

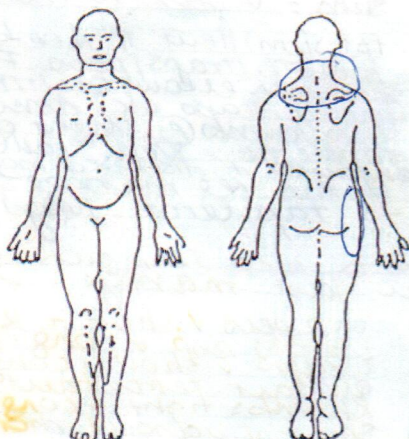


MBF 656 COOGEE STREET
2 Coogee East Mt Shendan
Client Record

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

Medications - Prescribed or Natural: ---

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



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

Type (sharp, dull, aching etc) ---

When is the pain worst? ---

What relieves the pain? ---

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

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

Details regarding above selections: ---

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

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

CLIENT AUTHORISATION

I understand that

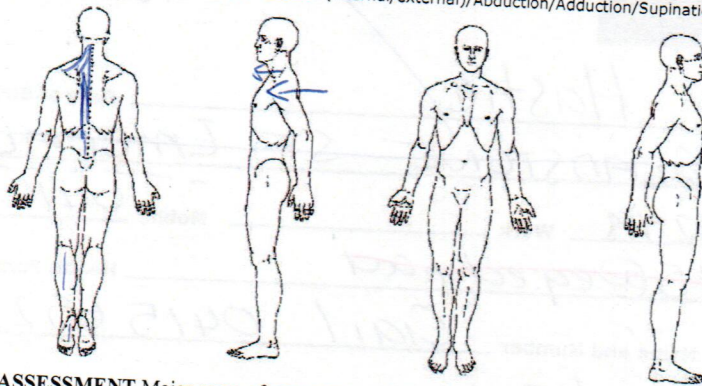
- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to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

Signature: Louise Hastie

Date: 28/6/07



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



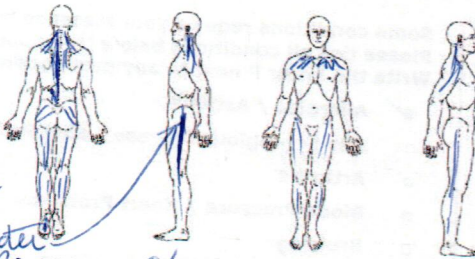
OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

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

TREATMENT NO. 1

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

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



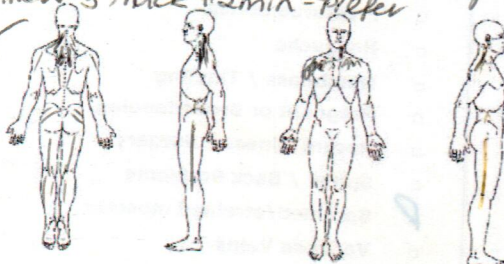
P = Reiom stretch peis, get balance body + get him to tapotent legs for cough
 tender

O/A: Ols tight esp L. slutes tight esp med
 L. deltoids esp right. Trp tight
 Peis v short + tight. L plant fascia
 Upper Traps: 100% L esp tight
 LES raised + cong. Scms tight
 Stern - v. varicoid rhomb region
 TP (stom) Heat TP rhomb/glu med / sim
 ham/ltb/traps/peis. F/E (rhomb)
 gives mtr elbow. Ols/ltb
 mixed traps ok. Arms @ms + Sr +
 100% lams @. client quiet throughout
 tapotent - Red. Really relaxed
 enjoyed it. discussed massage as care
 doing the leg manage + help

TREATMENT NO. 2

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

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



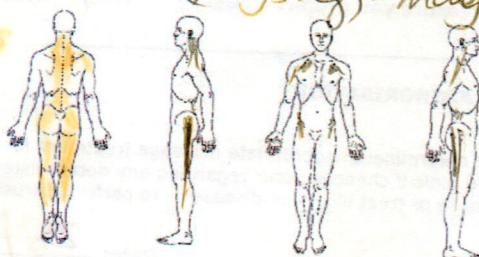
P = client advised to stretch on shin ball or rolled
 towel

O/A: R peis v. short + R AC forward
 traps esp v. cong. peis tight
 scaps v. short + cong
 Ols fast. pectorals + ant. scap
 rhombs tight + cong
 Stern - v. varicoid rhombespr
 TP (stom) Heat TP rhomb/traps/
 F/E rhomb/ham/ltb/ols
 mixed traps med ok Arms @ms +
 Sr. 100% lams @. client quiet
 throughout. Body responded
 well. less tend. Rhomb cong in
 10-15 min contributing to
 10-15 min ball or rolled

TREATMENT NO. 3

S = client been feeling sore in lsc region - when
 touch (plays leg) - may have strained it
 Nothing alone to do

DATE: 28.09.07
 TIME: 1030 Thurs
 PAID: \$55 for 1hr 15
 REC.No: 1100
 AIR TEMP: 23°C
 MUSIC: Bnpa I
 FACE CREST: 200p
 OIL BLEND: 100% lams
 NEXT APPT:



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

O/A: HFs tight, gmed pin tight
 Ols tight. ES tight. Trp short
 scaps + rhombs v. short
 Peis tight esp (tender)
 Rhombs tighter
 Stern - v. varicoid rhomb region
 TP (stom). Heat TP rhomb/glu med / sim
 ham/ltb. F/E rhomb/ltb/scap
 lps. mixed traps med ok Arms @ms +
 Sr. 100% lams @. client quiet
 throughout. Body responded
 well. less tend. Rhomb cong in
 10-15 min contributing to
 10-15 min ball or rolled

\$28 mixed bag

initially
 after
 15 min
 legs off
 table

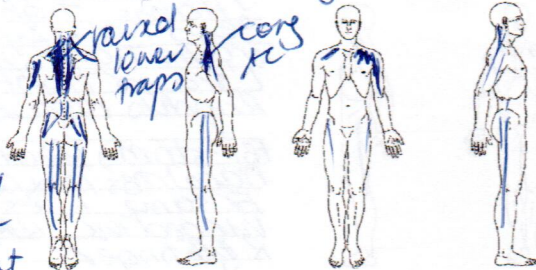
TREATMENT NO. 4

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

NEXT APPT:

Ordered wheat pillow + bag for friend

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



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

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

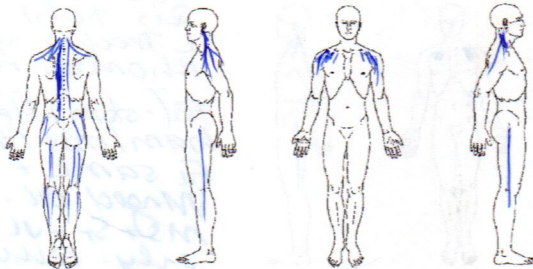
P= Review client see physio / S & C for aners + program
E XNL 08/12/07
\$220 15/10/08 X 10/07

TREATMENT NO. 5

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

NEXT APPT:

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



Traps up short + tight esp R ypm.
Teres tender. Triceps L lower
scap short + 2 traps tight
ES tight + cong esp L raised + cong
Rhomb region cong + tight. Pecs short
- ant legs + 1TB/abdom + tight

Fb (-stom) Heat TP rhomb/med/ham/1TB/traps/sinus. Fr same + ES
+ ES/rhomb/med/2 trap/2c
arms @ ms + ST + UL Jugs @
client quiet
discussed ms for babies/chin + whyher
deltoids/teres tight from imbalance

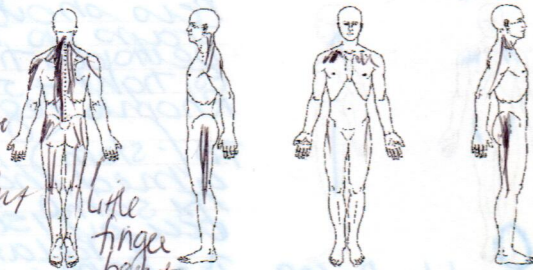
P= Review client watch posture - tuck chin + open chest in neck

TREATMENT NO. 6

DATE: 15.04.09
TIME: Weds 9am
PAID: 1hr \$60
REC.No: 158 CASH
AIR TEMP: 23°C
MUSIC: Ariana I Mygo
FACE CREST: Paul
OIL BLEND: Paul
S/line/graphite

NEXT APPT:

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



O/A: 1TB/1TB tender + tight
2 traps short. ES L prob bulky
Pecs short + V achy/scap
2 traps tight L. Pecs short
traps up short + tight

Fb (-stom) Heat TP rhomb/med/ham/1TB/traps/sinus. Fr same
+ ES/rhomb/med/2 trap/2c
arms @ ms + ST + UL Jugs @
Elbow/OT/Rem neck
esp back where it was cong

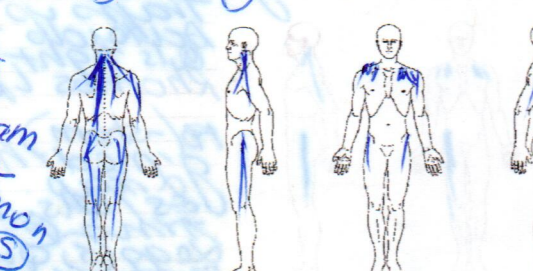
P= Surgery on finger tomorrow in bre. 3 weeks recovery

TREATMENT NO. 7

DATE: 05.01.10
TIME: Tues 1hr
PAID: \$65 PAID
REC.No: RT Notes XMAS
AIR TEMP: 23°C GV
MUSIC: Yanni-dare dream
FACE CREST: Pepp
OIL BLEND: Paul
Basil/Pepp demon

NEXT APPT:

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



O/A: Traps up tight + short
Pecs tight. 1TB/med/pin tight
Deltoid + tight
ES tight + cong esp Tr
Rhomb region cong esp

Fb (-stom) Heat TP rhomb/med/ham/1TB/traps/sinus. Fr same
+ ES/rhomb/med/2 trap/2c
arms @ ST + ST/MS/ST
throughout. DT on shoulder
esp

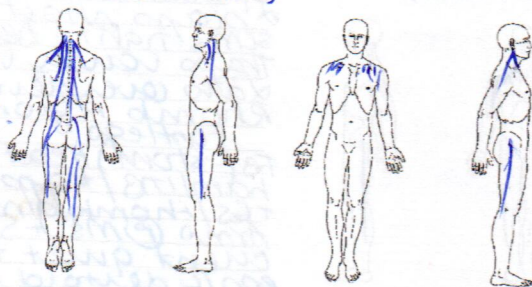
P= Review client see chiro Chris Heron for neck
CT scan today on head/neck
discussed skeletal & muscle systems relationship

Body Wash B'DAY Massage

TREATMENT NO. 8

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

DATE: 08.01.10
TIME: \$65/hr
PAID: 1030 P1
REC.No: 609 + 630
AIR TEMP: 24°C
MUSIC: Mix Mod Israel
FACE CREST: Relax demon
OIL BLEND: Basil/Pepp
NEXT APPT:



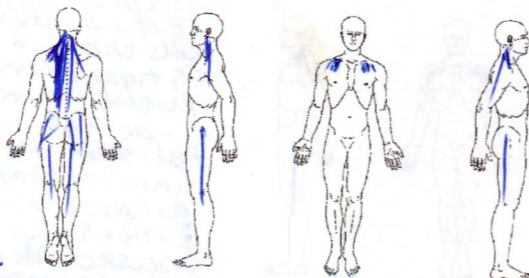
O/A: Dr OK'd Ms - from regular
Hams tight + traps tight
Traps tight esp R
L traps tight esp upper
Rhomb region cong + tight
FB(-stom) Heat TP rhomb/med
ham/IBs/traps/sinus/l scap
R same + ES/als/occiput/ST-
winged ok RM upper + lon
R 4th finger

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

TREATMENT NO. 9

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

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



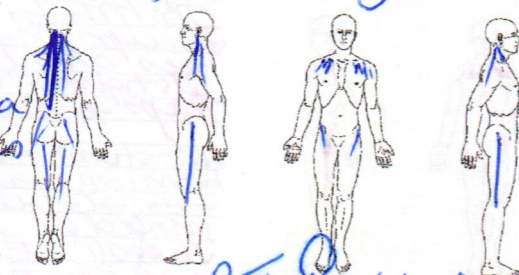
Flex v. sore
Deltoids tight
als tight
L traps up short + tight
Rhomb region cong
FB(-stom) Heat TP rhomb/med
ham/IBs/traps/l scap
R same + ES/als/occiput/scap
Winged ok Arms @ Sr + S
Mst Sr + VL. Joints @ - ankles
only. client throughout most
the ROM > ms

P = Recommend client use some heat on shoulder/neck

TREATMENT NO. 10

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

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



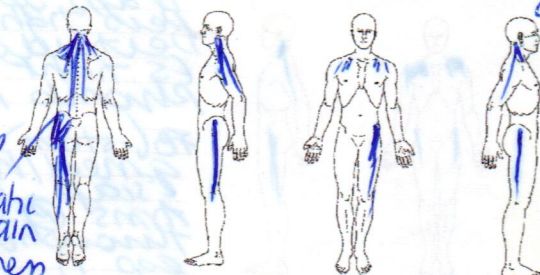
O/A: Peis short TM tense
Traps up tight + short
Deltoids tight - improved
ES tight + short
Rhomb region cong + loose
FB(-stom) Heat TP rhomb/med
ham/IBs/traps/l scap
R same + ES/als/occiput/scap
Occiput 1st/2nd
Use ROM + feeling better

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

TREATMENT NO. 11

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

DATE: 22.06.10
TIME: 9AM WEDS
PAID: \$65/hr CASH
REC.No: 821
AIR TEMP: 23°C
MUSIC: Rael Merc
FACE CREST: Relax demon
OIL BLEND: Manditang
NEXT APPT:



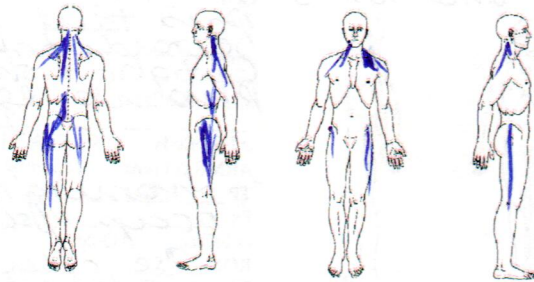
O/A: Lots time @ 40 mins
Traps up bulky/short
als tight
Rhomb l knotted/adhered
FB(-stom) Heat TP rhomb/med
ham/IBs/traps/l scap
R same +
Joints @ Sr + S
Legs @ quick MS
Scap - LHS v tight

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

TREATMENT NO. 12

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

DATE: 01/06/10
TIME: 18:05 hrs
PAID: 10:30 Mon
REC.No: 11/10
AIR TEMP: 23°C CASH
MUSIC: 828
FACE CREST: Jan
SUPINE SCENT: Relax
OIL BLEND: Mand/Trang
HT: Feet + Face
EXTRA:



O/A: MBS + TFLs L v. right
Reis short. Thru tense
Deltoids tight + traps right
ES tight + short + up traps right
Rhombis long esp lower
☒ Full Body ☐ STOMACH Whole L side tight
ARMS ☐ Prone ☐ Supine Ms LEGS tighter
TP + ham/leg med/pin/mb/ham
Fx 47/48 occiput/sacrum
☐ Talked ☐ Quiet keep/quiet Breathing
ROM esp neck + Ms + shoulder
FBACK:

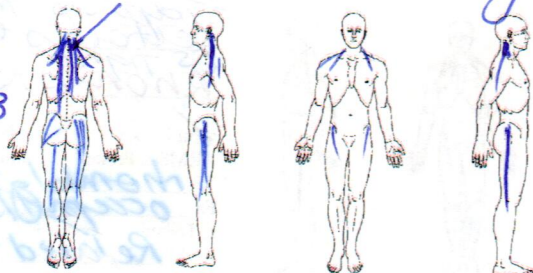
NEXT APPT:

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

TREATMENT NO. 13

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

DATE: 23 09/10
TIME: 18:05 hrs
PAID: Thurs 9AM
REC.No: 1900
AIR TEMP: 23°C
MUSIC: Twilight Mix 1-3
FACE CREST: Jan
SUPINE SCENT: Relax
OIL BLEND: Relax
HT: Feet + Face
EXTRA:



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

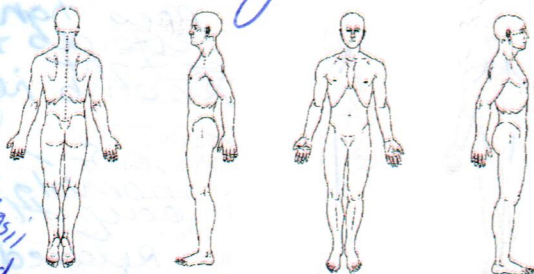
NEXT APPT:

P = Remom client have some intense tr to help over
there hols

TREATMENT NO. 14

S = Client been feeling tightness in neck/shoulder
esp + deep body balance this morning

DATE: 27 09/10
TIME: 18:05 hrs
PAID: upm es/b
REC.No: 1028
AIR TEMP: 23°C
MUSIC: Enya II
FACE CREST: Jan
SUPINE SCENT: Relax
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



O/A: Improved from previous
traps up long esp LHS
Delts tight + short. Deltoids tight
ES tight. Traps up right
Rhombis long esp tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS - ant legs
TP rhomb/leg med/ham/mb/ham
Fx occiput/scalp
☐ Talked ☐ Quiet Quiet Breathing
ROM Use 7 Ms and feet better
FBACK improvement

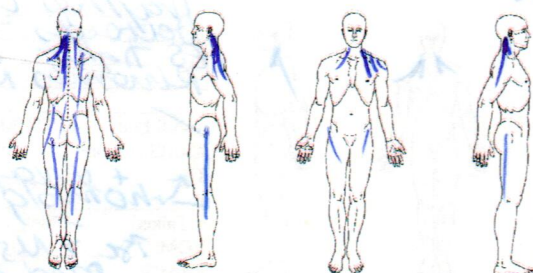
NEXT APPT:

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

TREATMENT NO. 15

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

DATE: 30 09/10
TIME: Thurs 9AM
PAID: 23°C CASH
REC.No: 1013
AIR TEMP: 23°C
MUSIC: Yanni - tribute
FACE CREST: Jan
SUPINE SCENT: Relax
OIL BLEND: Relax
HT: Feet + Arms/hands
EXTRA:



O/A: Improved from previous
traps up long esp LHS
Delts tight + short. Deltoids tight
ES tight + short. Deltoids tight
Rhombis region long + tight
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine Ms LEGS
TP rhomb/leg med/ham/mb/ham
Fx occiput/scalp/mu
☐ Talked ☐ Quiet Quiet Breathing
ROM Relaxed + Ms + quality ROM
FBACK Use ROM esp lat flexion

NEXT APPT:

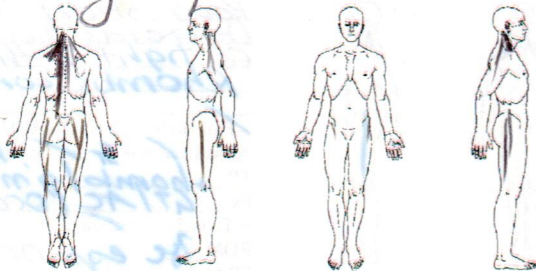
P = Remom client stretch out + work on keep
good posture

anas 2010

TREATMENT NO. 16

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

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



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

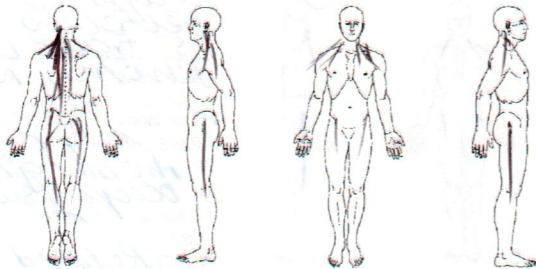
NEXT APPT:

P = See in New Year for more work on neck

TREATMENT NO. 17

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

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



O/A: Trap up tight. Pecis tight
Deltoids tight
CS tight
Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/IBS
Fx occipit/scalp/IBS/AC/5
☐ Talked ☐ Quiet Breathing
ROM Relaxed > Ms + feet tired
FBACK

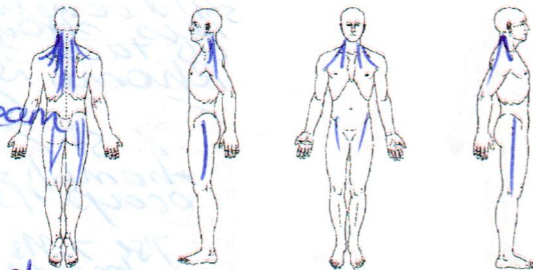
NEXT APPT:

P = See next week for b'day Ms - discussed how things
improving overall

TREATMENT NO. 18

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

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



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

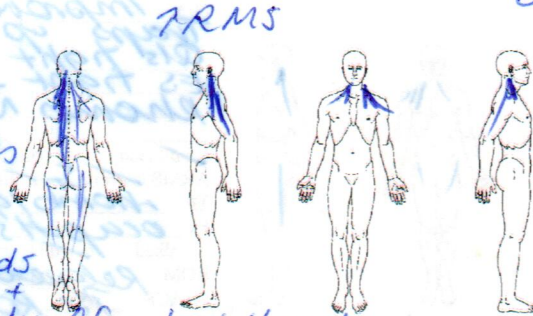
NEXT APPT:

P = Recom stretch out & enjoy holiday week

TREATMENT NO. 19

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

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



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

NEXT APPT:

P = 2 dual for back/hands
Xray shows shoulder position & curve of spine
1st Ms in neck but better than Mon. sinus + cold today
Client had migraines & feeling sore with shoulder
FB(-stom) Heat TP rhomb/g med/ham/IBS. winged ok. cong upper
esp rhombos/trap/d/accps. Tr same + g med/ham/IBS/od/ies
Arms @ S7 + S8 Ms + S7 + L. Quick ant legs. Quiet throughout
Relaxed > Ms + feet diff in ROM. V. cong upper esp
may be causing h/aches

20th - 03.12.12 FRI
2ms 2011
Bday 2012
N/C call
Gif next time

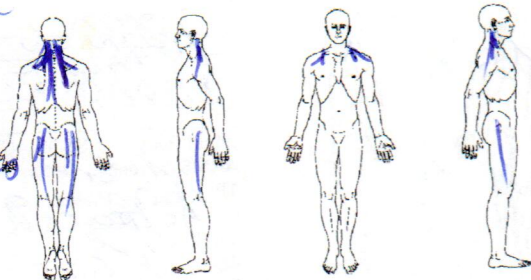
forgot give gift for 20th - next time

TREATMENT NO. 21

S=

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

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



O/A:

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

P=

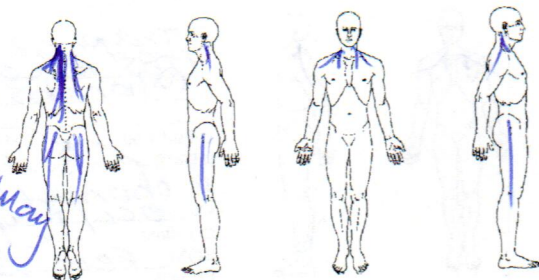
Recom use juice for anes +

TREATMENT NO. 22

S=

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

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



O/A:

V. DT / RM used
Deltoids tight
ES v. cong / Peep v. short
Rhomb - aso d - cong
Full Body ☒ STOMACH ☒ Ms LEGS
ARMS ☒ Prone ☒ Supine
TP rhomb/g med / ham / TRS
Fx occ / scalp / TMs
ROM Used after Ms
FBACK Feet better

P=

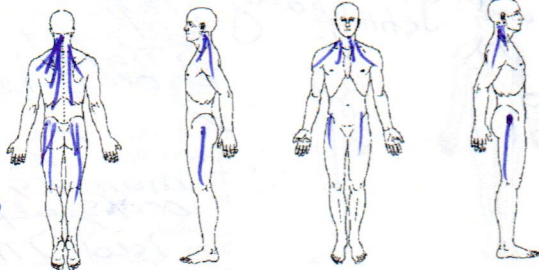
Scary Juice over hot's for an +

TREATMENT NO. 23

S=

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

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



O/A:

Trap up tight
Deltoids tight
ES tight 2 traps tight
Rhomb region cong
Full Body ☒ STOMACH ☒ Ms LEGS
ARMS ☒ Prone ☒ Supine
TP No TMs. Seated pressure
Fx rhomb / g med / ham / TRS
ROM Used > Ms
FBACK Feet better - 10 min

P=

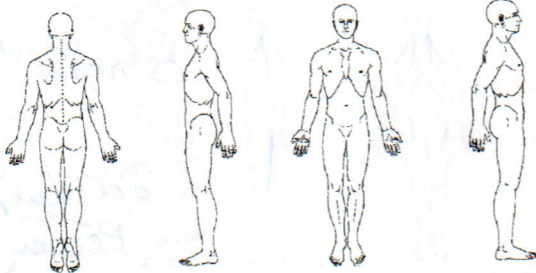
1 more km. then just school teaching
See in few weeks

TREATMENT NO. 24

S=

Client been feeling tightness in her
neck lately. wedding soon

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



O/A:

Trap up tight. Peep short
Deltoids tight
ES tight 2 traps tight
Rhomb region cong
Full Body ☒ STOMACH ☒ Ms LEGS
ARMS ☒ Prone ☒ Supine
TP rhomb/g med / ham / TRS
Fx occ / scalp
ROM Used 7 Ms. Improved
FBACK Feet improved

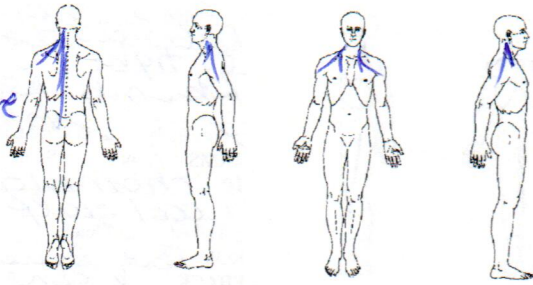
P=

Recom client stretch out + use heat

TREATMENT NO. 25

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

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



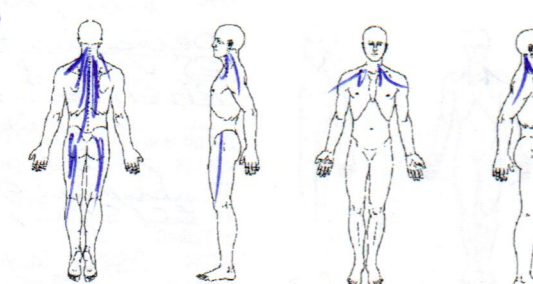
O/A: some v. cong
traps up solid esp. 45
of right + short
rhomb region cong +
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / traps
Fx Ac / traps / scap / occipit
☐ Talked ☐ Quiet ☐ Breathing
ROM V. Cong - some improve
FBACK Feet - still stiff

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

TREATMENT NO. 26

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

S = Client been feeling tightness neck
been ok



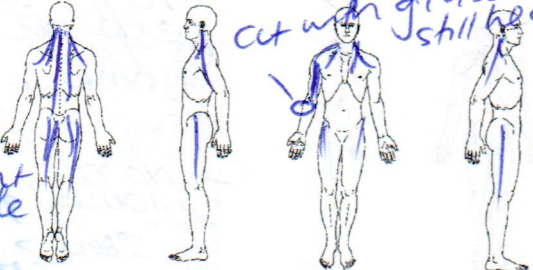
O/A: Traps up tight Pains
traps tender + TMs
Rhombos tight
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / occ /
Fx occ / traps / act / sc.
☐ Talked ☐ Quiet ☐ Breathing
ROM Feet better 7ms
FBACK

P = Reiom look after body

TREATMENT NO. 27

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

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



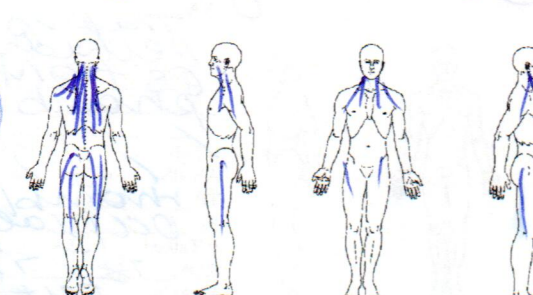
O/A: Traps up tight
traps tight Pains tight
ES tight
Rhomb region cong
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / ham / med
Fx occ / scalp / Tmt / S
☐ Talked ☐ Quiet ☐ Breathing
ROM Used 7ms - feet better
FBACK

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

TREATMENT NO. 28

DATE: 24.05.13
TIME: 10.15am
PAID: \$75 Inv
REC.No: 2555 E
AIR TEMP: 25
MUSIC: Lav
FACE CREST: Lem
SUPINE SCENT: Affman
OIL BLEND: Relax
HT: 2 x Lx + 2 x back
CST: (A) Face
HST: Feet + F/H

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



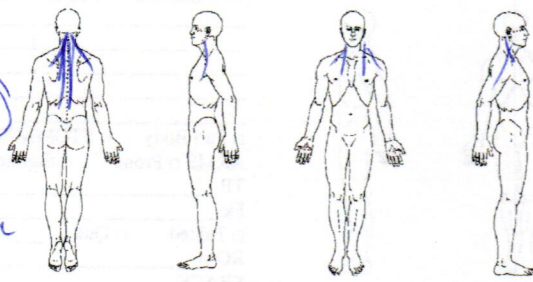
O/A: Abductor strain Tor II
rhombos tight Pains tight
traps tight Pains short
ES tight Deltoids tight
☐ Full Body ☐ STOMACH ☐ Prone ☐ Supine ☐ Ms LEGS
ARMS ☐ TP rhomb / g med / traps / L / scap
Fx occ / scalp / Tmt
☐ Talked ☐ Quiet ☐ Breathing
ROM Reiom used 7ms
FBACK another 1ms to help

P = Seeing physio for Tx

TREATMENT NO. 29

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

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

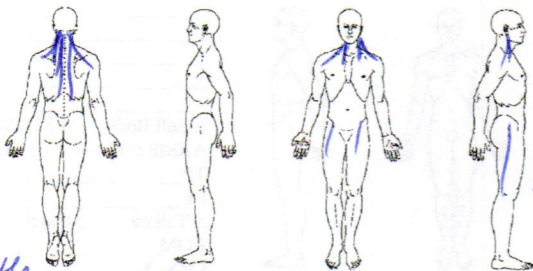


O/A: ES tight. Deltoids tight. Quiet. Pers tight. rhomb/med/ham/legs
☐ Full Body ☒ STOMACH
ARMS ☐ Prone ☒ Supine MS LEGS
TP rhomb/med/ham
Fx ES/ocul/2 traps/traps/rhomb
☐ Talked ☐ Quiet Breathing
ROM Used 3 MS
FBACK Feet better 2 MS

TREATMENT NO. 30

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

DATE: 10.07.14
TIME: 588
PAID: 1hr
REC.No: 25
EMP: 3416
Rose Men
FACE CREST: Jan
SUPINE SCENT: lem
OIL BLEND: Relax
Manditang 1
HT: Feet / Face
CST: 4x Face
HST: 2x 2x back

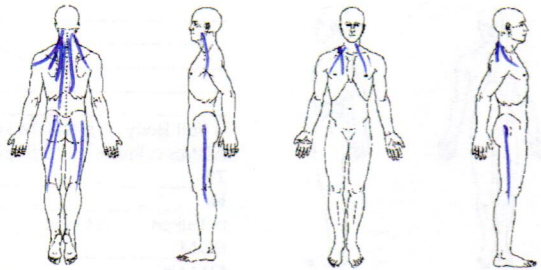


O/A: Pers tight. Deltoids tight. ES tight. traps up tight. Rhomb region cong
☐ Full Body ☐ STOMACH Gentle for used
ARMS ☐ Prone ☒ Supine LEGS
TP rhomb/med/ham/traps
Fx ES/ocul/2 traps/traps
☐ Talked ☐ Quiet Breathing
ROM Used 2 MS
FBACK Feet better 2 MS

TREATMENT NO. 31

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

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

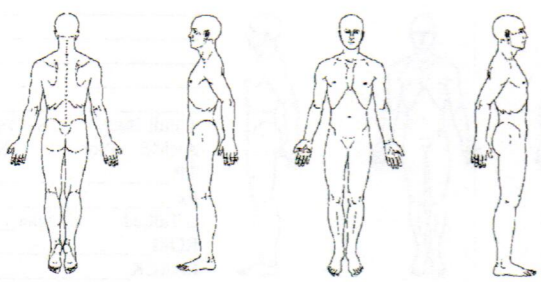


O/A: Pers tight. Deltoids tight. ES tight. traps up tight. Rhomb region cong
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☒ Supine LEGS
TP rhomb/med/ham/traps
Fx ocul/traps/ham
☐ Talked ☐ Quiet Breathing
ROM Used 2 MS
FBACK Feet better 2 MS

TREATMENT NO. _____

S = _____

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



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

P = _____

Louise Harcourt

DOB 10 Jan 1984
Occupation Teacher

Appointments

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

Treatment Notes

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

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

Standard Consultation - Remedial Massage

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

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

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

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

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

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

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment - Felt great afterwards.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed getting some treatment to help

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Mar 2025, 9:30AM

Created: 24 Mar 2025, 11:02AM

Last updated: 24 Mar 2025, 1:46PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - lower back been sore from herniated disc and shoulder is pinching

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

Prescription Medication; Injury

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

Pain and limited movement from daily medical appointments to help with digestive system problems. Herniated disc lumbar (no scan done)

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked.
Anything noteworthy - pregnancy x 2 past
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client

Pressure used -2 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body
Topical Treatment - none
Aromatherapy Massage oil - lavender peppermint
Music - Yanni aria and if there music

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement

Where any specific trigger points used?

ITBs

Body Chart

Feedback after treatment -

Felt so much better

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

See for another massage

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

Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 9 May 2024, 2:30PM Created: 9 May 2024, 3:47PM Last updated: 9 May 2024, 3:49PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - ligament pain in lower belly and numbness in R hand. Pregnant. Due May 20 elective c section. Today had cross country
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil - lavender Music - Sacophone music FB Treatment -legs with some remedial work on shoulders, back and legs.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Swelling focus - pumping, pressure adjusted, gentle rocking and movement
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt so much better

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

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

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

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

Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses	
Where any specific trigger points used?	ITBs
Body Chart	
Feedback after treatment -	Felt could stand up after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See on Thursday for another treatment to help
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Mar 2024, 2:30PM Created: 10 Mar 2024, 2:26PM Last updated: 10 Mar 2024, 4:09PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - neck been feeling compressed and tight. Pregnant. Due May. Cramping.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Pain and limited movement from daily medical appointments to help with digestive system problems.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - pregnancy Anything specific to massage (E.g. no foot massage) -no.
Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body Topical Treatment - none Aromatherapy Massage oil -Mand/Tang Music - Ken Davis

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

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? ITBs

Body Chart

Feedback after treatment - Felt good after massage

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Continue to see for regular treatment.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 17 Jul 2023, 4:00PM

Created: 17 Jul 2023, 5:52PM

Last updated: 17 Jul 2023, 5:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - neck been feeling compressed and tight.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Pain and limited movement from daily medical appointments to help with digestive system problems.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
Covid compliance checked.
ROM - not checked.
Anything noteworthy - medical intervention currently.
Anything specific to massage (E.g. no foot massage) -no.

Treatment details - what was done today to help the client Pressure used -2 firm
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Upper Body / Lower Body

	Topical Treatment - Fisiocrem on shoulders Aromatherapy Massage oil -Mand/Tang Music - Yanni if there No spritzer FB Treatment -legs with some remedial work on shoulders and neck especially. Quick abdominal release.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Discussed seeing physio for TMJ pain and getting some regular massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see for regular treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 May 2021, 2:30PM
Created: 23 May 2021, 5:39AM
Last updated: 23 May 2021, 5:40AM

Standard Consultation - Remedial Massage

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

Treatment details - what was done today to help the client	Pressure used -2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Upper Body / Lower Body Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Aromatherapy Massage oil -Mand/Tang Spritzer - Neroli FB Treatment with some remedial work on shoulders and hips plus abdominal work, psoas release and gentle work. Some remedial work done on legs too.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; QLs; ITBs; TFLs
Body Chart	
Feedback after treatment -	Physio is working on foot tension.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Continue to see for regular treatment to help with body balance and fertility.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Mar 2021, 10:30AM
Created: 23 Apr 2021, 10:44AM
Last updated: 23 Apr 2021, 10:46AM

Standard Consultation - Remedial Massage

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

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

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

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

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

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

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

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

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

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

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

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

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

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

Prescription Medication; Injury

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

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

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

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; QLs; ITBs; TFLs

Body Chart

Feedback after treatment -

Felt so good after massage.

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

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

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

Standard Consultation - Remedial Massage

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

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

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

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

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

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

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

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

Body Chart

Feedback after treatment - :)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 18 May 2019, 8:30AM

Created: 18 May 2019, 12:17PM

Last updated: 22 May 2019, 12:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

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

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

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

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

What parts of the body were massaged?

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

Where any specific trigger points used?

Upper Traps; Lev Scaps; QLs; Glutes

Body Chart

Feedback after treatment -

:)

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

massage, stretch, sauna

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 13 Apr 2019, 11:15AM

Created: 13 Apr 2019, 11:14AM

Last updated: 26 Apr 2019, 11:07AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -Lx2/3 worn on one side.
Feedback from previous treatment -

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

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

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

What parts of the body were massaged?

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

Where any specific trigger points used?

Upper Traps; Lev Scaps; QLs; Glutes

Body Chart

Feedback after treatment -

:)

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

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

There are no patient forms for Louise Harcourt.