any precautions / Red Flags - Dizziness.

Anything specific to massage - No. no stomach massage. Just pop oil on to absorb and do papas points quickly.

Treatment details - what was done today to help the client

Pressure used - firm 2-3.

Hot Stones - 2 x back and 2 shoulders/neck

Hot Wet Towels - feet/face.

Topical Treatment - Fisiocrem shoulders

Heat - neck.

Music - piano music

Aromatherapy - Extreme pain blend h20

No stomach massage. Just oil on with psoas release

Deeper pressure used on shoulders/back - bit awkward around mole still. Remedial techniques used.

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; ITBs

Body Chart	
Feedback after treatment -	Felt good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Going well - discussed getting some heat on body while it is cooler.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Aug 2024, 10:30AM Created: 12 Aug 2024, 11:42AM Last updated: 12 Aug 2024, 11:43AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - very sore and stiff with her body. Shoulders, neck and hips sore. Especially shoulder is limited ROM L. Mole removal healing well. Better than last visit with pain
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Red Flags - some dizziness occasionally. Vertigo - 2 rounds sufferedHasn't seen chiro. Just Physio for vertigo
Medication or relevant procedures / info identified that may affect the massage.	Red Flags; Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Continuous neck and hip problems. Keep an eye on pain severity.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - Really congested upper body and very tightly held muscles. Any precautions / Red Flags - Dizziness. Anything specific to massage - No. no stomach massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3. Hot Stones - 2 x back and 2 shoulders/neck Hot Wet Towels - feet/face. Topical Treatment - Fisiocrem shoulders Heat - neck.

	Music - piano music Aromatherapy - Pain blend h2O No stomach massage. Just oil on with psoas release Deeper pressure used on shoulders/back - bit awkward around mole still. Remedial techniques used.
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; ITBs
Body Chart	
Feedback after treatment -	Felt good after treatment. Improved ROM shoulder and neck.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See again in 2 weeks to help shoulder, may need physio referral - discussed when it's affected.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Jul 2024, 12:45PM Created: 22 Jul 2024, 2:04PM Last updated: 22 Jul 2024, 2:06PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - very sore and stiff with her body. Shoulders, neck and hips sore. Especially shoulder is limited ROM L. Mole removal healing.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Red Flags - some dizziness occasionally. Vertigo - 2 rounds sufferedHasn't seen chiro. Just Physio for vertigo
Medication or relevant procedures / info identified that may affect the massage.	Red Flags; Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Continuous neck and hip problems. Keep an eye on pain severity.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - Really congested upper body and very tightly held muscles.

	Any precautions / Red Flags - Dizziness.
	Anything specific to massage - No. no stomach massage.
Treatment details - what was done today to help the client	Pressure used - firm 2-3. Hot Stones - 2 x back and 2 shoulders/neck Hot Wet Towels - feet/face. Topical Treatment - Fisiocrem shoulders Heat - neck. Music - piano music Aromatherapy - Pain blend h20 No stomach massage. Just oil on with psoas release Deeper pressure used on shoulders/back - bit awkward around mole still. Remedial techniques used.
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; ITBs
Body Chart	
Feedback after treatment -	Felt good after treatment. Improved ROM shoulder and neck.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See again in 2 weeks to help shoulder, may need physio referral - discussed when it's affected.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 7 Jun 2024, 12:30PM Created: 12 Jun 2024, 8:45AM Last updated: 12 Jun 2024, 8:46AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - very sore and stiff with her body. Shoulders, neck and hips sore. Especially shoulder is limited ROM L.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Red Flags - some dizziness occasionally. Vertigo - 2 rounds sufferedHasn't seen chiro. Just Physio for vertigo

Medication or relevant procedures / info identified that may affect the massage.	Red Flags; Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Continuous neck and hip problems. Keep an eye on pain severity.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - Really congested upper body and very tightly held muscles.</p> <p>Any precautions / Red Flags - Dizziness.</p> <p>Anything specific to massage - No. no stomach massage</p>
Treatment details - what was done today to help the client	<p>Pressure used - firm 2-3.</p> <p>Hot Stones - 2 x back and 2 shoulders/neck</p> <p>Hot Wet Towels - feet/face.</p> <p>Topical Treatment - Fisiocrem shoulders</p> <p>Heat - neck.</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy - Mand/Tang</p> <p>No stomach massage.</p> <p>Deeper pressure used on shoulders/back - Remedial techniques used.</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; ITBs
Body Chart	
Feedback after treatment -	Felt good after treatment. Improved ROM shoulder and neck.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See again in 2 weeks to help shoulder, may need physio referral - discussed when it's affected.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 May 2024, 9:30AM
Created: 2 May 2024, 10:40AM
Last updated: 2 May 2024, 12:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - very sore and stiff with her body. Shoulders, neck and hips sore

Details of Medications / Red Flags etc (i.e. conditions listed above)- Red Flags - some dizziness occasionally. Vertigo - 2 rounds suffered **Hasn't** seen chiro.
Just Physio for vertigo

Medication or relevant procedures / info identified that may affect the massage. Red Flags; Further investigation needed

Details of Medications / Red Flags etc (i.e. conditions listed above)- Continuous neck and hip problems. Keep an eye on pain severity.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - Really congested upper body and very tightly held muscles.
Any precautions / Red Flags - Dizziness.

Anything specific to massage - No. no stomach massage

Treatment details - what was done today to help the client Pressure used - firm 2-3.
Hot Stones - 2 x back and 2 shoulders/neck
Hot Wet Towels - feet/face.
Topical Treatment - Fisiocrem shoulders
Heat - neck.
Music - Ian Cam Smith
Aromatherapy - Mand/Tang
No stomach massage.
Deeper pressure used on shoulders/back - Remedial techniques used.

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; ITBs

Body Chart

Feedback after treatment - Felt good after treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) See again soon, whenever she can fit it in with children's schedule.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 18 Mar 2024, 4:00PM

Created: 18 Mar 2024, 5:36PM

Last updated: 18 Mar 2024, 6:20PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - very sore and stiff with her body. Suffered 2 rounds of Vertigo. Shoulders, neck and hips sore

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

Red Flags - some dizziness occasionally. Vertigo

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

Red Flags; Further investigation needed

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

Continuous neck and hip problems. Keep an eye on pain severity.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - Really congested upper body and very tightly held muscles.
Any precautions / Red Flags - Dizziness.

Anything specific to massage - No. no stomach massage

Treatment details - what was done today to help the client

Pressure used - firm 2-3.
Hot Stones - 2 x back and 2 shoulders/neck
Hot Wet Towels - feet/face.
Topical Treatment - Fisiocrem shoulders
Heat - neck.
Music - Ken Davis
Aromatherapy - Mand/Tang
No stomach massage.
Deeper pressure used on shoulders/back - Remedial techniques used.

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; ITBs

Body Chart

Feedback after treatment -

Felt good after treatment.

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

Hasn't seen chiro. Just Physio for vertigo

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Aug 2021, 10:00AM

Created: 25 Aug 2021, 1:31PM

Last updated: 25 Aug 2021, 1:33PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - very sore and stiff with her body. Plantar fascia making it hard to exercise and move.

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

Red Flags - some dizziness occasionally.

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

Red Flags; Further investigation needed

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

Continuous neck and hip problems. Keep an eye on pain severity.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - Really congested upper body and very tightly held muscles.
Any precautions / Red Flags - Dizziness.

Anything specific to massage - No.

Treatment details - what was done today to help the client

Pressure used - firm 2-3.
Hot Stones - 2 x back and 2 shoulders/neck
Hot Wet Towels - feet/face.
Topical Treatment - Fisiocrem shoulders
Heat - neck.
Music - Yanni if there
Aromatherapy - Mand/Tang
Light oiling on Stomach - followed digestive track.
Deeper pressure used on shoulders/back - Remedial techniques used.

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; ITBs

Body Chart**Feedback after treatment -**

Felt good after treatment. Enjoyed treatment.

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

Been a year since last visit - discussed how regular treatment can help. Talked about walking at Tobruk pool to help with her exercise.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 29 Jan 2020, 9:10AM**Created:** 29 Jan 2020, 10:15AM**Last updated:** 30 Jan 2020, 5:38AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - improved neck/shoulders. Hips been feeling good. Chiro every 6 weeks.

Feedback from previous treatment - had some time free from pain. Enjoyed response to last massage.

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

Red Flags - some dizziness occasionally.

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

Red Flags; Further investigation needed

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

Continuous neck and hip problems. Keep an eye on pain severity.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - checked today - quality improved.
 Anything noteworthy - VAT in future. Really congested upper.
 Any precautions / Red Flags - Dizziness.

Anything specific to massage - No.

Treatment details - what was done today to help the client

Pressure used - firm 2-3.
 Hot Stones - 2 x back and 2 shoulders/neck
 Hot Wet Towels - feet/face.

Topical Treatment - Fisiocrem shoulders
 Heat - neck.
 Music - Ian Cam Smith
 Aromatherapy - Mand/Tang
 Light oiling on Stomach - followed digestive track.

	Deeper pressure used on shoulders/back Legs/ITBs improved from last visit.
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; ITBs
Body Chart	
Feedback after treatment -	Felt good after treatment. Enjoyed her massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Lots of plays (5) going away. Back at the end of March. Discussed enjoying her holiday time and keeping moving well for her body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Nov 2019, 9:30AM
Created: 4 Nov 2019, 10:28AM
Last updated: 4 Nov 2019, 10:54AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - sore neck/shoulders. Chiro every 6 weeks. Feedback from previous treatment - had some time free from pain.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Red Flags - some dizziness occasionally.
Medication or relevant procedures / info identified that may affect the massage.	Red Flags; Further investigation needed
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - didn't check today. Talked about not doing any end of range work. Anything noteworthy - VAT next time. Really congested upper. Any precautions / Red Flags - Dizziness. Anything specific to massage - No.
Treatment details - what was done today to help the client	Pressure used - firm Hot Stones - 2 x back, 2 shoulders/neck and 1 extra all over to warm up

Hot Wet Towels - forgot to turn machine on. Used tap - 1 face/feet.

Topical Treatment - Fisiocrem hips and neck

Music - Yanni 1-20

Aromatherapy - Mand/Tang

Light oiling on Stomach - followed digestive track.

Deeper pressure used on shoulders/back

Worked around ITBS and GT too - tender.

What parts of the body were massaged? Full Body Treatment; Stomach

Where any specific trigger points used? Rhomboids; Upper Traps; ITBs

Body Chart

Feedback after treatment - Felt good. Colour was a bit pale. More movement.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Heat on shoulders - advised her to do this in A/C.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 20 Sep 2019, 9:30AM

Created: 20 Sep 2019, 9:24AM

Last updated: 20 Sep 2019, 11:07AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -neck and shoulder discomfort
Her mum's 100th Birthday in September
Feedback from previous treatment - neck felt better for some time :)

Details of Medications / Red Flags etc (i.e. conditions listed above)- major surgery January 2017 on abdomen-Whippels procedure . Ok now

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

Details of Medications / Red Flags etc (i.e. conditions listed above)- major surgery January 2017 on abdomen-Whippels procedure . Ok now

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 -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -Earth mix Aromatherapy -tang/mand
What parts of the body were massaged?	Full Body 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?	Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	gentle TrP's only enjoyed, neck feeling looser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 31 Jul 2019, 9:30AM
Created: 31 Jul 2019, 9:28AM
Last updated: 31 Jul 2019, 10:38AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -neck and shoulder discomfort, R shin stitches recently removed, healed well.
 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 -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -instrumental mix Aromatherapy -tang/mand
What parts of the body were massaged?	Full Body 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?	Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	gentle TrP's only enjoyed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Jun 2019, 9:00AM
Created: 5 Jun 2019, 8:54AM
Last updated: 5 Jun 2019, 2:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -neck and shoulder discomfort, R shin stitches recently removed. Small benign issue removed Feedback from previous treatment -
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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 -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -songs for guy mix Aromatherapy -pep euc/rosemary
What parts of the body were massaged?	Full Body 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?	
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 -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 12 Apr 2019, 9:30AM
Created: 12 Apr 2019, 12:27PM
Last updated: 12 Apr 2019, 12:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now -neck and shoulders, been on 3 week holiday :) Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	major surgery January 2017 on abdomen-Whippels procedure . Ok now

Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Red Flags
Details of Medications / Red Flags etc (i.e. conditions listed above)-	lymph node removal in stomach
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - no abdominal massage this visit, try another time for scar tissue Anything specific to massage - "
Treatment details - what was done today to help the client	Pressure used -firm combo, tenses whilst being massaged-encourage letting go Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - instrumental Aromatherapy -mandarin
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?	Upper Traps; Lev Scaps; Glutes
Body Chart	
Feedback after treatment -	relaxed, stomach massage ok (but not today-concentrated on upper back/neck)
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch, hydro and massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 30 Jan 2019, 4:00PM
Created: 30 Jan 2019, 4:00PM
Last updated: 1 Feb 2019, 5:18PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -neck and shoulders
 Feedback from previous treatment - :)

Details of Medications / Red Flags etc (i.e. conditions listed above)-	major surgery January 2017 on abdomen-Whipples procedure . Ok now
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Red Flags
Details of Medications / Red Flags etc (i.e. conditions listed above)-	lymph node removal in stomach
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - no abdominal massage this visit, try another time for scar tissue Anything specific to massage - "
Treatment details - what was done today to help the client	Pressure used -firm combo, tenses whilst being massaged-encourage letting go Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - nature Aromatherapy -tangerine/mandarin
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?	Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	relaxed, stomach massage ok
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch, hydro and massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Dec 2018, 4:00PM
Created: 5 Dec 2018, 4:59PM
Last updated: 7 Dec 2018, 2:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now -neck and shoulders

history or client info)	Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	major surgery January 2017 on abdomen-Whippels procedure . Ok now
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Red Flags
Details of Medications / Red Flags etc (i.e. conditions listed above)-	lymph node removal in stomach
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - no abdominal massage this visit, try another time for scar tissue Anything specific to massage - "
Treatment details - what was done today to help the client	Pressure used -firm combo, tenses whilst being massaged-encourage letting go Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - relax ICS Aromatherapy -tangerine
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?	Upper Traps; Lev Scaps
Body Chart	
Feedback after treatment -	relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	stretch, hydro and massage
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 31 Oct 2018, 12:45PM
Created: 31 Oct 2018, 12:42PM
Last updated: 2 Nov 2018, 9:26AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -neck and shoulders
Feedback from previous treatment -

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

major surgery January 2017 on abdomen-Whippels procedure . Ok now

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

Prescription Medication

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 - no abdominal massage this visit, try another time
Anything specific to massage - "

Treatment details - what was done today to help the client

Pressure used -firm combo, tenses whilst being massaged-encourage letting go
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music - uplifting
Aromatherapy -tangerine

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?

Upper Traps; Lev Scaps

Body Chart

Feedback after treatment -

relaxed

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

stretch, hydro and massage

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

There are no patient forms for Helen Martin.



removed part pancreas, bowel &

Personal Information			
Full Name <i>Helen Martin</i>		Occupation	
Postal Address			
Home Phone	Work Phone	Mobile	
Email Address			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)			
Text Message	Home Telephone	Work Telephone	Email Facebook Message
Emergency Contact Name:	Emergency Contact Number:	Relationship to you (e.g. Partner).	
Is it ok to email you massage tax invoices? Please circle: Yes (please email) / No (please print)		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) <i>Abdominal Surgery Jan 2017. Whipples operation</i>			
Health Fund Name	Massage pressure: Gentle Firm Hard Very Hard		
Client Signature		Date <i>31/10/18.</i>	

☐ Office - Please tick after updated information is electronically entered

Christine Jervis

From: Julie Hamlyn [julie.boyd.angus@bigpond.com]
Sent: Friday, 13 March 2009 10:38 AM
To: Christine Jervis
Subject: RE: Helen Martin

Hi Christine,

I saw Helen last night. As you mentioned she does have restriction of cervical movement, rotation particularly as well as loss of extension and rotation in the thoracic spine. There is significant restriction of facet joint movement in the upper cervical spine which most likely contributes to the loss of cervical rotation and the upper thoracic spine stiffness will contribute to the restriction of lower cervical spine movement.

Treatment last night focussed predominantly on cervical and thoracic joint mobilisation with some soft tissue massage. I would like to see Helen next week for another session focussing on joint mobilisation to hopefully increase her movement with the treatments only a week apart. She mentioned she has a massage with you on Tuesday; I am seeing her on Thursday and Helen asked whether she should see both of us next week. Considering my treatment is more focussed on joint mobilisation I thought a soft tissue session with you early in the week may assist my treatment later in the week. What do you think?

I told Helen I would ask your advice on whether to see both of us next week and I will let her know of our decision.

Kind regards,
Julie Hamlyn
APA Sports Physiotherapist

From: Julie Hamlyn [mailto:julie.boyd.angus@bigpond.com]
Sent: Friday, 20 March 2009 11:54 AM
To: Christine Jervis
Subject: Client updates

Hi Christine,

I have seen Helen this week:

Helen Martin

Helen's neck rotation range of movement has improved which is promising. I will review her again in two weeks time and if all is going well, she shouldn't require further physiotherapy treatment at this time for her neck. I assessed her right hip problem and believe it is most likely a Gluteus Medius tendinopathy brought on by resuming walking after a twelve month absence from fitness activity. I have started Helen on an exercise program that includes Glut max and med strengthening and a gentle buttock stretch that does not aggravate her knee. Continued soft tissue work by you around the hip, knee and lumbar spine will be beneficial. I will progress her to single leg balance exercises with pelvic control when I see her in a fortnight.

Thank you again for the referrals.
Kind regards,
Julie Hamlyn
APA Sports Physiotherapist

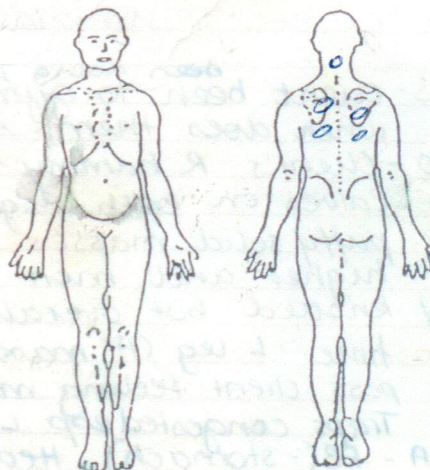
Full Name HELEN MARGARET MARTIN D.O.B 18-12-46 Gender F
 Address 28 KARWIN STREET BAYVIEW HEIGHTS.
 Home Phone 4054 1117 Work N/A Mobile 0407033070
 Email Address hjmartin@optusnet.com.au
 Emergency Contact Details - Name and Number LUKE MARTIN 0438 532770
 Current Doctor DR SMITH Referred By LESLIE J.
 Occupation and How long RETIRED
 Physical Activities/Hobbies/Exercise WALK DOG, GYM, SEWING, GARDENING.
 Past Medical History (major operations/conditions) KIDNEY STONES, GALL STONES,
HYSTERECTOMY
 Medications - Prescribed or Natural: NIL.

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 checked="" type="checkbox"/> Arthritis (<u>JUST</u>) | <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 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:

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



Amount of Pain (1-10): 9

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: HELEN MARTIN (insert name of person being Massaged)

Signature: H. Martin Date: 05-10-05.

*Hyperkyphosis - fairly advanced.

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
05.10.05 \$45 1hr Ian Lam Smith lepp free crest 1pm weds Gave info sheet 1% Ora/cav in Apricot kernel (using last of the oil)	S - Client had a few beauty manages before neck has been v. sore + shoulders sore too. <u>Getting headaches</u> O - Client's R hammy tighter - v. congested @ ITB proximal to greater trochanter. Medial calves R a little taut. Body v. tense - did not relax legs when prone - had to keep reminding. Client's skin sun damaged and aged - some age spots present. Her rhomboids v. knotted esp lower end. Erect spinaes straining. Shoulders sitting shrugged up high. Traps v. congested. Back muscles all overstrained + knotted + tensed up. Tib ant's tight. Ant legs tight. Pecs taut. Scms tight. Forearms tight. Some arthritis fingers A - Client's body responded well - much more supple with more m/mnt throughout back + shoulders esp. Did FB(-stomach). Heat used. Triggers for rhomboids/occiputs/gluteals/traps. Stretched calves. Winged scap nerve stretch. Client has been feeling tense since retiring from secretarial days. P - Pec stretch daily x 1-2 times. Heat on shoulders/back. See next wk and look @ regular treatment. Aim to get everything relaxed + supple again.
14.10.05 \$45 1hr Tones gpr 1-16 Lav face Crest 3pm Fri Bain-Ced/Rosam/ Basil/Pepp coming 26th @ 2.30	S - Client ^{been doing pec stretches} to gym + feels physically ill 2 sit-ups (poss straining neck when does them). A little sore in traps but feels great (better). O - Client's R hammy tighter but L side the tightest overall. Calves on both legs taut. "Swelling" around ankles/knees - puffy solid masses. Some spider veins on legs. L scap raised higher and more congested from lats up. Rhomboids both knotted but overall, back muscles more supple than last time. L leg (1st managed) stiff/tensed but R much more relaxed - poss client feeling more relaxed with me now. Pecs taut + pulling. A - FB(-stomach). Heat used. Triggers for rhomboids/occiputs/gluteals/traps/pecs. Winged nerve scap stretch. Stretched calves. Used v. deep pressure → hard as possible; client cried. Said she never wants a beauty manage again. Didn't realise still so many sore things - v. remedial. Use heat now. P - Concentrate on "open chest" posture, chin tucked. Continue stretching, speak to gym instructor "not doing sit ups". Aim → regular massage, use tension.
26.10.05 \$45 1hr 5 Mias Tones Mixed 40 Pain - Ced/ Rosam/Pepp/Basil 2.30 weds	S - Client had v. sick week last week coming off medication from when her hubby died. Went to chiro. Best today. Client feels better from massage. O - Client's L shoulder sitting more raised. Client went to sleep. A massage today - felt much more relaxed throughout whole massage → no major tensing of muscles like previously doing. L Rhomboids more knotted/adhered. Erect spinaes tighter. L hammy tighter. Pecs taut. L ant leg tighter. A - FB(-stomach). Heat used. Triggers rhomboids/gluteals. Winged nerve scap stretch. Stretched calves. Went a little lighter with massage as less congestion in tissues. P - Heat. See in 2 wks. Continue gym @ her own pace (no floor exercises bc she feels sick doing them).

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
08.11.05 \$45 1hr Relax-Oral/ Ger/1lav 4pm Tues (Ad appt from weds so I could attend funeral) Yanni - if there be...	S - Client been feeling good, some 'neck' pain. Today 1 st day feels bad - glad she saw me today + not next week. Been gardening lately. O - LEGS → hamstrings taut, calves tight → R leg tighter but L tight too BACK → Erect Spinales + Rhomboids esp @ lats strained / tight. Some scoliosis NECK → Traps congested, Pecs taut esp R. Lumbar vertebra HIPS → gluteals tight, Qls taut esp L side, some lumps piriformis. A - FB (-stomach). Heat used. Triggers rhomboids/occiputs/gluteals/ITBs. Winged nerve scrap (only 5sec). Stretched calves. Client would have liked deeper massage but was really sore today so went easier on her. Her hips were v. sore P - Client waking up in "hyperm" sleep ⁹ positions so suggested purchas ⁹ contoured pillow + sleep ⁹ with pillows beside her to stop her from rolling over during.
23.11.05 \$35 - 5th 1hr 3mins Relax-Oral/Gen Mixed Mus Massage 2-16 4pm Tues ALPC	S - Client been doing lots of work (climbing ladders paint ⁹ + mulch ⁹ garden). Front of legs sore. Been wake ⁹ dog lots. Very active @ mo. O - LEGS → hamstrings congested, Quads tight, ITBs tight / tender. Tib ant/tender, still some BACK → MOVE nmt in muscles than beginning massage tmts. Congestion NECK → Traps congested / taut, Pecs taut, scals taut. Erect Spinales HIPS → Gluteals tight esp R piriformis. Qls tight A - FB (-stomach). Heat used. Triggers rhomboids/occiputs/gluteals/ITBs. Stretched hands when prone - fingers done to ground. Stretched calves Used v. deep pressure. Client didn't realize she was so sore in some areas (eg gluteals/lumbar). Relax ⁹ hands better now when supine. Client had temp of room + new A/Cs P - Continue exercise → active lifestyle helps occass ⁹ doing garden ⁹ / paint ⁹ ok b/c use new muscles - will feel some soreness (normal) around this time. Overall, big improvement in muscles be ⁹ more relaxed since 1 st treatmt.
14.12.05 \$45 1hr 10 10 free bc b'day Yanni - in my own time / mirror 3pm weds	S - Client been feeling good lately - neck OK + back OK. Leaves for Been working hard in garden, house paint ⁹ finished. Intn holiday next week O - LEGS - Hamstrings taut, some longest ⁹ , calves taut - BACK - Traps taut + pulling. Scals taut NECK - erect spinales taut / some tens ⁹ , rhomboids taut HIPS - Qls taut, gluteals taut A - FB (-stomach). Heat used. Triggers rhomboids/occiputs/gluteals/ITBs. Winged nerve scrap stretch + calf stretch. Scalp release. Overall, body pretty tense but responded well to massage. Client fell asleep dur ⁹ massage - used pretty deep pressure. P - Client back Feb - will call then. Seeing family while away.

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
28.02.06 \$45 Inv Saxophone Jazz music Pain blend - JB/Pepp/Gev 330 Tues - S early Pepp face	S - client's R shoulder + neck been sore - away for Jan, got back start Feb - past 3 weeks spent getting back into routines O - LEGS - R leg tighter, tender hamstrings, calves taut BACK - Erect Spinaes esp L side, rhomboids taut NECK - Traps taut esp L side, spln caps + lev scap tight. Pecs tense HIPS - Qls taut esp L, gluteals taut SKIN - Rhomboids v vasodilated. skin dry A - FB(-stomach) Heat used. Triggers rhomboids/occiputs/gluteals/ITBs/hamstrings (sciatica). Winged nerve scap + calf + hip → ankle stretchers. Scalp release. V. firm pressure. Client couldn't believe how sore she was; in relatively good shape for 2mths massage to reg. P - Recom see 2wks, continue heat therapy on sore/tight bits (shoulders)
14.03.06 Ken Davis \$45 Inv Pain blend - Tea Tree/Euc/ May 330 Tues - on time Pepp face	S - client's neck been v. sore (from sleep ^s incorrectly - wakes in "scrinched" up position) looking @ buying new pillow O - LEGS - Hamstrings tight esp medially, quad tighter, legs stiff BACK - Erect Spinaes L v. tight, rhomboids tight NECK - Traps v congested and tight esp @ lev scap spln caps tight HIPS - Qls tight, gluteals tight esp L side. Soms on quad high esp R SKIN - V vasodilated mid - high thoracic. well-nourished A - FB(-stomach) Heat sore. Triggers rhomboids/occiputs/gluteals/ITBs/hamstrings (sciatica). Winged nerve scap + calf + hip → ankle stretch. Scalp + TMJ release. client quiet throughout. Pretty firm pressure. Much more nmt present in entire back/neck P - Recom Myer or Chris Henson for contoured pillow help. sleeping better
29.03.06 \$45 LAST Pain blend Roxm/Basil/ Pepp Law face 330 Weds - 5 late. lan cam end	S - client's neck been ok, tried new pillows @ Chiro but didn't feel any different from current pillow, so # buy. Been feeling OK O - LEGS - Hamstrings tight + pull ^g esp medially esp R, ITBs tight. Calves tight BACK - L rats/rhomboids sit ^g v. high. Erect Spinaes stiff NECK - Traps congested and tight. Pecs taut HIPS - Qls L v. tight, gluteals tight. sacrum rotat ^g to R - stiff SKIN - Dry esp around feet. V vasodilated mid - high T. A - FB(-stomach) Heat used. Triggers rhomboids/occiputs/gluteals/ITBs Pecs Arms prone. Winged nerve scap + calf + hip → ankle stretch scalp + TMJ release. client v quiet - "felt many sore spots today" By end of prone had much more movement less tension in whole body P - Recom hamstring stretch - showed on ground/table + bend ^g gently over to touch toes. Recom working on posture - shoulders not being too tense. Recom stretch ^g 2 walk. See when daughter-in-law has baby - will ring to make time

Client Record

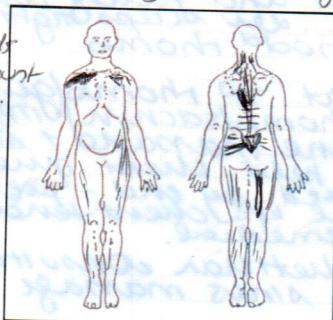
SOAP = SUBJECTIVE: clients states, OBJECTIVE: = therapists' observations, treatment, ANALYSIS: what worked, didn't, PLAN: what client will work on, plans for next session

PLEASE NOTE FOR FUTURE REFERENCE:

TREATMENT NO. 10

DATE: 13.09.06
TIME: 1030 - Sealy Med
PAID: £35 - insisted discount
REC.No: 01 of £25 too much
AIR TEMP: 666
MUSIC: Yanni - tribute
FACE CREST: Jaw
OIL BLEND: Pain
Basil/Roan
NEXT APPT: Mon 330

S = client's neck + upper body been sore. Has had no t/m for body this year ^{since last visit} - feels it's long overdue

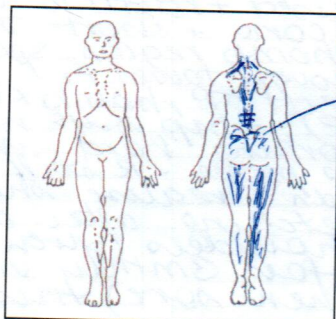


O/A: Rotatn of hips to L side ant. R pec v. Cong
Dis taut. Glutes taut. R gluteal v. tight esp piriformes
Hammer R v. tight esp smist. Neck shortened + tight
Lower traps esp. both sides Upper traps both cong
Rhombos taut / ES taut - both. V. cong feet tight
Skin - v. vasodilated esp upper body. Scap (cap
Fol-stom) Heat. Triggers rhomb/occiput/glutes/ITBs/hammers/traps/leg scap. winged scap + calf + hip
ankle stretches Scap + trm release Arms prone
Client v. quiet throughout - after said lot of
sore spots - "felt hips" which were v. tight upper
body responded well. Still a lot of cong

P = Recom see physio Chris for adjustmt to help hip positn + T, hrs

TREATMENT NO. 11

DATE: 25.09.06
TIME: 330 Mon.
PAID: \$45 GTPos
REC.No: 691
AIR TEMP: 22°C
MUSIC: Enya 1
FACE CREST: Jaw
OIL BLEND: Van/led - Relax
NEXT APPT: 9th @ 2pm



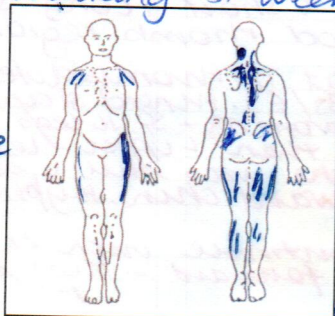
O/A: Upper traps v. cong + tight
Lower traps L + ilio cost v. tight.
Rhombos esp. v. tight / cong. Hammers esp R v. tight
Slight elevatn L sacrum - improved 13/09
ES v. cong + tight. Glutes + hips v. tight + tender
Skin - v. vasodilated back.
Fol-stom) Heat. Trg rhomb/occip/glutes/ITBs/traps/leg scap
glut med / piriformes. winged scap + calf + hip
ankle + circum of legs. Scap + trm. Arms prone
Client quiet throughout. Afterwards said she
had a lot of sore spots

P = Recom see Frank Pelligio for assessment and postural advice to minimise pain that her neck + body carries

TREATMENT NO. 12

DATE: 08.01.07
TIME: 9am - Sealy
PAID: \$55 Inv
REC.No: 842
AIR TEMP: 23°C
MUSIC: Yanni - if there
FACE CREST: Jaw
OIL BLEND: Berg / Frank
NEXT APPT:

S = client been getting regular t/m from Chris Henon chiro in last 2 mths (hadn't been here for 9mths in '06) Feeling walking 5x week

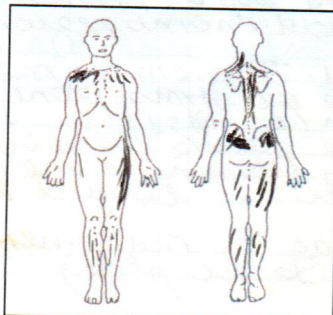


O/A: Trm taut. L occiput v. cong trap.
ES tight esp low T x low. Pecs short. Deltoids taut
Dis v. tight + cong. Hips sore + tight esp pin
Traps v. cong + short. Leg scaps v. tight
Rhombos tight + cong. Glute med v. tight
Skin - v. vasod back / ES / rhombos region
Fol-stom) Heat. Trg rhomb/glute med / pin / traps - ant
ITBs/hams. Fx rhomb (saw) / ITBs / hams / Pecs / ES
winged scap ok. R arm stiffer. Arms prone
Client been feeling ok after - didn't realise
how sore she was esp in hips. Felt she was
worked over. Recom light stretching

P = Seen Frank 3xs (not comfortable with drags). After walks esp traps. Explained kinetic chain + why she is so sore if it's out of order - she enjoyed hearing about it + wants 'reminders' next time from gardens. Been sleeping well

TREATMENT NO. 13

DATE: 05.02.07
TIME: 9am - on time
PAID: \$45 GTPos
REC.No: 855
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: Jaw
OIL BLEND: Relax
Berg / Frank
NEXT APPT: 5th 9am
Manh



O/A: Feet cool to touch
Pecs short + tight esp prox clavicle esp R.
Rhombos taut esp prox spine
HES taut - ITBs tight esp L. L Pin - R 9. meat high
Dis taut esp L. ES cong + tight - better than
Skin - v. vasod back / rhomb.
Fol-stom) Heat. Trg rhomb/ITBs/hams. legs stiff
held. saw rhomb/sacrum. Fx ES / rhomb / ITBs /
glute med / piriformes. Client quiet throughout
body a bit better than usual - slight n/gh
hips + twist of upper but less tension
cong than usual. Arms prone stretched /
managed

P = Recom continue gentle walks (when weather permits) body feeling v. good

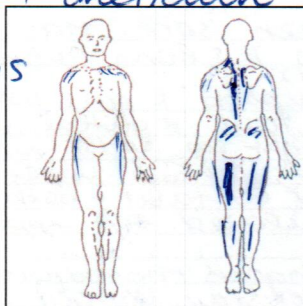
x Natures coffee keeps her up @ night. So limits

TREATMENT NO. 14

DATE: 05.03.07
TIME: 9am Mon
PAID: 1hr \$55 EFTPOS
REC.No: 902
AIR TEMP: 22°C
MUSIC: Madked Lang
FACE CREST: Jay
OIL BLEND: May/Wint

NEXT APPT: _____

V. sinusy - using FESS
S= client notices her sleep bad with caffeine, body been feeling good after losing 10kg with daily walking + dietician
O/A: Hips not even - slight rotat. dev. Scaps taut
Neck short - R whole leg tighter
Hams esp L cong + tight medially (+ tender)
Rhombos taut and feeling cong traps taut
ES tight esp L. dev scaps right & upper taut
Skin - v. varicose rhomb. Feet v. dry



FB(-stom) Heat TP rhomb/quote med/ham/ITBS. Fx ES/rhomb/sacrum/ITBS. mixed scaps ok. Arms prone managed + stretched. Jt legs - stiffly held. client quiet throughout. Body v. relaxed by end - pressure was less than normal w/ client tender - worked shoulders remedial.

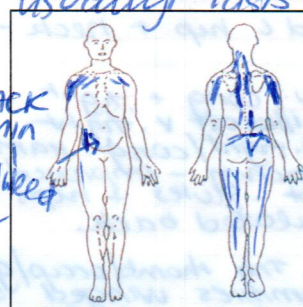
P= Reconn client continues dietician consultancy + exercise + watch posture. gave her sinus manage instructions

TREATMENT NO. 15

DATE: 02.04.07
TIME: 9am Mon
PAID: \$55 1hr 3+
REC.No: 959 T-RACK
AIR TEMP: 23°C
MUSIC: AcherBike 5min
FACE CREST: Jay
OIL BLEND: Gerl + lemon

NEXT APPT: _____

S= client's neck + upper body been sore for 2 wks
Sinus improved within 2 days after last manage - usually lasts weeks



O/A: Hips v. short + cong. Pels v. short + tight
Rhombos v. cong + tight esp R. Traps esp L
ES v. raised + cong esp mid - low T. v. cong
R sacrum raised + rotat to Cant
R deltoid v. cong + short mlt taut
v. varicose rhomb region spln legs tight
antlegs - through towel Fx ham/ITBS/Ls
FB(-stom) Heat TP rhomb x 2 Fx ES/rhomb/sacrum (Baw's) R hip sits higher + R shoulder v. short + working hard - which is affecting neck. Jt legs prone - R stiff. client v. tender - didn't realise she was so sore
Advised stretching after doing the evening for her shoulders (given by dietician)

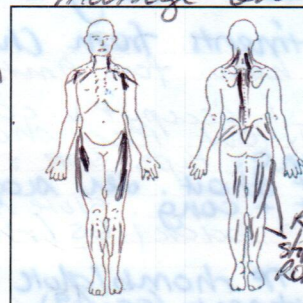
P= Seeing chiro this week for 3mthly visit - doing maintenance (not just when sore) this year

TREATMENT NO. 16

DATE: 16.04.07
TIME: 1hr 3 845
PAID: \$55 EFT Mon
REC.No: 979
AIR TEMP: 22°C - cool
MUSIC: Piano
FACE CREST: Jay
OIL BLEND: sports demon patch

NEXT APPT: _____

S= client went to chiro and has been feeling better - lean out her wheat bag + has managed it. Glad manage on today. sore day after last manage



O/A: Hips sit's better - slight upward shift R sacrum
Qls v. tight Rhomb tight. ITBS v. tight
Sp spms tight. Teres tight. ES v. tight/shorter
Rhombos cong + tight esp L. R AC feels stiff
upper traps v. short + cong Skin - v. dry + rough
Skin - v. varicose rhomb region esp L + right
FB(-stom) Heat TP rhomb/quote Fx elbow/forearm
Fx Qls/LeuS/ITBS/ES. mixed scaps red under waist. Arms prone ms + st. Jt legs - R v. stiff. worked R side then L upper legs invasive
client felt she was still v. sore esp shoulders
Posture v. forward chin. Kyphosis

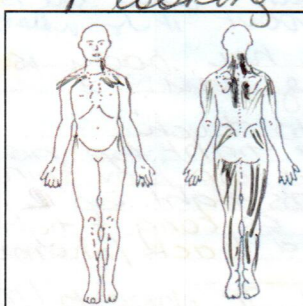
P= Reconn watch posture. continue with ex + heat. Traps v. short + strained, chin forward - Hips better now though see chiro 10-12 wks

TREATMENT NO. 17

DATE: 09.05.07
TIME: 9am 10early
PAID: \$55 1hr 3
REC.No: 1016 EFTPOS
AIR TEMP: 22°C
MUSIC: Pepp
FACE CREST: Relax
OIL BLEND: Cwd/Lav
Mixed Tunes

NEXT APPT: _____

S= client's body been v. tight b/c stress - mother in hospital. Posture hyperkyphosis obvious. Been v. sore looking forward to manage



O/A: traps upper tight + short.
ES esp L raised + cong esp low - mid T.
Qls taut. Teres tight
R Ls v. short + cong. Pectorals tight
Rhombos tight esp L. Hams + Calves taut
Skin - v. varicose rhomb region
antlegs
FB(-stom) Heat TP rhomb/quote med/ham/ITBS
mixed scaps ok. Arms prone ms + st. Fx ES/rhomb/sacrum/es/qls/lats. Jt legs/arms prone
concentrated upper 2 cap shoulders + neck + do ant legs (5 mins prone). client felt better after - looked happier

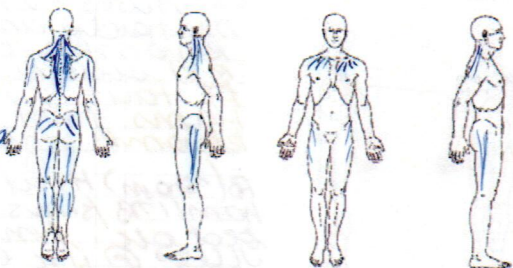
P= Reconn client bring wheat bag to bed (when away for 3 weeks, daughter going to hospital)

TREATMENT NO. 18

DATE: 09.01.07
TIME: 330 - 100ady
PAID: 1hr 3 \$55
REC.No: 2008 + 2007
AIR TEMP: wheat bag
MUSIC: 23°C No. 100
FACE CREST: 100
OIL BLEND: 100 I.

NEXT APPT: _____

S = client been feeling "ok" - managed body well with heat while in one



O/A: V. varied rhomb region. Pecs short. Hamstrings taut. Traps upper. Rhombos cong + tight. R shoulder v. tender. V. cong. LES raised + cong esp mid-low. FB(-stom) Heat. TP rhomb/ham/ITB/s. Es/rhomb/als/sacrum. Winged traps bed on trans @ ms + ST. V. cong/arms @ client quiet throughout. Didn't realize she was so tender in shoulders.

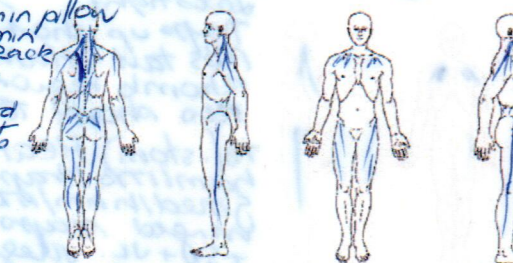
P = See 3 weeks use heat. Discussed hydration in this weather, sorboline in bath etc + H2O consumption

TREATMENT NO. 19

DATE: 29.07.07
TIME: Mon 330 - 1hr 3min pillow
PAID: 2049 € 105 min
O: \$55 Tx Rade Rack
EMP: 23°C
MUSIC: Yanni - bare hand get up
FACE CREST: dav. Dean
OIL BLEND: dav.

NEXT APPT: _____

S = client been feeling v. sore in Tx mid region - spine is even hurting its so tight feels like she needs her spine stretched out like back balls



O/A: Pecs short. Deltoids taut. Traps esp upper v. cong. ES v. cong. LES v. raised + adhered. Rhomb region v. cong + tight esp. FB(-stom) Heat. TP rhomb/ham/ITB/traps. Es/rhomb/glutes/sacrum. Winged traps bed on trans @ ms + ST. V. cong + adhered Tx region - holding v. tight.

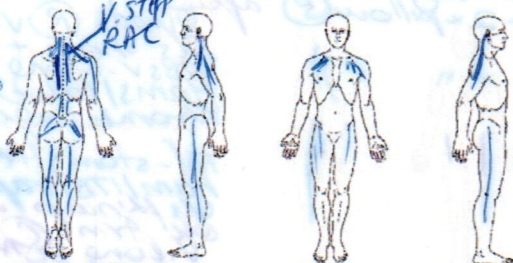
P = Kerom see Chris. Kerom get some back balls

TREATMENT NO. 20

DATE: 23.08.07
TIME: 2pm Thurs 1hr
PAID: \$55 + 10 b/c
REC.No: 1107 20th
AIR TEMP: 22°C 100
MUSIC: Cafe De Mex
FACE CREST: lav.
OIL BLEND: 100 Frank

NEXT APPT: _____

S = client had headache - woke her up, been 'stressed' + busy week. Chris 2 morning.



O/A: Pecs v. short/tight. Deltoids v. short + tight. Traps taut. LES tight. V. traps - v. stiff/twangy. Rhombos v. cong + v. tight. Warm skin - clammy. FB(-stom) Heat. TP rhomb/traps. Es/rhomb/als/sacrum. Winged traps bed on trans @ ms + ST. Client quiet for nearly all. Relaxed more by end but traps esp v. cong + tense - more than usual.

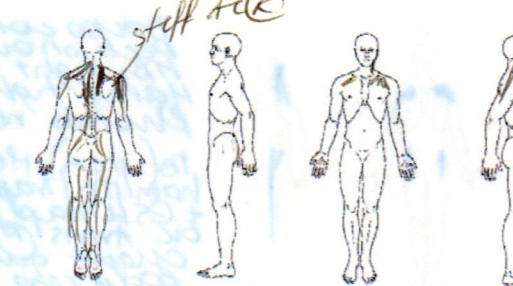
P = Kerom client use heat on upper shoulders + drop, shoulders down

TREATMENT NO. 21

DATE: 11.09.07
TIME: 130 Tues
PAID: \$55 1hr
REC.No: 1143 € 105
AIR TEMP: 23°C
MUSIC: D.M.S.T
FACE CREST: 200
OIL BLEND: 100 Rade

NEXT APPT: _____

S = client been feeling v. sore esp after hand-painted her own timber deck balcony



O/A: Es tight. Hamstrings taut. Deltoids taut. Traps taut. LES taut. Gaths tight. Rhombos v. cong + short-esp. Seen v. varied rhomb region. FB(-stom) Heat. TP rhomb/traps. Es/rhomb/als/sacrum. Winged traps bed on trans @ ms + ST. Client quiet throughout. Body sore + tense softened through.

P = Doms + active recovery discussed. See in 2 weeks before goes away

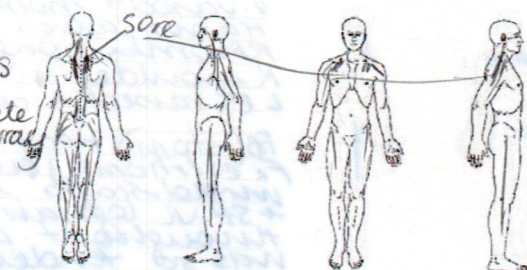
Scared of H2O - feet need to touch the bottom

TREATMENT NO. 22

DATE: 27.09.07
TIME: Thurs 330
PAID: 1hr \$55
REC.No: 1327 embs
AIR TEMP: 23°C
MUSIC: Mod Curb
FACE CREST: Pepp
OIL BLEND: Relax
Ced

NEXT APPT:

S = Client been feeling v. sinus - would like
sinuses ms today tired. Busy prep for holiday



O/A: Sinuses - v. red/warm
Deltoids ant right
Rhombos cong + v. tight
R shoulder tender. Crap right
ES tight. Up arm tight/short
Hams tight. Calves tight tense
Rhomb region cong esp R. more

(b/stom) Heat. tp rhomb/g med/
ham/173/sinus/traps. Wined traps
bed off. Arms @ ms + ST + JL
JL @. ES rhomb/sinus/traps
rhomb region cong esp R. more
repacked well - less tense/warm

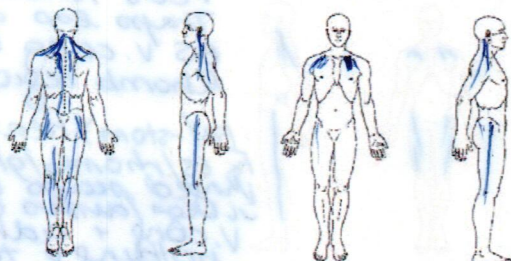
P = Travelling away tomorrow
sinuses. See after 10 day holiday

TREATMENT NO. 23

DATE: 14.12.07
TIME: Fri 9am
PAID: 1hr \$55
REC.No: 1327 embs
AIR TEMP: 23°C
MUSIC: Steve Hopper I
FACE CREST: Pepp
OIL BLEND: Relax
Mand/Tang
Aromat Kamel

NEXT APPT:

S = Client been feeling v. sore in neck - Been away
in Melbourne @ daughter's house



Lat tight - lower tight too
Trap up short + tight. Q's tight
TBS tight. Hams/Calves tight
Rhomb region. Traps tight
fees short. Tense right. tight

Fb (stom) Heat. tp rhomb/g med/
ham/173/traps/sinus. ES rhomb/
g med/ham/173/c/scap/sacrum/cx
wined traps bed off. Arms @ ms
+ ST + JL. JLE @. Client quiet for
most - sleepy after.

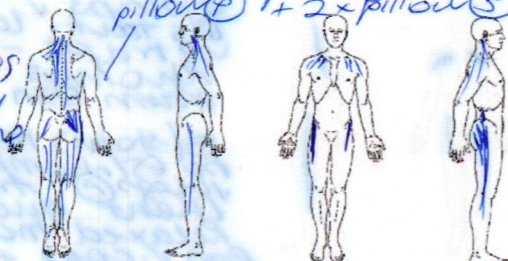
P = Busy x-mas - daughter Cathy home. Reconn heart
+ stretching

TREATMENT NO. 24

DATE: 27.03.08
TIME: Thurs 4pm
PAID: 1hr \$60
REC.No: 1407 embs
AIR TEMP: 23°C
MUSIC: Yanni - mirror
FACE CREST: Pepp
OIL BLEND: Pepp
cs/su/pepp

NEXT APPT:

S = client been suffering pleat (R) pain - in x-rays
cx. sacrum (R) high pain. Shoulders/neck tight
- ve slump test - improved. Been v. busy
pillow @ + 2 x pillow @ after



Quads (R) v. cong. traps up bulky
MS short + tight
TBS v. cong + tight esp R
Hams/Calves tight esp R
Rhomb region cong + tight

Fb (stom) Heat. tp rhomb/g med/
ham/173/traps/sinus. ES rhomb/
g med/ham/173/c/scap/sacrum/cx
wined traps bed off. Arms @ ms
+ ST + JL. JLE @. Client quiet for
most - sleepy after.

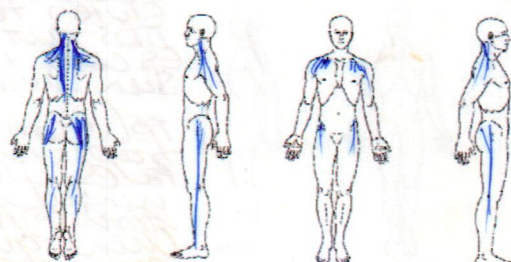
P = Client improved with slump stretch after MS -
reconn do daily + hyp rock on bed + ice on
sacrum
See Chiro (+ physio if Helen)

TREATMENT NO. 25

DATE: 08.04.08.
TIME: 4pm Tues
PAID: 1hr \$60
REC.No: 1425 embs
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Pepp
OIL BLEND: Relax
Eg y1/Koenwood

NEXT APPT:

S = client been feeling @ sacral pain still - worse @
night in bed



O/A: Traps cong + tight MS tight
Deltoids short + tight. Deltoids
TBS tight. ES tight. tight
Hams tight. Calves tight
Rhomb region cong + tight

Fb (stom) Heat. tp rhomb/g med/
ham/173/traps/sinus. ASIS - ES same
+ ES scap/ar. Wined traps bed
off. Arms @ ms + ST + JL. JLE @
Client quiet throughout
body cap tense after. (Eg)

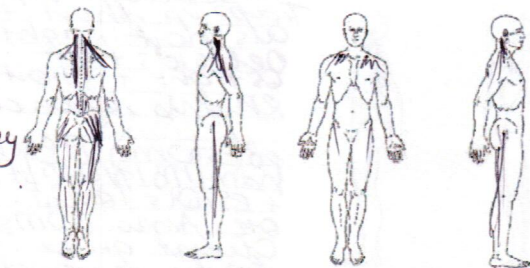
P = Reconn squats + rock. Seeing chiro tomorrow for
discussed getting reg ms + chiro until sacral settles

TREATMENT NO. 26

DATE: 21.04.08
TIME: 4pm Mon
PAID: \$600/hr.
REC.No: 1491
AIR TEMP: 23°C
MUSIC: Mod Gnts Pete
FACE CREST: Ppp. Muir
OIL BLEND: Relax
ced/lav/mango

NEXT APPT:

1 Referral
Mang
Black ✓



S = client been feeling v. sore in (R) hip strain esp @ night-
achy. Neck sore too

OIA: V. cong + binder @ hyp
 R Qls V. right R pin V. cong
 TBs right esp @ R gms V. cong
 betadols right + cong
 Qls right, raps ip short + cong
 ES right + cong
 rhomb region cong + adhered
 (B-stom) Heat-TR rhomb/nd/pin
 ham/GT. in GT, Rhomb/est/ot
 hinged raps bed on, fms @ ms
 + S.O.V. sleep @, slc @ hyp
 client ham/afw V. coh @
 not their property (hyp)

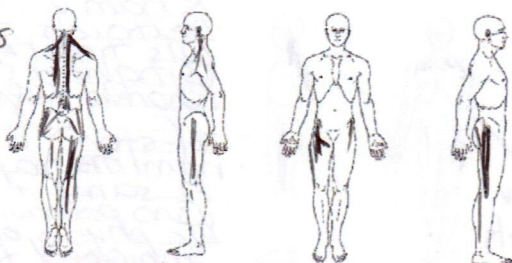
P = Perium ICE on sacrum + G7. Perium client seophysis
Julie Fawkes or see Metame Diagnosis + Arsen
Been 1yr since R hip pain started

S = Client ^{- been} been 1yr since @ hip pain started
R quad sore to feeling strain R hip shin - ITB +

TREATMENT NO. 27

DATE: 21.05.08
TIME: insects 4pm
AID: ihv 100 CF-105
No: 197 12
TEMP: 22°C
MUSIC: Achter Felle II
FACE CREST: Jaw
OIL BLEND: Pain
Belding / Lav.

NEXT APPT:



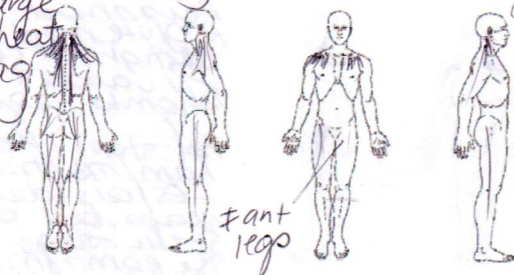
O/A:
Dactyloids, faint egg R. mes short
napo / short + tight. late right
es right - egg R. G. head R. corp
es right + cone egg L. R. quad
Rhomb region cone + tight egg L
Fal - stom. feat. 1P rhomb / ginedt
ham / 12B / rapo / sinus. For same +
9L GTFx + 1MB for (R) + for 1/2 rapo / scal
1MB / sinus / 15B 1/2 B mixed rapo /
led on. Arms (R) ms + G + 1/2
1/2 legs (R) - client greet throughout
also squats for hyp positions

P = showed rocking of hips + also squats for hip position + Lx/spine height

S = Client been feeling v. sore in neck esp v. restricted

Ventral test - R - brings pain down R arm. L - tension up L arm. bulky & tight upper to head

DATE: 09.02.09
TIME: Mon 230
PAID: \$60/hr + v
REC.No: 0038
AIR TEMP: Penny G
MUSIC: 230C monies
FACE CREST: dau
OIL BLEND: Pavn
Pepp/enc
KT APPT: Tues 230pm



O.A. V. bulky + right upper to head
 Tramp up short + bulky esp L
 (slam) right + short
 Is right + cone esp fr. Rep
 Is right. Retards right short
 rhomb region cone + adhd
 tal. stom. Heart. Rhomb/line
 rap/sms. fig same + esp. 1/2
 mixed rap bed on. 1/2
 sms + S + 1/2. Out through
 Pupp tender + shoulder neck
 V. instructed. Be quality of Rom

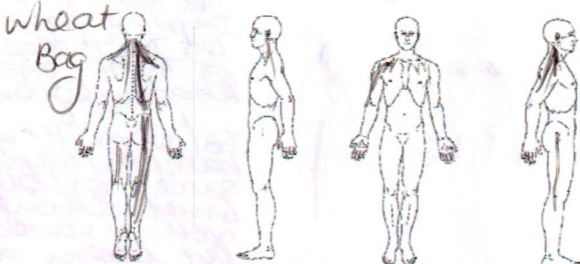
P = Review per stretch - see how client progress^s next week. Discussed heart + working after body therapy.

S = Client been feeling tight & cong in R side esp
using heat. stretch & push piers feel awkward -
check stretching.

TREATMENT NO. 29

DATE: 17. 02 09
TIME: 0800 hrs Tues
PAID: \$60 inv +
REC.No: 0050 F.M.T.
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Lav.
OIL BLEND: Relax
41 71 / Lav.

NEXT APPT:



Q: A: Detroids R tight
 Trap up short + tight
 Dink tight + 9 med R cong
 Dis tight. Peps v. short + tight
 ES R eop v. tight + cong
 Rhomb region cong + tight Rep
 TB (stom) Hect Rhomb 1/2 med
 hump/TB/Traps/sinus (1/2)
 1/2 same + ES/detroids/locap +
 valp. maged traps bed oil
 4ms @ ms + st + 1/2 + 1/2
 the Rom neck eop quality this

$P = \text{Renom client per stretch} + \text{lat stretch} + \text{decardio}$

Certified Floral
Organic Lavender
Lavender

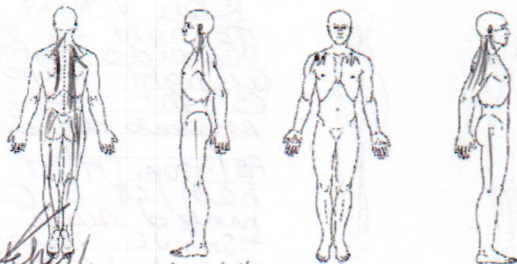
Lavender

TREATMENT NO. 30

DATE: 03.03.09
TIME: Tues 230
PAID: Inv \$60
REC.No: 0063 CFBOS
AIR TEMP: 23°C
MUSIC: Relax
FACE CREST: Relax
OIL BLEND: Relax
Self Graph

NEXT APPT:

S = Client been feeling tight + cong esp in shoulder region
Improved with chiro last week + improved from previous
MS visits.



O/A: d'ncap tight + short
traps up short + tight
all short + tight
Deltoids tight Lats both v. tight
ES tight + short
Rhomb region cong + tight esp R.
Tol(-stom) Heat TP rhomb/g/med/
ham/mb/traps/d'ncap/sinus. Tx same
+ ES/als (deltoids) milder d'ncap
on Arms @ms + SP + VL v. legs (P)
Client quiet throughout
body responded well - less tense
after MS

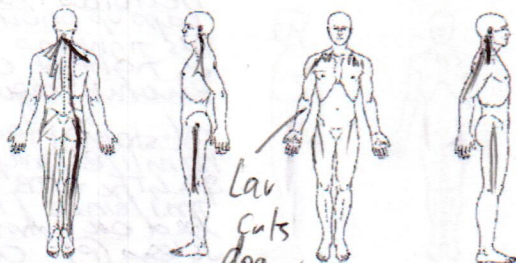
P = Reom see physio Julie + let me know when she has booked
Puppy school starts Thursday

TREATMENT NO. 31

DATE: 17.03.09
TIME: Tues 230pm
PAID: 1hr \$60
REC.No: 092 CFBOS
AIR TEMP: 23°C
MUSIC: Paul Merc
FACE CREST: Relax
OIL BLEND: Relax
basil floral/gy

NEXT APPT:

S = Client improved after last ms/physio - Tx ROM
feeling much better - impressed with Julie



O/A: R pin/g/med v. tight
R ham v. tight R pers short
Deltoids tight esp R
als tight esp R TBS tight
ES tight + cong trapezius
Rhomb region cong + tight
Tol(-stom) Heat TP rhomb/g/med/
ham/mb/traps/d'ncap/sinus. Tx same
+ ES/als (deltoids) milder d'ncap
on Arms @ms + SP + VL v. legs (P)
Client quiet throughout
body responded well - less tense
after MS

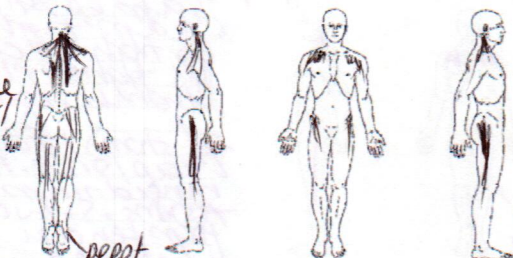
P = Reom continue some Tx with Julie

TREATMENT NO. 32

DATE: 07.04.09
TIME: 330 Tues Inv
PAID: \$60 CFBOS
REC.No: 124
AIR TEMP: 23°C
MUSIC: Yanni - minor
FACE CREST: Relax
OIL BLEND: Relax
violet/Relaxeranium

NEXT APPT:

S = Client been feeling tight + cong in upper body but
sig improvement with ROM - pain in neck/shoulder
(with Julie's ex's on)



O/A: R pers short. Trm tense
R glute med tight + tender
all tight + cong esp R
V. varied R + ES v. tight in region
Rhomb region cong + tight
Tol(-stom) Heat TP rhomb/g/med/
ham/mb/traps/sinus. Tx same
+ ES/als (deltoids) milder d'ncap
on Arms @ms + SP + VL v. legs (P)
Client quiet throughout
body responded well - less tense
after MS

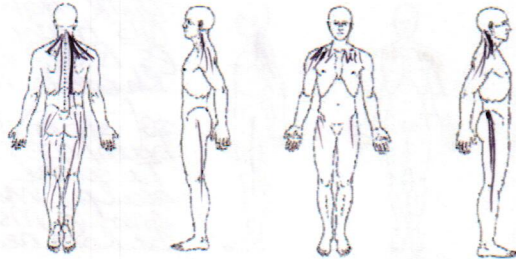
P = Reom per stretching + daily stretching out to help
+ heat to be used when neessy.

TREATMENT NO. 33

DATE: 29.04.09
TIME: \$60 1hr
PAID: 4pm Tues
REC.No: 149 CFBOS
AIR TEMP: 23°C
MUSIC: African I
FACE CREST: Relax
OIL BLEND: Relax
Bil/Ging/demon

NEXT APPT:

S = Client been feeling tight + cong in neck R/shoulder
region with some stretching
seen chiro - sore - adjust - never been sore before but had
no chiro for while



O/A: R occiput v. cong
TBS tight esp R
Traps up tight esp R bulky
als tight esp R - scms tight
ES tight esp R
Rhomb region cong + tight
Tol(-stom) Heat TP rhomb/g/med/
ham/mb/traps/sinus/L'xap. Tx
same + ES/als
Quiet throughout - body responded
well - v. varied upper esp
but looser after visit

P = Reom heat on shoulders/neck + stretching
Still doing physio ex.

BDA
CARD

TREATMENT NO. 34

DATE: 19.05.09
TIME: Tues 9pm
PAID: 1hr \$60
REC.No: 190
AIR TEMP: 23°C
MUSIC: Natural
FACE CREST: Lav.
OIL BLEND: relax
mahd/tang
NEXT APPT:

S = R scap/traps esp cong + flexⁿ - R trap pull⁹ + feels
dizzy sometimes. Feels like she will have hip/neck
pain forever - as she's a
kender/restricted
sore
O/A: Both lats tight. Traps bulky
R lat/scap tight + P/R tight
Ham/R tight / R's tender esp
R C med cong + tight
R Buttock tender
T(-stom) Heat. TP rhomb/med
ham/IB/traps/sinus/l'scap
traps. Tr same. ES/lat/scap
m/lt/l'scap. R M/lt helped
loosen off - R's ROM quality
*neck stiffened like pre-physto
P = Perom client see Julie - Bnei/Merhouse trap away
Chiro tomorrow.

TREATMENT NO. 35

DATE: 02.07.09
TIME: 15 Thurs
PAID: \$60 1hr
REC.No: 274
AIR TEMP: 23°C
MUSIC: Donnie
FACE CREST: Papp
OIL BLEND: Relax
Gel/Rox
NEXT APPT:

S = Client been feeling tight + cong in shoulders/neck
pain lots of knitting
O/A: Traps up cong + tight
IBs tight esp R. D's right
R's right R's esp. Traps tight
L'scap tight esp R.
ES tight esp R. R's cong
Rhomb region cong esp R
T(-stom) Heat. TP rhomb/med
ham/IB/traps/l'scap. Tr same
+ ES/lat/deltoids/traps/lt
mixed up. And P's + M's
Said - (lego). Quiet throughout
Body responded well to
quality Rom
P = Perom client stretch pers - doorway @ bed

TREATMENT NO. 36

DATE: 21.07.09
TIME: 230 Tues
PAID: 1hr \$60
REC.No: 313
AIR TEMP: 23°C
MUSIC: Indian
FACE CREST: Lav
OIL BLEND: Relax
R Gel/Rox
NEXT APPT:

S = client been feeling v tight in R hip - noticed
sore - sleeping on her side
O/A: Trap up tight & restricted
L'scap tight/short
D's tight. R's tight. Ham/R tight
R's right + IBs tight
P's right. Gt tenderness both
Rhomb region cong + tight
T(-stom) Heat. TP rhomb/med
ham/IB/traps/sinus/l'scap/traps
Tr same. ES/lat/deltoids
mixed up. R's (P's) + M's
Quiet throughout - relaxed
M's + Tr's Rom neck esp
P = Gave lav remainder for cuts. Discussed read? small
stores not just novel use lav to help deep +
reom client deep @ with knee support for back

TREATMENT NO. 37

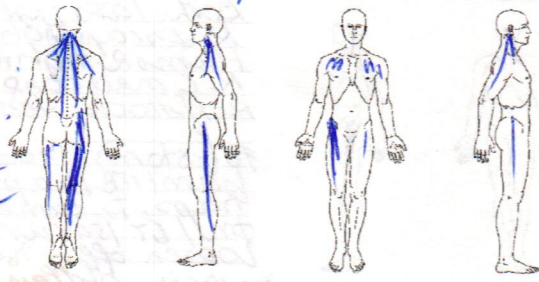
DATE: 27.08.09
TIME: Tues 230 1hr
PAID: \$60 1hr
REC.No: 360
AIR TEMP: 23°C
MUSIC: Tai Chi
FACE CREST: Lavender
OIL BLEND: Relax
Gel/Basil/Ora
NEXT APPT: HT - face/feet

S = Client been feeling tightness in shoulders/neck/
hip - as usual spots but only twinging not pain,
much improved
O/A: Traps up tight + cong
D's tight. R's tight
ES tight + cong. R ham/R tight
Rhomb region cong + vander
T(-stom) Heat. TP rhomb/med
ham/IB/traps/sinus/l'scap/traps
Tr same + occiput/lat/scap
m/lt/l'scap. R's (P's) + M's
Quiet throughout - relaxed
after M's
P = Perom continue using Lav on body to help
relaxatⁿ + cuts from scratches

TREATMENT NO. 38

DATE: 09.09.09
 TIME: 230 Weds
 PAID: \$60 lhr
 REC.No: 412 CTSBS
 AIR TEMP: 23°C
 MUSIC: Toni-if there
 FACE CREST: Pepp
 OIL BLEND: Relax/Pain
 demon/may/lin

S= Daughter having baby so on call. Feeling ok - some tenderness (a night in hip - wondering if psychosomatic)



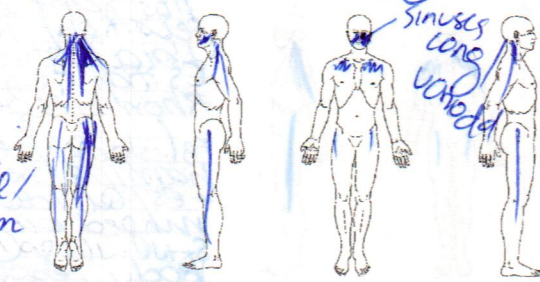
O/A: feet tight. G'ned, tight. Distal. R calves / pin / hamstrings tight esp R - mol v. Varied Rhombos cong - v. varied?
 FB(-stom) Heat. TP, rhomb/g'ned / ham/IB/traps/sinus/l'scap
 Fx same + A/c for/crap + tucked ok. Arms @ Sr + S Ms + S. Vagus @. Quiet throughout. Relaxed SMs - responded well

P= Discussed using both heat bags @ once - hip/shoulder

TREATMENT NO. 39

DATE: 07.10.09
 TIME: 230 Weds
 PAID: 1hr \$60
 REC.No: 461 CTSBS
 AIR TEMP: 23°C
 MUSIC: mixed ms 15-30
 FACE CREST: Pepp
 OIL BLEND: Pepp/Euc/Bam/ Rosem

S= client been feeling tightness in hip, occa but some feeling well. sinus (dust storms/cleaning)



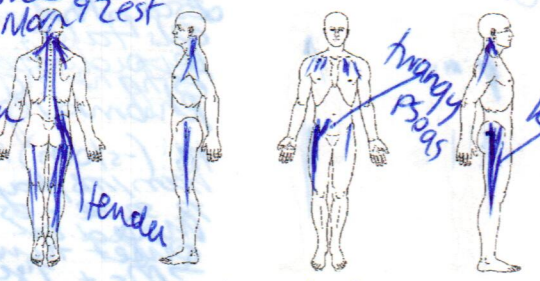
O/A: feet tight. Sinuses cong. Distal. TMs R tighter. Rhombos tighter + R g'ned short. ES tight esp tx + R pinh. Rhomb region cong/vari
 FB(-stom) Heat. TP, rhomb/g'ned / ham/IB/traps/sinus/l'scap
 Fx same + a/c put / scal / TMs tucked. ok. Arms @ Sr + S Ms + S. Vagus @. Quiet throughout. Relaxed SMs + feet some tender shoulder

P= client to do some steam inhalations + Ms own sinus

TREATMENT NO. 40

DATE: 10.11.09
 TIME: 230 Weds
 PAID: \$65 lhr
 REC.No: 508
 AIR TEMP: 24°C
 MUSIC: Vanni-dare dream
 FACE CREST: Pepp + Lou
 OIL BLEND: Relax/BP/ging/kine
 NEXT APPT: 1st Dec @ Tues. 230

S= client been feeling tightness in R hip - even R knee hurt? occasional pain that As (intermittent) no obvious cause



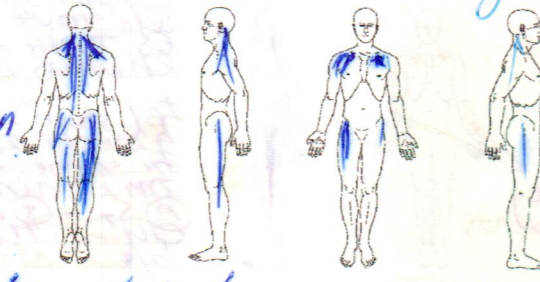
O/A: R g'ned. Feet short + tight. L traps/esp traps up cong. Rhoen. Deltoids tight. Pin + g'ned. ES tight + cong. Resp cong. Rhomb region cong.
 FB(-stom) Heat. TP, rhomb/g'ned / ham/IB/traps/sinus/l'scap
 Fx same + ES / a/c / delt. tucked ok. Arms @ Sr + S Ms + S. Vagus @. Quiet. Relaxed SMs + feet loose / better

P= Chiro believes sr. Pelom see Dr for scans + see Julie again re: R hip tendonitis/bursitis

TREATMENT NO. 41

DATE: 01.12.09
 TIME: Tues 230
 PAID: \$65 lhr
 REC.No: 520 CTSBS
 AIR TEMP: 24°C
 MUSIC: Enya
 FACE CREST: Pepp
 OIL BLEND: Relax
 NEXT APPT: Tues 230 14th

S= client been feeling tightness/stiffness in upper body. Lower/hips been good so no scans/physio BDAY GIFT - some Mango Butter



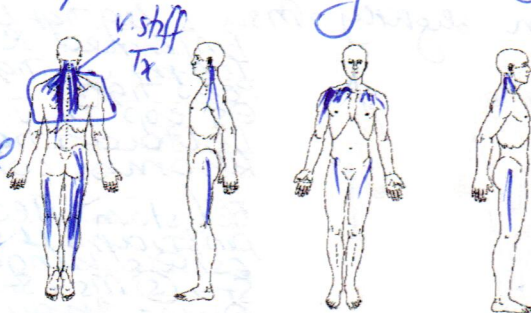
O/A: feet tight. Traps bulky / both. ES tight. Rhomb region esp R. shoulders only.
 FB(-stom) Heat. TP, rhomb/g'ned / ham/IB/traps/sinus/l'scap
 Fx same + ES / a/c / delt. tucked ok. Arms @ Sr + S Ms + S. Vagus @. Quiet throughout. Relaxed SMs.

P= See physio/scans done if pain returns. Chiro next week

TREATMENT NO. 42

DATE: 13 01 10
TIME: 230 hr
PAID: \$65
REC. No: 642
AIR TEMP: 23°C
MUSIC: Mod Guit/Strad
FACE CREST: 240
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = client been feeling tightness in shoulders/neck
Hips OK. Busy with Orkedstrom over xmas



O/A: Pecs tight. V. stiff/tender
R. Deltoids tight
L. scap tight
Tx region stiff. Pecs short
Rhomboid region cong + vasc
Heat (stom) Heat T. rhomboid
g med/ham/mb/traps/sinus
L scap to same - L scap
scalp/mv. Alc/gt. winged
O/S. Quiet throughout
V. DT/Rem used - atom see
how she responds

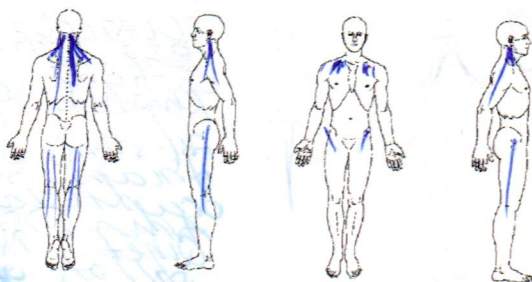
NEXT APPT:

P = Reiom Tx towel stretch

TREATMENT NO. 43

DATE: 03 02 10
TIME: 230 Weds.
PAID: 1hr \$65
REC. No: 667
AIR TEMP: 23°C
MUSIC: Miyagi I
FACE CREST: 240
SUPINE SCENT: Lemon
OIL BLEND: Relax/Pain
HT: Feet + Face
EXTRA:

S = client's neck been v. stiff + sore esp when
turning to LHS



O/A: R scap esp v. tight
Trap up tight + short
L scap tight esp R
L scap tight. Occipital cong.
Rhomboid region cong + tight
Heat (stom) Heat T. rhomboid
g med/ham/mb/traps/sinus
L scap to same - L scap
scalp/mv. Alc/gt. winged
O/S. Quiet throughout
V. DT/Rem used - atom see
how she responds

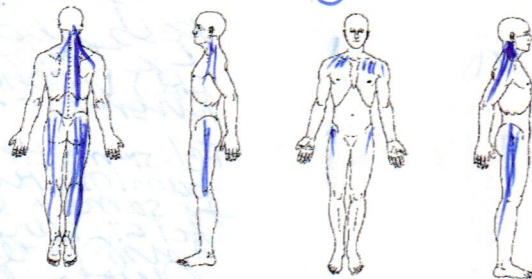
NEXT APPT:

P = Chin next month - reiom some heat on neck
see physio if pain continues to worsen or doesn't
improve

TREATMENT NO. 44

DATE: 10 03 10
TIME: \$65 1hr
PAID: 230 Weds
REC. No: 716
AIR TEMP: 23°C
MUSIC: Steve Nipper
FACE CREST: 240
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = client's neck sore lately. Here in a rush so
v. stressed today



O/A: Varied 7 removed heat
traps up tight esp R side
R. g med tighter + mb/rhomb
L scap tight esp R. Pecs tight
Rhomboid cong - traped. R trap
Heat (stom) Heat T. rhomboid
g med/ham/mb/traps/sinus
L scap to same - L scap
scalp/mv. Alc/gt. winged
O/S. Quiet throughout
V. DT/Rem used - atom see
how she responds

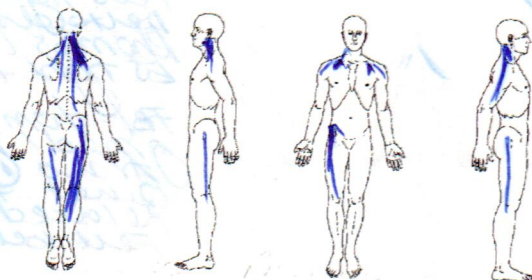
NEXT APPT:

P = Reiom some heat on neck @ mo + see
Julie. if pain persists. Can booked every 6 weeks

TREATMENT NO. 45

DATE: 06 04 10
TIME: 230 1hr
PAID: \$65
REC. No: 789
AIR TEMP: 23°C
MUSIC: Piano Tunes
FACE CREST: 240
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
EXTRA:

S = client been feeling tightness in her hip 7
doing some work in the garage



O/A: R trap twangy
Pecs short. Mv tense
Trap up tight. Ham/rhomb
Deltoids tight. Mv tight R
L scap tight + short esp R
Rhomboid region cong + vasc
Heat (stom) Heat T. rhomboid
g med/ham/mb/traps/sinus
L scap to same - L scap
scalp/mv. Alc/gt. winged
O/S. Quiet throughout
V. DT/Rem used - atom see
how she responds

NEXT APPT:

P = Reiom client use heat, stretch out. discussed
using pillow properly - currently sleeping @

TREATMENT NO.

NEXT APPT:

TREATMENT NO.

NEXT APPT:

TREATMENT NO.

NEXT APPT:

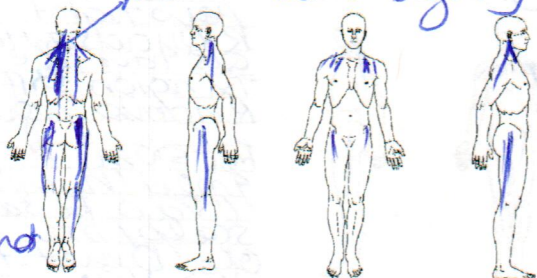
TREATMENT NO. 8

EXT APPT: _____

157 15

06/11/2004
12:12 PM

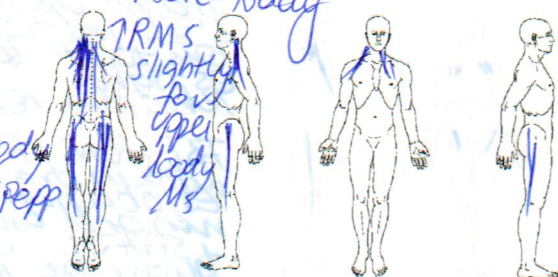
S = 1 went been feeling tightness in her
R hip + in L rhomb region for 2 days
Improved ROM slightly rhomb D/A: L leg tighter than
P/N/C 100 P = 120



D/A: L leg tighter than usual
Pin/Girded R + Mbs v. tight/ tender
Tramp up tight + bulky
Feet tight
Es esp the v. tight esp L
Held too tight esp L
Rhombos cong
TB (-stom) Heat. TP rhomb/gird
Pin/tramp L/scap. the same +
Es esp. winged ok. Arms (P)
S + (S) Ms + S + v. sleep (P)
Quiet throughout - relaxed +

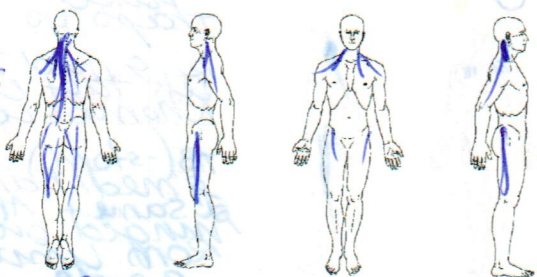
P = Had nian / ultrasound done - recom see physio Julie x
Dr Smith for next optn on burrs

S = Client been feeling tightness esp in shoulder
neck chiro helps with hip pain - reg Tx.
index ✓ Beene away 4xs. family visiting, busi
1 sore today



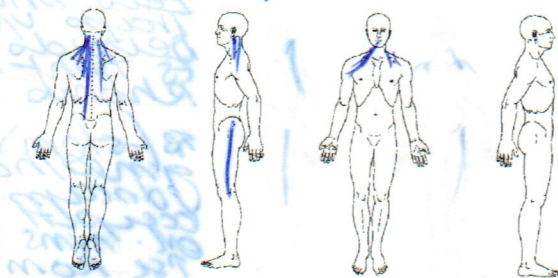
dy: 4x5 - family visiting, busy
 detrital light FB light
 deep night. Trap up night
 Es light short
 Rhomb region cong
 FB (-stom) - Heat. TP rhomb trap
 trap. E same + Es/Quips
 oyster shell. winged oil
 fish ② S. ③ Msd S. N
 Quip 150 con slightly N
 salt lots of saltiness

Client been feeling v. tight / sore lately
was sore for ~1 week after last Mx



O/A: gentler approach today
less short
Ex: right + Ws comp
Wt 5:1 comp ES
Rhombus comp eq R
Fol (stem) Heat TP rhombus/g no
pain/ Ws cramp / 15 cramps
for same = ES/ Ws / 100%
Ael ST winged, ok
Amph 5:1 + 100% ES + 1/4
Quiet. Relaxed & no

Client relax after Ms. Gung to Bre for 2 mths for new baby boy (baby + Jac)



Feet tight
 Pelvic floor tight
 Thumbs 1 esp. → Did cough 24h
 Ls tight + varied
 FB (stom) Heat TP bomb
 9 med / 10 am / 12
 Arms (1) 5 + (2) 15 + 3 + 10
 Quiet throughout
 Relaxed → 10h
 Few better - More relaxed

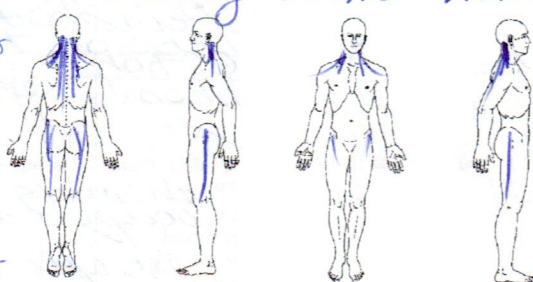
He showed self Ms of own farm
see in June - → Broke trip away for

SO 47-Face + Arms/hands + CST on face
 06/11/17 - Went been feeling tightness in hips > one trip + neck stiff
 06/11/17 - Resp. Cong + varicella zoster. RT hips + s/c both sides + some pain
 06/11/17 - FB - stom Heat. Th rhomboid/ham transverse -

TREATMENT NO. 52

DATE: 09.08.11
TIME: 1hr \$70
PAID: 230 \$70
REC.No: 1429
AIR TEMP: 25.4
MUSIC: Pamel Man II
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Hips
CST: Face (A) hands
HST: Feet 3 x back
EXTRA: 2 x back

S = Client been feeling better - minimal pain in hips / neck but lots of stress with moving mum home



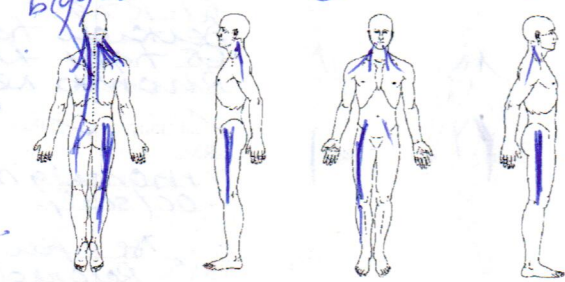
O/A: Trap up + aut
Deltoids tight
ES tight + short. Pels tight
Rhomb region cong + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP rhomb / g med / traps / l traps
Fx eraput
☐ Talked ☐ Quiet Quiet Breathing
ROM Rise after
FBACK Feet better

P = Reom client relax after Ms
NEXT APPT:

TREATMENT NO. 53

DATE: 07.09.11
TIME: Weds 350
PAID: 1hr \$70 e
REC.No: 1477
AIR TEMP: 25.0
MUSIC: Sampler
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax 17
HT: Feet + Face
CST: Face (A)
HST: 2 x legs 2 x back
EXTRA: 2 x back

S = Client been feeling tight / stiff in shoulders + hips from cleaning house - been on ladder doing windows. All in 1 day



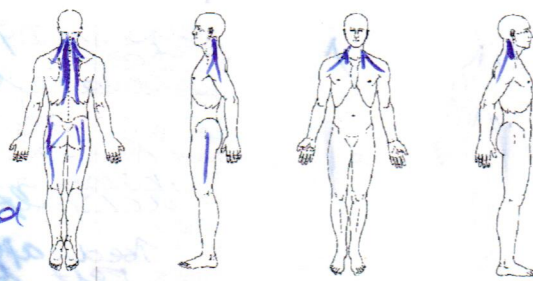
O/A: Pink face 7 ms
Deltoids tight. Pels tight
ES tight - esp this side
Rhomb region cong
☐ Full Body ☐ STOMACH little bit psoas work
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP eraput / scalp / ms
Fx rhomb / g med / ham / lms
☐ Talked ☐ Quiet Quiet Breathing
ROM Rise after Ms - self report
FBACK Feet better 7 ms

P = Reom client look after body whilst visits staying for next month
NEXT APPT: Oct 11th @ 350

TREATMENT NO. 54

DATE: 11.10.11
TIME: 1hr \$70
PAID: \$70 1hr
REC.No: 1521
AIR TEMP: 24.0
MUSIC: Don Meg I
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax
HT: Feet + Face
CST: Face (A)
HST: 2 x legs 2 x back
EXTRA: 2 x back

S = Client been feeling tightness in hips - seen chiro & he helped



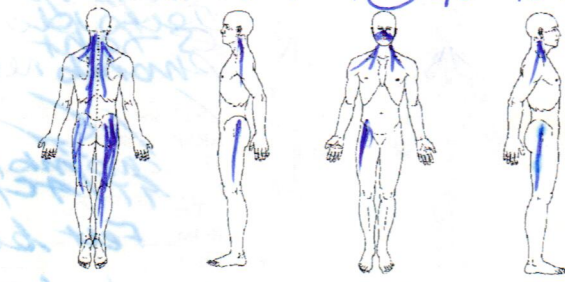
O/A: shoulders tender + cong
Deltoids tight. Traps tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP rhomb / g med / ham / lms
Fx eraput / scalp / ms
☐ Talked ☐ Quiet Quiet Breathing
ROM Felt improvement 7 ms
FBACK Relaxed

P = Reom heart on shoulders. Visitors now gone from her home so should settle down now
NEXT APPT:

TREATMENT NO. 55

DATE: 15.11.11
TIME: 350 Tues 350
PAID: \$70 1hr
REC.No: 15
AIR TEMP: 25.0
MUSIC: Ken Davis
FACE CREST: Jan
SUPINE SCENT: Lem
OIL BLEND: Relax 17
HT: Feet + Face
CST: Face (A)
HST: 2 x legs 2 x back
EXTRA: 2 x back

S = Client went to Melbourne & got ear damage from flying with sinusitis. Still struggling with sinus / voice TRMS + 7 @ 45° to help sinuses



O/A: Sinuses v. cong + vasod
Pels tight - Glutes tight
Rhomb region cong + vasod
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS
TP GT + eraput / ms
Fx rhomb / sinuses / traps / g med
☐ Talked ☐ Quiet Quick Breathing
ROM Felt tired but relaxed +
FBACK could breathe better

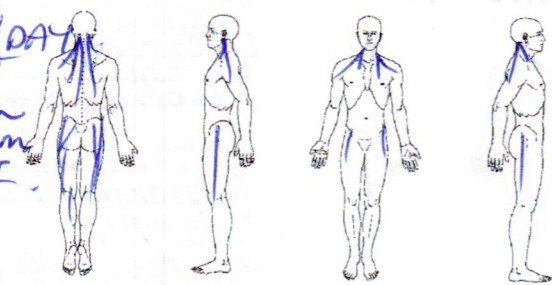
P = Reom client relax after Ms + sup. Ms sinuses
NEXT APPT:

2M95 2011
N/L 09/11 30442012

TREATMENT NO. 56

DATE: 06.12.11
TIME: 350 PM TUES
PAID: \$70 1hr B DAY
REC.No: 1642 CT
AIR TEMP: 25°C
MUSIC: Mix of 15 Jan
FACE CREST: Low Cam
SUPINE SCENT: Lem I.
OIL BLEND: Relax
ND: 0 points
HT: Feet +
CST: (A) Face
HST: 2 x Lx
EXTRA: 2 x back

S = Client began feeling tightness - feeling good. still has family things rather



O/A: RITBs comp
Pec short intense
Deltoids tight
ES tight
Rhomb region comp
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/9 med/ham/IBs
Fx occip/neck/mt
☐ Talked ☐ Quiet Breathing
ROM 1/2 hr after Ms - sit repeat
FBACK calm

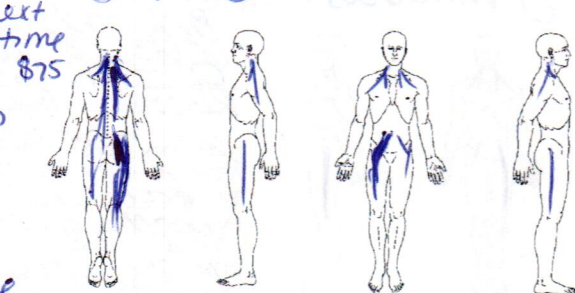
NEXT APPT:

P = Discussed getting back our routine in the house

TREATMENT NO. 57

DATE: 17.01.12
TIME: TUES 350 next time
PAID: \$70 1hr \$75
REC.No: 1702 CT
AIR TEMP: 24°C
MUSIC: Guitar Tunes
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Manditank
HT: 2 x Lx 2 x back
CST: (A) Face
HST: 2 x Lx
EXTRA: 2 x back

S = Client's R hip been v. sore + struggling with weakness leg going way



O/A: Q1. R tight. ITBs + TMs v. tight
Deltoids tight. Trap up
ES tight
Rhomb region comp
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP rhomb/9 med/ham/IBs
Fx occ/neck
☐ Talked ☐ Quiet Breathing
ROM 1/2 hr after Ms
FBACK Relaxed > Ms

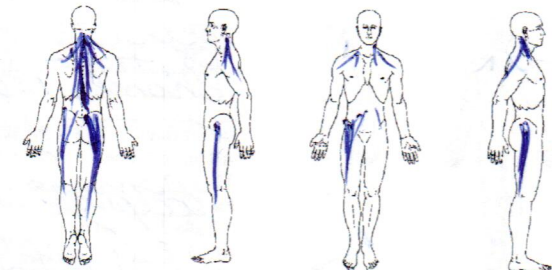
NEXT APPT:

P = Discussed how muscle weakness occurs

TREATMENT NO. 58

DATE: 14.02.12
TIME: 1hr \$75
PAID: \$50 TUES
REC.No: 1743 CT
AIR TEMP: 25°C
MUSIC: Steve Hagem
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Low/Pepp
HT: Feet + Ace
CST: (A) Face
HST: 2 x Lx
EXTRA: 2 x back

S = Client been feeling tightness in her body in hips/shoulders neck but better than previous
Sinus last week



O/A: Deltoids tight. Pec short
ES tight
Rhomb region comp
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/9 med/ham/IBs
Fx occ/neck
☐ Talked ☐ Quiet
ROM 1/2 hr after Ms - self repeat
FBACK Feet better

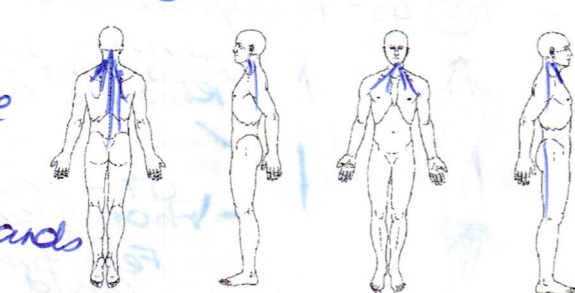
NEXT APPT:

P = Perom client look after body esp while things are so busy

TREATMENT NO. 59

DATE: 21.03.12
TIME: 350 TUES
PAID: \$75 1hr
REC.No: 1813
AIR TEMP: 25°C
MUSIC: Yanni if there
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Relax
Lem/Rose
HT: Feet + Arms/hands
CST: (A) Face
HST: 3 x Lx
EXTRA: 2 x back

S = Client feeling tight + long in hips
Sleeping well



O/A: trap up tight. Pec short
Deltoids tight
ES tight
Rhomb region comp
Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/9 med/ham/IBs
Fx 2/4/5/10
☐ Talked ☐ Quiet Breathing
ROM Felt better 7 AM
FBACK

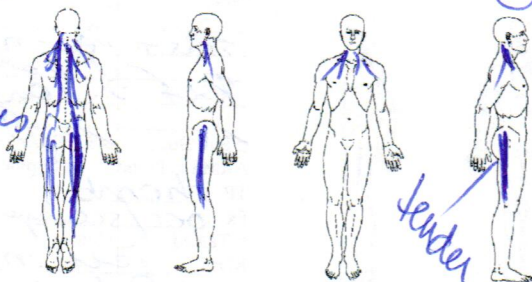
NEXT APPT:

P = Perom stretch out & look after body

TREATMENT NO. 60

DATE: 03.05.12
 TIME: 3:50 THURS
 PAID: \$75 THV
 REC.No: 885
 AIR TEMP: 85
 MUSIC: Linc Kendalls
 FACE CREST: Jan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: ① Face
 HST: 2x Lx
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in neck/hips
 Had fall moving gran. 2 nights bad sleep
 O/A: since been good
 Feet about 7m intense
 ES tight
 Rhomb region comp

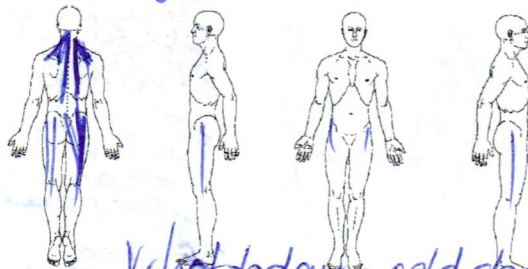


☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ MS LEGS
 TP: rhomb/9 med/ham
 Fx: traps/s/scaps/occ
☐ Talked ☐ Quiet Breathing
 ROM: Tsed > MS - self report
 FBAC: Feet better

TREATMENT NO. 61

DATE: 20.12.12
 TIME: 2:30 THURS
 PAID: \$75 THV
 REC.No: 22 refer
 AIR TEMP: 25 notes
 MUSIC: Noah I
 FACE CREST: Jan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: ① Face
 HST: 2x Lx
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her
 body in Lx/hip region/ITBS R + neck/
 O/A: shoulders
 Trouble sleeps
 Tender/ITBS/TPS
 V-comp hip/leg + upper

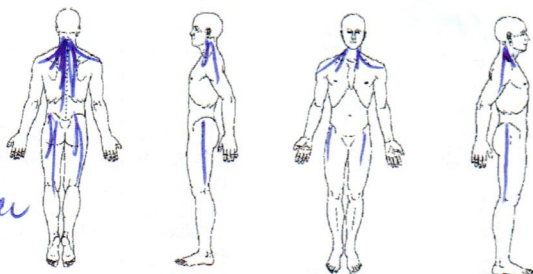


☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ MS LEGS
 TP: rhomb/5 med/ham/ITBS
 Fx: traps/s/scaps/occ
☐ Talked ☐ Quiet Breathing
 ROM: Tsed > MS
 FBAC: Feet better > MS

TREATMENT NO. 62

DATE: 1.3.13
 TIME: 2:30 THURS
 PAID: \$75 THV
 REC.No: Refer notes
 AIR TEMP: 25
 MUSIC: Ken Dalls
 FACE CREST: Jan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: ① Face
 HST: 2x Lx
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her
 shoulders + hips
 O/A: Mental fine with
 car being fixed (@ page)
 Espant. Dextoids tight
 Rhomb region comp. ITBS/TPS

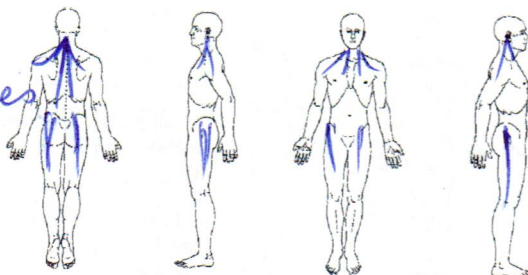


☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ MS LEGS
 TP: rhomb/9 med/ham/ITBS
 Fx: traps/s/scaps/occ
☐ Talked ☐ Quiet Breathing
 ROM: Tsed > MS
 FBAC: Feet better > MS

TREATMENT NO. 63

DATE: 21.03.13
 TIME: 2:15 THURS
 PAID: \$75 THV
 REC.No: 2439 EPABs
 AIR TEMP: 25
 MUSIC: Kenny G mones
 FACE CREST: Jan
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: ① Face
 HST: 2x Lx
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her
 body in neck lat flexion esp
 O/A: Rotatn OK

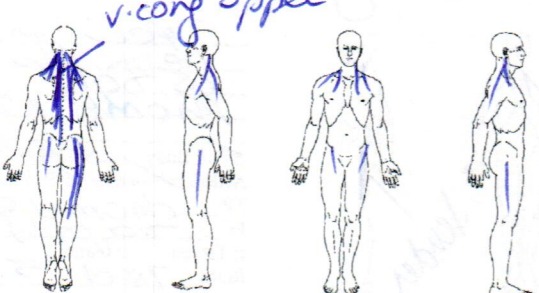


Traps up tight
 Pels tight
 Rhomb region comp
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ MS LEGS
 TP: rhomb/traps TL scaps
 Fx: occ/scaps/TMT
☐ Talked ☐ Quiet Breathing
 ROM: Tsed > MS
 FBAC: Feet better > MS

P = Doing chiro next week

TREATMENT NO. 64
DATE: 10.04.13
TIME: 3300m
PAID: \$75/hr
REC.No: 2469
AIR TEMP: 25
MUSIC: Ken Dales
FACE CREST: Law
SUPINE SCENT: dem
OIL BLEND: Relax
Euc/My
HT: Feet + Face
CST: 4 Face
HST: 2 x Ln
2 x back
EXTRA
NEXT APPT:

S = Client been feeling tightness in neck/shoulders/traps - gardening
v. cong upper



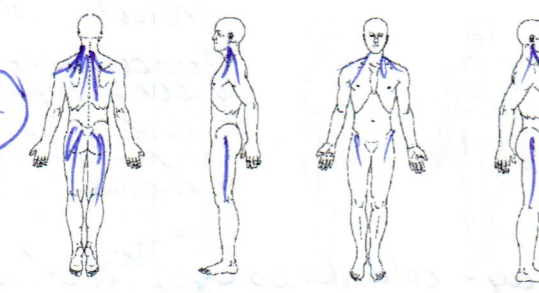
O/A: done
mattock Tweeds
TPs + Pels tight
V. varied
Ref v. cong upper
ITBs tight

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb
Fx occ/scalp/trm
☐ Talked ☐ Quiet Breathing
ROM Ref many sore spots
FBACK Relaxed 7ms

P = Recom client stretch out 7 ms.

TREATMENT NO. 65
DATE: 01.04.13
TIME: 1hr
PAID: \$75
REC.No: 2499
AIR TEMP: 25
MUSIC: Norah I
FACE CREST: Law
SUPINE SCENT: dem
OIL BLEND: Relax
BoneDry/Law
HT: Feet +
CST: 4 Face
HST: 2 x Ln
2 x back
EXTRA
NEXT APPT:

S = Client been feeling tightness



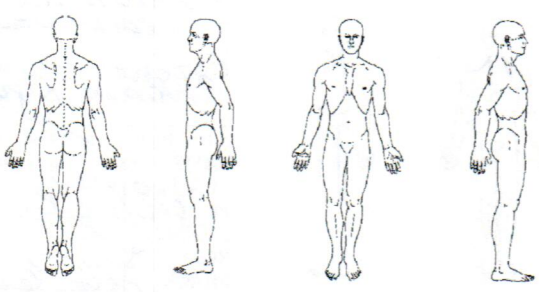
O/A: Traps up tight. Pels tight
Scapulae tight
ES tight
Rhomb region cong

☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/traps/scap
Fx occ/scalp/trm
☐ Talked ☐ Quiet Breathing
ROM Ref 7ms
FBACK Ref better 7ms

P = Client relaxed 7ms
getting Tx after hols
Ref better + discussed

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

S = _____



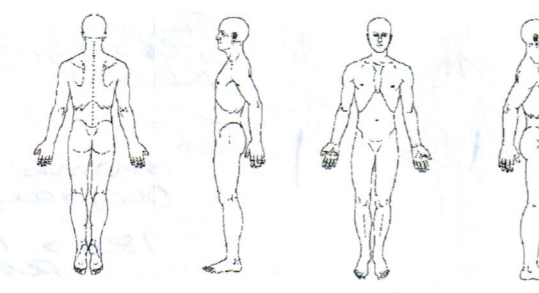
O/A: _____

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

P = _____

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

S = _____



O/A: _____

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

P = _____