




Personal Information			
Full Name <b>JAN PENNY</b>		Occupation <b>Reception</b>	
Postal Address <b>19 Carroo Street Bayview Heights Q4868</b>			
Home Phone <b>40 547702</b>	Work Phone <b>40 541464</b>	Mobile <b>0417 899 846</b>	
Email Address <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) <input checked="" type="radio"/> Text Message <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 <b>0448 563 888</b>		Relationship to you (e.g. Partner). <b>Steve</b> <b>1 husband</b>	
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / <input type="radio"/> No (please print)		Please circle if you use any of the following: <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) <b>NO.</b>			
Client Signature 		Date <b>19 JAN 17</b>	

☐ Office - Please tick after updated information is electronically entered



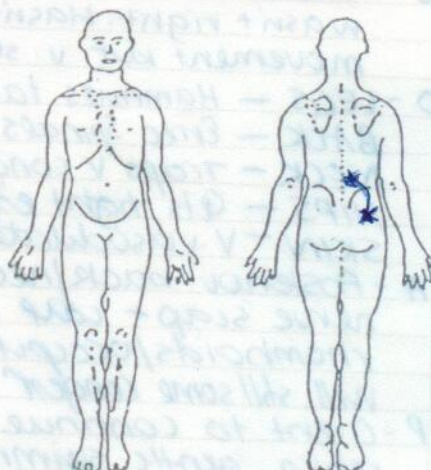
Full Name Jan Christie PENNY D.O.B 12.01.60 Gender F  
 Address 19 Carroo Street, Bayview Heights CAIRNS  
 Home Phone 40 54 7702 Work 40 51 8566 Mobile 0417 8998 46  
 Email Address jan.penny@bigpond.com.au  
 Emergency Contact Details - Name and Number Steve Penny  
 Current Doctor Dr Coetzee Referred 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

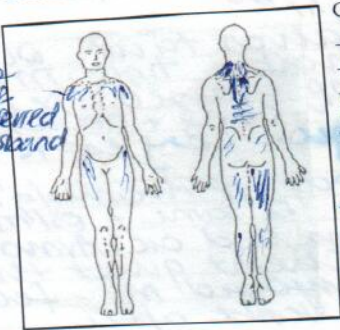
Date	Treatment Given
06.10.05 \$45 1hr 5 Sports - Wint / Rose / Ced Pepp face crest 3pm Thurs Can Cam Gave Info Sheet Took bus card for a friend.	S - client been swimming lots, R side has been sore - OK today competing this weekend. OS adult swim squads. O - Client's R calves / hamstrings tighter, R 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) Feet v. inverted. one tibia shorter than the other 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 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 \$45 1hr Sports - Pepp face Crest 8.30 Weds 23°C Pain - circled / Basil / Ger Vanni - If there 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. O - LEGS - Hamstrings taut, calves taut. Bony R foot (ant) BACK - Errec Spinals L v. congested / adhered, rhomboids both tight NECK - Traps v. congested esp L. R pec tighter. SCMs tight. Occiputs congested HIPS - Qls tight esp L. gluteals taut esp piriformis SKIN - v. vasodilated on back. Well-nourished / pliable skin 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 "congrat" in neck. "I felt better already" 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 \$45 1hr Low face 10 Thurs (5 late) Sports - Wint / Rose / Mixed mas. music 1-16 354 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 O - LEGS - Hamstrings tight esp R side, calves laterally v. tight BACK - Errec Spinals L v. adhered / overdeveloped, Rhomboids tight NECK - Traps L v. congested - both taut, SCMs tight. Lev scap v. tight HIPS - Qls L v. tight, gluteals taut esp L side. R pec v. tight / congested SKIN - v. dehydrated & dry esp R side for some reason 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 P - Recom pec stretch b/c R v. tight. client happy to continue getting treatments every now & then - wants to send hubby for treatment



TREATMENT NO. 4

S = client was sore last week, ok today - not<sup>s</sup> too achy.  
Swim x 3 p/wk

DATE: 15.08.06  
TIME: 10:30 Mon. 2nd time  
PAID: \$35 hr. \$10 off  
REC No: 623 bic referred  
AIR TEMP: 23°C husband  
MUSIC: Yanni - Inbaule  
FACE CREST: low  
OIL BLEND: Sports  
ger / grapef  
NEXT APPT:



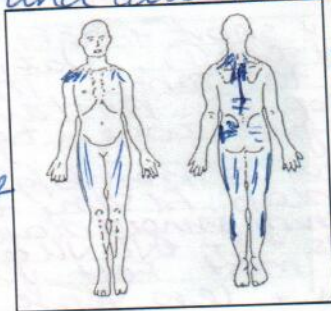
O/A:

O/A:  
 Dls taut, glutes taut. Pecs taut. Lev scap's tight  
 Rhomb's Cong + tight. Arms taut.  
 Traps - L traps shorter + cong. Rms taut  
 Hamstrings ~~tight~~ ~~congested~~. Heels - dry + cracked  
 Shin - some vasculature on back upper. Feet cold  
 TB (-stom) heart triggers rhomb/occuputs/glutes/traps/hamstrings  
 traps/lev scap winged nerve scap + trap + hip →  
 ankle stretches. Arms prone. Scap + rms releases  
 fluid from pressure used to client felt better &  
 looser after massage.

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

TREATMENT NO.   
Full Price.

DATE: 22 11. 06  
TIME: 9am Thurs  
PAID: 1hr \$45 CASH  
REC No: 783  
A P: 230C  
MO: Enya I.  
FACE CREST: Pepp  
OIL BLEND: Lime/Gra



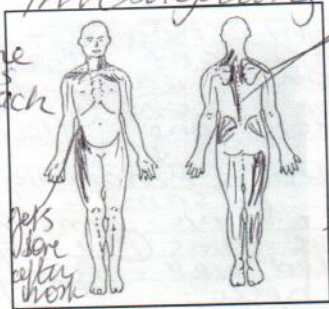
O/A: Hams taut esp <sup>left</sup> <sup>right</sup> <sup>left</sup> <sup>right</sup> + levys  
L more dominant. @isepitaut  
clues esp L med v. tight. Pin tight esp L  
rhomb taut esp L - both adhered L spine caps  
CS taut esp L. Quadrads taut. LITB tighter  
skin - some vasodilation back. Heels cracked dry  
Ep(-stom) Heat. No rhomb/glove med/pin/ter scap  
trap/ham/LTB. Winged scap ok. Arms prox  
scap + my. #retro occiput/Cx 1 sacrum/thom  
(scolded/CFF). Palmer walk butt. Chest felt  
good after - ready to rest but going to  
work now. Everything less tense.

NEXT APPT:

E13.12.06 CN

TREATMENT NO. 

DATE: 19.04.07  
TIME: 1015 Thurs - entn/  
PAID: 1hr + 5m.  
REC.No: 990 1x6  
AIR TEMP: 23°C CASH  
MUSIC: Saxophone  
FACE CREST: Jay  
OIL BLEND: Sports  
demon!

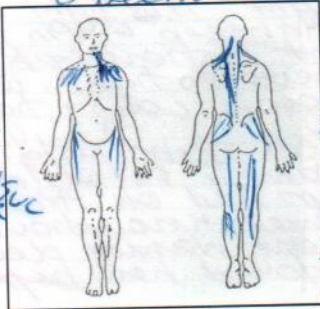


R v. stiff shoulder. mu tent. vpei ramp  
 rhomb v. cone - large - R stiff bulky  
 Q15 v. right esp. <sup>green - dry + dehydrated</sup>  
 Rhomb v. right esp. ish attachment. RITBS v. cone  
 green - vivasable rhomb region R quad v. right  
 FB (stom) Heat TP rhomb <sup>bone</sup> / Q15 / TES F. LTB F.  
 noid gaps + oil - R v. stiff. all legs / ankle  
 elbow. arms prone ST + ms. chest sheet  
 throughout. chest's body out of balance  
 R neg. L upper both v. right. R shoulder stiff  
 minimal ROM. Discussed seeing Physio  
 for assessment + exercises

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

TREATMENT NO. 

DATE: 16 08 07  
TIME: 1030 Thurs 14th  
PAID: \$55 CASH  
REC.No: 2096  
AIR TEMP: 23°C  
MUSIC: Norah Jones I  
FACE CREST: Pepp  
OIL BLEND: Lemon/May  
+ Cedar/Av/Manh



feeling tight in shoulders/neck & do  
class. Going through menopause's  
bit down depressed  
O/A: shoulders kept moving - still  
H's tight. ES relaxed + core esp L not  
L scm tight. Pelv v. tight + short dom  
L traps esp up v. core + tight bulky adhe  
Rhombos esp L tight. D Hams tight. hot/100  
skin - v. vascular + rhomb region. Temp 4ed n  
FB (stom) Meas. No rhombs. winged clam, back  
No rhombi/glutes/hams/ltrs, but arms/plms + st  
E-ES/rhombi/pls/ltrs. client's sinuses  
blocked a little. Body responded well - less  
tense. client happy after - looked relaxed  
client looked tired + run-down. menopause  
weight gain obvious

NEXT APPT:

P = Discussed  $H_2O$  Ms with her MBF covered new form.  
No major comps coming up.

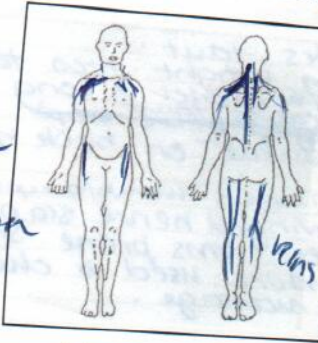


Myo v. cheky esp pin stretch

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  
Rose Nii



O/A: "tight"  
Hams/calves tight. Deltoid tight  
scap short + tight. M. tense.  
ES right esp. L raised. Deltoids + teres  
R pecs esp. v. cong + adhered  
Rhomb region cong esp R lumpy. L higher  
Fol (stom) Heat. TP rhomb/med/ham/1st  
trap/sinus. Fr same + ES/1st/2nd/3rd  
unged scaps bed on Arms (P) ms + ST + VL  
Jugs (P) Client quiet throughout  
Body if - enjoyed ms - felt better after  
Body (un) tense after

NEXT APPT: 02/08/12/07

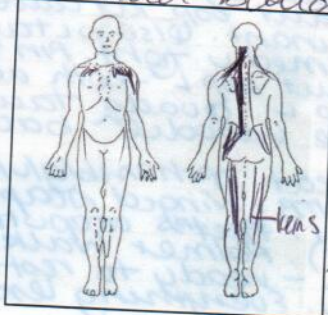
6380 13/01/08

TREATMENT NO. 2

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

S = client been feeling stuff in shoulder blade / rhomb region. swollen M. last week said lache add build up state titles next week

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: d/riap (L) v. short + tight. M. tight  
G med right esp (L). Dats (L) v. right  
hyp rotat to (L) ant. M. tight  
Dls right esp (L) Ant/tait G med start  
Rhomb region cong + tight esp (L)  
Fol (stom) Heat TP rhomb/med/ham/1st  
trap/sinus. Fr same + ES/1st/2nd/3rd  
unged scaps bed on Arms (P) ms + ST + VL  
Jugs (P) Client quiet for most. Feet relaxed after  
ms - calmer + less tense b/pupper body

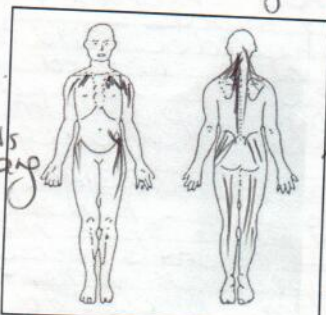
NEXT APPT:

TREATMENT NO. 3

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

S = client been feeling tight + sore in (L) shoulder / trap - "tinged" last week "ok" now.

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: Pepp  
Gel/Shape/Time



O/A: Quads tight. Boas (L) tight. Teres (L) tight  
Pec short + tight. Dats right (L)  
L ES v. cong + adhered. Dls v. cong  
G med right + cong (L) Ant (L) right  
Rhomb region cong. Hams tight  
Fol (stom) Heat. TP rhomb/med/ham/1st  
trap/sinus. Fr same + ES/1st/2nd/3rd  
unged scaps bed on Arms (P) ms + ST + VL  
Jugs (P) Client quiet throughout - body relaxed  
at responded well. Body (un) tense after.

NEXT APPT:

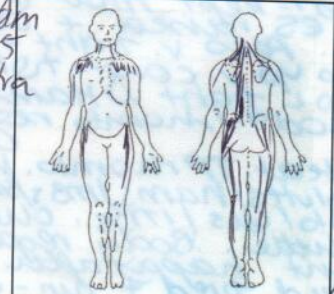
6380 06/12/08

NT B'DAY CARD 11/1/08

TREATMENT NO. 4

S = client been feeling tighter in (L) 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: Pepp  
Blend



O/A: 1TBs v. tight. TFLs tight esp L. Asist tender  
Trap up tight esp L. Pin tight. Boas tight  
L trap tight + short esp R/wang. L thick  
ES right Deltoids tight. Dls right esp L  
Rhomb region cong + tight + varied L  
Fol (stom) Heat. TP rhomb/med/ham/1st  
trap/sinus. Fr same + ES/1st/2nd/3rd  
unged scaps bed on Arms (P) ms + ST + VL  
Jugs (P) Client quiet throughout - body relaxed  
well - client wanted deeper. Armer  
pressure & found her hips 1TBs v. tight

NEXT APPT:

N/L 10/09

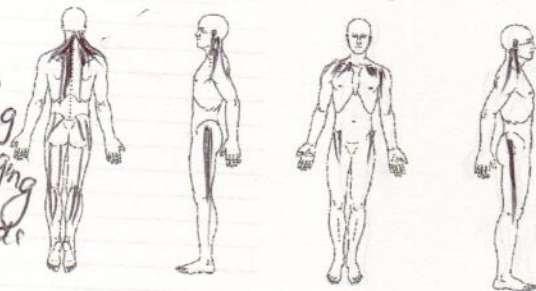
P = Reven HF stretch - lunge or 90° on towel with bent knee.



# TREATMENT NO. 1

DATE: 22.10.09  
 TIME: 10.00-10.15  
 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 + cong  
 ES tight esp. tr. esp. larger  
 Rhomb region tight + cong - too  
 FB (-stom) Heat TP rhomb/med  
 ham/12 traps/sinus winged ok  
 Arms (S) + (S) MS + S + UL ulaps  
 (S) 756 Rom - MS - not reached  
 client feeling big improvement

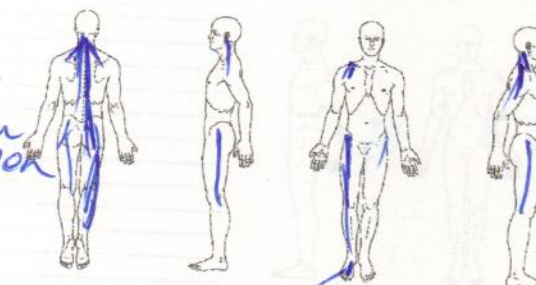
NEXT APPT:

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: 236  
 MP: 236  
 MU: 236  
 FACE CREST: Dare Dream  
 SUPINE SCENT: 24V / demon  
 OIL BLEND: Lemon / 24V  
 HT: 24V + feet  
 EXTRA: 24V

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/12 traps/sinus winged ok  
 Arms (S) + (S) MS + S + UL ulaps  
 (S) 756 Rom - MS - not reached  
 Quiet throughout 756 Rom

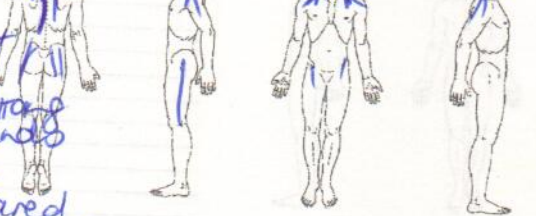
NEXT APPT:

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

# TREATMENT NO. 3

DATE: 20.01.12  
 TIME: 10.00 AM  
 PAID: 1hr \$60  
 REC.No: 139  
 AIR TEMP: 25°C  
 MUSIC: Henry G. at last  
 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 + vasod  
 FB (-stom) Heat TP rhomb/med  
 ham/12 traps/sinus winged ok  
 Arms (S) + (S) MS + S + UL ulaps  
 (S) 756 Rom - MS - not reached  
 Quiet throughout  
 Relaxed - MS + felt diff  
 from reg RMT who hurt her  
 she felt more relaxed  
 + looser  
 with tension

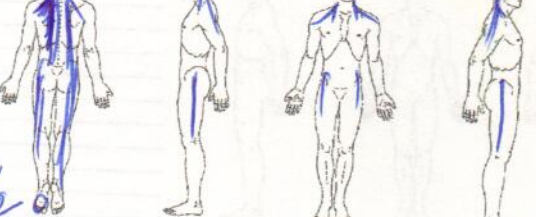
NEXT APPT:

2mas 2011 P = going for tests next week.

# TREATMENT NO. 4

DATE: 25.06.12  
 TIME: MON 4.45  
 PAID: 1hr \$75  
 REC.No: 1338 CASH  
 AIR TEMP: 23°C  
 MUSIC: Yanni there  
 FACE CREST: 24V  
 SUPINE SCENT: demon  
 OIL BLEND: Relax  
 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/12 traps/sinus winged ok  
 Arms (S) + (S) MS + S + UL ulaps  
 (S) 756 Rom - MS - not reached  
 Relaxed - MS  
 Feet better - v. indulgent

NEXT APPT:

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

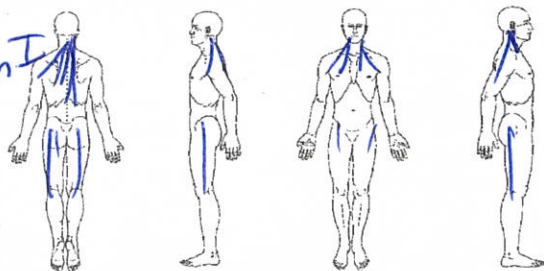


BDAY 2010 XMAS OR MOLT + BDAY!!

TREATMENT NO. 5

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 / Pels  
Quiet throughout

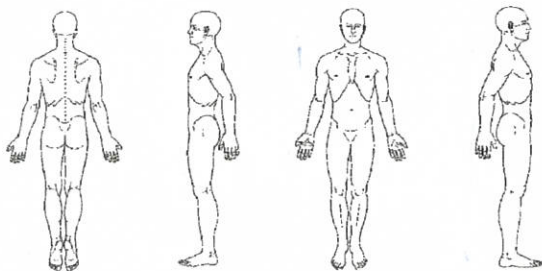
NEXT APPT: \_\_\_\_\_

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: \_\_\_\_\_

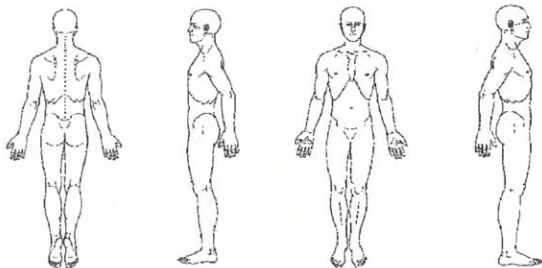
NEXT APPT: \_\_\_\_\_

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

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

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

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



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

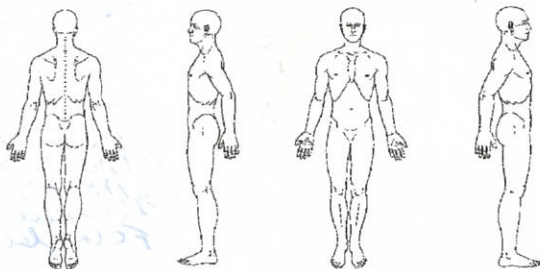
NEXT APPT: \_\_\_\_\_

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: Relan  
Mand / Tan  
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 > MC

P = Reiom client work on deltoid & pec stretching

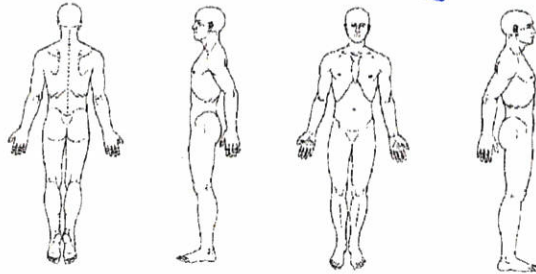


TREATMENT NO. 6

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

DOB 12 Jan 1960  
Occupation Reception

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
25 Jan 2019	1:00PM – 2:00PM	Massage COMPACT Consultation	Marina Franke

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
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
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; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting another massage in the next couple of months to help work on tension in shoulders.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	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
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2-3 firm Music - Saxophone music Aromatherapy Massage oil - Lavender 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>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 25 Jan 2019, 1:00PM  
**Created:** 25 Jan 2019, 1:01PM  
**Last updated:** 25 Jan 2019, 2:29PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -R rot cuff at swimming, hips, ITB L  
 Feedback from previous treatment -

**Details of Medications / Red Flags etc (i.e.**



<b>conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -hard Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -instrumental Aromatherapy -tangerine
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; Deltoids; SCMs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	:) R anterior shoulder may need scan??
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

There are no patient forms for Jan Penny.