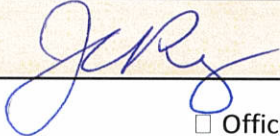




| Personal Information                                                                                                                                                                                                                                                                                           |                                |                                                                                                                                                                                                                                   |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Full Name<br><b>JAN PENNY</b>                                                                                                                                                                                                                                                                                  |                                | Occupation<br><b>Reception</b>                                                                                                                                                                                                    |  |
| Postal Address<br><b>19 Carroo Street Bayview Heights Q4868</b>                                                                                                                                                                                                                                                |                                |                                                                                                                                                                                                                                   |  |
| Home Phone<br><b>40 547702</b>                                                                                                                                                                                                                                                                                 | Work Phone<br><b>40 541464</b> | Mobile<br><b>0417 899 846</b>                                                                                                                                                                                                     |  |
| Email Address<br><b>jan.penny1@bigpond.com</b>                                                                                                                                                                                                                                                                 |                                |                                                                                                                                                                                                                                   |  |
| Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)<br><input checked="" type="radio"/> <b>Text Message</b> <input type="radio"/> Home Telephone <input type="radio"/> Work Telephone <input type="radio"/> Email <input type="radio"/> Facebook Message |                                |                                                                                                                                                                                                                                   |  |
| Emergency Contact Details: Name and Number<br><b>0448 563 888</b>                                                                                                                                                                                                                                              |                                | Relationship to you (e.g. Partner).<br><b>Steve</b><br><b>1 husband</b>                                                                                                                                                           |  |
| Is it ok to email you massage tax invoices?<br>Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)                                                                                                                                                    |                                | Please circle if you use any of the following:<br><input type="radio"/> Facebook / <input type="radio"/> Twitter / <input checked="" type="radio"/> Instagram / <input type="radio"/> Pinterest / <input type="radio"/> Linked In |  |
| Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)<br><b>NO.</b>                                                                                                                                                                                     |                                |                                                                                                                                                                                                                                   |  |
| Client Signature<br>                                                                                                                                                                                                         |                                | Date <b>19 JAN 17</b>                                                                                                                                                                                                             |  |

☐ Office - Please tick after updated information is electronically entered

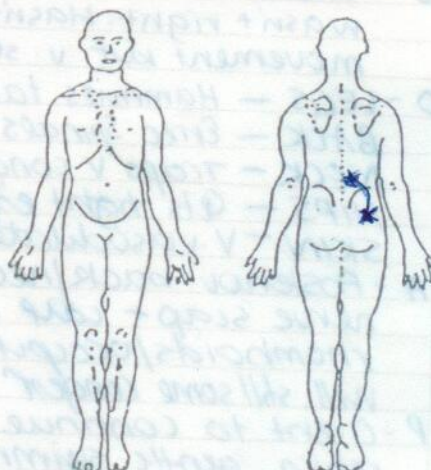
Full Name Jan Christie PENNY D.O.B 12.01.60 Gender F  
 Address 19 Carroo Street, Bayview Heights CAIRNS  
 Home Phone 40 54 7702 Work 40 51 8566 Mobile 0417 8998 46  
 Email Address jan.penny@bigpond.com.au  
 Emergency Contact Details - Name and Number Steve Penny  
 Current Doctor Dr Coetzee Referred By \_\_\_\_\_  
 Occupation and How long Cleaner - 8 years.  
 Physical Activities/Hobbies/Exercise master swimmer  
 Past Medical History (major operations/conditions) None  
 Medications - Prescribed or Natural: Thyroxine

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 checked="" type="checkbox"/> Any Skin Problem <u>for rash</u> | <input type="checkbox"/> Heart / Blood Problems    |
| <input type="checkbox"/> Arthritis                                   | <input type="checkbox"/> Numbness / Tingling       |
| <input type="checkbox"/> Blood Pressure                              | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input type="checkbox"/> Bruising                                    | <input type="checkbox"/> Recent Illness / Surgery  |
| <input type="checkbox"/> Chronic Pain                                | <input 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): 4

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: J (insert name of person being Massaged)

Signature: [Signature] Date: 6/10/05

Neck injured in accident  
 Feet inverted, R tibia shorter side  
 R hip usually hurts (lower back region)

## Client Record

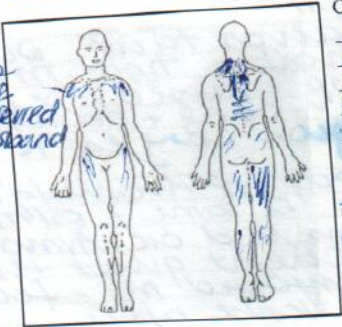
**SOAP = SUBJECTIVE:** clients states, **OBJECTIVE:** = therapists' observations, treatment,  
**ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

| Date                                                                                                                                                             | Treatment Given                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06.10.05<br>\$45/hr<br>Sports - Wint / Rose / Ced<br>Pepp face crest<br>3pm Thurs<br>Can Cam<br>Gave Info Sheet<br>Took bus card for a friend.                   | S - client been swimming lots, R side has been sore - OK today competing this weekend. OS adult swim squads.<br>O - Client's R calves / hamstrings tighter, R hamstrings v. congested, ITBs tight + tender. Traps taut + congested esp R. Rhomboids knotted. Pecs taut & pulling esp R. Skin v. tanned, some sun damage, a little dry. Client has rash on skin (face)<br>Feet v. inverted. one tibia shorter than the other<br>A - FB (-stomach). Heat used. Triggers for rhomboids / occiputs / gluteals / hamstrings R / Pecs. Stretched calves / winged scap nerve stretch. Enjoyed massage - didn't realise she was so tense. Body responded well to massage - everything loosened noticeably<br>P - Pec stretching b/c tight. Dr Bruin told her to concentrate on stretching legs more but she also needs pecs b/c lots larger / more dominant from swimming. Recom see? Vera b/c Dr put her on steroidal cream                                                              |
| 11.01.05<br>\$45/hr<br>Sports -<br>Pepp face Crest<br>830 Weds<br>23°C<br>Pain - circled / Basil / Ger<br>Vanni - If there<br>Talked a little throughout in pool | S - client woke Sat neck sore. Went for swim + felt neck wasn't right. Hasn't swim since. By end of day, has more neck movement but v. stiff @ start of day.<br>O - LEGS - Hamstrings taut, calves taut. Bony R foot (ant)<br>BACK - Errec Spinals L v. congested / adhered, rhomboids both tight<br>NECK - Traps v. congested esp L. R pec tighter. SCMs tight. Occiputs congested<br>HIPS - Qls tight esp L, gluteals taut esp piriformis<br>SKIN - v. vasodilated on back. Well-nourished / pliable skin<br>A - Posterior back / neck / legs / arms + ant legs + neck. Winged nerve scap + calf + hip → ankle stretch. Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / traps. Client's muscles responded well, still some "congestion" in neck. "I felt better already"<br>P - Client to continue thermo-therapy @ home, use H <sub>2</sub> O, return gentle swimming 1st. Gentle stretch? Discussed how trauma doesn't just immediately go away. takes some days |
| 02.03.06<br>\$45/hr<br>Low face<br>10 Thurs<br>(5 late)<br>Sports -<br>Wint / Rose /<br>Mixed mas.<br>music 1-16<br>354 Rec IV                                   | S - Client feeling OK - day off + treat <sup>g</sup> herself, is going to relax today too. Still compet <sup>g</sup> a swimming<br>O - LEGS - Hamstrings tight esp R side, calves laterally v. tight<br>BACK - Errec Spinals L v. adhered / overdeveloped, Rhomboids tight<br>NECK - Traps L v. congested - both taut, SCMs tight. Lev scap v. tight<br>HIPS - Qls L v. tight, gluteals taut esp L side. R pec v. tight / congested<br>SKIN - v. dehydrated & dry esp R side for some reason<br>A - FB (-stomach) Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / sciatica (hamstrings) / Pecs. Winged nerve scap + calf + hip → ankle stretches. Calf + elbow. Arms prone. Client's R leg v. stiff. Everything loosened quite nicely, still neck L some congestion<br>P - Recom pec stretch <sup>g</sup> b/c R v. tight. client happy to continue getting treatments every now & then - wants to send hubby for treatment                                           |

TREATMENT NO. 4

DATE: 15.08.06  
TIME: 10:30 Mon - entime  
PAID: \$35 hr - \$10 off  
REC No: 623  
AIR TEMP: 23°C  
MUSIC: Yanni - Inbule  
FACE CREST: Lav  
OIL BLEND: Sports  
ger / grapef  
NEXT APPT:

S = client was sore last week, OK today - noth's too achy.  
Swim x 3 pweek



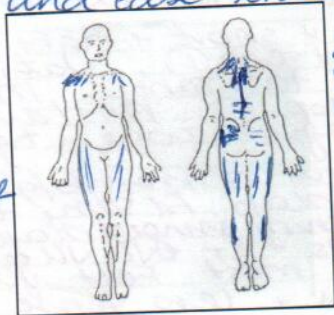
O/A: Dls taut, glutes taut. Pecs taut. Lev scap's tight  
Rhomb's Cong + tight. Pecs taut. Lev scap's tight  
Traps - L scap's shorter + cong. scap's taut  
Hamstrings tight. Heels - dry + cracked  
Skin - some varicella on back upper. Feet cold  
FB(-stom) Heat. Traps rhomb/occiput/ glutes/ITBs/hamstrings  
traps/lev scap winged nerve scap + cuff + hip  
ankle stretches. Arms prone. Scap + TMS releases  
Mid firm pressure used & client felt better &  
looser after massage.

TREATMENT NO. Full price

DATE: 23.11.06  
TIME: 9am Thurs  
PAID: hr \$45 CASH  
REC No: 783  
AIR TEMP: 23°C  
MUSIC: Enya I  
FACE CREST: Pepp  
OIL BLEND: Lime / grapef  
NEXT APPT:

P = Hoping more people will swim so she has others to push her in  
squad. Discussed importance of maintenance & regular manage

S = client's interscap sore after v. big training session last  
week - thought it was time to come for a manage  
and ease tensions



O/A: Traps esp upper L short  
Hams taut esp lat calves. R pecs stiffer  
L more dominant. Elbows taut  
glutes esp L med v. tight. Pin tight esp L  
Rhomb's taut esp L - both adhered. L spine caps  
ES taut esp L. Quads taut. L ITB tighter  
Skin - some varicella back. Heels cracked  
FB(-stom) Heat. Traps rhomb/occiput/ glutes/ITBs/hamstrings  
trap/ham/ITB. Winged scap ok. Arms prone  
Scap + TMS. Traps occiput/ITB/hamstrings  
(Scap/ITB). Palmer walk butt. Client felt  
good after - ready to rest but going to  
work now. Everything less tense

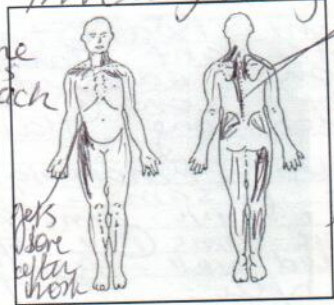
13.12.06 CNL

TREATMENT NO.

DATE: 19.04.07  
TIME: 10:15 Thurs - entime  
PAID: hr + 5 min  
REC No: 990  
AIR TEMP: 23°C CASH  
MUSIC: Saxophone  
FACE CREST: Lav  
OIL BLEND: Sports  
demon/  
N. APT:

P = Recom hydrate. Discussed eating right + difference it  
makes (in conjunction with exercise) & how you feel

S = Client been feeling good lately - shoulders - top of  
been sore some. Been to Dr Brun for arth -  
investigating heart prob. Exercise + stren tests done

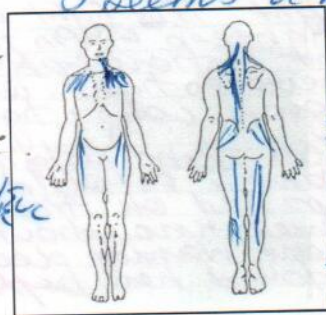


O/A: L's large + raised  
R v. stiff shoulder. TMS taut. Upper traps  
Rhomb's v. cong. Laped. R stiff  
Q's v. right esp L. Skin - dry + dehydrated  
Rhomb's v. right esp L. Iliotibial band. RITB's v. cong  
Skin - v. varicella rhomb region. Quads v. tight  
FB(-stom) Heat. TP rhomb/occiput/ glutes/ITBs/hamstrings  
winged scap L. Oil - R v. stiff. IT legs/ankles  
elbow. Arms prone. S + M. Client's chest  
tougher. Client's body out of balance  
R leg. L upper both v. right. R shoulder stiff  
minimal ROM. Discussed seeing physio  
for arth + exercises

P = See Dr Brun soon. Going away for nationals - one  
more manage hopefully before then

TREATMENT NO.

DATE: 16.08.07  
TIME: 10:30 Thurs hr  
PAID: \$55 CASH  
REC No: 9076  
AIR TEMP: 23°C  
MUSIC: Norah Jones I  
FACE CREST: Pepp  
OIL BLEND: Lemon / Mayf  
+ led / Lav / grapef  
NEXT APPT:



S = Client been feeling tight in shoulders / neck 7 do  
weights + pump class. Going through menopause  
O seems a bit down / depressed

O/A: H's taut. ES raised + cong esp L more  
L scm tight. Rels v. right + short  
Traps esp up v. cong + tight bulky adhered  
Rhomb's esp L tight. D hams tight. Hot / ite  
Skin - v. varicella rhomb region. Temp d

FB(-stom) Heat. TP rhomb/occiput/ glutes/ITBs/hamstrings  
TP rhomb/glutes/hamstrings/ITBs/hamstrings (PMS + S  
Es t-homb/ Q's/ITBs. Client's sinuses  
blocked a little. Body responded well - less  
tense. Client happy after - looked relaxed  
client looked tired + run-down. Menopau  
weight gain obvious

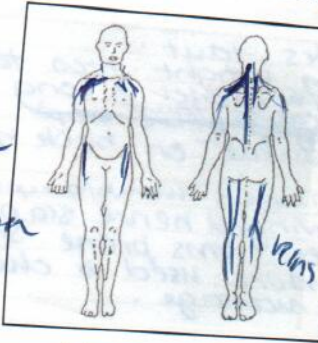
P = Discussed H<sub>2</sub>O M's with her MBF cover new form  
No major comps coming up.

Myo v. cheky esp pin stretch

TREATMENT NO. 1

S = client been feeling "good" - shoulders clicking sometimes when doing weights (pecs/deltoids)

DATE: 05/11/07  
TIME: Mon 230  
PAID: \$55  
REC.No: 1257  
AIR TEMP: 23°C  
MUSIC: Jett Helpern  
FACE CREST: Rose Nii  
OIL BLEND: Rose Nii  
Reminon



O/A: "right"  
Hams/Calves tight. Deltoids tight. ES right short + tight. Mts tense. R pecs esp. L raised. Deltoids + triceps Rhomb region cong esp R lumpy. Higher (stom) Heat. TP rhomb/med/ham/first traps/sinus. For same + ES/BL/Scap winged traps bed on Arms (P) ms + ST + VL Jugs (P) Client quiet throughout Body - enjoyed ms - felt better after

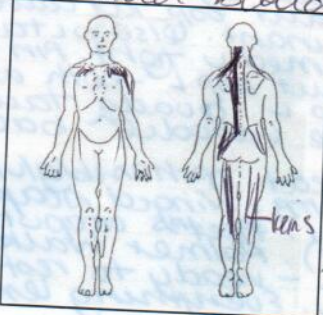
NEXT APPT: 02/08/12/07

0380 13/01/08

TREATMENT NO. 2

P = State titles in March. Remon see physio for some preventative ex. for shoulders

DATE: 27/02/08  
TIME: 115pm Thurs  
PAID: \$60 1hr  
REC.No: 1390 CASH  
AIR TEMP: 23°C  
MUSIC: Ken Davis  
FACE CREST: Dav  
OIL BLEND: Spab  
SB/Bam/Pepp



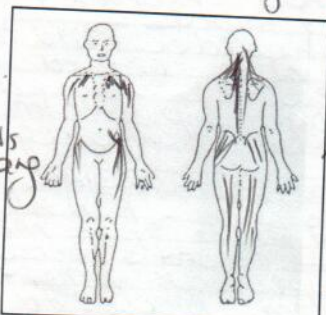
O/A: State titles next week  
d/riap (C) v. short + tight. pms tight. G med tight esp (C). Dats (C) v. tight. Hyp rotat to (C) ant. Mts tight. Dls tight esp (C) Ant/tait. G med start. Rhomb region cong + tight esp (C)  
rel-(stom) Heat TP rhomb/med/ham/first traps/sinus. For same + ES/BL/Scap winged traps bed on Arms (P) ms + ST + VL Jugs (P) Client quiet for most. Feet relaxed after ms - calmer + less tense b/pupper body

NEXT APPT:

TREATMENT NO. 3

P = Discussed body mechanics + effect (L term) of swim on shoulders flats

DATE: 07/05/08  
TIME: \$60 1hr  
PAID: 1455 CASH  
REC.No: 1pm treats  
AIR TEMP: 23°C  
MUSIC: Maya Med Cids  
FACE CREST: Pepp. Wang  
OIL BLEND: Feats  
Gel/Shape/Time



O/A: Quads tight. Boas (C) tight. Triceps (C) tight. R pec short + tight. Dats tight (C). L ES v. cong + adhered. Dls v. cong. G med tight + cong (C) Ant (C) tight. Rhomb region cong. Hams tight  
rel-(stom) Heat. TP rhomb/med/ham/first traps/sinus. For same + ES/BL/Scap winged traps bed on Arms (P) ms + ST + VL Jugs (P) Client relaxed well. Body less tense after.

NEXT APPT:

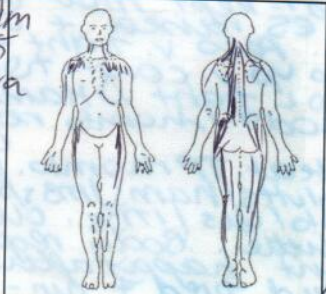
0500 06/12/08

NT B'DAY CARD 11/1/08

TREATMENT NO. 4

S = client been feeling tighter in (C) hip region. Shoulders been okay

DATE: 28/04/09  
TIME: 9am Tues  
PAID: 1hr 5  
REC.No: \$60 146 extra  
AIR TEMP: 23°C  
MUSIC: Myagi I  
FACE CREST: Dav  
OIL BLEND: Ratre Blend



O/A: TBs v. tight. TFLs tight esp L. Asist tender. Trap up. Tight esp L. Pin tight. Boas tight. L traps tight + short esp R/wang. L thick ES tight. Deltoids tight. Dls tight esp L. Rhomb region cong + tight + varied L.  
rel-(stom) Heat. TP rhomb/med/ham/first traps/sinus. For same + ES/BL/Scap winged traps bed on Arms (P) ms + ST + VL Jugs (P) Client quiet throughout. Body relaxed well - client wanted deeper. Armer pressure & found her hips/TB/v. tight

NEXT APPT:

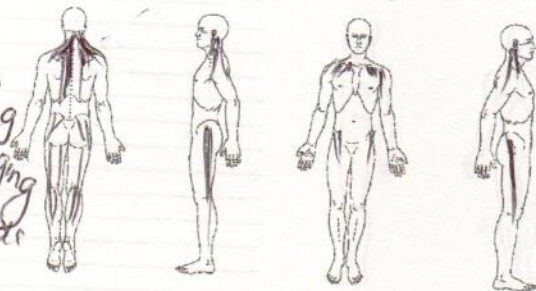
N/L 10/09

P = Remon HF stretch - lunge or 90° on towel with bent knee.

# TREATMENT NO. 1

DATE: 22.10.09  
 TIME: 10.00-10.30  
 PAID: \$60 - 1hr  
 REC.No: CASH  
 AIR TEMP: 24°C  
 MUSIC: Indian M/Song  
 FACE CREST: 24V  
 SUPINE SCENT: demon  
 OIL BLEND: Relax Pain  
 HT: Feet + Arms/Hands  
 EXTRA: Pepp + cream

S = Client been feeling tight in shoulders - esp  
 RHS stiff. Gets reg 246 MS but MT said it was cong



O/A: MBS fault.  
 L larger - locked upside  
 Pecs tight + short + cong  
 Deltoids esp. tight + med + rem  
 ES tight esp. tr. esp. larger  
 Rhomb region tight + cong - too  
 FB (-stom) Heat TP rhomb / med  
 ham / traps / sinus. winged ok  
 Arms (P) S + (S) MS + S + UL. V loops  
 (P) TSE Rom - MS - not reached  
 client feeling big improvement

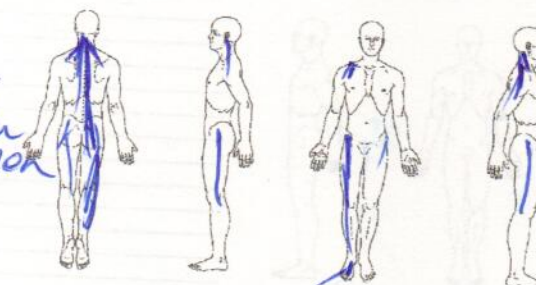
NEXT APPT:

Informed \$65. P = Reconn client relax after MS. Discussed getting reg MS  
 when possible.

# TREATMENT NO. 2

DATE: 07.04.10  
 TIME: 10.50 Weds  
 PAID: \$65 1hr  
 REC.No: 233  
 MP: 233  
 MU: 233  
 FACE CREST: Dare Dream  
 SUPINE SCENT: 24V / demon  
 OIL BLEND: Lemon / Rain  
 HT: Feet + feet  
 EXTRA: Feet + feet

S = Client been sore in R top of foot prox big toe  
 + R shoulder clicking / catch 1 week off - improved



O/A: Pecs tight esp. R. Sunk R. tight  
 L. Scap R. Waxy / short tight  
 Deltoids tight + Reg tight  
 ES tight R. esp. L. solid tight  
 Rhomb region cong R. esp  
 FB (-stom) Heat TP rhomb /  
 med / ham / traps / sinus. winged ok  
 Arms (P) S + (S) MS + S + UL. V loops  
 Quiet throughout TSE Rom  
 7 MS

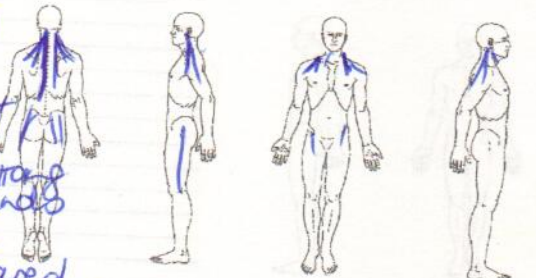
NEXT APPT:

2mas 2010 P = Reconn continuing ards - inflam for R foot + see  
 physio Julie if pain persists

# TREATMENT NO. 3

DATE: 20.01.12  
 TIME: 10.00-10.30  
 PAID: \$60 1hr  
 REC.No: 239  
 MP: 239  
 MU: 239  
 FACE CREST: 24V  
 SUPINE SCENT: demon  
 OIL BLEND: Relax - Mandrag  
 HT: Feet + Arms/Hands  
 EXTRA: No Hst h/c not yet cleared

S = Client been feeling tightness in her shoulders  
 + had chest pains



O/A: Some v. tender spots  
 L. tight. MS tense  
 Traps tight  
 Decb tight + short  
 Rhomb cong + vaso d  
 FB (-stom) Heat TP rhomb /  
 med / ham / traps / sinus. winged ok  
 Arms (P) S + (S) MS + S + UL. V loops  
 Quiet throughout  
 Relaxed - MS + felt diff  
 from reg RMT who hurt her.  
 she felt more relaxed  
 + looser  
 with tension

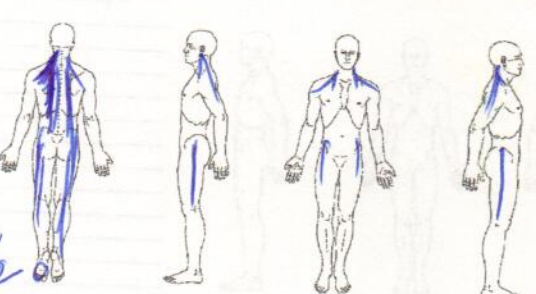
NEXT APPT:

2mas 2011 P = going for tests next week.

# TREATMENT NO. 4

DATE: 25.06.12  
 TIME: MON 4.45  
 PAID: \$75  
 REC.No: 1338 CASH  
 AIR TEMP: 23  
 MUSIC: Yanni / there  
 FACE CREST: 24V  
 SUPINE SCENT: demon  
 OIL BLEND: Pepp / 24V  
 HT: Feet + Face  
 EXTRA: 2x tx

S = Client been feeling tightness in L neck  
 + shoulders. L foot sore



O/A: Pecs tight. cong LHS  
 Deltoids tight  
 ES tight. Solid attachment  
 Rhomb region cong  
 FB (-stom) Heat TP rhomb /  
 med / ham / traps / sinus. winged ok  
 Arms (P) S + (S) MS + S + UL. V loops  
 Relaxed - MS  
 Felt better - v indulgent

NEXT APPT:

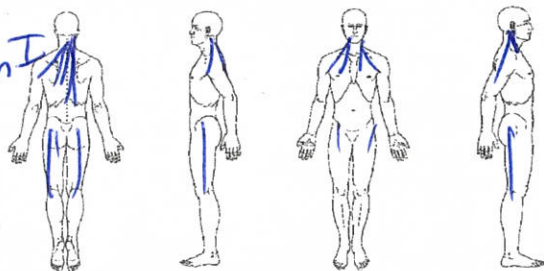
2x back P = Reconn see physio. foot. Other MT said b/c legs  
 being too tight but it feels more structural with sore  
 Reconn see chin / physio / ostro for mobs to help free  
 up spine

BDAY 2010 XMAS OR MOLT + BDAY!!

TREATMENT NO. 

S = client been feeling tightness in shoulders

DATE: 19.01.17  
TIME: 10:00  
PAID: \$88/hr  
REC.No: 2  
AIR TEMP: 25 Jan am I  
MUSIC: Mxg 15 min  
FACE CREST: 200  
SUPINE SCENT: Lem  
OIL BLEND: 2x 1/2 2x back  
HT: 1  
EXTRA: 1



O/A: traps up tight  
rhomboids tight  
es tight Pels taut  
Rhomb region long  
fb (-stom) Heat. P rhomb/  
g med / ham traps  
fx same + es / Pels  
Quiet throughout

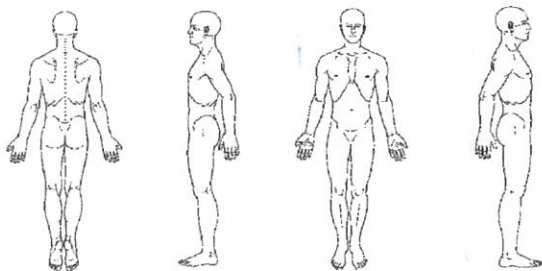
NEXT APPT: \_\_\_\_\_

P = Enjoyed Ms - discussed how reg ms can help body.

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
HT \_\_\_\_\_  
EXTRA \_\_\_\_\_



O/A: \_\_\_\_\_

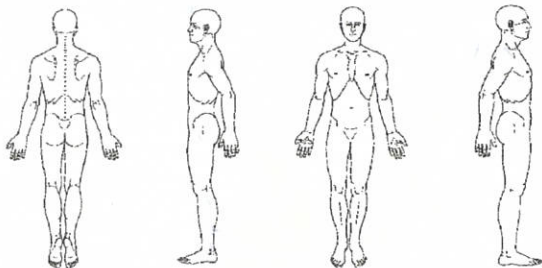
NEXT APPT: \_\_\_\_\_

P = \_\_\_\_\_

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
HT \_\_\_\_\_  
EXTRA \_\_\_\_\_



O/A: \_\_\_\_\_

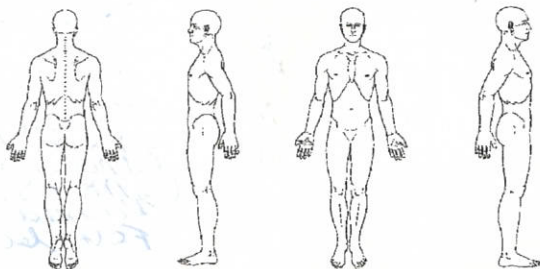
NEXT APPT: \_\_\_\_\_

P = \_\_\_\_\_

TREATMENT NO. \_\_\_\_\_

S = \_\_\_\_\_

DATE: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: \_\_\_\_\_  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: \_\_\_\_\_  
OIL BLEND: \_\_\_\_\_  
HT \_\_\_\_\_  
EXTRA \_\_\_\_\_



O/A: \_\_\_\_\_

NEXT APPT: \_\_\_\_\_

P = \_\_\_\_\_

TREATMENT NO.



S = client's shoulder been sore "ready for a MS"

TREATMENT NO.

JAN PENNY

Office: ☐ Scanned & filed

DATE: 7.9.17  
TIME: 1.45 THURS  
AIR TEMP: 24°C  
MUSIC: Norah Jones  
FACE CREST: dar  
SUPINE SCENT: Lem  
OIL BLEND: Relou  
Mand / Tang  
Hot Towel: Feet / Face  
Cold Stones: 10 Face  
Hot Stones: 2 x low  
2 x back



O/A:

Some pt / lat tightness  
Deltoids tight & restricted  
ES tight. ribs tender  
Rhomb region comp + vasod

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☒ Supine MS LEGS  
TP traps / rhombs  
Fx pcc / traps  
☐ Talked ☐ Quiet Relaxed Breathing  
ROM Tsd > MC  
FBACK feet good moment > pr

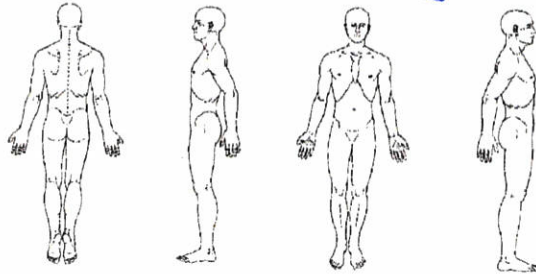
P = Reiom client work on deltoid & pec stretching

TREATMENT NO. 6

S = Gen full body maint. quite firm.

Jan ~~Schramm~~ Penny

DATE: 1/12/17  
TIME: 1  
PAID:   
REC.No:   
AIR TEMP: 22  
MUSIC: mass gen.  
FACE CREST:   
SUPINE SCENT: lemon.  
OIL BLEND: L/X  
HT Feet / chest.  
CST  
HST glutes / scaps.  
EXTRA cup @ sap.  
NEXT APPT:



O/A: shoulders ↑ general.

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

P =

Jan Penny

DOB12 Jan 1960

Appointments

| Date        | Time            | Type                                                          | Practitioner     |
|-------------|-----------------|---------------------------------------------------------------|------------------|
| 12 Jul 2024 | 4:30PM – 5:30PM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 9 May 2024  | 4:00PM – 5:00PM | REBOOKING - 60 minute Massage                                 | Christine Jervis |

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Jul 2024, 4:30PM

Created: 14 Jul 2024, 8:37PM

Last updated: 14 Jul 2024, 9:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -clients body been a bit sore.  
Feedback from previous treatment - enjoyed last massage.

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm  
Music - Yanni if there  
Aromatherapy Massage oil - Lavender  
Spritzer - joyful  
  
Remedial techniques - shoulders/back.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

|                                                                                                                        |                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hot Wet Towels</b>                                                                                                  | Feet; Face                                                                                                                                                                   |
| <b>Topical Treatment</b>                                                                                               | Fisiocrem shoulders/neck                                                                                                                                                     |
| <b>What parts of the body were massaged?</b>                                                                           | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Feet; Head / scalp; Face / sinuses |
| <b>Where any specific trigger points used?</b>                                                                         | Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; Glutes; Psoas                                                                                                            |
| <b>Body Chart</b>                                                                                                      |                                                                                                                                                                              |
| <b>Feedback after treatment -</b>                                                                                      | Felt good                                                                                                                                                                    |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | Discussed getting another massage in the next couple of months to help work on tension in shoulders.                                                                         |
| <b>Infra-Red Sauna (if applicable - info is below)</b>                                                                 |                                                                                                                                                                              |
| <b>Time in Sauna (minutes) -</b>                                                                                       | 23                                                                                                                                                                           |
| <b>Feedback after treatment -</b>                                                                                      | Enjoyed it. Sweat a little.                                                                                                                                                  |

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 9 May 2024, 4:00PM  
**Created:** 9 May 2024, 5:13PM  
**Last updated:** 9 May 2024, 5:34PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -clients back mid to lower been sore after yoga  
Feedback from previous treatment - been a while

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today  
Anything noteworthy - no  
Anything specific to massage (E.g. no foot massage) - no

**Treatment details - what was done today to help the client** Pressure used - 2-3 firm  
Music - Saxophone music

|                                                                                                                        |                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                        | Aromatherapy Massage oil - Lavender<br>Spritzer - joyful                                                                                                                     |
|                                                                                                                        | Remedial techniques -                                                                                                                                                        |
| <b>Hot Pack</b>                                                                                                        | Lower Body                                                                                                                                                                   |
| <b>Hot Stones</b>                                                                                                      | 2 x Hips; 2 x Back/Shoulders; Cold stones on face                                                                                                                            |
| <b>Hot Wet Towels</b>                                                                                                  | Feet; Face                                                                                                                                                                   |
| <b>Topical Treatment</b>                                                                                               | Fisiocrem shoulders/neck                                                                                                                                                     |
| <b>What parts of the body were massaged?</b>                                                                           | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Feet; Head / scalp; Face / sinuses |
| <b>Where any specific trigger points used?</b>                                                                         | Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; Glutes; Psoas                                                                                                            |
| <b>Body Chart</b>                                                                                                      |                                                                                                                                                                              |
| <b>Feedback after treatment -</b>                                                                                      | Itbs sore and felt good getting treatment all over                                                                                                                           |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | Discussed seeing again with a free sauna in 4-6 weeks away                                                                                                                   |
| <b>Infra-Red Sauna (if applicable - info is below)</b>                                                                 |                                                                                                                                                                              |
| <b>Time in Sauna (minutes) -</b>                                                                                       |                                                                                                                                                                              |
| <b>Feedback after treatment -</b>                                                                                      |                                                                                                                                                                              |

## Patient Forms

There are no patient forms for Jan Penny.