

Mr Ronald Davis

DOB31 May 1928  
OccupationRetired

Appointments

Date	Time	Type	Practitioner
14 Oct 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
9 Sep 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
5 Aug 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
1 Jul 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
27 May 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
22 Apr 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
25 Mar 2025	11:30AM – 12:00PM	30 minute Massage	Christine Jervis
18 Feb 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
14 Jan 2025	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
17 Dec 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
12 Nov 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
1 Oct 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
5 Sep 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
16 Aug 2024	9:30AM – 10:00AM	30 minute Massage	Christine Jervis
23 Jul 2024	11:00AM – 11:30AM	30 minute Massage	Christine Jervis
11 Jul 2024	1:00PM – 1:30PM	30 minute Massage	Christine Jervis
30 Jun 2024	2:30PM – 3:00PM	30 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p><b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 9 Sep 2025, 11:00AM <b>Created:</b> 9 Sep 2025, 3:41PM <b>Last updated:</b> 9 Sep 2025, 3:42PM</p>	
Standard Consultation - Remedial Massage	
<p><b>Presenting complaint (relevant medical history or client info)</b></p>	<p>What's going on now - client been feeling some tightness in legs has improved with</p>

	regular massage. Has R leg covered - bleeding. Vertigo on weekend. Ok today.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Kenny G tunes</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs.</p> <p>Avoided rough skin and covered wound.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed seeing physio for Vertigo if it persists.

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 5 Aug 2025, 11:00AM**Created:** 5 Aug 2025, 12:40PM**Last updated:** 5 Aug 2025, 12:43PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling some tightness in legs has improved with regular massage. Has blood blister on his R leg.

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Supine - elevated seated massage

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

**Treatment details - what was done today to help the client**

Pressure used - 2

Music - Enya

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs.

Avoided rough skin and blood blister

**Hot Pack**

Lower Body

**Hot Stones**

<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Improved stiffness after massage and felt a big difference in how he could move around.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See again in a month. Discussed carefully moving.
<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:** Christine Jervis  
**Appointment:** 1 Jul 2025, 11:00AM  
**Created:** 1 Jul 2025, 10:56AM  
**Last updated:** 1 Jul 2025, 12:29PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying seated massage.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) Anything specific to massage (E.g. no foot massage) - no  Supine - elevated seated massage

	Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Music - Yanni if there Aromatherapy Massage oil - Lavender and Peppermint Spritzer - lavender and peppermint  Remedial techniques - flushing of legs.  Avoided areas undergoing skin cancer treatment that are rough.
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly today. Improved stiffness after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See again in a month. Discussed carefully moving.
<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:** Christine Jervis  
**Appointment:** 27 May 2025, 11:00AM  
**Created:** 27 May 2025, 11:40AM  
**Last updated:** 27 May 2025, 12:27PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**      What's going on now - client been feeling some tightness in legs has improved with

	regular massage. Enjoying seated massage.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Supine - elevated seated massage</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Indian Mix</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs.</p> <p>Avoided areas undergoing skin cancer treatment that are rough.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly today. Improved stiffness after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See again in a month. Discussed carefully moving.

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 25 Mar 2025, 11:30AM**Created:** 25 Mar 2025, 12:13PM**Last updated:** 26 Mar 2025, 2:05PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month bit feeling unstable on feet so just supine massage (no prone).

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) - no

Supine - elevated seated massage

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

**Treatment details - what was done today to help the client**

Pressure used - 2

Music - Acker Bilk

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. No warm stones. Gentle face massage to end with hot towels on arms.

Avoided areas that had skin cancers burnt off by Dr.

**Hot Pack**

Lower Body

<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Moving slowly today.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See again in a month. Discussed starting hydrated during these hotter times
<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:** Christine Jervis  
**Appointment:** 18 Feb 2025, 11:00AM  
**Created:** 18 Feb 2025, 2:11PM  
**Last updated:** 18 Feb 2025, 2:12PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month. Had a fall this month.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p>



Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

#### Treatment details - what was done today to help the client

Pressure used - 2

Music - Acker Bilk 2

Aromatherapy Massage oil - Lavender and Peppermint

Spritzer - lavender and peppermint

Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.

Avoided areas that had skin cancers burnt off by Dr.

#### Hot Pack

Lower Body

#### Hot Stones

Cold stones on face

#### Hot Wet Towels

Feet; Face

#### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

#### What parts of the body were massaged?

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

#### Where any specific trigger points used?

#### Body Chart

#### Feedback after treatment -

Felt good after massage. Moving slowly today.

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

see again in a month. Discussed starting hydrated during these hotter times

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

#### Time in Sauna (minutes) -

#### Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 17 Dec 2024, 11:00AM

**Created:** 17 Jan 2025, 11:00PM

Last updated: 17 Jan 2025, 11:01PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling some tightness in legs has improved with regular massage. Enjoying each month.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Acker Bilk 2</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms.</p> <p>Fisiocrem on shoulders.</p> <p>Avoided areas that had skin cancers burnt off by Dr.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference. Really enjoyed treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see again in a month
<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:** Christine Jervis  
**Appointment:** 14 Jan 2025, 11:00AM  
**Created:** 14 Jan 2025, 11:39AM  
**Last updated:** 16 Jan 2025, 10:45AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been feeling some tightness in legs esp L near knee/quad. No cramps still. Feeling tired. Moving slowly.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) Anything specific to massage (E.g. no foot massage) - no  Prone - legs only, Supine - elevated. Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.  Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Music - Acker Bilk 2

	Aromatherapy Massage oil - Lavender and Peppermint Spritzer - lavender and peppermint  Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels on arms. Fisiocrem on shoulders.
Hot Pack	Lower Body
Hot Stones	Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage. Big difference. Really enjoyed treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	see again in a month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Nov 2024, 11:00AM Created: 12 Nov 2024, 11:38AM Last updated: 12 Nov 2024, 1:59PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore and weak. No cramps still. Feeling tired. Moving slowly.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
Details of Medications / Red Flags /	

<b>Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Acker Bilk 1</p> <p>Aromatherapy Massage oil - Lavender and Peppermint</p> <p>Spritzer - lavender and peppermint</p> <p>Remedial techniques - flushing of legs. Did 1 warm stones (one on each leg today - used hot towel on feet). Very hot day. Gentle face massage to end with hot towels. Fisiocrem on shoulders and back</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference. Really enjoyed treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	see before Xmas
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis  
Appointment: 1 Oct 2024, 11:00AM  
Created: 1 Oct 2024, 10:53AM  
Last updated: 1 Oct 2024, 11:32AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps still. Feeling tired today.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) Anything specific to massage (E.g. no foot massage) - no  Prone - legs only, Supine - elevated. Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.  Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.
Treatment details - what was done today to help the client	Pressure used - 2 Music - Ian Cam 2 Aromatherapy Massage oil - Lavender and Peppermint Spritzer - lavender and peppermint  Remedial techniques - flushing of legs. Didn't do 2 warm stones (one on each leg today - used hot towel on feet. Very hot day. Gentle face massage to end with hot towels.
Hot Pack	Lower Body
Hot Stones	Cold stones on face
Hot Wet Towels	Feet; Face

<b>Topical Treatment</b>	Fisiocrem shoulders/neck; Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Big difference
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all still going well thus far
<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:** Christine Jervis  
**Appointment:** 5 Sep 2024, 11:00AM  
**Created:** 5 Sep 2024, 12:18PM  
**Last updated:** 5 Sep 2024, 12:20PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been improving with cramping and soreness in legs, feeling big improvement. No cramps.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) - no</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no</p>

	clearance for back and shoulder massage yet.
Treatment details - what was done today to help the client	Pressure used - 2 Music - Ian Cam 2 Aromatherapy Massage oil - Lavender and Peppermint Spritzer - Lavender peppermint  Remedial techniques - flushing of legs. Did 2 warm stones (one on each leg today) Gentle face massage to end with hot towels.
Hot Pack	Lower Body
Hot Stones	Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage. Big difference
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Check how he responds - all going well thus far
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Aug 2024, 9:30AM Created: 16 Aug 2024, 9:26AM Last updated: 28 Aug 2024, 9:10PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been improving with cramping and soreness in legs, feeling improvement



<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.</p> <p>Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Piano tunes</p> <p>Aromatherapy Massage oil - Lavender</p> <p>Spritzer - Lavender peppermint</p> <p>Remedial techniques - flushing of legs. Gentle face massage to end with hot towels</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all going well thus far
<b>Infra-Red Sauna (if applicable - info is below)</b>	

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis**Appointment:** 23 Jul 2024, 11:00AM**Created:** 23 Jul 2024, 11:00AM**Last updated:** 23 Jul 2024, 12:09PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**

What's going on now - client been improving with cramping and soreness in legs

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

Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags

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

Dr Gary - 45 years doctor. Vertigo. Pacemaker.

**Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked.

Anything noteworthy - age (old skin)

Anything specific to massage (E.g. no foot massage) -

Prone - legs only, Supine - elevated.

Use supine pad with extension in so it's easy to lift when turning over to elevate. Client knows if he feels funny, we can always do the massage supine.

Dr wants to wait to see how legs go before he gets his sciatic or vertigo pain back - no clearance for back and shoulder massage yet.

**Treatment details - what was done today to help the client**

Pressure used - 2

Music - Piano tunes

Aromatherapy Massage oil - Lavender

Spritzer - Lavender peppermint

Remedial techniques - flushing of legs. Gentle face massage to end with hot towels

**Hot Pack**

Lower Body

**Hot Stones**

Cold stones on face

**Hot Wet Towels**

Feet; Face

<b>Topical Treatment</b>	
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good. Really relaxed and loving that his cramping is improving
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Check how he responds - all going well. Whilst cold another fortnight and then maybe look at 3 weeks
<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:** Christine Jervis  
**Appointment:** 30 Jun 2024, 2:30PM  
**Created:** 14 Jul 2024, 10:11PM  
**Last updated:** 14 Jul 2024, 10:16PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client been cramping and sore in legs.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Dr Gary - 45 years doctor. Vertigo. Pacemaker.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked.</p> <p>Anything noteworthy - age (old skin)</p> <p>Anything specific to massage (E.g. no foot massage) -</p> <p>Prone - legs only, Supine - elevated.</p> <p>Use supine pad with extension in so it's easy to lift when turning over.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy Massage oil - Lavender</p>

	Spritzer - Joyful
	Remedial techniques - flushing of legs
Hot Pack	Lower Body
Hot Stones	Cold stones on face
Hot Wet Towels	Feet
Topical Treatment	
What parts of the body were massaged?	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Check how he responds to this first massage. May need to adjust positioning in the future.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 11 Jul 2024, 1:00PM Created: 14 Jul 2024, 8:31PM Last updated: 14 Jul 2024, 8:34PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling cramping improved, soreness still. Feedback from previous treatment - improvement.
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication; Blood Thinners Used; Injury; Illness; Heart / Lung / Organ problem; Red Flags
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Dr Gary - 45 years doctor. Vertigo. Pacemaker.

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked. Anything noteworthy - age (old skin) Anything specific to massage (E.g. no foot massage) -  Prone - legs only, Supine - elevated. Use supine pad with extension in so it's easy to lift when turning over.
<b>Treatment details - what was done today to help the client</b>	Pressure used - 2 Music - Yanni if there Aromatherapy Massage oil - Lavender Spritzer - Joyful  Remedial techniques - flushing of legs
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	Cold stones on face
<b>Hot Wet Towels</b>	Feet
<b>Topical Treatment</b>	Fisiocrem back/hips
<b>What parts of the body were massaged?</b>	Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt very relaxed.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Talking with doctor on 15th regarding if he can get a longer massage.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

## Patient Forms

### New Client Record

**Completed:** 14 Jul 2024, 12:38PM

## About you...

<b>What's your health fund?</b>	Medibank Private No 40883281L
<b>Occupation - how long?</b>	Retired 2017
<b>List your physical activities, hobbies, exercise or sport.</b>	Exercise, walking
<b>Do you sit/stand for long hours? (E.g. car/desk)</b>	Sit 2 hours
<b>Medications - prescribed or natural</b>	Micardis, Bicard, Pradaxa, PTU, Panadol Osteo, Osmolax, Proctosedyl
<b>Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.</b>	Atrial Fibrillation, hearing aids, gastro-oesophageal, haemorrhoids

## About Massage...

<b>How did you find out about our massage clinic?</b>	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input checked="" type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous Customer
<b>Who referred you? We use a client reward system - May we thank them?</b>	Gail Hastie
<b>What are your goals or reasons for getting massage?</b>	Relief of pain
<b>Type of massage pressure you prefer?</b>	<input type="checkbox"/> Gentle <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Not sure? (We'll check at your massage)
<b>Any areas you DON'T want massaged?</b>	<input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input checked="" type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input type="checkbox"/> I am ok with all the above areas being massaged <input type="checkbox"/> Not sure? (We will discuss reasons for massaging different areas at your appointment)
<b>Do you experience headaches?</b>	<input checked="" type="checkbox"/> No <input type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input type="checkbox"/> Migraines
<b>Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?</b>	<input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day) <input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Food allergies <input checked="" type="checkbox"/> Occasionally experience problems <input type="checkbox"/> Struggling most of the time <input type="checkbox"/> No problems - everything is working well
<b>Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.</b>	No
<b>Do you have any pain?</b>	<input type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input checked="" type="checkbox"/> Night time pain <input type="checkbox"/> Happens randomly - can be any time <input type="checkbox"/> Pain doing something specific. E.g. Bending over to touch toes.

- ☐ All the time    ☐ Tender to touch    ☐ Dull pain    ☐ Aching or throbbing  
☐ Sharp pain    ☐ Stiffness    ☐ Muscle tightness    ☐ Restricted movement

**If your body hurts, what relieves it?**

- ☐ I have no pain to manage    ☐ Ice    ☐ Heat    ☐ Rest    ☐ Exercise  
☐ Stretching    ☐ Medication    ☐ Topical Cream (E.g. Tiger Balm)

**Some conditions affect massage. We want to safely treat you. Tick what applies to you -**

- ☐ Allergies    ☐ Asthma    ☐ Sinus    ☒ Anxiety    ☐ Depression  
☐ Trouble sleeping or falling asleep    ☐ Arthritis    ☒ Osteoporosis  
☐ Spinal problems    ☐ Swelling    ☐ Bruise Easily  
☐ Blood clotting problems    ☐ Cancer    ☐ Diabetes Type 1  
☐ Diabetes Type 2    ☐ Dizziness    ☐ Numbness    ☐ Tingling  
☐ Cold hands / Cold feet    ☒ Heart Problems    ☒ Blood Pressure - high  
☐ Blood Pressure - low    ☒ Hearing problems    ☒ Hearing Aid  
☐ Vision problems    ☐ Contact Lenses    ☐ None of the above apply to me

**Any extra health details or info you'd like to share?**

**Your consent...**

Your confidential information helps our Massage Therapist plan the safest treatment. Be honest - tell us if the temperature is too hot/cold, pressure level needs adjusting or you're uncomfortable/unwell or unsure at any stage.

Every massage has potential risks, complications or side-effects. Such as causing muscular discomfort, fatigue, bruising, burns (from heat therapy), aggravating existing conditions, increasing blood pressure or skin sensitivity.

After massage, it's common to feel relaxed or sleepy. Get up slowly from the table - give yourself time to adjust afterwards. Delay your shower for 2 hours for essential oils to keep working. Keep well hydrated with water in the 24-48 hours after massage.

**It's ok to discuss my treatment with my doctor, physio or referring health practitioner.**

- ☒ Yes - clients will be informed if this happens.    ☐ No thanks.

**My Massage Therapist and I both have the right to stop or refuse treatment at any time**

- ☒ Yes - I know I can ask questions at any time too.

**I will keep my Massage Therapist updated on any changes to this information and my health.**

*Ronald Edward Davis*