

Rebecca Flockhart  
DOB 1 May 1973

Appointments

| Date        | Time              | Type  | Practitioner     |
|-------------|-------------------|---|------------------|
| 20 Sep 2025 | 9:30AM – 10:30AM  | Sauna & Massage   | Christine Jervis |
| 23 Aug 2025 | 9:30AM – 10:30AM  | 60 minute Massage   | Christine Jervis |
| 8 Jul 2025  | 4:00PM – 5:00PM   | 60 minute Massage   | Christine Jervis |
| 3 May 2025  | 9:30AM – 10:30AM  | Sauna & Massage   | Christine Jervis |
| 22 Mar 2025 | 9:30AM – 10:30AM  | 60 minute Massage   | Christine Jervis |
| 26 Feb 2025 | 4:00PM – 5:00PM   | 60 minute Massage   | Christine Jervis |
| 3 Jan 2025  | 9:30AM – 10:30AM  | Sauna & Massage   | Christine Jervis |
| 4 Dec 2024  | 4:30PM – 5:30PM   | REBOOKING - 60 minute Massage                                 | Christine Jervis |
| 7 Nov 2024  | 4:30PM – 5:30PM   | REBOOKING - 60 minute Massage                                 | Christine Jervis |
| 25 Sep 2024 | 11:00AM – 12:00PM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 6 Sep 2024  | 4:30PM – 5:30PM   | REBOOKING - 60 minute Massage                                 | Christine Jervis |
| 10 Aug 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage                                 | Christine Jervis |
| 27 Jul 2024 | 1:30PM – 2:00PM   | 30 minute Massage   | Christine Jervis |
| 4 Jul 2024  | 11:00AM – 12:00PM | Sauna & Massage - First Visit                                 | Christine Jervis |

Treatment Notes

| Standard Consultation - Remedial Massage   |  |
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| <p><b>Practitioner:</b> Christine Jervis<br/><b>Appointment:</b> 23 Aug 2025, 9:30AM<br/><b>Created:</b> 23 Aug 2025, 3:09PM<br/><b>Last updated:</b> 23 Aug 2025, 3:11PM</p>                            |  |
| <p><b>Standard Consultation - Remedial Massage</b></p> <p><b>Presenting complaint (relevant medical</b>      What's going on now - client feeling very stressed and sore. New job is difficult. High</p> |  |

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| <b>history or client info)</b>   | stress dealing either complaints  |
| <b>Medication or relevant procedures / info identified that may affect the massage.</b>                                |   |
| <b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>                     |   |
| <b>Assessment / Testing done (including ROM) / Observations</b>  | <p>Verbal consent obtained.</p> <p>ROM - not checked</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for July skiing NZ and September cruise</p> |
| <b>Treatment details - what was done today to help the client</b>  | <p>Pressure used - 2-3 firm</p> <p>Music - Tunes don mcg mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments</p>                                      |
| <b>Hot Pack</b>  | Lower Body  |
| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders  |
| <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>   | 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   |
| <b>Where any specific trigger points used?</b>   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas   |
| <b>Body Chart</b>  |   |
| <b>Feedback after treatment -</b>  | Felt improvement - loved massage, very tender and tight, even feet.   |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | Discussed managing new job and fitting in some return to self care  |
| <b>Infra-Red Sauna (if applicable - info is below)</b>   |   |

Time in Sauna (minutes) -

Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jarvis**Appointment:** 8 Jul 2025, 4:00PM**Created:** 8 Jul 2025, 5:08PM**Last updated:** 9 Jul 2025, 4:11PM

### Standard Consultation - Remedial Massage

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

What's going on now - client feeling good managing yoga. Feedback from previous treatment - felt great, glad she was here today for treatment

**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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Away for July skiing NZ and September cruise

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

Pressure used - 2-3 firm

Music - Tunes don mcg mix

Aromatherapy Massage oil - lav peppermint

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments

**Hot Pack**

Lower Body

**Hot Stones**

2 x Hips; 2 x Back/Shoulders

**Hot Wet Towels**

Feet; Face

**Topical Treatment**

Fisiocrem shoulders/neck; Fisiocrem back/hips

**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; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

#### Body Chart

**Feedback after treatment -** Felt improvement - loved massage

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed moving with body and listening to what's happening. looking after body during this long term ahead where she is supervising her previous role at school plus starting a new one.

#### 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 2025, 9:30AM

**Created:** 3 May 2025, 9:05AM

**Last updated:** 3 May 2025, 12:35PM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client feeling good managing yoga and Pilates since school is back. Feedback from previous treatment - felt great, glad she was here today for her birthday week.

**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  
Anything noteworthy - restriction and tenderness  
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Away for July skiing NZ and September cruise

**Treatment details - what was done today to help the client** Pressure used - 2-3 firm  
Music - Tunes don mcg mix  
Aromatherapy Massage oil - lav peppermint

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|   | Spritzer - lavender peppermint  |
|   | Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments   |
| Hot Pack  | Lower Body  |
| Hot Stones  | 2 x Hips; 2 x Back/Shoulders  |
| Hot Wet Towels  | Feet; Face  |
| Topical Treatment   | Fisiocrem shoulders/neck; Fisiocrem back/hips   |
| 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; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas   |
| Body Chart  |   |
| Feedback after treatment -  | Felt improvement - loved massage  |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed moving with body and listening to what's happening. Like how she managed thumb pain that lasted for 2 days. She likes the new heat pack.  |
| Infra-Red Sauna (if applicable - info is below)   |   |
| Time in Sauna (minutes) -   |   |
| Feedback after treatment -  |   |

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| Standard Consultation - Remedial Massage   |  |
| Practitioner: Christine Jervis<br>Appointment: 22 Mar 2025, 9:30AM<br>Created: 22 Mar 2025, 10:47AM<br>Last updated: 22 Mar 2025, 7:06PM |  |
| Standard Consultation - Remedial Massage   |  |
| Presenting complaint (relevant medical history or client info)   | What's going on now - client feeling tired and in need of massage, had meltdown at school yesterday. Feedback from previous treatment - felt great, glad she was here today. |
| Medication or relevant procedures / info identified that may affect the massage.   |  |
| Details of Medications / Red Flags /   |  |

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| <b>Precautions needed etc (i.e. conditions listed above)-</b>  |  |
| <b>Assessment / Testing done (including ROM) / Observations</b>  | <p>Verbal consent obtained.</p> <p>ROM - not checked</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for July skiing and September cruise</p> |
| <b>Treatment details - what was done today to help the client</b>  | <p>Pressure used - 2-3 firm</p> <p>Music - Tunes acker bilk mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments</p>                                |
| <b>Hot Pack</b>  | Lower Body   |
| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders   |
| <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>   | 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  |
| <b>Where any specific trigger points used?</b>   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas  |
| <b>Body Chart</b>  |  |
| <b>Feedback after treatment -</b>  | Felt improvement - loved massage and really needed it.   |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | See in May. Possibly away for Easter.  |
| <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:** 3 Jan 2025, 9:30AM  
**Created:** 3 Jan 2025, 10:38AM  
**Last updated:** 3 Jan 2025, 7:52PM

## Standard Consultation - Remedial Massage

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

What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

### 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  
 Anything noteworthy - restriction and tenderness  
 Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Nov/Dec Japan trip, then Atherton for Christmas

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

Pressure used - 2-3 firm  
 Music - Tunes Elevator mix  
 Aromatherapy Massage oil - extreme pain blend  
 Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

### Hot Pack

Lower Body

### Hot Stones

2 x Hips; 2 x Back/Shoulders

### Hot Wet Towels

Feet; Face

### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

### 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; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

**Body Chart****Feedback after treatment -**

Felt improvement - loved massage.

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

Ready for school starting, suggested thrappacks for her sore neck

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -**

25

**Feedback after treatment -**

Big sweat, lived it to start her detox

**Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 4 Dec 2024, 4:30PM**Created:** 4 Dec 2024, 5:38PM**Last updated:** 5 Dec 2024, 6:38AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

**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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Nov/Dec Japan trip, then Atherton for Christmas

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

Pressure used - 2-3 firm

Music - Tunes Elevator mix

Aromatherapy Massage oil - extreme pain blend

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm



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|  | attachments.  |
| <b>Hot Pack</b>  | Lower Body  |
| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders  |
| <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>   | 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 |
| <b>Where any specific trigger points used?</b>   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas   |
| <b>Body Chart</b>  |   |
| <b>Feedback after treatment -</b>  | Felt improvement - loved massage.   |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | See after Japan holiday and Tablelands trip   |
| <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:** 7 Nov 2024, 4:30PM  
**Created:** 7 Nov 2024, 5:42PM  
**Last updated:** 7 Nov 2024, 5:59PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client feeling tired but body feeling better with regular yoga  
Feedback from previous treatment - felt great, glad she was here today.

**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.

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|  | ROM - not checked<br>Anything noteworthy - restriction and tenderness<br>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment<br><br>Nov/Dec Japan trip, then Atherton for Christmas      |
| <b>Treatment details - what was done today to help the client</b>  | Pressure used - 2-3 firm<br>Music - Tunes Acker Bilk - she loved<br>Aromatherapy Massage oil - lavender Peppermint<br>Spritzer - lavender peppermint<br><br>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments. |
| <b>Hot Pack</b>  | Lower Body   |
| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders   |
| <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>   | 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  |
| <b>Where any specific trigger points used?</b>   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas  |
| <b>Body Chart</b>  |  |
| <b>Feedback after treatment -</b>  | Felt improvement - loved massage esp shoulder release and neck work.   |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | See in final week of school term   |
| <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:** 25 Sep 2024, 11:00AM  
**Created:** 25 Sep 2024, 12:04PM  
**Last updated:** 25 Sep 2024, 12:09PM

## Standard Consultation - Remedial Massage

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

What's going on now - client feeling tired and sore after moving children's furniture in Brisbane.

Feedback from previous treatment - felt great, glad she was here today.

### 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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

October - away for work conference

Nov/Dec Japan trip

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

Pressure used - 2-3 firm

Music - Tunes Acker Bilk

Aromatherapy Massage oil - lavender Peppermint

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

### Hot Pack

Lower Body

### Hot Stones

2 x Hips; 2 x Back/Shoulders

### Hot Wet Towels

Feet; Face

### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

### 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; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

### Body Chart

### Feedback after treatment -

Felt improvement - loved massage esp shoulder release and neck work.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** See in 6 weeks after trip away

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

**Time in Sauna (minutes) -** 25

**Feedback after treatment -** Didn't sweat much til the end.

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 6 Sep 2024, 4:30PM  
**Created:** 6 Sep 2024, 4:19PM  
**Last updated:** 6 Sep 2024, 6:04PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client feeling very stressed and sore. Tired and irritable.  
 Feedback from previous treatment - felt great, glad she had another appt booked. Ekka - August and daughter presenting. Went well

**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  
 Anything noteworthy - restriction and tenderness  
 Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment  
 October - away for work conference  
 Nov/Dec Japan trip

**Treatment details - what was done today to help the client** Pressure used - 2-3 firm  
 Music - Yanni 1  
 Aromatherapy Massage oil - Lavenand Peppermint  
 Spritzer - lavender peppermint  
 Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today. Crunchy feeling on L arch

**Hot Pack** Lower Body

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| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders  |
| <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>   | 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 |
| <b>Where any specific trigger points used?</b>   | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas   |
| <b>Body Chart</b>  |   |
| <b>Feedback after treatment -</b>  | Felt improvement - loved massage esp shoulder release and neck work.  |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | See in 2 weeks for holidays. Sauna next time.   |
| <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:** 10 Aug 2024, 11:00AM  
**Created:** 10 Aug 2024, 12:25PM  
**Last updated:** 10 Aug 2024, 12:30PM

### Standard Consultation - Remedial Massage

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| <b>Presenting complaint (relevant medical history or client info)</b>                              | What's going on now - client feeling very much better and hasn't worn heels.<br>Feedback from previous treatment - felt great, very sore almost bruised for about 2 days afterwards    |
| <b>Medication or relevant procedures / info identified that may affect the massage.</b>            |  |
| <b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b> |  |
| <b>Assessment / Testing done (including ROM) / Observations</b>                                    | Verbal consent obtained.<br>ROM - not checked<br>Anything noteworthy - restriction and tenderness<br>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to |

|  |   |
|--|---|
|  | <p>sometimes ahhh in the treatment</p> <p>Ekka - August and daughter presenting.</p> <p>October - away for work conference</p> <p>Nov/Dec Japan trip</p>  |
| <b>Treatment details - what was done today to help the client</b>  | <p>Pressure used - 2-3 firm</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Pain blend h20</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today</p> |
| <b>Hot Pack</b>  | Lower Body  |
| <b>Hot Stones</b>  | 2 x Hips; 2 x Back/Shoulders  |
| <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>   | Full Body Treatment; Stomach; Gluteals / Lower Back; Feet   |
| <b>Where any specific trigger points used?</b>   | QLs; ITBs; TFLs; Glutes   |
| <b>Body Chart</b>  |   |
| <b>Feedback after treatment -</b>  | Felt improvement  |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | See in 4 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:** 27 Jul 2024, 1:30PM  
**Created:** 27 Jul 2024, 2:15PM  
**Last updated:** 27 Jul 2024, 2:45PM

## Standard Consultation - Remedial Massage

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

What's going on now - client feeling very sore with QLs giving her pain after being in heels  
Feedback from previous treatment - felt great

### 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  
Anything noteworthy - restriction and tenderness  
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

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

Pressure used - 2-3 firm  
Music - Piano tunes  
Aromatherapy Massage oil - Pain blend h20  
Spritzer - lavender peppermint  
  
Remedial techniques - lumbar and hips

### Hot Pack

Lower Body

### Hot Stones

2 x Hips; 2 x Back/Shoulders

### Hot Wet Towels

Feet; Face

### Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

### What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Feet

### Where any specific trigger points used?

QLs; ITBs; TFLs; Glutes

### Body Chart

### Feedback after treatment -

Felt improvement in how she is moving

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

Discussed heat, using fisiocrem and showers to help. See in 2 weeks.

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

Time in Sauna (minutes) -

Feedback after treatment -

## Initial Consultation - Remedial Massage

**Practitioner:** Christine Jarvis**Appointment:** 4 Jul 2024, 11:00AM**Created:** 14 Jul 2024, 10:02PM**Last updated:** 14 Jul 2024, 10:07PM

## Initial Consultation - Remedial Massage Appointment

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

What's going on now - client ready for her holiday treat. Client just had wax but would like a Sauna.

**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) - loves massage.

Client had any previous treatment elsewhere? Yes usually on holidays.

Any Red Flags - no. Talks a lot - discussed her divorce.

**Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-****Treatment details - what was done today to help the client**

Pressure used - 2-3 firm

Hot Stones - 2 x Hips and 2 x Back/Shoulders

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Fisiocrem / Zen / Balm - upper body

Music - Ian Cam Smith

Aromatherapy Massage oil - Lavender

Spritzer - Joyful

FB (+stomach). Remedial techniques on shoulders/back/neck.

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; ITBs



|  |                                 |
|--|---------------------------------|
| <b>Body Chart</b>  |                                 |
| <b>Feedback after treatment -</b>  | Enjoyed Massage.                |
| <b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b> | Discussed how massage can help. |
| <b>Infra-Red Sauna (if applicable - info is below)</b>   |                                 |
| <b>Time in Sauna (minutes) -</b>   | 20                              |
| <b>Feedback after treatment -</b>  | Sweat a lot.                    |

## Patient Forms

|   |   |
|---|---|
| <b>New Client Record - Women's Health</b>   |   |
| <b>Practitioner:</b> Christine Jervis<br><b>Appointment:</b> 4 Jul 2024, 11:00AM<br><b>Completed:</b> 2 Jul 2024, 12:54PM |   |
| <b>About you...</b>   |   |
| <b>What's your health fund?</b>   | HCF   |
| <b>Occupation - how long?</b>   | Teacher - over 20 yrs   |
| <b>List your physical activities, hobbies, exercise or sport.</b>   | Walking   |
| <b>Do you sit/stand for long hours? (E.g. car/desk)</b>   | Yes   |
| <b>Medications - prescribed or natural</b>  | None  |
| <b>Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.</b>                      | Pinched sciatic nerve once  |
| <b>About Massage...</b>   |   |
| <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<br><input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife)<br><input type="checkbox"/> Referral - word of mouth <input checked="" type="checkbox"/> Current/Previous customer |
| <b>Who referred you? We use a client reward system - May we thank them?</b>   | Sarah coleman   |
| <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<br><input type="checkbox"/> Not sure? (We'll check at your massage)   |

|   |  |
|---|--|
| <b>What are your goals or reasons for getting massage?</b>  | Therapy  |
| <b>Any areas you DON'T want massaged?</b>   | <input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms<br><input type="checkbox"/> Legs <input type="checkbox"/> Feet <input checked="" type="checkbox"/> Ok with above areas being massaged<br><input type="checkbox"/> Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y   |
| <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"/> No problems - everything is working well<br><input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain<br><input checked="" type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day)<br><input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea<br><input type="checkbox"/> Food allergies <input type="checkbox"/> Struggling most of the time<br><input checked="" type="checkbox"/> Occasionally experience problems  |
| <b>Do you have any pain?</b>  | <input checked="" type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input type="checkbox"/> Night time pain<br><input type="checkbox"/> Varies - can be any time <input type="checkbox"/> All the time<br><input type="checkbox"/> Hurts doing something specific. E.g. Bending over to touch toes.<br><input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input type="checkbox"/> Sharp pain<br><input type="checkbox"/> Stiffness <input type="checkbox"/> Muscle tightness <input type="checkbox"/> Restricted movement  |
| <b>If your body hurts, what relieves it?</b>  | <input type="checkbox"/> I have no pain to manage <input type="checkbox"/> Ice <input type="checkbox"/> Heat <input type="checkbox"/> Rest <input type="checkbox"/> Exercise<br><input type="checkbox"/> Stretching <input checked="" type="checkbox"/> Medication <input type="checkbox"/> Topical Cream (E.g. Tiger Balm)  |
| <b>Some conditions affect massage. We want to safely treat you. Tick what applies to you -</b>  | <input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Sinus <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression<br><input type="checkbox"/> Trouble falling asleep <input type="checkbox"/> Trouble staying asleep through the night<br><input type="checkbox"/> Arthritis <input type="checkbox"/> Osteoporosis <input checked="" type="checkbox"/> Spinal problems <input type="checkbox"/> Swelling<br><input type="checkbox"/> Bruise Easily <input type="checkbox"/> Blood clotting problems <input type="checkbox"/> Cancer<br><input type="checkbox"/> Diabetes Type 1 <input type="checkbox"/> Diabetes Type 2 <input type="checkbox"/> Dizziness <input type="checkbox"/> Numbness<br><input type="checkbox"/> Tingling <input type="checkbox"/> Cold hands / Cold feet <input type="checkbox"/> Heart Problems<br><input type="checkbox"/> Blood Pressure - high <input type="checkbox"/> Blood Pressure - low <input type="checkbox"/> Hearing problems<br><input type="checkbox"/> Hearing aid <input type="checkbox"/> Vision problems <input type="checkbox"/> Contact Lenses<br><input type="checkbox"/> None of the above apply to me |
| <b>Any extra health details or info you'd like to share?</b>  | Discs in back did not form properly when in active get sore back legs hips   |
| <b>Women's Health Check...</b>  |  |
| We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management. |  |
| <b>Any falls / injuries to your sacrum, tailbone, head, ankles or feet?</b>   | No   |
| <b>Have you had any surgery on your abdomen or lower back?</b>  | No   |
| <b>How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently?</b>           | Sometimes when I sneeze I can leak but not often to make it a problem.   |

**Menstrual and Fertility Conditions - please tick what applies to you...**

- ☐ Painful Periods    ☐ Irregular Periods  
☐ Excessive Bleeding (>1pad/tampon per/hr)    ☐ Fibroids  
☐ Painful Ovulation    ☐ Miscarriage (once)    ☐ Recurrent miscarriage  
☐ Currently doing Fertility Treatment. E.g. IVF.    ☐ Trying to get pregnant now  
☐ Postnatal Recovery    ☐ PCO (Polycystic ovaries)  
☐ PCOS (Polycystic Ovarian Syndrome)    ☐ POF (Premature Ovarian Failure)  
☐ Endometriosis    ☐ Failure to Ovulate    ☐ Low AMH  
☐ Retroverted uterus    ☐ Inverted uterus    ☒ No problems that I know of

**Symptoms experienced prior to and during menstruation**

- ☐ I don't menstruate now    ☐ Lower back ache    ☐ Headaches  
☐ Dizziness    ☐ Dragging sensation    ☒ Heaviness or pressure in lower pelvis  
☐ Increased urination    ☐ Constipation    ☒ Diarrhoea  
☒ Changes in my usual bowel movements    ☐ Pain/numbness in right leg  
☐ Pain/numbness in left leg    ☐ Pain/numbness in both legs  
☐ Cramps - lower abdomen    ☐ Cramps - left side    ☐ Cramps - right side  
☐ Dark thick blood at beginning of menstruation  
☐ Dark thick blood at the end of menstruation    ☒ Blood clots  
☐ None of the above happen during my period

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

I'm 51 so nothing has changed

**Pregnancy, Birth and Postnatal Recovery**

Trauma is stored at a cellular level in the body. Some massage techniques affect your body's response, especially if you've experienced emotional events or trauma. Massage creates a safe, supportive treatment space for all women to be nurtured.

**Tick what applies to your birth experiences -**

- ☐ No birth history to report    ☒ Vaginal Birth    ☐ Water Birth  
☐ Epidural / Pethidine    ☒ Forceps / Ventouse    ☐ C-section  
☐ Termination    ☐ Miscarriage    ☐ Ectopic

**How many pregnancies have you had?**

4

**How many babies have you birthed?**

4

**Have you had any birth interventions or complications?**

Like stirrups, forceps baby 3, baby 1 induced labour

**How long were your birth hours for each delivery?**

Each is about 2-3 hours for the girls and the boys are about 1-2 hours

**Any other info you would like to share?**

I actually recover really quickly with my births no complications. I needed help due to size or location of baby internally

**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.**

A handwritten signature in black ink, appearing to read 'Rebecca Flockhart', is written over a large, empty rectangular box.