



Personal Information – changed info				
Full Name <i>Kiri Clark</i>		Occupation <i>Guidance Officer</i>		
Postal Address <i>12 Henley St, Earlville</i>				
Home Phone <i>40335154</i>		Work Phone <i>N/A</i>		Mobile <i>0414382075</i>
Email Address <i>kclar68@eq.edu.au</i>				
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 <i>Steven Capocchi 0417643810</i>			Relationship to you (e.g. Partner). <i>partner</i>	
Is it ok to email you massage tax invoices? Please circle: <input checked="" type="radio"/> Yes (please email) / No (please print)		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In		
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications) <i>N/A</i>				
Client Signature <i>[Signature]</i>			Date <i>19/10/2016</i>	

☐ Office - Please tick after updated information is electronically entered





Full Name KIRI CLARK D.O.B 31/8/72 Gender F

Address 14/189 BUCHAN ST, BUNGALOW

Home Phone 040412 796 Work \_\_\_\_\_ Mobile 0414 382 075

Email Address kiriclark@yahoo.com

Emergency Contact Details - Name and Number Rachel Bailey 0438519950

Current Doctor Heather Lawson Referred By Chris Heron

Occupation and How long Teacher 13 YRS - Gordonvale

Physical Activities/Hobbies/Exercise Sport, gym, yoga

Past Medical History (major operations/conditions) N/A

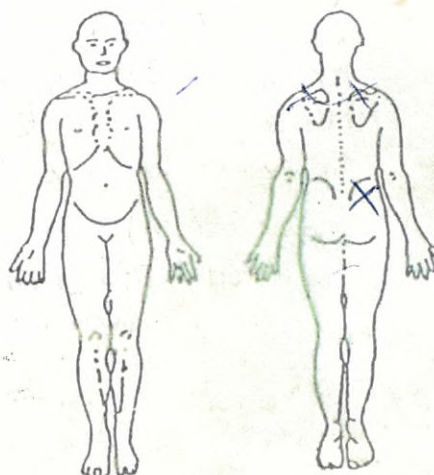
Medications - Prescribed or Natural: Birth control

Tick any of the conditions below that apply to you **NOW**:

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones           |
| <input type="checkbox"/> Any Contagious Disease        | <input type="checkbox"/> Headache                  |
| <input type="checkbox"/> Any Skin Problem              | <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: \_\_\_\_\_ (insert name of person being Massaged)

Signature: \_\_\_\_\_ Date: 6/10/06



06.01.06  
\$45 Inv 3  
Jan Cam Smith  
1030 FRI -  
on time  
Pepp face Crest  
23°C  
Info Sheet  
taken

"Twisted pelvis" = sore R hip  
S - Client been feeling sore, hasn't had a massage in a long time. Used to get regular massage by a male. Looking for someone else bc #feel comfortable  
O - LEGS - Cold feet, R hamstring tighter / more congested. both calves + hamstrings  
BACK - Erect Spinae Congested + tight. Rhomboids knotted  
NECK - Traps v. congested + twangy esp L. Scals tight esp R. Splin. Caps tight  
HIPS - Qls tight esp L, gluteals tight. R foot - nodule @ ant metatarsal  
SKIN - Vasodilated back. Healthy, supple, well-nourished skin  
ARMS - Forearms tight, triceps taut. L hand tighter.  
A - FB (-stomach). Heat used. Triggers rhomboids / occiputs / gluteals / ITBs. winged nerve scap + calf + hip → ankle stretch. Scalp massage. Used v firm pressure. lots of compress moves. Body responded well esp erect spinae sits much smoother. Client felt "great" → massage  
P - she enquired → massage → school hours - suggested sat's or pm's (late). Took bus cards

06.05.06  
\$45 CASH  
Rec #466  
30 Sept 5 late  
Blended Sports  
Room 1  
Grip print  
Cap face  
Lanni -  
if there  
Temp to  
24°C h/c  
feels cold.

R side shoulder hurting + R hip hurting.  
S - client been feeling sore esp in neck. Has had no treatment since 06/01/06. Yoga helps but noticed she is still  
O - LEGS - Hamstrings esp R v. cong esp medial ITB  
BACK - ESs tight. Rhomboids esp L v. tight.  
NECK - Traps sore + tight - v. cong esp L shoulder - both bad  
HIPS - Qls v. tight - Gluteals tight esp R  
SKIN - Skin v. vasodilated. Cold to touch initially  
A - FB (-stom) - Heat used. Triggers rhomboids / occiputs / gluteals / ITBs / hamstrings (sciatica). Winged nerve scap + calf + hip → ankle stretch. Arms prone. Scalp + trapezius throughout. Explained how C side feels better. Seeing him even though symptoms present @ only 1 day. See her 3 weeks. She needs an adjustment eventually wants deep tissue to restore self in traps. Aim - no pain with regular treatments  
P -

V Deep tissue! Likes it v. firm

06.05.06  
\$45 CASH  
Rec #520  
Sat 5 late  
Low fare  
Sports  
Room JB  
Grip print  
Nights

S - Client been feeling OK - been to physio & been a little sore in the neck - traps v. tight  
O - LEGS - Hamstrings esp R v. cong + tight. Quads @ HF +  
BACK - ES tight / rhomboids v. tight + adhered - esp right  
NECK - Traps esp @ lev. v. twangy. L trap shortened  
HIPS - Qls taut esp L. Gluteals tight  
SKIN - Some vasodilation @ back  
A - FB (-stom) Heat - used triggers rhomboids / occiputs / gluteals / ITBs / hamstrings (sciatica). winged nerve scap + calf + arm to ground stretch. Scalp + trapezius. Discussed gradual improvement of neck congestion. Heat on neck + shoulders



# Client Record

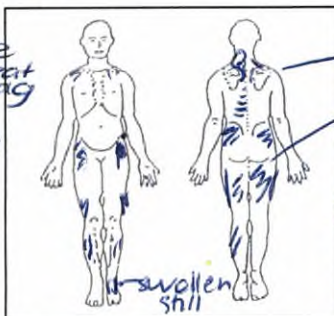
**SOAP = SUBJECTIVE:** clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

NOTE FOR FUTURE REFERENCE:

Xtra towel when supine

TREATMENT NO. 4 S = Client been injured - rolled @ ankle @ seen physio for 4 weeks  
HF @

DATE: 24.06.06  
TIME: 130 Sat - on time  
PAID: \$45 + \$25 wheat bag  
REC.No: 549  
AIR TEMP: 23°C  
MUSIC: Yanni - tribute  
FACE CREST: Lav  
OIL BLEND: Pepp -  
ora / may / Lav  
NEXT APPT: Sat 28th @ 130

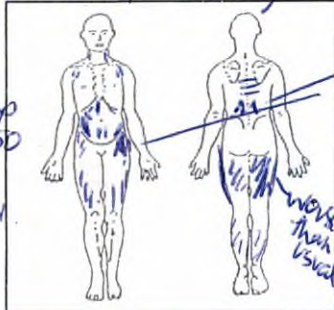


O/A: SCMs taut esp L  
Traps esp C Cong - but better than previous  
Rhomboids taut + some adhesions  
C trap + hammies tighter than usual  
Hammies v. cong + tight. Feet taut. HF's tight  
Skin - some vasodilation of back  
FB(-stom) Heat used. Triggers rhomboids/occiput/glutes/IRBs/hammies (scapula). Winged nerve trap + calf + hip + ankle + arm to ground. Arms prone  
Client quiet through massage - relax, trouble thinking after massage but so relaxed.  
Overall, feeling really good @ moment

P = Going to see Chris Heron for adjustment on hol's. Continues physio b/c ankle @ still cong.

TREATMENT NO. 5 S = Client been feeling sore in L hip flexor - catches + pulling. R ankle healing ok - can hold position with it. Neck OK. HF's heat bag been self-managing ankle + using heat

DATE: 29.07.06  
TIME: 130 Sat  
PAID: \$35 - 5th visit  
REC.No: 593  
AIR TEMP: 24°C - good temp  
MUSIC: Modern Girls 30 50  
FACE CREST: Lav  
OIL BLEND: Sports  
Ser / drapet - Med  
NEXT APPT: Sat 26th Aug @



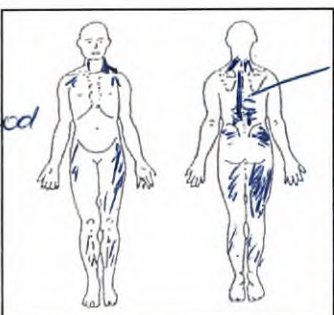
O/A: Traps esp R tight (better than usual though)  
Rhomboids v. tight/adhered but better than usual  
C trap tight esp L. ES v. Cong/tight esp R.  
HF v. cong tight, hips not sitting even. Adductors in a R ankle - still some cong. HF's cong. quads esp R v. top.  
Skin - v. vasodilated, feet cold

FB(-stom) Heat. Triggers rhomboids/occiput/glutes/IRBs/hammies/IRBs/HF's/winged nerve trap + calf + hip + ankle + arm to ground stretches. Scap + quick releases only. Arms out neck b/c did stomach + concentrated esp lower body. Hammies IRBs/HF's worse than usual - client felt won't tight they were

P = Recommend Chris b/c hips need aligning - she feels that too. Happy with regular time - she notices the difference it's making. Recommend HF stretches + trimmy stretching on bill

TREATMENT NO. 6 S = Client been feeling better - been to chris + been feeling better in herself. Ankle been swelling still

DATE: 26.08.06  
TIME: 130 Sat  
PAID: \$45  
REC.No: 641  
AIR TEMP: 23°C - 24°C - good  
MUSIC: Saxophone  
FACE CREST: Pepp  
OIL BLEND: Relax  
led / 41 / 41  
NEXT APPT: Mon hol's 1030



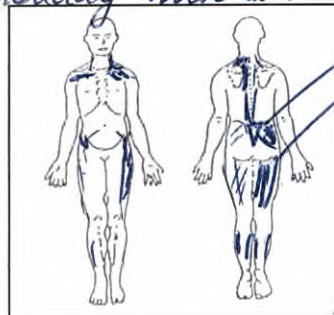
O/A: L traps ant upper v. twangy + cong. both tight  
Rhomb's tight + cong both  
LES tight + cong. Pecs tight  
QIS v. right esp @ rib insertion. Glutes tight esp R right  
R hammies cong esp S in LT. IRBs taut. TFL's esp L  
Skin - some vasodilatation back. Feet cold. L Quads v. skin

FB(-stom) Heat. triggers rhomb/occiput/glutes/IRBs/hammies/traps/lex scap. Winged scap/nerve trap arms + calf + hip + ankle stretches. Scap + trim relax time prone - R tricky. Client felt better this massage - not as sore this time and feeling good. Body not as tense. Really worked upper body - may be sore tomorrow esp.

P = Discussed how podiatry can help esp with impact of running

TREATMENT NO. 7 S = Client been feeling good - "she knows this may mean not everything is perfect" but nothing "troubled" her. Look forward to starting holiday with a massage

DATE: 25.09.06  
TIME: 1030 Mon  
PAID: \$45  
REC.No: 689  
AIR TEMP: 23°C  
MUSIC: Ken Druis  
FACE CREST: Pepp  
OIL BLEND: V. 41 / led  
Sage / ora  
NEXT APPT: \_\_\_\_\_



O/A: Pecs taut. Spine caps tight  
Glutes taut esp R piriformis, glute med's tight  
Rotat slight, L side. S.I.F's up inner. Traps esp upper  
R hammies v. cong esp S in LT. S.I.F's tight v. cong/pain  
Skin - v. good quality, blood flow esp ES/rhomb

FB(-stom) Heat. trig rhomb/occiput/glutes/IRBs/hammies/traps/lex scap/peccas. Winged scap + calf + hips + ankle stretches. Arms prone. Nerve arm + calf + hip + ankle stretches + prone circumduct of legs. Client felt "much looser" after massage. Legs were ticklish + feet too

P = Suggested see physio for hip adjustment b/c not quite sitting right - only subtle but will be if not seen to



04/11 - 10 mins extra

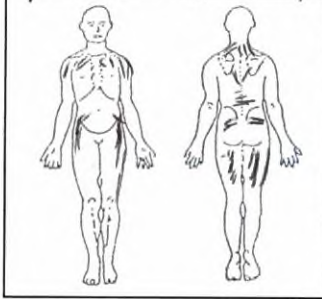
1 Referral ✓

TREATMENT NO. 78

DATE: 04.11.06  
TIME: 30 - on time  
PAID: \$45 CASH  
REC.No: 754  
AIR TEMP: 23°C  
MUSIC: Sals Mod (Kolang)  
FACE CREST: Pepp  
OIL BLEND: Sports  
Wint / B / Lume

NEXT APPT: 2nd Dec @  
left her hair tie

S = Client been doing body balance class - really feels tight today, looking forward to massage. Notices pain in R hip but still feels OK



O/A: Rhombs tight. Lev scaps v. tight  
Traps esp upper v. cong + short - held stiffly  
QLs tight, ES cong. Amy taut. Pecs tight  
Glute med esp pin tender. Deltoids tight  
Hams short + tight. HFS taut. Hips little tight + poor  
Skin - v. vascular back. Feet esp v. ticklish

FB(-stom) Heat TP rhomb/glu med/ham/traps/lev  
scap/pin. JL knee/legs prone. Scalp + tmj release.  
Intro sacrum/occiput/rhomb client quiet  
throughout - went to sleep. Really worked, pore  
spent 45 mins. Arms prone, pinched nerves + skin  
more sensitive to touch. Congested esp legs.

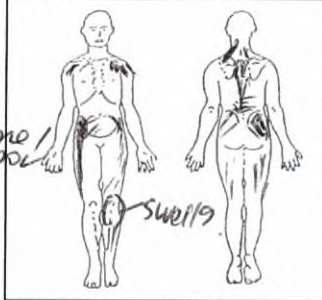
P = continue being v. active and discussed RICE hamstring stretch  
next time show her.

TREATMENT NO. 89

DATE: 02.12.06  
TIME: 12pm Sat  
PAID: \$45 1hr  
REC.No: 800  
AIR TEMP: 23°C  
MUSIC: Yanni - overtime  
FACE CREST: Pepp mirror  
OIL BLEND: Sports  
Jumper B / Pepp

NEXT APPT:

S = Client got hit on touch > her v. sore - ice 24hrs.  
R hip/butt been really bothering her. Shoulders been good  
client been trying to do RICE/dynamic stretching



O/A: HFS tight - esp pin R tight. QLs tight  
Pecs short esp R. Traps esp upper v. short/cong.  
Glute med esp RV. tight + tender. Psoas tight  
R rhomb tight + cong esp. Lev scaps short  
Skin - v. vascular. Cool to touch. Feet dry

FB(-stom) Heat TP rhomb/glu med/pin/ham/  
traps/lev scaps. Winged scaps OK. Arms prone  
scap/sacrum/pin/rhomb CFF/sawed/forested  
Palm warm + fist's glute/light back h. strings  
Client felt good after. Stretched R PNF ham/pin  
v. knee - stiller to walk after massage

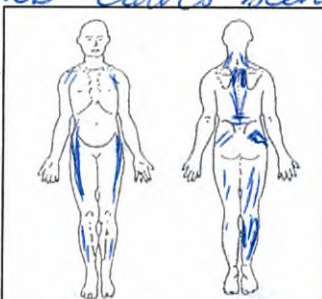
P = Discussed RICE ham/pin stretch + results v. noticeable  
Recom RICE on knee, play touch strap + see physio if worse

TREATMENT NO. 910

DATE: 09.01.07  
TIME: 230pm Tues  
PAID: 1hr \$25 - 10m  
REC.No: 840  
AIR TEMP: 28°C  
MUSIC: Kenny G.  
FACE CREST: Dav  
OIL BLEND: Rosem/  
Seng / Lume

NEXT APPT:

S = Dog changed @ her @ leg > calf been v. badly bruised and sore  
started exercising & now is v. sore. Hams + hips tingling  
Calfs been v. tight



O/A: HFS tight. Pecs taut  
L pin tight. R calf v. tight - both taut  
Traps esp upper cong + tight + short. Lev scaps  
QLs taut. R glute med v. cong + tight. V. tight  
Rhomb's tight esp upper. ES tight. Pecs short  
Skin - some vascular on back. Bruised @ calf 1/3 way

FB(-stom) Heat TP rhomb/glu med/pin/ham/traps/  
lev scaps/HFS/hams. Winged scaps OK. Arms  
prone massaged + stretched. Wankle/legs  
prone. Gentle massage on @ bruised leg  
or on other side parts of body client felt  
relaxed. She was v. surprised @ discount

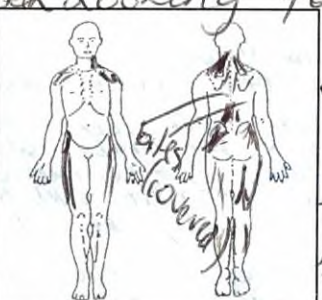
P = Really focused on hip/pelvic region + upper  
Recom client lay on tummy & get hip positioning better

TREATMENT NO. 1011

DATE: 21.03.07  
TIME: \$55 CASH  
PAID: 4pm - 10pm  
REC.No: 88 Weds  
AIR TEMP: 23°C  
MUSIC: Acker Bilk  
FACE CREST: Dav  
OIL BLEND: Rosem/  
Dav

NEXT APPT:

S = Client's R hip been sore & "bothering her". Been to  
Chris Heron for adjustmt. Infected bites back  
been blocking forward to massage.



O/A: Deltoids taut esp R. Rhomb's tight  
Upper trap v. cong + lumpy. Lev scap v. tight  
QLs esp v. cong/tight. ES v. cong  
Glute med esp v. cong. R ham v. tight  
Hams esp R v. cong esp medially  
Skin - v. vascular back. Feet - blistered

FB(-stom) Heat TP rhomb/glu med/pin/ham/  
traps/lev scaps. Winged scaps OK. Arms  
prone massaged + stretched. JL legs + relax  
legs. Client quiet throughout. Body  
feels much looser towards end

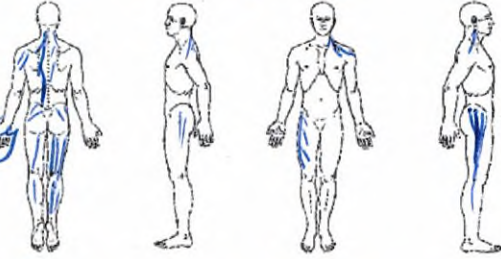
P = Recom knee hugs/rock's spine + lay on hands on ASIS  
(adjust symmetry) + adjust hips when sitting



TREATMENT NO. 12 S= Client went to chiro yesterday - hip R been gradually getting worse giving her a lot of pain

DATE: 28 03 07  
TIME: 11pm - 15 early  
PAID: \$55 CASH  
REC.No: 550 hr 3  
AIR TEMP: 33°C - cool  
MUSIC: Mod Cuts Pete  
FACE CREST: Law Murray  
OIL BLEND: Basil +  
Oral 1/2 hr Pain

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

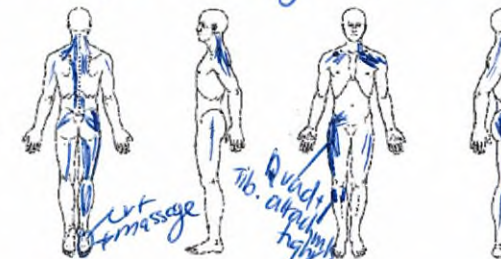


O/A: skin - varicose upper. Dry feet  
well nourished skin. As tight esp L  
ITBs esp R v. tight. R TFLs tight  
Hams R tight. Latiss R tight  
Scaps tight esp L. Rhomboids  
Glute med tight esp R  
Fol-stom) Heat TP rhomboids med  
ITBs. Ex ES/rhomb/sacrum ITBs  
Upper scaps on arms prone Sr +  
Mod client quiet thoughtful  
R leg tight + L upper buttock  
but hip positioned fine last few days  
(Ss balanced)

TREATMENT NO. 13 P= Perom client H2O tonight + discussed self rate + importance of it in keeping well. Lie prone on ASIS Ex to help balance hips  
S= Client been to chiro x 2, adjustments not holding sleep esp notices sore next day. Cut on R foot - tape No ex for 4 days b/c foot.

DATE: 09 05 07  
TIME: 4pm - 10 early  
PAID: 1hr \$55  
REC.No: 1019 CASH  
AIR TEMP: 33°C - cool  
MUSIC: Mixed lines  
FACE CREST: Pepp 145  
OIL BLEND: Relax

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



Les raised + tight. esp med Ex  
Psoas short. Rhomboids tight. Als tight  
R psoas tight. R hams v. tight + calm  
Hfs tight. Traps upper cong esp L b.  
R ITB v. tight + cong + tender  
Singed esp R v. tight  
Skin - varicose rhomboid region  
Fol-stom) Heat TP rhomboids med L  
ham/ITB. mixed scaps ok. Arms prone ITBs  
Ex ES/rhomb/glutes pin/med L Als ITBs Ex  
Calfs manage. ilioesp prone + arms  
doh flowing strokes. Myd release upper  
body. Concentrated on restore balance

TREATMENT NO. 14 P= Perom client see physio Juki for advice re hip to be rotated & re-trains of kinetic chain  
S= client's R hip improved after physio but "still not 100". Neck was stiff & sore - used heat. still not 100% today / after a few days

DATE: 16.06.07  
TIME: 145pm Sat  
PAID: \$55 CASH  
REC.No: 1068  
AIR TEMP: 33°C  
MUSIC: Norah Jones I  
FACE CREST: Law  
OIL BLEND: mint /  
mayorom  
liked

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

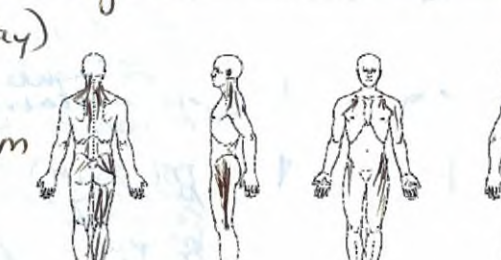


O/A: scns esp R tight. ITBs v. tight  
Traps esp upper v. cong L. Psoas  
Rhomboids cong + tight. Rhomboids  
v. warm to touch. Als tight. Occip  
Skin - some varicose back / neck  
Fol-stom) Heat TP rhomboids med / pin  
ham/ITB. Ex ITB/ES/rhomb/bis acn  
ishv b / AC + IL scap. mixed  
scaps bed etc Arms @ md + Sr  
IL legs @ + arms @. Sinus pts. firm  
pressure but not too deep - client  
went to sleep. Feet slow + v. relaxed  
after - thoroughly enjoyed @ should  
be a bit more tender

TREATMENT NO. 15 P= Perom client continue physio exercises as per Juki's instruction  
S= Client been feeling some soreness in glutes, hips feeling ok - been to chiro. Hard cycling class - this morning

DATE: 14 07 07 (only today)  
TIME: Sat 145  
PAID: \$55 CASH  
REC.No: 2003  
AIR TEMP: 33°C  
MUSIC: Vanni Dare Dream  
FACE CREST: Pepp  
OIL BLEND: Law  
11 1/2 hr time

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



O/A: ITBs tight R. TFLs tight v. tight  
Sinus v. med + blocked. Rhomboids  
Ex occiput cong. Quadsp. v. tight  
Traps tight + cong esp upper  
Feet short. + scaps short  
Rhomboids tight  
Skin - varicose R rhomb TP  
Fol-stom) Heat TP rhomboids med / pin  
ham/ITB. mixed scaps ok. Arms prone ITBs  
Pms + Sr. IL legs @ + arms @. Sinus pts. firm  
pressure but not too deep - client  
went to sleep. Feet slow + v. relaxed  
after - thoroughly enjoyed @ should  
be a bit more tender

P= Perom self-manage own sinuses later in afternoon esp if still congested. Stopping touch b/c hip hurts when plays it.

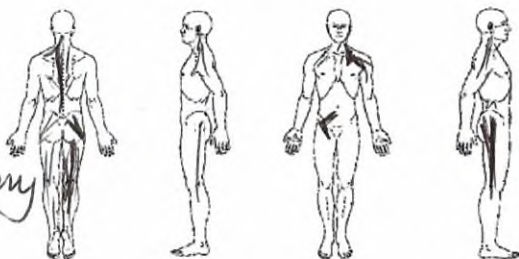


# TREATMENT NO. 15

DATE: 25.08.07  
TIME: Sat 1hr  
PAID: \$65 CASH  
REC.No: 1118  
AIR TEMP: 23°C  
MUSIC: Don McLean  
FACE CREST: Pepp  
OIL BLEND: Sport  
Basil/Tangerine

NEXT APPT:

S = client been feeling sore in R hip after iolux  
feeling great. Had flu v. badly - time off = no  
O/A: R ITB v. cong. Pectoral start  
R iliopectas v. tight. & traps L v. shg  
Traps up start esp L cong  
ES tight esp L. Ols tight  
Spinal back. R hamstring  
Skin - varicell rhomb region



FB(-stom) Heat. TP rhomb/g'ne  
ham/pt/ traps/sinus. mixed  
raps bed ok Arms @ MS+ST. JLG  
compress elbow on glutes + GT  
client fell asleep throughout  
v. quiet + relaxed. Red sinus work  
reminded to MS sinus > cold flu.

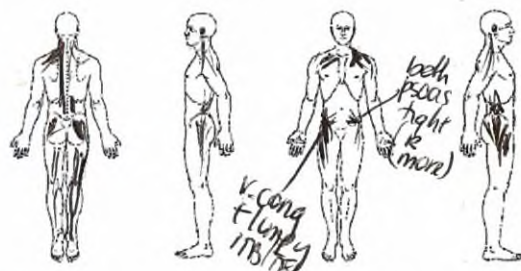
P = Reiom see physio on school hol's cheek hip  
Chno visit on hol's too. Still playing touch

# TREATMENT NO. 16

DATE: 25.09.07  
TIME: Tues 3pm  
PAID: school hols \$55  
REC.No: 1183 CASH  
AIR TEMP: 23°C  
MUSIC: Guitar Music  
FACE CREST: Pepp  
OIL BLEND: Pain  
Relax/ST/CS

NEXT APPT: 31st Oct

S = client been feeling sore in R hip + R buttock  
pain travelling up Ols + ES R too + R ham sore



LES raised. both tight. mite  
R quad attachm'ts. up raps to  
y'ined cong + tight. Resp short  
warm temp. Ols both tight  
Skin - varicell rhomb region  
FB(-stom) Heat. TP rhomb/g'ne  
ham/pt/ traps/sinus. mixed  
raps bed ok Arms @ MS+ST  
JLG + GT Rct ASIS towel + ham  
ITB/pt/ Ols/ES/L' traps/rhomb  
client quiet throughout - mite

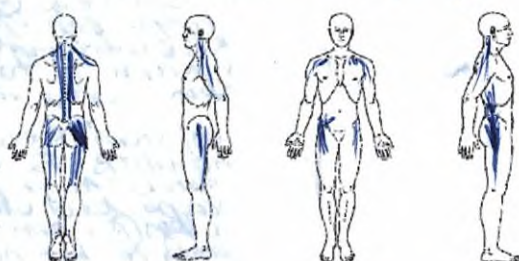
P = Physio tomorrow + chiro @ end of week - discussed  
why other misdiagnosed (with hip) - kinetic chain att'n

# TREATMENT NO. 17

DATE: 31.10.07  
TIME: Weds 4pm  
PAID: \$55 CASH  
REC.No: 1251 1hr3  
AIR TEMP: 22°C  
MUSIC: Steve Helyem  
FACE CREST: Pepp  
OIL BLEND: Relax  
Ced/Lav/Bank

NEXT APPT:

S = client been to physio but hip still sore + worse  
Spin class + touch x 2 games



O/A: R upper es esp v. cong (usual)  
Raps up start + houlky  
S'ined v. cong + tight. Ols tight  
Quads tight. ASIS tight  
Rct short/tight. Pn tight  
Rhomb cong - even R

FB(-stom) Heat. TP rhomb/g'ne  
pt/ham/ITB/traps/sinus  
in same + a map/ES/pt/GT/saturn  
mixed raps bed ok Arms @  
ST/hip/GT + ITB - client  
sed DT/remedial work  
responded well. ASIS even  
physio exer

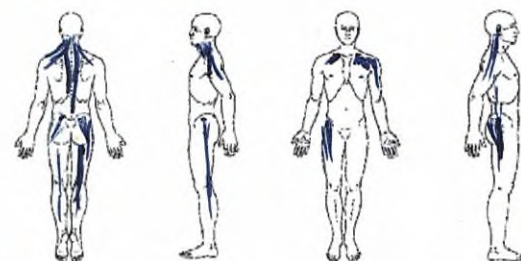
P = Reiom client get more physio/reg ms help hip  
worsened. (ie > play) Heat/pt ms continue + stre

# TREATMENT NO. 18

DATE: 24.11.07  
TIME: Sat 11.5pm  
PAID: 1hr \$65  
REC.No: 1286 CASH  
AIR TEMP: 23°C  
MUSIC: Any I  
FACE CREST: Pepp  
OIL BLEND: Run  
Mixed Reom/Basil

NEXT APPT:

S = client been feeling sore in hip still - worsened then  
got better. Better than previous - "still there" though  
Hamstrings causing knee pain



O/A: traps up esp L tight  
Pn R tight. R ITB's tight  
S'ined R v. tight/ cong/tender  
LES tighter tx. R Ols tighter  
Ham/latas taut. mte L tight  
Rhomb region cong + tight esp L

FB(-stom) Heat. TP rhomb/g'ne  
pt/ham/ITB/traps/sinus. tx ES/rhomb  
sacrum/s'nap/Ols/ASIS towel  
mixed raps bed ok Arms @  
MS+ST + JLG. JLG @ elbow  
compress glutes. Overall improv  
from 3110 esp ES + R hip

P = Reiom client continue physio exercises  
see on hol's (3 weeks) before break.  
client seeing physio for es + for @ hip - still continuing to ngle

ES tight. ASIS cong + deformed. ITB's taut. Pn tight esp R. ASIS tight  
Rhomb region cong + adhered. ASIS tight. Better - less knee than prev  
FB(-stom) Heat. TP rhomb/g'ne/pt/ham/ITB/traps/sinus. tx ES/pt/Ols/ES  
ASIS over towel. mixed raps bed ok Arms @ MS+ST + JLG. JLG @  
client quiet throughout. Body felt better after - relaxed & not  
as tender. Reiom for holdups - no touch  
Back from Hobart for new job @ 8th JAN - guidance counselling  
at school 17.10.07

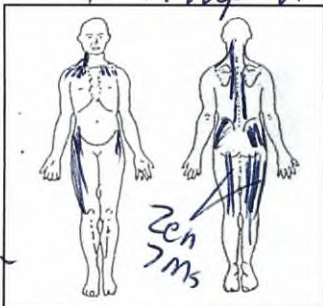
15 12.07 19  
Sat 12.5pm 1hr  
\$65. Rect# 1335  
23°C Mixed MS+HS  
Relax music  
Manditang/As'Kernel



# TREATMENT NO. 20

DATE: 22.10.08  
TIME: 3pm Tues  
PAID: 1hr \$55 Spans  
REC.No: 134  
AIR TEMP: 23°C CASH  
MUSIC: Tan Cam II  
FACE CREST: Jaw  
OIL BLEND: Pain  
BP/Frank/Gene/  
Lemon Patch  
NEXT APPT: 21

Bottle of Refresh Some Organic Spritzer  
Lemon / Rosemary / Petitgrain  
S = client has had physio/chiro (too long since last visit) Pain returned Hams V. short, Lx aching + R hip V. Sore

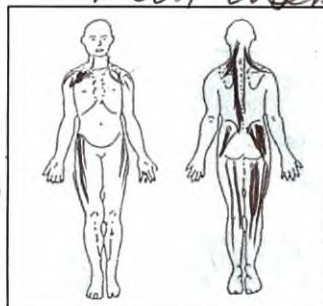


O/A: Hip V. tight  
Leaves tight. S' med tight  
Traps up short + tight. Dis V. tight - both  
Hams V. short + tight esp L. R more by  
Rhomb region tight esp L. LES tighter  
FB (stom) Heat. TP rhomb/g med/ham/lms/hips  
Fr same + ES/lms/L scap/ASIS  
Hips - PT Fr + rocks in s/L. S' hips +  
lms/hips @ arms ms + sr + ul. U legs  
Int hy today esp on back. Client  
felt better after - less tense/cong, longer  
ms esp leg region + hips.

P = Reconn squat low 1min daily + Rocking on back  
(knees hugged to chest) Continue physio + chiro

# TREATMENT NO. 21

DATE: 5.02.08  
TIME: 4.30  
PAID: 1hr \$60  
REC.No: 1376 CASH  
AIR TEMP: 23°C  
MUSIC: Tan Cam II  
FACE CREST: Pepp  
OIL BLEND: Sore  
Tea Tree / May /  
Euc / Ger  
NEXT APPT:

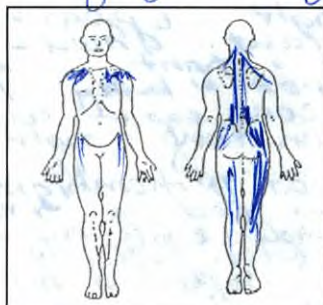


O/A: Hams V. tight + cong  
Leaves tight esp R. H's tight. S' med tight  
P's V. short esp R V. tight sleep  
ES tight esp L. Dis V. tight deep back  
L scap esp L tight. Both up traps cong  
Rhombos tight esp L. Calves tight  
FB (stom) Heat. TP rhomb/g med/ham/lms/hips  
lms/sms. Fr ES/rhomb/sacrum/ASIS  
Knees to wall / L scap/occpit. mpled rap  
bed ok arms @ ms + sr + ul. U legs  
Client quiet + deep throughout.  
Body feeling less tense than usual  
but @ ham still V. cong

P = Reconn client continue yoga + 3 x 5 per week to c.

# TREATMENT NO. 22

DATE: 08.04.08  
TIME: 2.30 Wed  
PAID: \$60 1hr  
REC.No: 1424 CASH  
AIR TEMP: 23°C  
MUSIC: Enya II  
FACE CREST: Pepp  
OIL BLEND: Pain  
Euc / May / Tea  
N PT:

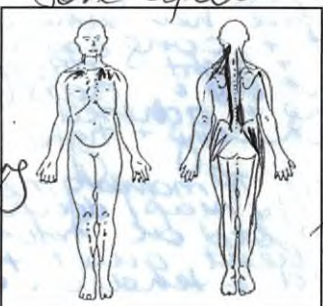


O/A: Hams V. tender + aching  
R Hams V. tight + cong. R traps V. cong  
P's V. tight esp R. S' med R V. cong  
Dis tight + V. short. Traps up V. bitter + short  
ES tight esp L. Mandy - raised both sides  
Rhomb region cong + tight  
FB (stom) Heat. TP rhomb/g med/ham/lms/hips  
lms/sms. Fr ES/rhomb/sacrum/ASIS  
Hams to wall / L scap/occpit. mpled rap  
bed ok arms @ ms + sr + ul. U legs  
Client felt better after  
esp s/L ms helped. V cong body. Worst

P = Reconn see Julie Faulkes for physio assess + Fr. 10  
see in 2 weeks

# TREATMENT NO. 23

DATE: 23.04.08  
TIME: 4pm 1hr just  
PAID: \$60 EPNBOS  
REC.No: 1443  
AIR TEMP: 22°C cool  
MUSIC: Ken Davis  
FACE CREST: Pepp - 570  
OIL BLEND: Pain  
Euc / May / Tea Tree  
NEXT APPT:



O/A: Hams esp @ night + cong. Dis V. tight  
R G V. cong. Limited rom R  
S' med V. cong R. H's V. cong R. ES esp L. h  
P's short + tight. Traps tight + trap tight  
Rhomb region cong + tight - but improved  
FB (stom) Heat. TP rhomb/g med/ham/lms/hips  
lms/sms. Fr ES/rhomb/g med/lms/ASIS/GT. mpled rap  
bed ok arms @ ms + sr + ul. U legs  
Client felt better after. Body responded well  
feeling better after. Released psoas  
discussed using a broom for self-release

P = see in 3 weeks. continue seeing physio Isaac - reconn  
check pelvis/hip position in both stand

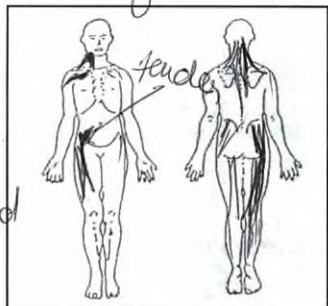


# TREATMENT NO. 25

DATE: 15.05.08  
TIME: 1hr 5  
PAID: \$60 extra  
REC.No: 1463  
AIR TEMP: 23°C  
MUSIC: Arken Bilk II  
FACE CREST: Lemon  
OIL BLEND: Relax  
41 41 Rosewood

NEXT APPT:

S= Hams been sore + br region. Hip pain settling. Chiro today + physio - released psoas

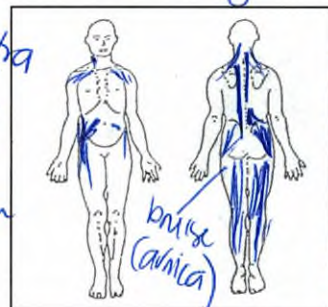


O/A: Hip trap bulky + cong - L tant too. Hams tight R. Pecs R esp v. tight. G med R cong. Diap short + right. Psoas tight esp R + iliois v. tight. rhomb. Qls tight esp R - R Quad cong. right. (stom) Heat TP rhomb/g med/ham/ITB/sinus. Diap. br same + ES psoas/ASIS/psoas area. Wined raps bed ok. Arms (P) ms + ST + IL. Jlegs + RIGT. Client quiet + sleepy throughout. Body better than previous + responded well. Lers cong. v. sleep

# TREATMENT NO. 26

DATE: 03.05.08  
TIME: 4pm 1hr 10 extra  
PAID: \$60 1hr rate  
REC.No: 1493  
AIR TEMP: 23°C extra  
MUSIC: Paul Merc I  
FACE CREST: Pau.  
OIL BLEND: Pau.  
Pepl/Banet/Rosem

NEXT APPT:



O/A: Rals tight + v. cong. short "not necessary". G med tight + cong esp R. Trap up cong + tight R. Diap short + right. L ham tighter than usual. L calf tighter too. Diap short + right. Pin R v. cong. Rhomb region cong + tight esp L. (stom) Heat TP rhomb/g med/ham/ITB/raps. Sinus/diag/als R. br same + GT/ITB/ATC/ox. ASIS/sacrum. Wined raps bed ok. Arms (P) ms + ST + IL. Jlegs (P) client quiet throughout. Held legs tensed esp rbs v. tender - client + released work & S/L both sides. ven cong. after - ready for

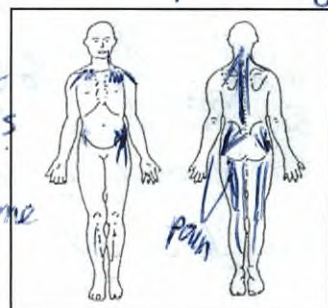
P= Discussed clump alternate chiro + ms - finds chiro more effective than anything else. ms helps ease + stops worsening

S= client been feeling tight + v. sore in L hip / br region. worse after adjustments

# TREATMENT NO. 27

DATE: 01.07.08  
TIME: Tues 4pm  
PAID: Inv 1hr time  
REC.No: \$60 1hr  
AIR TEMP: 23°C extra  
MUSIC: Tan Cam II  
FACE CREST: Pepl  
OIL BLEND: Spels  
Win + Rosewood

NEXT APPT:



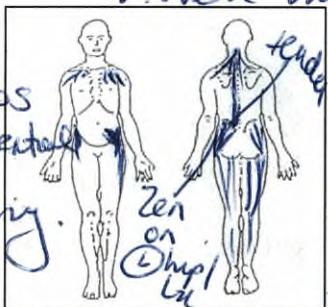
O/A: Tib ant tight. L psoas v. cong. Deltoids tant. G med L esp v. tight. Pecs short + tight. GT - both v. tight. Traps up short + bulky. Pin tight esp L. ES tight + cong esp L. Als short + tight esp. Rhomb region cong + tight esp L. - ant leg. (stom) Heat TP rhomb/g med/ham/ITB/raps. Wined raps bed ok. Arms (P) ms + ST + IL. S/L both sides esp L. hip more de. hup. Client felt better after ms - stretch work OT/rem. Softened but still v. cong. Touch vent well.

P= Perony client sees physio Tim Wolff. L hip troubles started 2 mas + now pain 4 to L side

# TREATMENT NO. 28

DATE: 20.07.08  
TIME: 14.30 Tues  
PAID: Inv \$60  
REC.No: 1513 extra  
AIR TEMP: 23°C  
MUSIC: Keny G essential  
FACE CREST: Pau.  
OIL BLEND: Relax  
Cage / Frank / Berg

NEXT APPT:



O/A: Traps tight + cong esp L. Hams R tight. Pecs short + tight. Pbs tight. Traps short esp L. Psoas L tight. Als v. cong + adhered - tender esp L. Rhomb region cong + tight esp L. (stom) Heat TP rhomb/g med/als/diag/ham. br same + ES/raps/acet/ST. S/L side. Wined raps bed ok. Arms (P) ms + ST + IL. Jlegs (P) client quiet throughout. Body injured + tender left side esp. The Rom

P= Client seeing physio Isaac Thurs + chiro next week. Ms in 3 weeks. Discussed icing Lx region + L hip 24-29hrs

Did S/L test

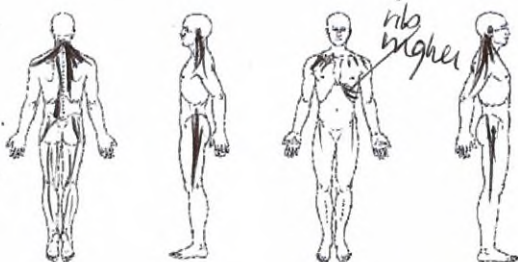


TREATMENT NO. 28 <sup>29</sup> S = client been feeling tight in neck @ after land?  
awkwardly on a dose

DATE: 12.08.08  
TIME: 12:05 PM  
PAID: \$60 cash  
REC. No: 1566  
AIR TEMP: 23°C  
MUSIC: Arini - Tribute  
FACE CREST: Pepp.  
OIL BLEND: Pepp / BPL Frank /  
Lav.

next appt: \_\_\_\_\_

O/A: traps up short + tight esp Rb.  
Rsc short + tight  
Rscm trichter + v. comp + tender  
Lscam esp R v. comp  
Hams / calves tight esp R  
Rhomb region comp + tight  
BPL-stom Heat - TP rhomb / med  
Gls / trap. mndg traps bed on  
Arms / MS / ST + th. ill esp @  
chest quiet throughout  
Body relaxed well - less tense  
after but neck v. comp + stiff del  
esp R



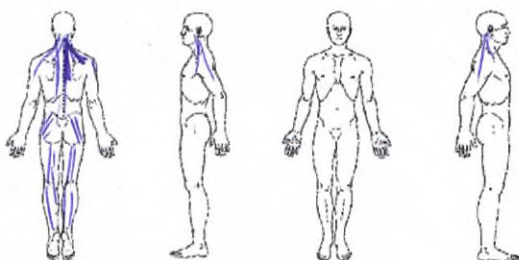
**TREATMENT NO.** 09

**DATE:** 05.09.08  
**TIME:** 12:4pm  
**PATIENT ID:** INY 860  
**No. EMP:** 509 EFROS  
**MUSIC:** Yanni - there  
**FACE CREST:** Pepp  
**OIL BLEND:** Relax  
Oral Balm

**NEXT APPT:**

**P =** 3 weeks off track going to go back to one game per week. Reum shoulder shrugs (Contract/relax) before.  
reum heat on neck  
SF client been feeling tight in @ ham - better than previous though

**O/A:** Deltoids tight. J/caps short +  
Pecs short + tight R  
Traps up short + tight. C med thigh  
latiss taut. Hamstrings R v. tight  
ES right + cong esp R. Wristight  
Rhombos region cong + tight esp R  
Trapezius Heat. T/rhomboid/mid/  
ham/trap/lats/l/caps/sinus  
be same as lats/l/caps/sinus 2 to  
mild stamped on. Ankle/mid  
st. all. Mgs @ client quiet & deep  
throughout body & abundant.



31  
30

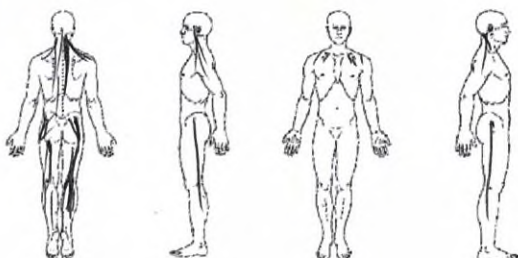
TREATMENT NO

DATE: Extra 03.10.08  
TIME: 5:00-3:30 PM  
PAID: 1614  
REC.No: 230c 1hr  
AIR TEMP:  
MUSIC: Sampler  
FACE CREST: Pepp  
OIL BLEND: Pepp / Patch  
APPT:

P = Back @ touch - Mon night 1 game only. Yoga @ home  
S = client been feeling tightness in (L) hamstrings - ischio  
tub hurts. O'use old stuff from camping trip - this travel

O/A:  
ITBs tight. G'ned tight. Pin tight  
Rhomb tighter. traps up short  
Cis tight. 2 traps short + tight  
ES tight + cong! Reiss short  
Rhomb region cong + tight

Trl-stom/Head. TP rhomb/g'ned/ham  
ITB/traps/sinus/l'scap/lat. for same  
+ ES/Cis/occiput/sacrum/scalp  
mild draps. Bed on Arms @ MS + 5r  
+ 5r vllgs + GT @. Quiet through  
relaxed after MS



04.10.09  
\$60 hr  
Forgot to write up  
(same in as optio

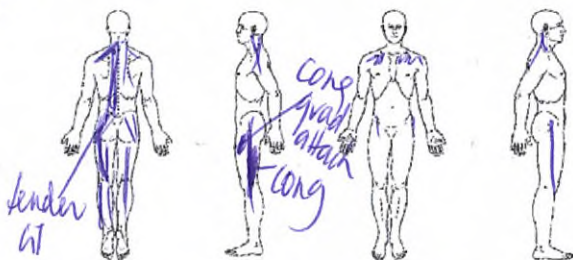
TREATMENT NO. 3132 S= client been feeling tight & cong in L ham but overall body balance better than usual. Seen new male physio @ proactive - released art bones (no appt today)

DATE: 31 10 08  
TIME: 4:30 FRI 6:15  
PAID: \$60 hr  
REC.No: 1642  
AIR TEMP: 23°C  
MUSIC:  
FACE CREST: Pepp  
OIL BLEND: Pepp 3%, Almond oil

Next appt: \_\_\_\_\_

O/A:  
Detoides tight esp R.  
Inceps tight + short. ASIS + tail  
WLS tight esp L. Rhomboides usual  
CS tight esp L. L ham tight  
Rhomb region cong + tight  
TB (-stom) Heat TP rhomb/amed/  
AS/ES/occiput/scalp/ann  
Rx same + ES/GT/IBS. SL (L) hip +  
LWS. (P) Arms st + (S) ms + SF + C.  
lego (P) - L stiffer. Legs stiff SL  
Responded well - less cong after

P= Keepm client stretch hams as per physio instructions. See physio / chiro as rel'ng.

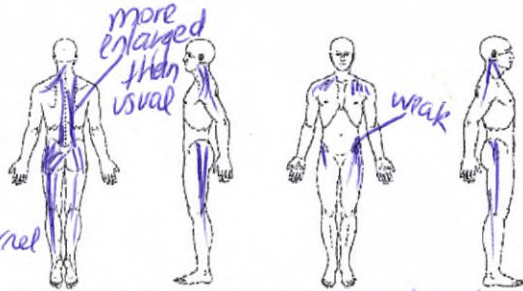




TREATMENT NO. 33

DATE: 28.11.08  
TIME: 430 PM EPOS  
PAID: 1hr \$60  
REC.No: 1675  
AIR TEMP: 23°C  
MUSIC: Kenny G movies  
FACE CREST: deep  
OIL BLEND: sports 3%  
Bp / ging + Arol / Apricot kernel  
NEXT APPT:

S = client been feeling pain in L hammy again 3 weeks no touch - felt trigger



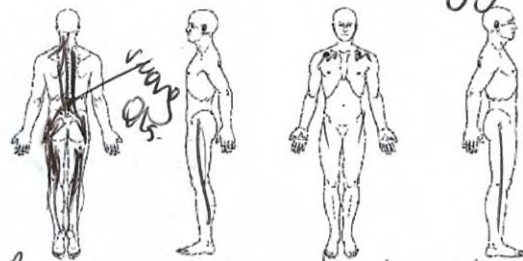
O/A: Deltoids tight but ok - more knee lower  
Scaps tight L  
Deltoids esp R, G med cong + adh  
Deltoids tight + enlarged  
Rhomb region tight  
T1 (stom) Heat TP rhomb traps  
ham / TB traps / sinus - same  
occip / AT / scalp / GT / scap / rhomb  
rhomb / scaps bed on - trigger  
Maga - L hurt client quiet  
S/L both hips + TBs - V good relax

P = ankele kicked - Ms - big 'twang' - Revom client see physio / chiro

TREATMENT NO. 34

2 mas gift of organic  
DATE: 18.12.08  
TIME: 4pm  
PAID: \$600 CASH  
REC.No: 1hr 1209  
AIR TEMP: 23°C  
MUSIC: Steve Naylor  
FACE CREST: carbon  
OIL BLEND: Relax  
led / ar / frank  
NEXT APPT:

S = Client been feeling tight + cong in hip region + Lx region Pain still continues with rest + play / ex. went to reflexology



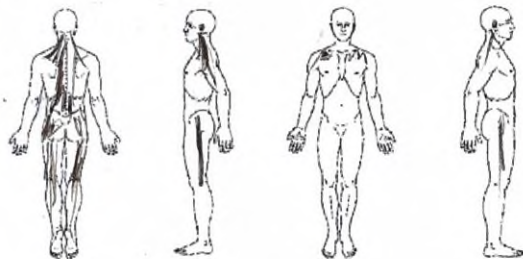
O/A: Deltoids tight G med v. cong  
Scaps short + tight + phn  
Trap up short + tight  
Deltoids tight esp R  
Rhomb region cong + tight  
T1 (stom) Heat TP rhomb traps  
scap / pin / G med  
rhomb / scaps bed on - Arms @  
ms + ar - Maga (P) Boas / lull  
relaxed well - tender - V relax  
after

P = Discussed how plates could help core strength + discussed kinetic chain + how it affects muscle recruitment

TREATMENT NO. 35

DATE: 20.01.09  
TIME: Tues 9pm  
PAID: 1hr \$600  
REC.No: 00017 Fmt  
AIR TEMP: 23°C EPOS  
MUSIC: Miyagi  
FACE CREST: deep  
OIL BLEND: Relax  
dau / oral / 41  
NEXT APPT:

S = Client finished pilates class - not improv? Lx / hip pain. Touch 2 games per week - Montinus



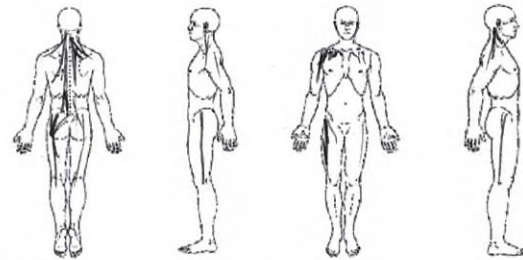
O/A: L esp short - G med cong L  
Pis short - Trap up short +  
Deltoids tight - scap  
Deltoids tight + short - tight  
Rhomb region cong + tight + tend  
- antegrum  
T1 (stom) Heat TP rhomb / G med / Delt  
scap / pin / sinus - Lx same + ES  
occip / AT / scalp S/L both  
T1s / traps + Delt + glutes  
Quiet + relaxed - Delt medial  
hips / Lx region - Tse Rom

P = All from client continue to use deep heat when news for pain relief. Discussed w down + icing / shower to get temp back to normal.

TREATMENT NO. 36

DATE: 13.02.09  
TIME: Fri 5pm  
PAID: 1hr \$600 EPOS  
REC.No: 0046 EPOS  
AIR TEMP: 23°C  
MUSIC: Indian  
FACE CREST: deep  
OIL BLEND: 1/4 flav  
Relax  
NEXT APPT:

S = Client been feeling tight + cong in R shoulder Pain in L ham / shial / b region esp 2 shts / dnt / lots

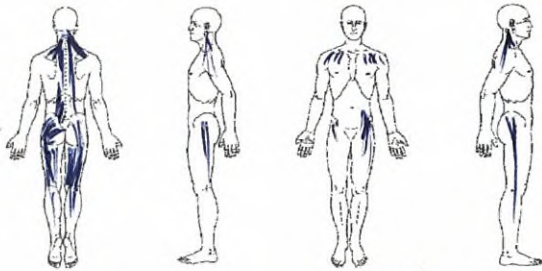


O/A: Pin tight Trap up short  
Deltoids tight L - P is tight  
G med tight + short  
Deltoids tight + cong Deltoids +  
ES tight + cong esp R + cong  
Rhomb region cong  
T1 (stom) Heat TP rhomb / G med  
ham / TB / traps / sinus - Lx same  
occip / AT / GT / scalp / shial  
Delt / rhomb / traps bed on  
Arms @ S + Dms + S + L Maga  
Quiet throughout - body  
responded well - Tse Rom  
relaxed

P = Discussed position? self better when driving + doing lumbar roll for support



DATE: 03 09  
TIME: \$60/hr  
PAID:  
REC No: 236C EFMS  
AIR TEMP: 430 FR1  
MUSIC: Kenny G Ultimate  
FACE CREST: Jaxu  
OIL BLEND: Relax  
Jami/Euc/May/Tea Tree  
NEXT APPT:

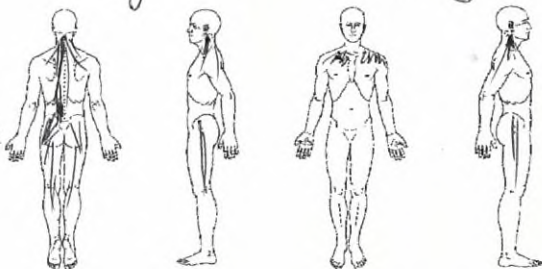


17Bs tight + short, Perish short.  
 Traps short. Pin tight + short.  
 2 traps tight. g med v. cong.  
 Es tight + short. Lous v. tight  
 Rhomb region cong + tight  
 TP (stom) Heat. TP rhomb/g med  
 ham 17B traps/L rap. for same +  
 ES - mixed traps bold on. Amr ⑤  
 + ⑤ Msk S<sub>2</sub> + ul. Current quiet time  
 Body responded well. Released  
 well. But v. v. cong in L hip region

S/L hip region

TREATMENT NO. 21

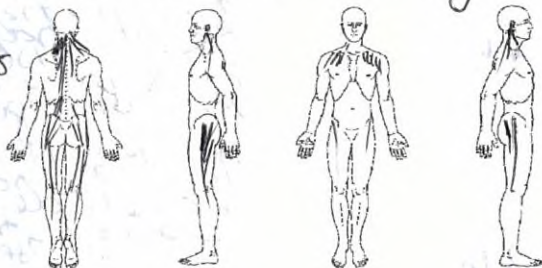
DATE: 27 03. 09.  
TIME: FR 1430  
PAID: 1hr \$60  
REC: 108  
A: 230C ETMS  
M: Janni - minou  
FACE CREST: Hipp. Outline  
OIL BLEND: Relax  
Mand / Tang  
NEXT APPT:



O/A:  
Incubo fight. Peris tendent high.  
@ls short leg. Pin leg right  
R tighter but much improved  
Hams tight but better than p.c.  
Rhomb region cong + tight  
P(-stom) Heart JP rhomb pigned  
ham/IB traps sinus winged  
saps bed on. Anns (P) S7 +  
Sims + S7 + w. yllaps (P) Out  
throughout - body relaxed,  
sleepy, feeling better = ms

TREATMENT NO. 38

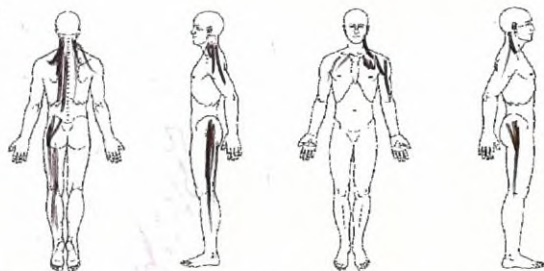
DATE: 29.04.09.  
TIME: Weds 330  
PAID: 1hr \$60 GMB  
REC No: 150 151  
AIR TEMP: 230C  
MUSIC: Afrika Bamba  
FACE CREST: J. Jay.  
OIL BLEND: Rain  
Pepp Euc  
NE PT:



O/A: Tender Tender foot  
LTB tighter Rhomb bulkier  
Traps up short Q's tight  
L'scups tight ITB's tight  
Detoids tight TR's tight  
Rhomb region congest  
FB (-stom) Heat TR rhomb/g'neq  
ham/ITB traps Isinus L'sclop  
fs same + GS/Q's/detoids/GT  
A/C winged traps ceder arms  
CS + MS + SF + VL vulgs  
Quiet throughout - relaxed  
stems after

TREATMENT NO. 30

DATE: 19.05.09  
TIME: 5:15 Tues - on time  
PAID: 1hr 3 \$60  
REC.No: 191 errors.  
AIR TEMP: 23°C  
MUSIC: NATURAL  
FACE CREST: Lav  
OIL BLEND: Paen  
Lav / Tang  
NEXT APPT:



1st right. 2nd right L. Cochlear  
 ribs esp. 1. 2nd. L. med. cone  
 2nd right esp. L. + L. sup.  
 Rhomb. L. right esp. L. cone  
 1st (stom.) Heat. 1st rhomb. 1st med.  
 1st 1st traps / sinus / 1st ap.  
 mineral ox. 1st 1st 5. + 1st  
 + 1st. 1st 1st. 1st 1st 1st  
 Body responded well. 1st 1st  
 + 1st Overall improvement

NEXT APPT:

$P =$  Keep tennis ball on both May look @ 1 game of touch instead of 2 weekly

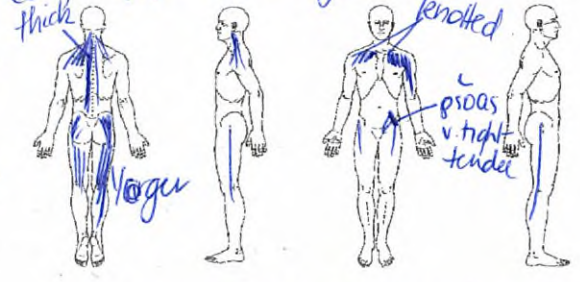


# BDAY CARD

TREATMENT NO. 40

DATE: 16.06.09  
TIME: Tues 5pm  
PAID: 1hr \$60  
REC.No: 244 CMB  
AIR TEMP: 23°C  
MUSIC: Ken Davis  
FACE CREST: sav  
OIL BLEND: Relax 1/1  
Tang / mand  
NEXT APPT:

COFW EUC  
S= Client been feeling tight + cong in L  
A/c - internal rotatn stiff + sore from driving +  
flu - Euc 19 years



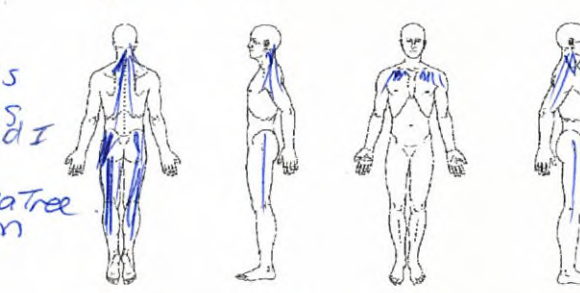
O/A: ITBS esp L tight  
Hips both tender  
Pir L tight, S med v. right  
Q's tight, Ham R tight  
Deltoids L esp v. cong  
Rhomb region cong + tight L  
TB (stom) Heat TP rhomb/line  
pin / L traps traps, mixed or  
same 4 ES / Q's / deltoids / trap  
ocup / scalp, arms @ 5 + 5 ms / L  
Quiet throughout, expanded  
rest - relaxed / sleeping 3 hrs  
v varied exp upper

P= Perom tennis ball on rhombs + heat on shoulders  
per stretch when driving

TREATMENT NO. 41

DATE: 07.07.09  
TIME: \$60 1hr  
PAID: 330 Tues  
REC.No: 286 s hols  
AIR TEMP: 23°C  
MUSIC: Indian CMBs  
FACE CREST: Pepp  
OIL BLEND: Pain  
Lemon / May / Tea Tree  
NEXT APPT: 31st @ 5pm

S= Client been feeling tight + cong in legs after  
strong pump (been 18 months since)



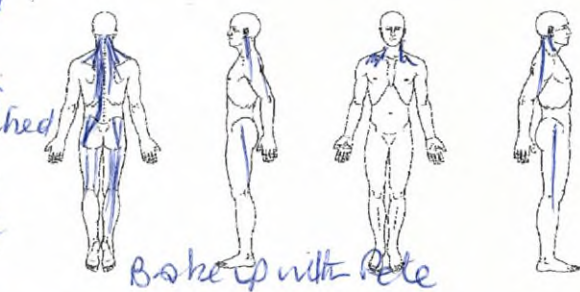
O/A: Pir tight esp L cong  
+ no tight 2 esp  
Q's tight esp L, L traps tight  
ES tight + cong esp L  
Rhomb region cong esp L  
TB (stom) Heat TP rhomb/line  
ham / traps / snus / trap  
same 4 ES / Q's / deltoids  
mixed or arms @ 5 + 5 ms  
5 + 5 ms / L  
Relaxed 4 75% Rom / 15% pain only

P= Same to Dr Turner for cortisone inject + x-rays  
of Ex / hips to find out what exactly is wrong

TREATMENT NO. 42

DATE: 07.08.09  
TIME: \$60 1hr  
PAID: 400 FR  
REC.No: 358 356  
AIR TEMP: 23°C  
MUSIC: Chang - Lined  
FACE CREST: Pepp  
OIL BLEND: Pain  
Lemon / May / Tea Tree  
NEXT APPT:

S= Client been feeling tightness in neck after  
mock-on (a touch of headache) - stiff / sore  
shoulders



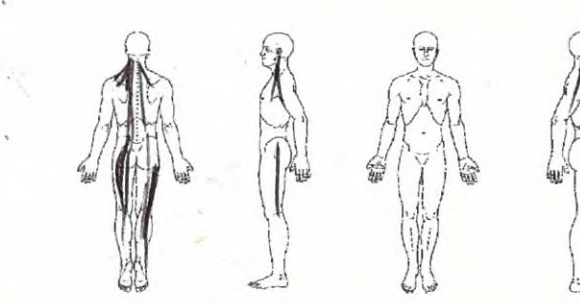
O/A: L traps tight, Pels chest  
Recept, naps v. cong  
Q's tight, Deltoids tight  
ES tight + cong TC  
Rhomb region cong + tight  
TB (stom) Heat TP rhomb/line  
pin / traps / traps / trap  
same 4 ES / Q's / deltoids / trap  
mixed or arms @ 5 + 5 ms  
MS Rom 15% neck 2 ms  
v tender / stiff - watch recovery

P= Perom heat on neck to help soften guard's muscles  
Hip / Lx feeling better. 1 game of touch now

TREATMENT NO. 43

DATE: 26.08.09  
TIME: \$60 1hr  
PAID: 400 CMB  
REC.No: 390 CMB  
AIR TEMP: 23°C  
MUSIC: Indian Mix II  
FACE CREST: Pepp  
OIL BLEND: Relax  
Pepp / a/c  
NEXT APPT:

S= Client been feeling good after had cortisone  
injection - no touch. seeing Dr. Money again in 2 weeks



O/A: Traps right esp L  
Stiff upper esp esp L start  
Deltoids tight esp L  
Pir short + tight R hamer  
Ham start + Pels cong  
Rhomb cong + varied esp L  
TB (stom) Heat TP rhomb/line  
pin / traps / traps / trap  
same 4 ES / Q's / deltoids / trap  
mixed or arms @ 5 + 5 ms  
MS Rom 15% neck 2 ms  
v tender / stiff - watch recovery

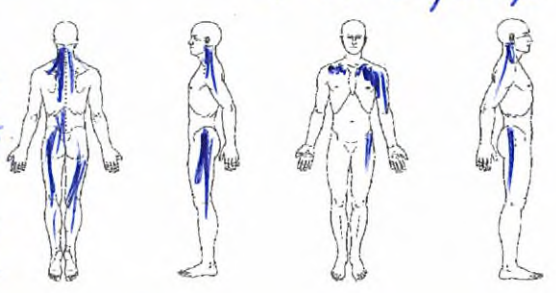
P= Perom client tho + should feel better Romne +  
couple of days

HT. face / feet  
Pepp Cm - feet



TREATMENT NO. 44 S= Client been feeling improvement with cortisone  
45 needle - no isial tuboun - ran today Blue arrow  
+ did pump clars yesterday. walking dog, relax 2 days

DATE: 22.09.09  
TIME: 5pm 1hr  
PAID: \$60 Tues  
REC.No: 44 EFBS  
AIR TEMP: 24°C  
MUSIC: Music Mixed MS  
FACE CREST: Pepp 15-30  
SUPINE SCENT: Nil  
OIL BLEND: Pain  
Rosem/Basil/Pepp  
HT: Peppt Cream

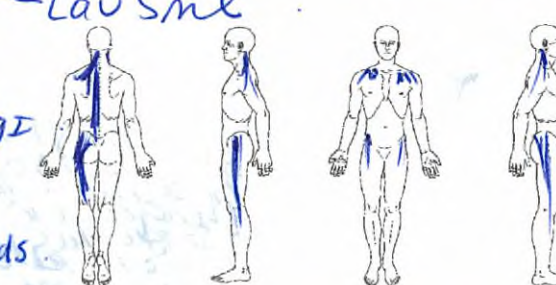


O/A: G med tight + cong  
L trapezius: L trapezius tight esp L  
Deltoids tight esp L + tender  
ES tight traps up tight esp L  
Rhomb region cong esp L  
FB(-stom) Heat TP rhomb/gine  
ham/MB traps/scap/traps  
Es same + ES/als/occup/MS  
Tms winged OK Arms @ S7 + @  
MS + S7 - NO VILGO @ Quiet  
throughout relaxed 7ms

NEXT APPT: 1  
P= Discussed seeing pr for cortisone again if pain/muscles  
persist. 1 game touch - on school hot's

TREATMENT NO. 45 S= Client been feeling tightness in L trap + in  
46 ham (occas. - after touch - bring on.

DATE: 21.10.09  
TIME: 5pm Weds  
PAID: \$60 1hr  
REC.No: 492 EFBS  
AIR TEMP: 24°C  
MUSIC: Indragay Chang I  
FACE CREST: Pepp 15-30  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
Lav/Pepp  
HT: Feet + Arms/hands  
EXTRA: Peppt Cream




O/A: G med v cong / tight  
L up trap v. knotted/cong  
Deltoids tight L  
ES tight esp L Trc. Qls L tight  
Rhomb region cong + vaxed  
FB(-stom) Heat TP rhomb/gine  
ham/MB traps/sinus/L trap  
Es same + ES/als/deltoids  
occup/scap/Tms winged OK  
Arms @ S7 + @ MS + S7 + VIL  
V. sleepy 7ms

NEXT APPT: Informed \$65  
P= Recom client use Lav for relaxat

TREATMENT NO. 46 S= Client been feeling tightness in ham R  
47 Anchung Been v. busy with work.

DATE: 25.11.09  
TIME: 5pm Thu Weds  
PAID: \$65 EFBS  
REC.No: 561  
AIR TEMP: 23-24  
MUSIC: Yanni  
FACE CREST: Pepp  
SUPINE SCENT: Pepp - reacted  
OIL BLEND: Relax  
Pepp Lav  
HT: Face + feet  
EXTRA: Peppt Cream

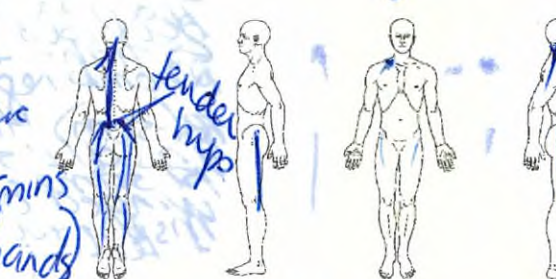


O/A: Pers tight L. L lat v tight  
Deltoids tight esp L. Qls L  
Traps up tight esp L. Tigh  
ES tight esp L. R G med cong  
Rhomb region cong + vaxed  
FB(-stom) Heat TP rhomb/gine  
ham/MB traps/sinus/L trap  
Es same + ES/als/deltoids  
L scaps winged OK Arms @  
S7 + MS + VILGO @  
Quiet throughout - relaxed  
7ms

NEXT APPT: P= Person client use heat on shoulders + see  
client before 2 mas. b/wk soft focus on body

TREATMENT NO. 47 S= Client been feeling tightness in L shoulder  
48 but course body feeling good

DATE: 15.12.09  
TIME: Tues 4pm  
PAID: 1hr \$65  
REC.No: 606 EFBS  
AIR TEMP: 23°C  
MUSIC: Yanni - if there  
FACE CREST: Pepp  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
Lav/Pepp  
HT: Feet + Arms/hands  
EXTRA: Peppt Cream



O/A: Traps tight/tender  
G med tender both. Feet high  
Deltoids tight L esp cong  
ES tight congested + tight  
Rhomb region cong + vaxed  
FB(-stom) Heat TP rhomb/gine  
ham/MB traps/sinus/L trap  
Es same + ES/als/deltoids  
occup/scap/Tms winged OK  
Arms @ S7 + MS + VILGO @  
Quiet throughout - relaxed  
7ms

NEXT APPT: P= Dis used stretching more shoulders/neck for  
better balance  
Ad neutral  
in case of allergy



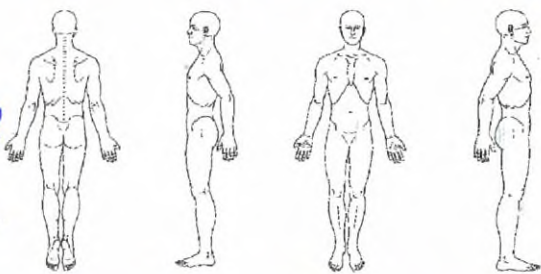
BDAY 2010

2 MAS 09

TREATMENT NO. 48

S = client been feeling tightness in her r shoulder  
OK in hip/butt > Injection

DATE: 13.01.10  
TIME: 4pm weds  
PAID: \$65  
REC.No: 643  
AIR TEMP: 23.6C  
MUSIC: Mad Girls Israel  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + face  
EXTRA:



O/A: 4 med tayer, 4 but ok  
Pecto tight/short  
Deltoids tight L esp  
ES tight L  
Rhomb region cong  
FB(-stom) Heat TP rhomb/line  
ham/mb/trap/sinus/scap  
+ same + ES/accpt/AT/Alc  
+ deltoids winged ok  
Arms @ ST + @ MS + ST + VL

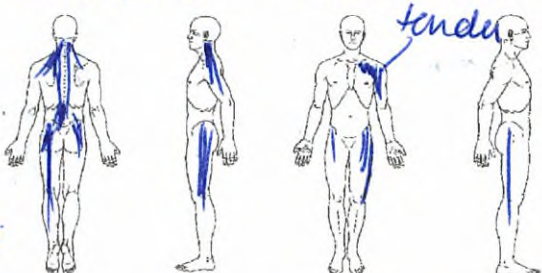
NEXT APPT:

P = Playing two games of back row

TREATMENT NO. 49

S = client been feeling tightness in her Left hip  
just nagging. Played couch x 2 games now dropping  
back to the. Luxore > Sat nite in different bed

DATE: 16.02.10  
TIME: 5:15 Tues  
PAID: \$65 1hr  
REC.No: 683 CMBs  
AIR TEMP: 23.0C  
MUSIC: Piano Tunes I  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + hands  
EXTRA:



O/A: 2 hams v. tight. LHF v.  
Traps up tight + short  
Deltoids tight L med tender  
ES tight esp L low. Alsv. high  
Rhomb region cong  
FB(-stom) Heat TP rhomb/line  
ham/mb/trap/sinus/scap  
+ same + ES/accpt/AT/Alc  
+ deltoids winged ok. Arms @ ST + @ MS  
+ ST + VL. Quiet relaxed arms + felt  
improvement

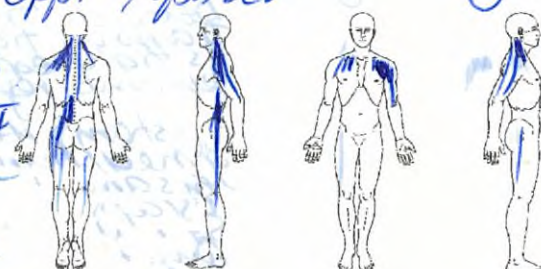
NEXT APPT:

P = Person client use some heat on hips

TREATMENT NO. 50

S = client been feeling tightness in the region  
+ in hips (h'sing OK since injection)

DATE: 12.03.10  
TIME: 4:15  
PAID: 1hr \$65  
REC.No: 724 CMBs  
AIR TEMP: 23.0C  
MUSIC: Steve Noyen I  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + face  
EXTRA:



O/A: Deltoids taut. MBs tight  
Traps up tight  
Alsv tight + tender esp L  
ES tight esp  
Rhomb region cong  
FB(-stom) Heat TP rhomb/line  
4 med/ham/mb/trap/sinus/scap  
+ same + ES/accpt/AT/Alc  
Quiet + sleepy + v. relaxed  
Feet improvement 7ms

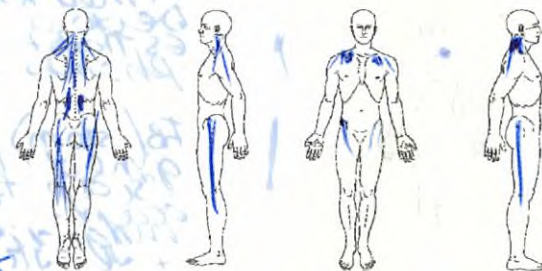
NEXT APPT:

P = Person see physio + chiro on Easter hol's

TREATMENT NO. 51

S = client's body v. sore & physio esp shoulder  
+ the region been sore. Doms - quads - Pump

DATE: 07.04.10  
TIME: 4pm weds  
PAID: \$65 1hr  
REC.No: 753 CMBs  
AIR TEMP: 23.6C  
MUSIC: Piano Tunes I  
FACE CREST: Lav  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + hands  
EXTRA:



O/A: Quads v. tight. MBs tight  
Traps up tight esp  
Deltoids tight esp  
ES tight + short L  
Rhomb region cong + tight  
FB(-stom) Heat TP rhomb/line  
4 med/ham/mb/trap/sinus/scap  
+ same + ES/accpt/AT/Alc  
winged ok. Arms @ ST + @ MS  
+ ST + VL. Quiet + sleepy

NEXT APPT:

P = Person client H2O



Ref Belinda Livingston Extra 10

TREATMENT NO. 52 S= Client been feeling tightness in her lx region -  
 v stiff after sleep? seeing chris Heron on 100's  
 L shoulder more - pump

DATE: 16-06-10  
 TIME: 5:15 Weds  
 PAID: \$65 Inv CABS  
 REC.No: 845  
 AIR TEMP: 23°C  
 MUSIC: Yanni - mirage  
 FACE CREST: Jay  
 SUPINE SCENT: demon time  
 OIL BLEND: Relax

HT Feet + face Arms/ hands  
 EXTRA

O/A: C med/ Pin Resp tight  
 Peers tight. Devoids R tight  
 Ols tight + enlarged R side  
 ES tight + cong esp L  
 Rhomb region cong esp L

Full Body STOMACH Hardest R psoas  
 ARMS Prone Supine MS LEGS  
 TP rhomb/ g med/ ham/ trs/ traps  
 Fx occip/ scap/ scalp/ ac/ lat/ m  
 Quiet Pelvic rock? Quiet Breathing  
 ROM feet improvement  
 FBACK V relaxed + tired 7ms

NEXT APPT: P= Return client see chiro Use heat. Do s/cif pain  
 continues next month

TREATMENT NO. 53 S= Client been feeling tightness in her  
 R lx region. Improved shoulder  
 v. none - last MS

DATE: 09-07-10  
 TIME: 10:00 Thu  
 PAID: \$65 CABS  
 REC.No: 850  
 AIR TEMP: 23°C  
 MUSIC: Kenny G begins  
 FACE CREST: Jay  
 SUPINE SCENT: demon  
 OIL BLEND: Relax  
 HT Feet + face  
 EXTRA

O/A: scms L tight  
 Traps up right/ short L  
 Devoids tight L  
 ES tight R esp + R Ols solid  
 rhomb region cong

Full Body STOMACH Hard psoas esp  
 ARMS Prone Supine MS LEGS  
 TP rhomb/ g med/ ham/ trs/ traps  
 Fx occip/ scap/ scalp/ trm  
 Quiet Breathing  
 ROM Less pressure/ invasive stiff, relax  
 FBACK Relaxed + feels improve well

NEXT APPT: P= Return client see chiro next week (booked)  
 to help lx region - helped with after

TREATMENT NO. 54 S= Client been feeling tightness in her L TRS/ TFLs  
 + some tightness in JH shoulder

DATE: 05-08-10  
 TIME: 4:15 Fri  
 PAID: \$65 Inv  
 REC.No: 917 CABS  
 AIR TEMP: 23°C  
 MUSIC: J. Sinfonias  
 FACE CREST: Jay  
 SUPINE SCENT: demon  
 OIL BLEND: Relax  
 HT Feet + face  
 EXTRA

O/A: TFLs + ITBs L tight  
 L Ols tight. LHF + g med/ pin tight  
 Devoids tight. Peers tight L  
 ES tight + short L esp  
 Rhomb region cong + tight L

Full Body STOMACH ASIS fix over to heel  
 ARMS Prone Supine LEGS  
 TP rhomb/ devoids/ traps  
 Fx occip/ scalp/ trm  
 Quiet Breathing  
 ROM esp eased. Upward. Really enjoy  
 FBACK Relaxed after

NEXT APPT: P= Return keep moving + discussed benefits of MS

TREATMENT NO. 55 S= Client been feeling tightness in Ols a little -  
 of one good. NO other aches/pains

DATE: 27-08-10  
 TIME: 2:30 Fri  
 PAID: Inv \$65  
 REC.No: 948 CABS  
 AIR TEMP: 23°C  
 MUSIC: Enya II  
 FACE CREST: Jay  
 SUPINE SCENT: demon  
 OIL BLEND: Relax  
 HT Feet + face  
 EXTRA

O/A: g med L tighten  
 Ham's tight esp R. L Ols v  
 Ols esp v tight  
 L ES tight esp R  
 rhomb region cong + tight L

Full Body STOMACH  
 ARMS Prone Supine LEGS  
 TP rhomb/ g med/ ham/ trs/ traps  
 Fx occip/ scalp/ trm  
 Quiet Breathing  
 ROM relaxed 7ms. v tired 7ms  
 FBACK feeling better 7ms

NEXT APPT: P= See in Sept. then on school holidays. No touch @ mo



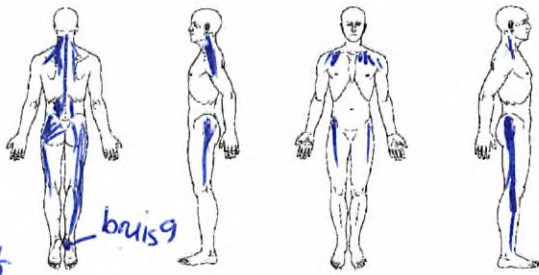
TREATMENT NO. 52

DATE: 28.04.10  
TIME: Weds 5  
PAID: \$65 Inv  
REC.No: 1096 CFBs  
AIR TEMP: 23°C  
MUSIC: Enya I  
FACE CREST: 1/2  
SUPINE SCENT: Lemon  
OIL BLEND: 1/2  
HT: Feet + Arms/hands  
EXTRA:

S = client's Lx been sore - seeing Julie for Tx  
Hurt R heel (stone bruise) 1 wk ago - whole R leg + Lx  
been sore b/c  
both as adhered esp L  
9 mds both v. short - L feels we  
ES less v. tight  
Rhomb region cong L

O/A: Feet v. tight  
both as adhered esp L  
9 mds both v. short - L feels we  
ES less v. tight  
Rhomb region cong L

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/med/l scap/pin  
Fx occiput/lat/atl/ES  
☐ Talked ☐ Quiet Breathing  
ROM softer tissues v. red rhomb  
FBACK Relaxed + looser



NEXT APPT:

P = Reom Amia on R heel to help with bruising

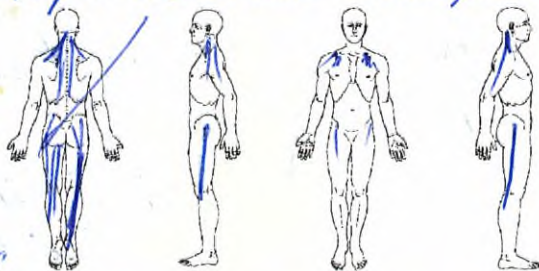
TREATMENT NO. 53

DATE: 19.05.10  
TIME: Weds 515  
PAID: \$65  
P: 1096 CFBs  
A: 230C  
M: 1/2  
FACE CREST: 1/2  
SUPINE SCENT: Lemon  
OIL BLEND: 1/2  
HT: Feet + Arms/hands  
EXTRA:

S = client's LH shoulder been sore - aching  
esp when wakes up  
hip been ok - no pain

O/A: Rhomb tighter  
Traps up tight L  
Detoids tight  
ES tight (less) 100% right  
Rhomb region cong L

Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/med/l ham/ITB  
Fx atl/ax/occiput/ES/ITB  
☐ Talked ☐ Quiet Breathing  
ROM 1st after Ms  
FBACK v. sleepy/relaxed day



NEXT APPT:

P = Reom client see if pain continues + use heat on shoulders + use pillow to cradle

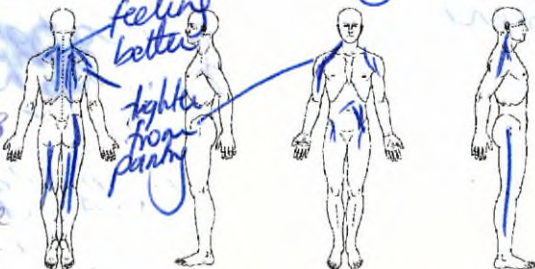
TREATMENT NO. 54

DATE: 23.09.10  
TIME: Weds 4pm  
PAID: \$65 Inv  
REC.No: 997 CFBs  
AIR TEMP: 23°C  
MUSIC: Thought mix 1-3  
FACE CREST: 1/2  
SUPINE SCENT: Lemon  
OIL BLEND: 1/2  
HT: Feet + Face  
EXTRA:

S = client been feeling tightness in her body  
after painting  
EXTRA TIME

O/A: both  
Feet tight Traps R  
Detoids tight esp L  
ES tight + ES tight  
Rhomb region cong

Full Body ☐ STOMACH Extra time to work  
ARMS ☐ Prone ☐ Supine LEGS  
TP rhomb/med/l ham/ITB  
Fx occiput/scap/ITB  
☐ Talked ☐ Quiet Breathing  
ROM 1st after Ms  
FBACK Relaxed + felt better



NEXT APPT:

P = Reom client relax after Ms + enjoy 2nd  
recol hot's

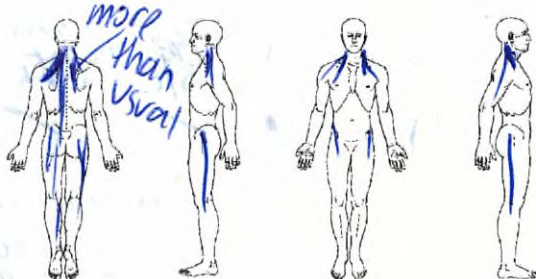
TREATMENT NO. 55

DATE: 01.12.10  
TIME: Weds 515  
PAID: Inv \$65  
REC.No: 1096 CFBs  
AIR TEMP: 23°C  
MUSIC: Paul Hen  
FACE CREST: 1/2  
SUPINE SCENT: Lemon  
OIL BLEND: 1/2  
HT: Feet + Face  
EXTRA:

S = client been feeling tightness in her L hip  
+ same level of pain/prescription R rhomb but  
weird + sleep + very "not right" - been sore

O/A: Traps up tight  
Detoids tight  
ES tight + short. Feet tight  
Rhomb region cong + tight

Full Body ☐ STOMACH some tenderness  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/med/l ham/ITB  
Fx occiput/med/l scap/ITB  
☐ Talked ☐ Quiet Breathing  
ROM 1st after Ms  
FBACK Relaxed + felt better



NEXT APPT:

P = client been feeling tightness so reom her  
physio for hip + physio for back/spine



## TREATMENT NO.

59

DATE: 22.10.10  
 TIME: FRI 4:15  
 PAID: \$65 Inv  
 REC.No: 1051 CFBOS  
 AIR TEMP: 23°C  
 MUSIC: Ian Sam I  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:

NEXT APPT:

FRI 4:15 on 12th

S = client been feeling tightness in L g'ned region -> balance claps, strained it



O/A: Pir + G'ned L + tight  
 traps up tighter L  
 deltoids tight L esp  
 ES tight + short esp in  
 Rhomb region tight L

☒ Full Body ☐ STOMACH AS is the over tone  
 ARMS ☐ Prone ☒ Supine LEGS  
 TP rhomb/g'ned/ham/TB  
 Fx occip/scalep/tnv/Alc/gt  
☐ Talked ☒ Quiet Breathing  
 ROM softer / v. red / nice release  
 FBACK Relaxed / felt improvement

## TREATMENT NO.

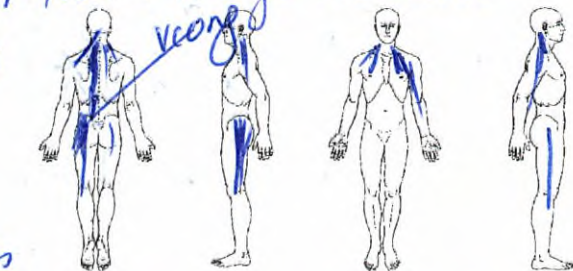
60

DATE: 12.11.10  
 TIME: FRI 4:15  
 PAID: \$65 Inv  
 REC.No: 1090 CFBOS  
 AIR TEMP: 23°C  
 MUSIC: saxophone  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + Arms / hands  
 EXTRA:

NEXT APPT:

P = Perom client relax after Ms. Perom 10E7 running + stretch + see how it responds

S = client been feeling tightness in back esp after exercise. no change (emo)  
 P/fnut + Margo Moisturizer



O/A: Pers tant. Resp. L vamps R  
 traps up tight Resp L tight  
 ES tight + short  
 Rhomb region compact

☒ Full Body ☐ STOMACH L - L leg rest  
 ARMS ☐ Prone ☒ Supine MS LEGS L leg/g'ned  
 TP rhomb/g'ned/ham/TB  
 Fx occip/scalep/  
☐ Talked ☒ Quiet Breathing  
 ROM use after Ms on neck/shoulder  
 FBACK - sleep - report. Uttered hmo

## TREATMENT NO.

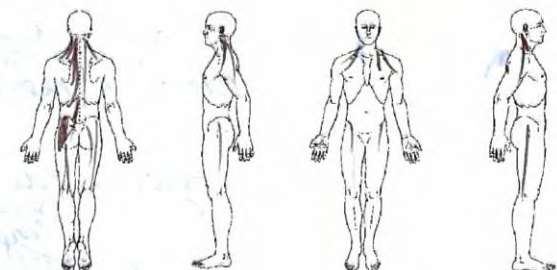
62

DATE: 06.01.11  
 TIME: 230 THURS  
 PAID: \$65 Inv  
 REC.No: 1152 CFBOS  
 AIR TEMP: 23°C  
 MUSIC: Ken Davis  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:

NEXT APPT:

P = Perom see physio g'ned for hip as it is inflamed, cong - poss g'ned tendonopathy

S = client pulled muscle in L g'ned region - physio noted on, had xmas off but been busy (at home)



O/A: Pers tight. G'ned right MB stay  
 deltoids tighter L  
 ES tight esp L - not as bad as us  
 Rhomb region long esp L

☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☒ Supine MS LEGS  
 TP rhomb/g'ned/ham/TB  
 Fx occip/scalep/tnv  
☐ Talked ☒ Quiet Breathing  
 ROM use after Ms  
 FBACK Relaxed > Ms (relax) 500g gave chance for pulled

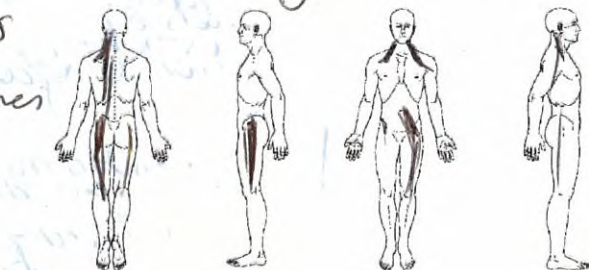
## TREATMENT NO.

63

DATE: 28.01.11  
 TIME: 4:15 THURS  
 PAID: \$65 Inv  
 REC.No: 1156 CFBOS  
 AIR TEMP: 23°C  
 MUSIC: Kenny G mover  
 FACE CREST: Lav  
 SUPINE SCENT: Lemon  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA:

NEXT APPT:

S = Client been feeling tightness in L hip + aching / stiff when sit for a while. shoulders + neck tight to touch but feel on



O/A: traps up tight / short  
 deltoids tight L upper  
 ES tight - mptense  
 Rhomb region comp

☒ Full Body ☐ STOMACH esp lower + P5  
 ARMS ☐ Prone ☒ Supine MS LEGS attach  
 TP rhomb/g'ned/ham/TB  
 Fx occip/scalep/tnv  
☐ Talked ☒ Quiet Breathing  
 ROM use after Ms. Felt great  
 FBACK Perom see Julie

P = Seery chris next week

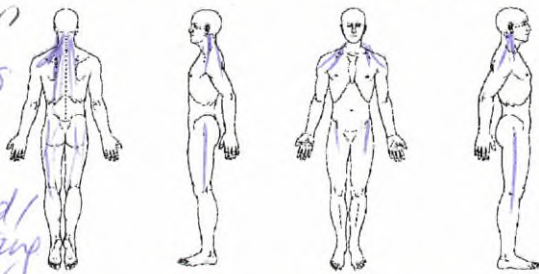


# BDAY 11 + MOV 11

TREATMENT NO 62

S = Client been feeling tightness in her hip occas. shoulders OK. Busy with cycloho prep Touch Tues  
O/A: hips taut. SCMs traps tight nbs/trls esp L tight legs ES + L legs tight/twang Rhomb region comp esp 11

DATE: 18.02.11  
TIME: 11.30-4pm  
PAID: 1hr \$65  
REC.No: 1105  
AIR TEMP: 23.0C  
MUSIC: Caravan  
FACE CREST: lav  
SUPINE SCENT: lomon  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: ray



☐ Full Body ☐ STOMACH ☐ Small time spent on  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/g med/l scap/trap  
Fx traps/AC/AT  
☐ Talked ☐ Quiet ☐ Breathing  
ROM use after Ms - self report  
FBACK Relaxed -> MS

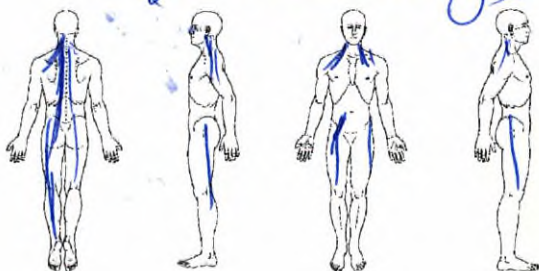
NEXT APPT: \_\_\_\_\_

P = Relom client relax & enjoy weekend to recover seeing Chris Hemm on Mon

TREATMENT NO 63

S = Client been feeling tightness in her Ols/Lx esp in morning when waking Improves with movement for when driving  
O/A: hips taut. nbs tight deltoids tight. traps high ES tight + legs v. tight Rhomb region comp + twang

DATE: 11.03.11  
TIME: 10.30 FR  
PAID: \$65 1hr  
REC.No: 1212  
AIR TEMP: 23.0C  
MUSIC: Indian II  
FACE CREST: lav  
SUPINE SCENT: demon  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: \_\_\_\_\_



☐ Full Body ☐ STOMACH ☐ incl prog ☐ back  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS ☐ Repoint  
TP rhomb/g med/ham/nbs  
Fx traps/AC/AT  
☐ Talked ☐ Quiet ☐ Breathing  
ROM use after Ms  
FBACK Relom see

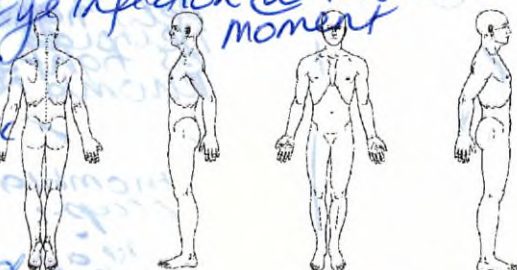
NEXT APPT: \_\_\_\_\_

P = in Lx region physio Julie if pain persists

TREATMENT NO 64

S = Client been feeling tightness in her Lx region still - when sitting for long periods, Eye infection @ RHS moment waking + when drop  
O/A: traps tight Ols v. tight. L med tighter Rhomb region comp esp

DATE: 01.04.11  
TIME: FR  
PAID: \$65 1hr  
REC.No: 1246  
AIR TEMP: 25.0C  
MUSIC: Mixed Ms Music  
FACE CREST: lav  
SUPINE SCENT: lomon  
OIL BLEND: Relax  
HT: Feet + Hands/hands  
EXTRA: \_\_\_\_\_



☐ Full Body ☐ STOMACH ☐ R. psoas v. tight  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/g med/trap  
Fx traps/AC/AT  
☐ Talked ☐ Quiet ☐ Breathing  
ROM use after Ms except  
FBACK Relaxed -> Ms. Eye larger/more swollen

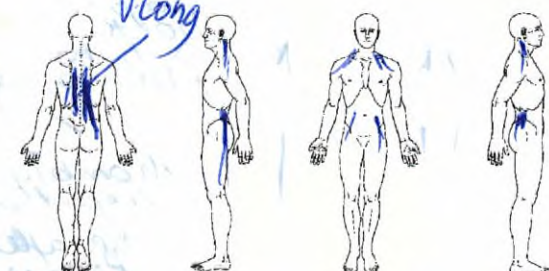
NEXT APPT: \_\_\_\_\_

P = Relom see physio soon b/c still v. stiff

TREATMENT NO 65

S = Client's Lx region sore > shovelling mulch Hasn't been to physio or physio  
O/A: Trls tight. Psoas short Trls tight. Psoas tense SL both Ols + ES esp

DATE: 20.04.11  
TIME: Weds 2.30  
PAID: 1hr \$65  
REC.No: 1269  
AIR TEMP: 25.8C  
MUSIC: Tabbitha  
FACE CREST: lav  
SUPINE SCENT: lomon  
OIL BLEND: Relax/Pain  
HT: Feet + Arms/hands  
EXTRA: \_\_\_\_\_



☐ Full Body ☐ STOMACH ☐ ASK Fx only + prog  
ARMS ☐ Prone ☐ Supine ☐ MS LEGS  
TP rhomb/g med/ham/nbs  
Fx traps/AC/AT  
☐ Talked ☐ Quiet ☐ Breathing  
ROM use softening of muscles > Ms  
FBACK Feet improved

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

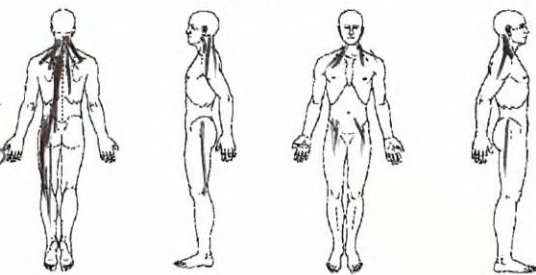
P = Discussed how Ms diff+ - focussed remedially on easing Lx/Gltes tightness legs/hips not as bad today



TREATMENT NO. **66**

DATE: **2005.11**  
 TIME: **FRI 4pm**  
 PAID: **1300**  
 REC.No: **1300**  
 AIR TEMP: **25°C**  
 MUSIC: **Mixed Mst**  
 FACE CREST: **24v**  
 SUPINE SCENT: **dem**  
 OIL BLEND: **Relax**  
 HT: **Feet + Face**  
 EXTRA:

S = **Client's Lx region stiff + feeling tight in**  
**L hyp. Did wheelchair run**  
**ARMS**



O/A: **Traps up tight esp knt**  
**Dees tight**  
**Rhombos / Ols / Pin / 9 med L**  
**RI Pin ↑ ↓ → ←**

☐ Full Body ☐ STOMACH **Fi over ASIS**  
 ARMS ☐ Prone **ST** ☐ Supine **MS** LEGS **Quick**  
 TP **rhomb / 9 med / traps / scap**  
 Fx **AC / GT**  
☐ Talked ☐ Quiet **Quiet Breathing**  
 ROM **rise after MS - self report**  
 FBAC **stept (w/ end) sleepy eye**

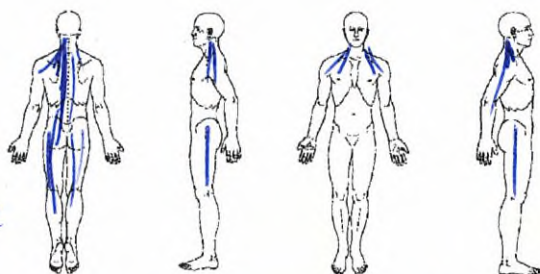
NEXT APPT:

P = **Seen physio who helped Lx region. Reconn**  
**gate PAF stretch**

TREATMENT NO. **67**

DATE: **10.06.11**  
 TIME: **4pm FRI**  
 PAID: **\$65 1hr**  
 REC.No: **1326**  
 AIR TEMP: **25°C**  
 MUSIC: **1326**  
 FACE CREST: **24v**  
 SUPINE SCENT: **dem**  
 OIL BLEND: **Relax**  
 HT: **Feet + Face**  
 EXTRA:

S = **Client been feeling tightness in Lx region**



O/A: **Pin + 9 med tight**  
**Isos v. tight**  
**Left side weaker RT**  
**Ols v. tight esp**  
**Rhomb region tight**

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP **rhomb**  
 Fx **occip / scalp / TM**  
☐ Talked ☐ Quiet **Quiet Breathing**  
 ROM **rise after MS**  
 FBAC **felt better > MS v. tight**

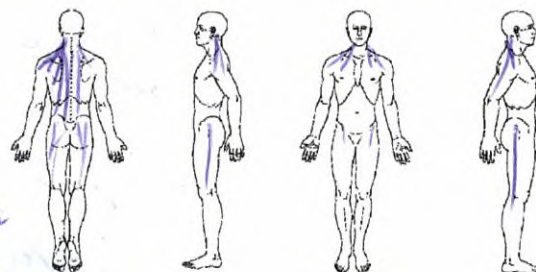
NEXT APPT:

P = **Seen physio for knee press - reconv + play toe**  
**until she felt ok or is strapped**

TREATMENT NO. **68**

DATE: **01.07.11**  
 TIME: **230 FRI**  
 PAID: **\$65 1hr**  
 REC.No: **1326**  
 AIR TEMP: **25°C**  
 MUSIC: **1326**  
 FACE CREST: **24v**  
 SUPINE SCENT: **dem**  
 OIL BLEND: **Relax**  
 HT: **Feet + Face**  
 EXTRA:

S = **Client been feeling tightness in Lx region**



O/A: **ITBs tight. TFLs tight**  
**Peloids tight**  
**9 tight. Pin tight**  
**Rhomb region comp tight**

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP **rhomb / 9 med / scap / traps**  
 Fx **occip / scalp / TM**  
☐ Talked ☐ Quiet **Quiet Breathing**  
 ROM **Relaxed > MS**  
 FBAC **Feet grs - Veddbox**

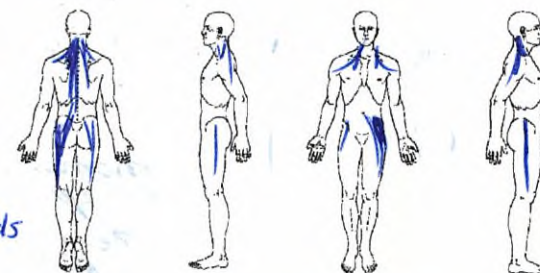
NEXT APPT:

P = **Seen physio + chiro**

TREATMENT NO. **69**

DATE: **30.07.11**  
 TIME: **WEDS 4pm**  
 PAID: **\$70 1hr**  
 REC.No: **1899**  
 AIR TEMP: **25°C**  
 MUSIC: **Acker Birkold**  
 FACE CREST: **24v**  
 SUPINE SCENT: **dem**  
 OIL BLEND: **Relax**  
 HT: **Feet + Arms/hands**  
 EXTRA:

S = **Client's Lx been v. improved since HST used**  
**seen physio. L hyp been a bit miggly Hams ok**



O/A: **9 med + ITBs LHS esp tight**  
**Peloids + Pelv tight**  
**Rhomb tighter RHS. up traps**  
**Ols tight**

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine **MS** LEGS  
 TP **rhomb / 9 med / traps / L scap**  
 Fx **occip / scalp / TM**  
☐ Talked ☐ Quiet **Quiet Breathing**  
 ROM **rise after MS**  
 FBAC

NEXT APPT:

P = **2 more touch games, then some time off then**  
**+ bigger in only 1 game per week**  
**hands**  
**with 2x shoulder MS**



## TREATMENT NO. 70

DATE: 05 08 11  
 TIME: 5:30 PM  
 PAID: \$70 Inv  
 REC.No: 1421 EFIBS  
 AIR TEMP: 25°C  
 MUSIC: Saxophone  
 FACE CREST: 8cm  
 SUPINE SCENT: Lav  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA: HST - 2x legs

NEXT APPT: 3x Lx - 2big/1small

## TREATMENT NO. 71

DATE: 29 08 11  
 TIME: 5:30 PM  
 PAID: BDAY MS  
 REC.No: 1460 EFIBS  
 AIR TEMP: 26°C  
 MUSIC: Ken Davis  
 FACE CREST: 8cm  
 SUPINE SCENT: Lav  
 OIL BLEND: Relax  
 HT: Feet + Arms/Hands  
 EXTRA: CST Face

NEXT APPT: HST - 2x legs skinny

## TREATMENT NO. 72

DATE: 23 09 11  
 TIME: 2:30 PM  
 PAID: \$70 Inv  
 REC.No: 1481 EFIBS  
 AIR TEMP: 26°C  
 MUSIC: Sample  
 FACE CREST: 8cm  
 SUPINE SCENT: Lav  
 OIL BLEND: Relax  
 HT: Feet + Face  
 EXTRA: HST - 2x Lx x 2x back

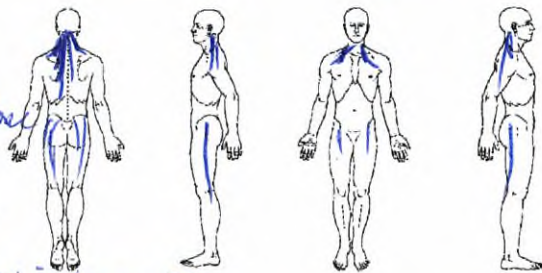
NEXT APPT: 2x Lx - 1small

## TREATMENT NO. 73

DATE: 13 10 11  
 TIME: THURS 10:30 AM  
 PAID: Inv \$70  
 REC.No: 1532 EFIBS  
 AIR TEMP: 26°C  
 MUSIC: Yanni - Dare Dream  
 FACE CREST: 8cm  
 SUPINE SCENT: Lav  
 OIL BLEND: Relax + Spots  
 HT: Feet + Face Arms/Hands  
 EXTRA: 2x back

NEXT APPT: 3x Lx - 1small

next time gift

S= Client been feeling soreness in her knee  
Hamis tight 1 game of touch weekly now

O/A:

L shoulder + ght  
 traps up R esp knotted  
 deltoids tight  
 ES tight  
 Rhomb region cong

Full Body ☐ STOMACHARMS ☐ Prone ☐ Supine LEGS

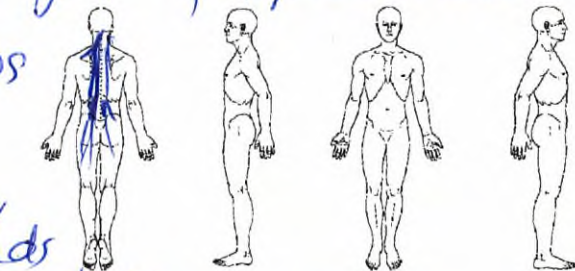
TP rhomb/traps 1x trap

Fx occiput/sadum 1x trap

☐ Talked ☐ Quiet ☐ Breathing

ROM 1st after Ms - self report

FBACK

P= for back client's b'day coming up - less touch  
now which will helpS= Client's Lx been sore + LHS traps tight/stiff  
Had chro visit last week - good adjustment  
Gift of Spiced Stud + Honey Bwash

O/A:

Traps up tight. Psoas  
 Deltoids cong - tight  
 ES Lx cong - tight  
 Rhomb region

Full Body ☐ STOMACHARMS ☐ Prone ☐ Supine LEGS

TP rhomb/med/ham/MS

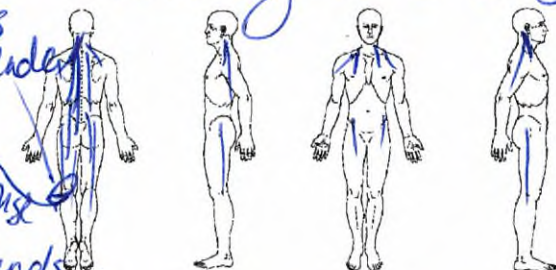
Fx

☐ Talked ☐ Quiet ☐ Breathing

ROM 1st after Ms

FBACK

P= Person stretch out + enjoy 2 weeks off touch

S= Client been feeling tightness in R  
shoulder from sanding shed floor. Bruising +  
marking in L hamstring. Bmsed @ popliteal area.

O/A:

Traps up cong + tight  
 Deltoids tight Psoas tight  
 ES tight + short  
 Rhomb region cong both

Full Body ☐ STOMACHARMS ☐ Prone ☐ Supine LEGS

TP occiput/sadum/MS

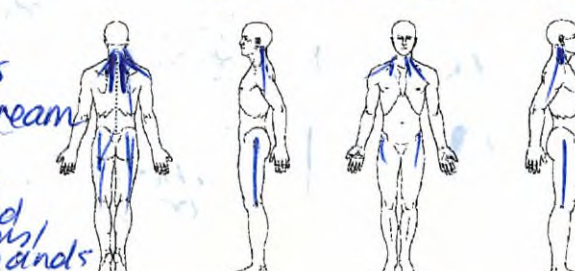
Fx rhomb/med/ham

☐ Talked ☐ Quiet ☐ Breathing

ROM 1st after Ms

FBACK

P= Person look after self. Seemg physio next week

S= Client been feeling tightness in her shoulder  
esp RHS after doing lots of painting  
Lx was sore when played touch but did no

O/A:

Psoas tight. traps up tight  
 Deltoids tight  
 ES tight  
 Rhomb region cong + tight

Full Body ☐ STOMACHARMS ☐ Prone ☐ Supine LEGS

TP rhomb/med/deltoids/MS

Fx occiput/sadum

☐ Talked ☐ Quiet ☐ Breathing

ROM 1st better - Ms

FBACK

P= Person ant. stretch to help open shoulders/  
chest w/up before painting

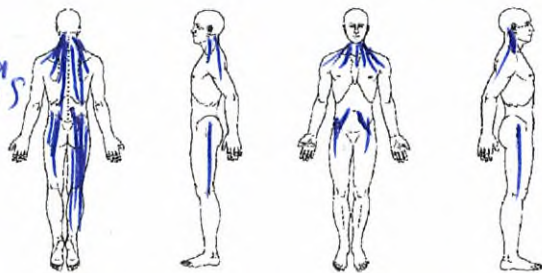
1/16 09/11  
 Xmas 2011  
 B'day 2012



# TREATMENT NO. 74

DATE: 04.11.11  
TIME: 3:50 PM  
PAID: \$70  
REC.No: 1576  
AIR TEMP: 23°C  
MUSIC: Baby Music  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Tail  
CST: (A) Face  
HST: 2x back  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body in hips + R knee



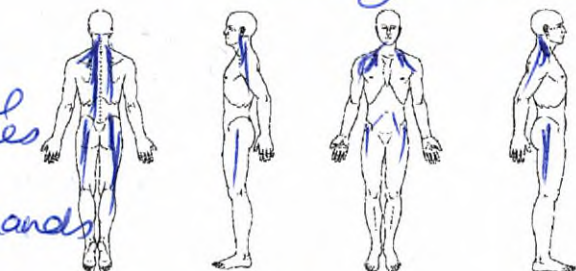
O/A: V. coup + tender body  
traps up tight. Perv shoulder  
Deltoids tight. Triceps  
ES tight. Psoas V tight  
Rhomb region cong  
Full Body ☐ STOMACH ☐ Psoas tight  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/med/ham/ITB  
Fx occiput/scalp/mt  
☐ Talked ☐ Quiet Quiet Breathing  
ROM rest better > Ms  
FBACK bed ROM + felt tired/pain

P = Perom see Julie re: knee swelling (with flex<sup>n</sup>)

# TREATMENT NO. 75

DATE: 21.11.11  
TIME: 3:50 PM  
PAID: \$70  
REC.No: 1608  
AIR TEMP: 25°C  
MUSIC: Archer Birkreal  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Arms/hands  
CST: (A) Face  
HST: 2x back  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body  
V. tired + R arm, sore from laptop use  
Hammy/ITB sore > Julie worked on it - see her in 1 week



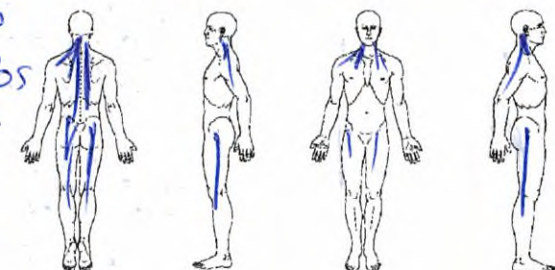
O/A: Traps up tight. Perv shoulder  
Deltoids tight  
ES tight. Triceps + Triceps tight  
Rhomb region cong  
Full Body ☐ STOMACH ☐ Ms LEGS  
ARMS ☐ Prone ☐ Supine  
TP rhomb/med/ham/ITB  
Fx occiput/scalp/mt  
☐ Talked ☐ Quiet Quiet Breathing  
ROM rest after Ms  
FBACK rest relaxed + better

P = Perom client relax > Ms.

# TREATMENT NO. 76

DATE: 07.12.11  
TIME: FR WEDS 3:50  
PAID: \$70  
REC.No: 1644  
AIR TEMP: 25°C  
MUSIC: Ian Cam I  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: (A) Face  
HST: 2x back  
EXTRA:  
NEXT APPT:

S = Client been feeling sore still with ham +  
trap up feel not quite right on RHS



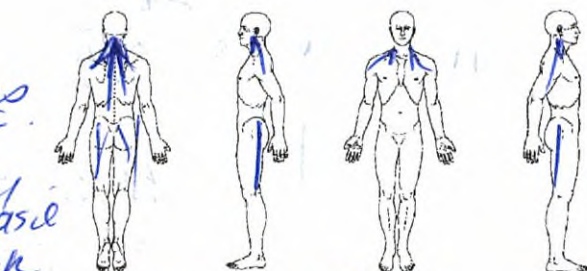
O/A: Hamstrings tight  
Deltoids tight  
ES tight esp R + med/lap RHS  
Rhomb region cong  
Full Body ☐ STOMACH ☐ LEGS  
ARMS ☐ Prone ☐ Supine  
TP rhomb/med/ham/ITB  
Fx occiput/scalp/mt  
☐ Talked ☐ Quiet Quiet Breathing  
ROM rest after Ms - sit report  
FBACK rest better V relaxed

P = Perom client see chiro/physio on hol's  
work 4 days @ home next year

# TREATMENT NO. 77

DATE: 09.01.12  
TIME: MON 2:30  
PAID: \$70  
REC.No: 1698  
AIR TEMP: 25°C  
MUSIC: Noan Jones I  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: (A) Face  
HST: 2x back + 2x back  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body  
in lx region + back > swim



O/A: Deltoids tight. Perv shoulder  
ES tight Triceps  
Rhomb region cong  
Full Body ☐ STOMACH ☐ Ms LEGS  
ARMS ☐ Prone ☐ Supine  
TP rhomb/med/ham/ITB  
Fx occiput/scalp/mt  
☐ Talked ☐ Quiet Quiet Breathing  
ROM rest > Ms  
FBACK rest V. sleepy tired

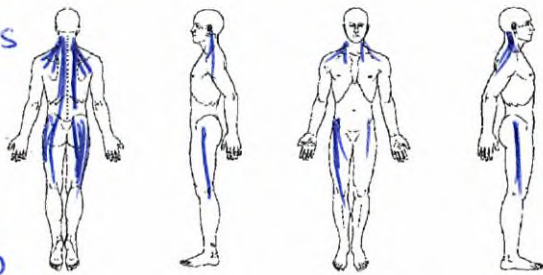
P = Perom 4 week with head up with freestyle  
Dory km swim 500 keep 500 fins



## TREATMENT NO. 7881

S = client's R ham been sore / stiff  
Played touch. Lx been sore

DATE: 01.02.12  
TIME: 9:30  
PAID: \$1hr 75 CFBs  
REC.No: 1725  
AIR TEMP: 25°C  
MUSIC: Kenny G at  
FACE CREST: Lau last  
SUPINE SCENT: dem  
OIL BLEND: Relax  
Manditane  
HT: Feet + Arms  
CST: (A) Face hands  
HST: 2x Lx  
2x back



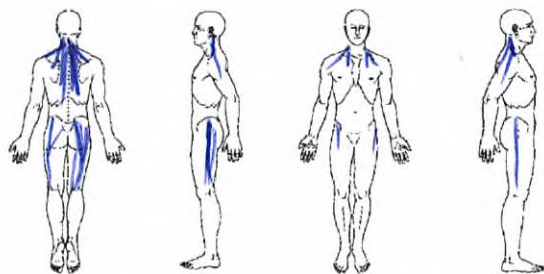
O/A: Pecs short / TBS + TMSV. Lg  
Traps up taut  
Lx tight  
Rhomb region cong  
Full Body ☒ STOMACH ☒ Tended  
ARMS ☐ Prone ☐ Supine LEGS R tighter  
TP ☒ chomb / g' med / ham / TBS  
Fx ☒ occ / scalp / mt / traps  
☐ Talked ☒ Quiet ☒ Breathing  
ROM Used (self report)  
FBACK tired but feels good

EXTRA P = Revoom client see chiro in next few weeks  
NEXT APPT: physio next week

## TREATMENT NO. 7982

S = client been feeling tightness in shoulders  
from stren. body working well + not as sore  
in Lx as

DATE: 23.02.12  
TIME: 4:30 THURS  
PAID: \$15 Lhr  
REC.No: 1757  
AIR TEMP: 23°C  
MUSIC: Tan Cam  
FACE CREST: Lau  
SUPINE SCENT: dem  
OIL BLEND: Relax  
Tea Tree / dem  
HT: Arms / Feet  
CST: (A) Face  
HST: 2x Lx  
2x back



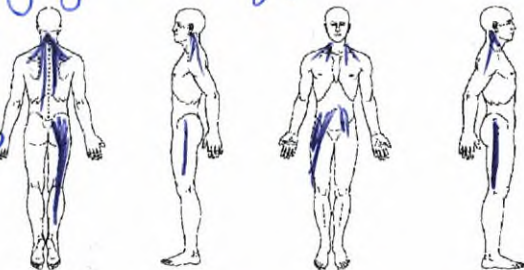
O/A: Hamus R tighter  
Deltoids tight  
Lx tight / med taut  
Rhomb region cong  
Full Body ☒ STOMACH ☒  
ARMS ☐ Prone ☐ Supine LEGS  
TP ☒ chomb / g' med / Lx / traps  
Fx ☒ occ / scalp / mt / TBS / g'  
☐ Talked ☒ Quiet ☒ Breathing  
ROM Used - self report  
FBACK Feet v. relaxed. Not as sore

EXTRA P = Revoom continue current regime - feel good  
NEXT APPT:

## TREATMENT NO. 8083

S = client been feeling tightness / sore > seen  
physio after stren. body sore  
white sugar + transpam

DATE: 14.03.12  
TIME: Weds 1hr  
PAID: \$75  
REC.No: 1780  
AIR TEMP: 23°C  
MUSIC: Acker Bilk  
FACE CREST: Lau / adies  
SUPINE SCENT: dem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: (A) Face  
HST: 2x Lx  
2x back



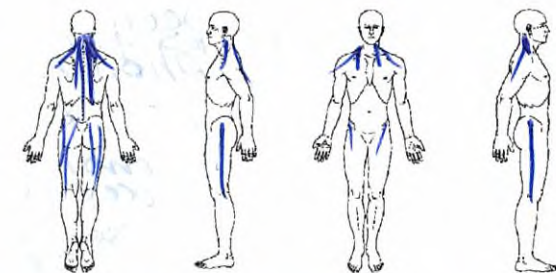
O/A: R side v-cong  
Pecs taut  
Deltoids tight. Pecs short  
Lx tight / mt tense  
Rhomb region cong  
Full Body ☒ STOMACH ☒ S/L on R physio  
ARMS ☐ Prone ☐ Supine LEGS  
TP ☒ chomb / g' med / ham / TBS  
Fx ☒ traps / occ / scalp  
☐ Talked ☒ Quiet ☒ Breathing  
ROM Used after M's  
FBACK Felt better > M's

EXTRA P = Revoom client get some heat for blood flow + stretch  
NEXT APPT:

## TREATMENT NO. 8184

S = client been feeling good - nothing  
out of ordinary. stiff / tight R leg

DATE: 02.04.12  
TIME: 3:50 Mon  
PAID: \$75 Lhr C  
REC.No: 1829  
AIR TEMP: 23°C  
MUSIC: Don McLean  
FACE CREST: Lau  
SUPINE SCENT: dem  
OIL BLEND: Relax 1'  
Manditane  
HT: Feet + U  
CST: (A) Face  
HST: 2x Lx  
2x back



O/A: Revo Tender neck  
Pecs taut. Pecs taut  
Deltoids tight  
Lx tight - TBS tight  
Rhomb region cong  
Full Body ☒ STOMACH ☒ Balanced on  
ARMS ☐ Prone ☐ Supine M's LEGS  
TP ☒ chomb / g' med / ham / TBS  
Fx ☒ occ / scalp / mt  
☐ Talked ☒ Quiet ☒ Breathing  
ROM Used > M's  
FBACK Felt better > M's

EXTRA P = Pump more ex + runs over hpl's  
NEXT APPT: physio chiro / physio over hpl's

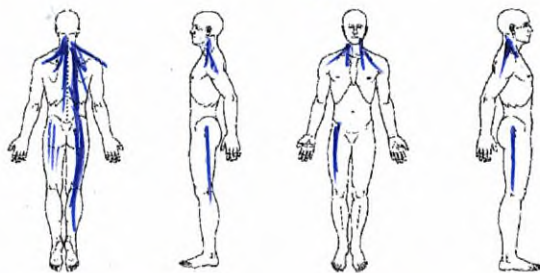
82.04.12 Indian  
\$75 Lhr. \$75 C Panel / client feels better touch + yoga help's neck stretch  
Lau dem - Relax Pecs Rhombos taut. Pecs taut  
Face A/H + Feet 2x Lx 2x back  
CST: (A) Face  
HST: 2x Lx  
2x back  
FBACK Felt better > M's + feet better



## TREATMENT NO. 83

S= Did wheelchair race on weekend; sore > day it  
top DOMS legs

DATE: 21.05.12  
TIME: 330 Mon  
PAID: \$75 EFIBS  
REC.No: 1901  
AIR TEMP: 25  
MUSIC: Tanam I  
FACE CREST: Jan  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Jan  
HT: Feet + A/H  
CST: A Fall  
HST: 2x Lx  
2x back



O/A: Trs + Ls tight  
Deltoids tight. Pectorals  
ES tight. Trs tight  
Rhomb region cong

☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS flushed  
TP rhomb/g med/traps  
Fx occ/scalp/GT/HR  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Felt better - Ms  
FBACK

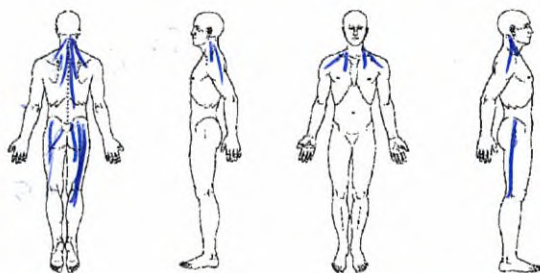
EXTRA  
NEXT APPT:

P= Discussed recovery stretching / heat. See in 1 month

## TREATMENT NO. 84

S= Client been feeling tightness - feel good  
Posture really helped depth smg

DATE: 15.06.12  
TIME: 5pm FR  
PAID: \$75  
1920 EF  
JP: Steve Hester I  
FACE CREST: Jan  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Manditang  
HT: Feet + A/H  
CST: A Fall  
HST: 2x Lx  
2x back



O/A: Traps tight but ok  
Deltoids OK  
ES tight. Pectorals tight  
Rhomb region cong

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/g med/ham  
Fx traps/scap  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Used 7 Ms - felt improvement  
FBACK Felt good - relaxed

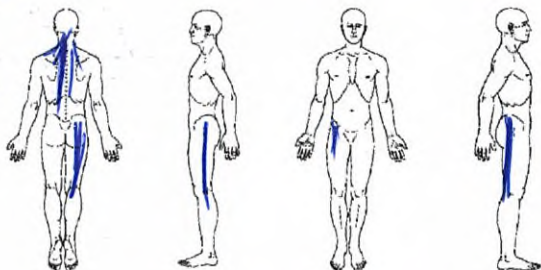
EXTRA  
NEXT APPT:

P= Seeing again over school holidays

## TREATMENT NO. 85

S= Client been feeling tightness in body - been  
good. Feet been paraesthetic

DATE: 06.07.12  
TIME: 230 FR  
PAID: \$75 LHV  
REC.No: 1993  
AIR TEMP: 26  
MUSIC: Indian  
FACE CREST: Jan  
SUPINE SCENT: Lem  
END: Relax  
Peppidau  
HT: Feet + Face  
CST: A Fall  
HST: 8x Lx  
2x back



O/A: Trs tight + feels cong  
Deltoids tight. Pectorals  
ES tight. Traps tight  
Rhomb region

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine LEGS  
TP occ/scalp/MT  
Cx rhomb/traps/MS  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Felt better - Ms  
FBACK Relaxed + sleepy

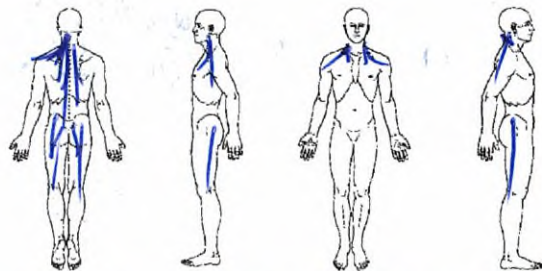
EXTRA  
NEXT APPT:

P= Discussed how foot may be related to Lx region

## TREATMENT NO. 86

S= Client feeling good - played netball game +  
pulled up ok

DATE: 27.07.12  
TIME: 4pm FR  
PAID: \$75 EFIBS  
REC.No: 1993  
AIR TEMP: 25 EF  
MUSIC: Piano Music  
FACE CREST: Jan  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Peppidau  
HT: Feet + Face  
CST: A Fall  
HST: 2x Lx  
2x back



O/A: Tender upper - traps relate  
Deltoids tight. Pectorals  
ES tight. Traps tight  
Rhomb region cong

☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine Ms LEGS  
TP rhomb/g med/ham/MS  
Fx occ/scalp/occiput  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Felt relaxed - Ms  
FBACK

EXTRA  
NEXT APPT:

P= Reiron heat on body for tens

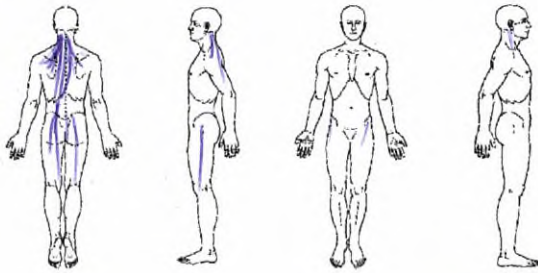


90

TREATMENT NO. 87

S = Client feeling good - on break from touch

DATE: 17.08.12  
 TIME: 4pm Fri  
 PAID: \$75 GST  
 REC.No: 2032  
 AIR TEMP: 25  
 MUSIC: Yanni / there  
 FACE CREST: 2x  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Pepp / Lav  
 HT: Feet + A/H  
 CST: ① Face  
 HST: 2x Lx  
 2x back



O/A: Pecs tight Traps up tight  
 Deltoids tight ITB's tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb/g med/ham/ITB's  
 Fx occ/scalp/TMT  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM 7sed - self report  
 FBACK Feet better - not

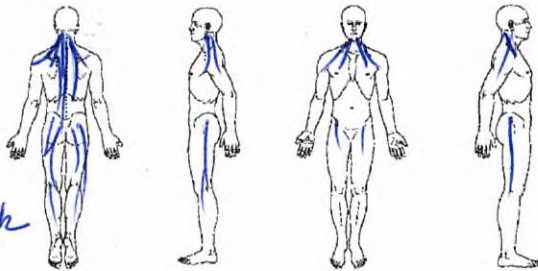
EXTRA  
 NEXT APPT:

P = Reom enjoy touch break as one good balance

TREATMENT NO. 88

S = Client been feeling tightness

DATE: 12.09.12  
 TIME: \$75 hr  
 PAID: Weds 2  
 REC.No: 2085  
 AIR TEMP: 25 EF.  
 MUSIC: Indian  
 FACE CREST: 2x  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Pepp / Lav  
 HT: 2x Lx + 2x back  
 CST: ① Face  
 HST: Face + A/H + Feet



O/A: Pecs shoot Traps tense  
 Deltoids tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb/g med/ham/ITB's  
 Fx  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM 7sed > Ms  
 FBACK Felt better 7 Ms

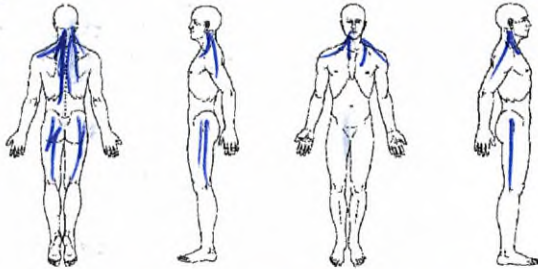
EXTRA  
 NEXT APPT:

P = Reom enjoy hol's

TREATMENT NO. 89

S = Client been feeling tightness in her feet - swelling + long

DATE: 16.10.10  
 TIME: 5pm THRS  
 PAID: \$75  
 REC.No: 2153 errors  
 AIR TEMP: 25  
 MUSIC: Miyagi I  
 FACE CREST: 2x  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Mand / Tang  
 HT: Feet + Face  
 CST: ① Face  
 HST: 2x Lx  
 2x back



O/A: Traps up tight Pecs tight  
 Deltoids tight  
 ES tight + shoot  
 Rhomb region comp

☐ Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb/g med/ham/ITB's  
 Fx occ/scalp/TMT  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM 7sed > Ms  
 FBACK Relaxed 7 Ms

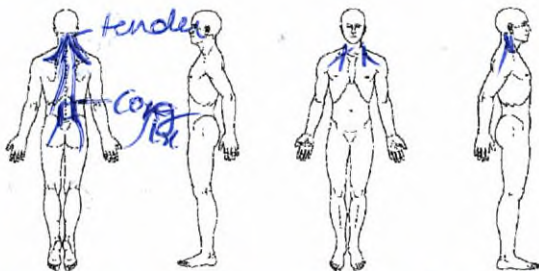
EXTRA  
 NEXT APPT:

P = Reom client see physio re: feet

TREATMENT NO. 90

S = Client been feeling tightness in her body in her region

DATE: 13.11.12 gift time  
 TIME: 445 TUES  
 PAID: \$75 hr  
 REC.No: 2205 E  
 AIR TEMP: 25  
 MUSIC: Indian  
 FACE CREST: 2x  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Chamomile  
 HT: 2x Lx + 2x back  
 CST: ① Face  
 HST: Feet + A/H



O/A: Traps up tender  
 Deltoids tight Traps up tight  
 ES tight  
 Rhomb region comp

☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
 TP rhomb/traps/ITB's  
 Fx occ/scalp/TMT  
☐ Talked ☐ Quiet ☐ Breathing  
 ROM felt better 7 Ms  
 FBACK

EXTRA  
 NEXT APPT:

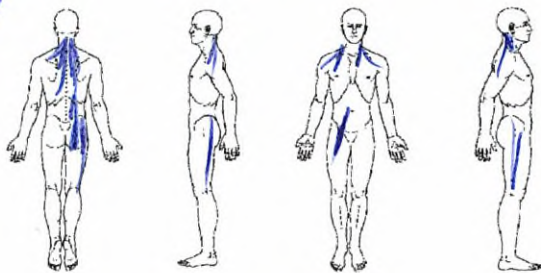
P = Down see chns for back 19.12.12 \$75/hr HST 2x Lx + 2x back  
 Sandalwood & money - Mix M 51-55 FB-as normal  
 Tender shoulders

91 Gift next time! - Client been feeling tightness in her body in hips a little  
 512.12 \$75 Client been feeling tightness in her body in hips a little  
 Acher Bnk 25 FB (+stom) - Heat. TP rhomb/g med/ham/ITB's traps ITB's  
 10.11.12 dem 2x Lx + 2x back HST - A/H + Feet



TREATMENT NO. 92

DATE: 9.12.12  
 TIME: 5.15 hr  
 PAID: 5pm  
 REC.No: Ken  
 AIR TEMP: Ken  
 MUSIC: Ken  
 FACE CREST: Ken  
 SUPINE SCENT: Ken  
 OIL BLEND: Ken  
 HT: Feet + H/L  
 CST: Face  
 HST: 2 x back  
 EXTRA: 2 x back  
 NEXT APPT:

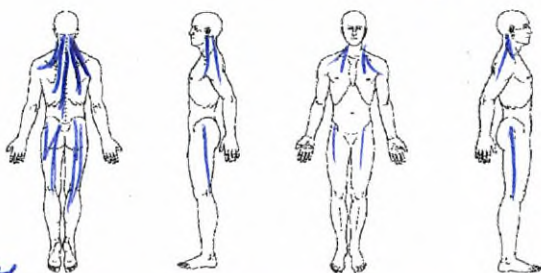


O/A:

glutes R/Ls knotted + v. comp  
 Pecs tight. M/Ls tight  
 Rhombos tight. D/Ls tight  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ LEGS  
 TP Scap/ rhomb/ 1/2 trap  
 Fx Rhomb/ med/ 1/2 trap  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Tsed > ms  
 FBACK Felt better

P = Reven client relax after M/LsTREATMENT NO. 93

DATE: 28.02.13  
 TIME: 5.15 hr  
 PAID: 2399  
 REC.No: 25  
 AIR TEMP: Ken  
 MUSIC: Ken  
 FACE CREST: Ken  
 SUPINE SCENT: Ken  
 OIL BLEND: Ken  
 HT: 2 x Lx 2 x back  
 CST: Face  
 HST: 2 x Lx Face / A/H  
 EXTRA: 2 x back  
 NEXT APPT:

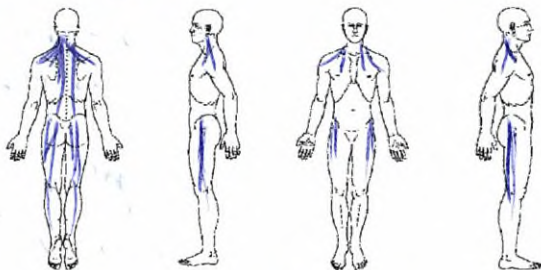


O/A:

Shoulder R/Ls  
 R/Lc v. tight + rhomb's  
 Deltoids tight  
 ES tight. Pecs tight  
 Rhombos region comp + v. comp  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ LEGS  
 TP Tsed > ms  
 Fx Ac/ 1/2 trap/ 1/2 trap  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Felt better  
 FBACK

P = client felt difference not doing touch. will do netball.TREATMENT NO. 94

DATE: 27.03.13  
 TIME: 5pm Thurs  
 PAID: 5.15  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC: Ken  
 FACE CREST: Ken  
 SUPINE SCENT: Ken  
 OIL BLEND: Ken  
 HT: Feet + face  
 CST: Face  
 HST: 2 x Lx  
 EXTRA: 2 x back  
 NEXT APPT:

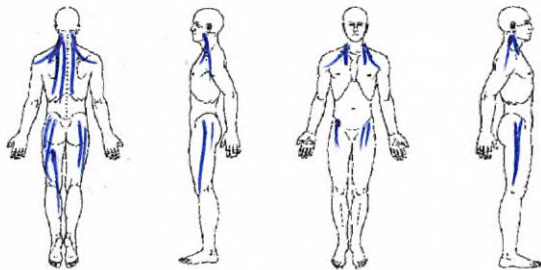


O/A:

Trap up tight  
 Deltoids tight  
 ES tight  
 Rhomb region comp  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ LEGS  
 TP rhomb/ med/ ham  
 Fx trap/ 1/2 trap  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Tsed > ms  
 FBACK Felt better

P = Reven client stretch out. enjoy hot breakTREATMENT NO. 95

DATE: 23.04.13  
 TIME: 4pm Fri  
 PAID: 5.15  
 REC.No: 2484  
 AIR TEMP: 25  
 MUSIC: Norah  
 FACE CREST: Ken  
 SUPINE SCENT: Ken  
 OIL BLEND: Ken  
 HT: Feet + face  
 CST: Face  
 HST: 2 x Lx  
 EXTRA: 2 x back  
 NEXT APPT:



O/A:

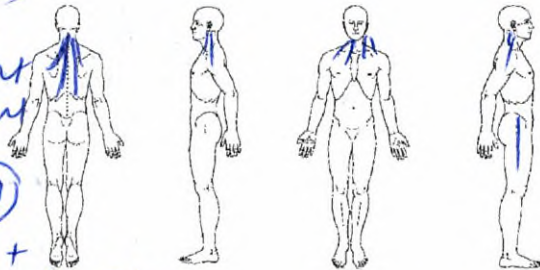
client been feeling tightness in her body after exercise / shovelling / lot of garden work  
 Deltoids tight. M/Ls tight  
 ES tight. Pecs tight  
 Rhomb region comp  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine ☐ LEGS  
 TP rhomb/ med/ ham  
 Fx trap/ 1/2 trap  
☐ Talked ☐ Quiet Quiet Breathing  
 ROM Tsed > ms  
 FBACK Felt better > ms

P = Discussed balancing garden / stretch





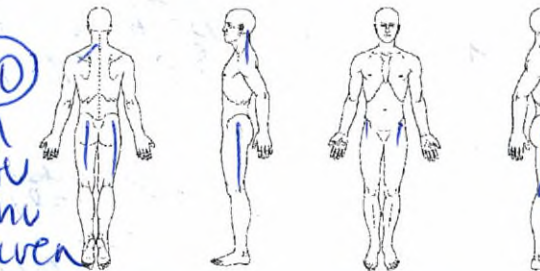


TREATMENT NO. 104S= Client been feeling tightness all overDATE: 30.07.13TIME: 0630PAID: No PaymentREC.No: ChannemyAIR TEMP: (10)MUSIC: FaceFACE CREST: FeetSUPINE SCENT: 2xln 2xlvOIL BLEND: FaceHT: 2xln 2xlvCST: FaceHST: Free for BlooEXTRA: Feet improvementNEXT APPT: looking after body

O/A:

Deirdals tight  
ES tight  
Rhomb region cong

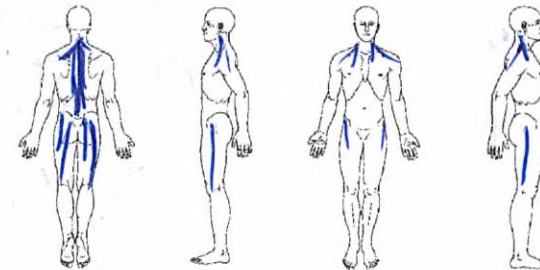
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP rhomb/g'med/ham/mb  
Fx ou/scalp/mr  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Used > ms  
FBACK Felt better > ms

TREATMENT NO. 1025S= Client been feeling tightness in her body in shouldersDATE: 20.08.13TIME: 5pmPAID: \$75REC.No: InuAIR TEMP: (10)MUSIC: Acher BilkFACE CREST: FaceSUPINE SCENT: demOIL BLEND: Mand/TangHT: Feet + FaceCST: FaceHST: 2xln 2xlvEXTRA: 2x backNEXT APPT: Recom client stretch out

O/A:

Peto tight  
ES tight  
Rhomb region cong

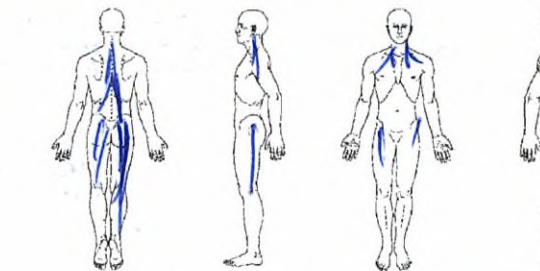
☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP rhomb/g'med/ham  
Fx ou/scalp/mr  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Used > ms  
FBACK Felt better > ms

TREATMENT NO. 1036S= Client been feeling tightness in her + shouldersDATE: 12.09.13TIME: 5pmPAID: \$50REC.No: UsedAIR TEMP: 25MUSIC: AcherFACE CREST: FaceSUPINE SCENT: demOIL BLEND: Mand/TangHT: Feet + FaceCST: FaceHST: 2xln 2xlvEXTRA: 2x backNEXT APPT: Recom client stretch out

O/A:

Trap up tight  
Deirdals tight  
ES tight  
Rhomb region cong

☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP rhomb/g'med/ham/mb  
Fx ou/scalp/mr  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Used > ms  
FBACK Felt better > ms

TREATMENT NO. 1047S= Client been feeling tightness in her body in her + r hamstringDATE: 3.10.13TIME: 2pmPAID: \$95REC.No: InuAIR TEMP: 25.4MUSIC: Ken DamsFACE CREST: FaceSUPINE SCENT: demOIL BLEND: Mand/TangHT: Feet + FaceCST: FaceHST: 2xln 2xlvEXTRA: 2x backNEXT APPT: Recom client keep eye on leg/back pain

O/A:

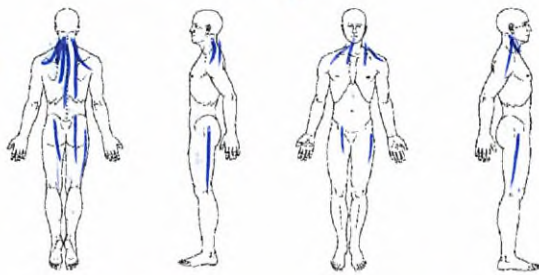
Peto tight  
ES tight  
Rhomb region cong

☒ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☒ LEGS  
TP rhomb/g'med/ham/mb  
Fx ou/scalp/mr  
☐ Talked ☐ Quiet Quiet Breathing  
ROM Used > ms  
FBACK Felt better > ms



TREATMENT NO. 105/8 S = client been feeling tightness in her body

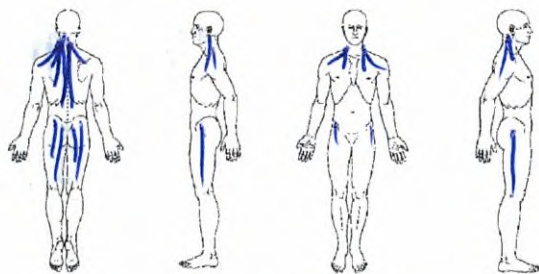
DATE: 17.10.13  
TIME: 1hr  
PAID: \$85  
REC.No: 3081  
AIR TEMP: 25  
MUSIC: Ken Davis  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
CST: ④ Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



O/A: Pecs tight Traps p tant  
Deltoids tight  
ES tight R ham v. comp  
Rhomb region comp  
Full Body STOMACH Res p tight prog  
ARMS Prone Supine LEGS  
TP rhomb/es/als/traps/G'med  
Fx  
Talked Quiet Breathing  
ROM Used > ms  
FBACK felt better > ms

TREATMENT NO. 106/9 S = client been feeling tightness in her body in Lx region + OR ham

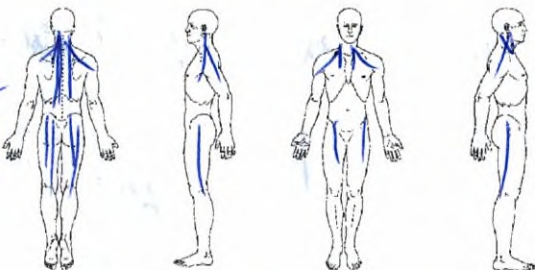
DATE: 24.10.13  
TIME: 1hr  
PAID: \$85  
REC.No: 2882  
AIR TEMP: 25  
MUSIC: Ken Davis  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand itang  
HT: Feet + Face  
CST: ④ Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



O/A: Traps up tight  
Deltoids tight  
ES tight Pecs tight  
Rhomb region comp  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/traps/G'med/ham  
Fx occ/scalp/mt  
Talked Quiet Quiet Breathing  
ROM Used > ms  
FBACK felt better > ms

TREATMENT NO. 107/10 S = client been feeling tightness in her body

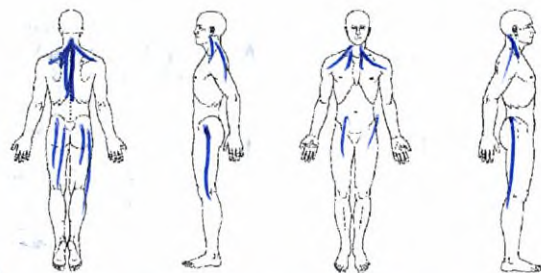
DATE: 20.11.13  
TIME: 1hr  
PAID: \$85  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Ken Davis  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand itang  
HT: Feet + Face  
CST: ④ Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



O/A: traps up tight. @trigh  
Pecs tight  
Deltoids tight  
ES tight  
Rhomb region comp  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/traps/G'med/ham  
Fx occ/scalp/mt  
Talked Quiet Quiet Breathing  
ROM Used > ms  
FBACK felt better > ms

TREATMENT NO. 108/11 S = client been feeling tightness in her body

DATE: 12.12.13  
TIME: 1hr  
PAID: \$85  
REC.No: 3081  
AIR TEMP: 25  
MUSIC: Kenny G  
FACE CREST: Jaw  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Basil / lemon  
HT: Feet + Face  
CST: ④ Face  
HST: 2 x Lx  
2 x back  
EXTRA  
NEXT APPT:



O/A: Deltoids tight G'med tight  
ES tight Hamus tight  
Rhomb region comp  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/G'med/ham/ABs  
Fx occ/scalp/mt  
Talked Quiet Quiet Breathing  
ROM Used > ms  
FBACK felt better > ms

109 \$85 1hr RFT. client struggling with RHS hip/hamus

1hr. Kere Helper FB(+stom). SL hip RHS. Traps/d traps/G'med/ABs/ALS TP  
Jaw/dem  
mand itang oil  
2 x Lx + 2 x back  
Used Rom > ms + v. tender. Psoas v. tight RHS - client  
been getting some pain. Seeing physio



P = Person cheat continue with self care to  
help lighter



TREATMENT NO. 114

DATE: 02.05.14  
TIME: 5:30 PM  
PAID: \$85  
REC.No: 33/2  
AIR TEMP: 25  
MUSIC: Ian Ian I  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Polga  
Masit / Sel  
HT Feet / Face  
CST (A) Face  
HST 2 x Lu  
2 x back  
EXTRA  
NEXT APPT:

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

DATE: 24.05.14  
TIME: 5pm Thurs  
PAID: \$88 Inv  
REC.No: 3328  
AIR TEMP: 25  
MUSIC: Kenny G I  
FACE CREST: 200  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Mand I Tang  
HT: Feet 1 Face  
CST: (A) Face  
HST: 2 x Inv  
2 - back  
EXTRA  
NEXT APPT:

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

DATE: 19.06.14  
TIME: 5pm  
PAID: 388 thr  
REC.No: THURS 388  
AIR TEMP:  
MUSIC: Lar  
FACE CREST: dem  
SUPINE SCENT: k. lark  
OIL BLEND: k. lark  
mand Henp  
HT: k. lark  
CST: Face  
HST: Face  
2 x ln 2 x  
EXTRA  
NEXT APPT:

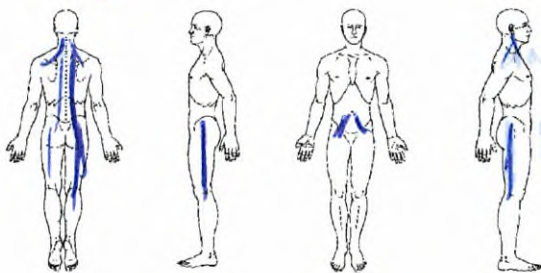
TREATMENT NO.

DATE: 11.07.14  
TIME: 5 PM  
PAID: \$88.14  
REC.No: 347  
AIR TEMP: 25  
MUSIC: David Merz  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
Manditang  
HT 2 - 1/2 + 2 - 1/2  
CST (A) Fave  
HST Feet (Fave)  
EXTRA  
NEXT APPT.

118/8 30.05

2x6x2x6  
Free/Face - Ma  
To

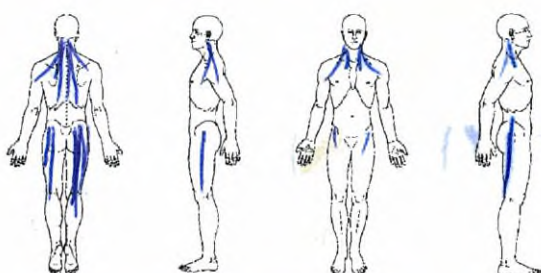
S = Client been feeling tightness R & legs



O/A:   
 Trap up tight IFLs tail  
 left side tight R brunt  
 es tight pers tight  
 rhomb region cong  
 Full Body STOMACH - tight Psoas  
 ARMS Prone Supine LEGS  
 TP rhomb / IFLs / pams  
 Fx ocel / IFLs / IFLs  
 Talked Quiet (one heard) Quiet Breathing  
 ROM Used 5 ms  
 FBACK core n stomach x R

P = Discussed getting stretching done for power 1/2

S = Chest been feeling tightness on her R side  
but pain is OK

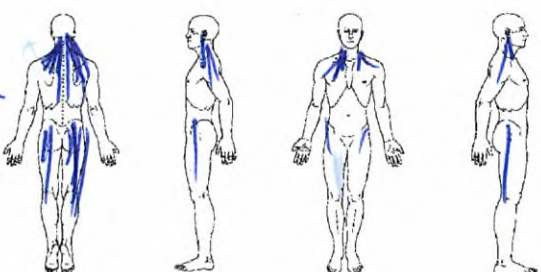


O/A:  
C med right ribs R right  
Pels right I/Bs R right  
C right  
Rhomb region cony

☐ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine    LEGS  
 TP homb/leg med /ham  
 Fx occl/stalp /hm  
☐ Talked    ☐ Quiet    Quiet Breathing  
 ROM bed after ms  
 FBACK feet better 7 ms

P = Discussed how body is travelling well - continuing  
grinning @ moment as going ok

S = Chest feeling tightness in hips R esp - whole side even shoulder sore

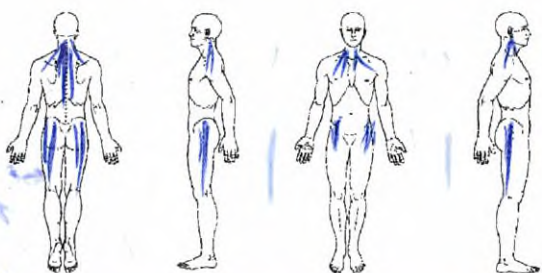


O/A: Gender traps 1rb/1ml R<sub>2</sub>  
 Betwds tight 1rb/1ml R<sub>2</sub>  
 CS tight. Traps up tight  
 Rhomb region cong

☐ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine    LEGS  
 TP rhomb/ traps / G med trape  
 Ex rhomb / ES  
☐ Falded    ☐ Quiet    ing  
 ROM feet diff 2 ms  
 FBACK tender shoulder

P = Discussed seeing chro on holiday.

S = Chest been feeling tight in her body in her hips



O/A:

petards tight  
Pens tight. Trap + Pens  
ES tight. tight  
rhomb region cone

☐ Full Body    ☐ STOMACH  
 ARMS ☐ Prone    ☐ Supine *MS*    LEGS  
 TP *chomble med / ham traps*  
 Fx *occ / sleep / mnt*  
☐ Talked    ☐ Quiet *Quiet* Breathing  
 ROM *↑ sed 7 ms*  
 FBACK *Put better 7 ms*

P = kevon chent stretch out

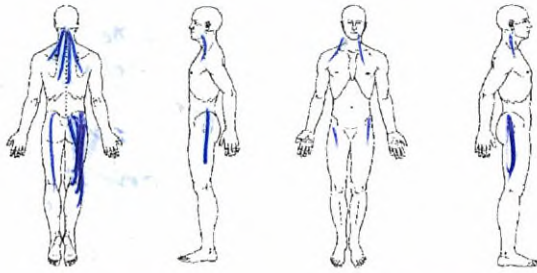
\$80 lbr. (went been feeling tightness in her R hips/thor.  
FBL-stom). Heat. TP rhomb/med/ham/ITB/Trap  
L Fl same + es/bu/detoids/ham.  
d/quiet throughout: relaxed > NS. Feet tenderness  
S in shoulders + in hips



## TREATMENT NO. 119

DATE: 21.08.14.  
 TIME: 5pm Fri  
 PAID: \$88  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC: Janny G I  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + face  
 CST: A Face  
 HST: 2x Lx  
 2x back

S = Client been feeling tightness in R hammy  
 Lx region been sore lately



O/A: traps tender. TFLs + ham  
 Deltoids tight  
 ES tight  
 Rhomb region comp

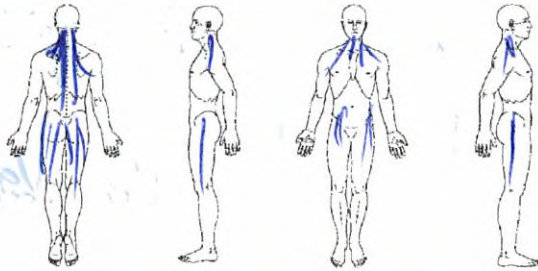
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine MS LEGS  
 TP rhomb/g/med/ham/TFLs  
 Fx LT/ham/TFLs/TFLs  
☒ Talked ☒ Quiet Breathing  
 ROM Used > MS  
 FBACK felt better > MS

P = Recom client stretch out to help with tension  
 Also back to yoga next week

## TREATMENT NO. 120

DATE: 29.08.14.  
 TIME: 5pm  
 PAID: \$88  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC: Janny G I  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + face  
 CST: A Face  
 HST: 2x Lx  
 2x back

S = Client been feeling tightness in her R  
 Giff next time



O/A: traps tight. traps taut  
 Deltoids tight  
 ES tight  
 Rhomb region comp

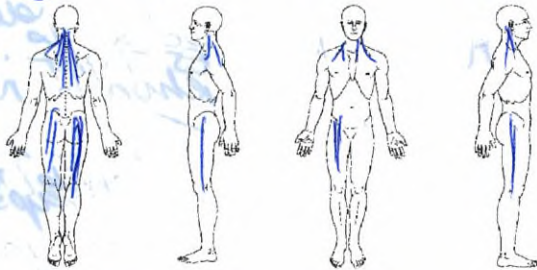
☒ Full Body ☒ STOMACH MS  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/g/med/ham/TFLs  
 Fx ocl/sleep/MS  
☒ Talked ☒ Quiet Breathing  
 ROM Used > MS  
 FBACK felt better > MS

P = Recom client stretch out & enjoy holidays

## TREATMENT NO. 121

DATE: 30.10.14.  
 TIME: 1hr  
 PAID: \$88  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC: Janny G I  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + face  
 CST: A Face  
 HST: 2x Lx  
 2x back

S = Client been feeling tightness in her body  
 Forgot giff - next time



O/A: traps tight. traps taut  
 Deltoids tight  
 ES tight. TFLs taut  
 Rhomb region comp

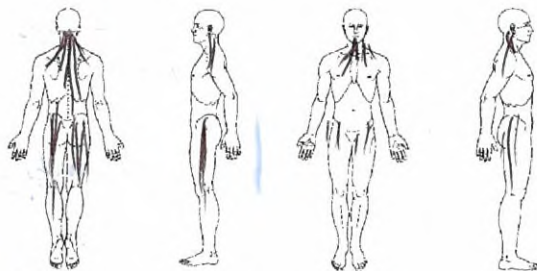
☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/g/med/ham/TFLs  
 Fx ocl/sleep/MS  
☒ Talked ☒ Quiet Breathing  
 ROM Used > MS  
 FBACK felt better > MS

P = Client felt good > MS

## TREATMENT NO. 122

DATE: 14.01.15  
 TIME: 10am  
 PAID: \$88  
 REC.No: 2338  
 AIR TEMP: 25  
 MUSIC: Janny G I  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet + face  
 CST: A Face  
 HST: Low/lem  
 NO HST

S = Client been feeling tightness in her body  
 after Lx + R shoulder painting



O/A: traps tight  
 Deltoids tight  
 ES tight. TFLs tight  
 Rhomb region comp

☒ Full Body ☒ STOMACH  
 ARMS ☒ Prone ☒ Supine LEGS  
 TP rhomb/g/med/ham/TFLs  
 Fx  
☒ Talked ☒ Quiet Breathing  
 ROM Used > MS  
 FBACK felt better > MS

P = Recom client stretch after ex to help balance

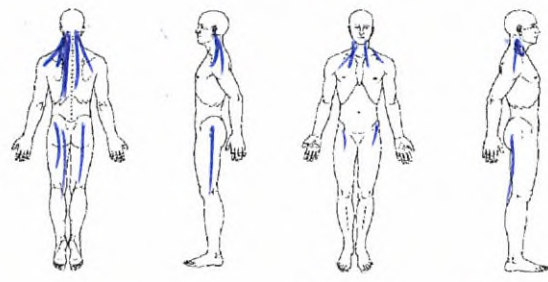


TREATMENT NO 123

DATE: 4.2.15  
TIME: 1hr  
PAID: \$88  
REC.No: Referrals  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Lem  
SUPINE SCENT: Relax  
OIL BLEND: (A) Face  
HT: 2 x Lx  
CST: 2 x back  
HST: Feet / Face  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body since starting school

tightness in her body

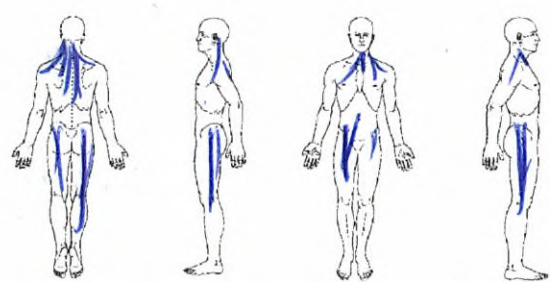


O/A:  
Pecs tight, Int. Y-type, Deltoids tight, Als tight, traps up tight, Nbs tense  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine ☒ LEGS  
TP rhomb/med/ham  
Fx occ/traps  
☒ Talked ☒ Quiet  
ROM Pseed > Ms  
FBACK felt better > Ms  
Breathing: Quiet

TREATMENT NO 124

DATE: 26.02.15  
TIME: 1hr  
PAID: \$88  
REC.No: 378  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Lem  
SUPINE SCENT: Relax  
OIL BLEND: Manditory  
HT: (A) Face  
CST: 2 x Lx  
HST: 2 x back  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body in her hips is improving

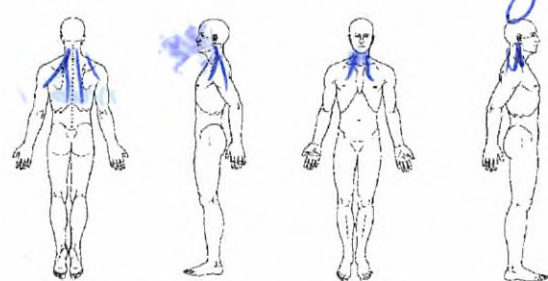


O/A:  
Deltoids tight, Pecs tight, Rhomb region cong  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine ☒ LEGS  
TP rhomb/med/ham/traps  
Fx occ/traps/L scap  
☒ Talked ☒ Quiet  
ROM felt better > Ms  
FBACK Quiet  
Breathing: Quiet

TREATMENT NO 125

DATE: 18.03.15  
TIME: \$88 1hr  
PAID: \$88  
REC.No: Referrals  
AIR TEMP: 25  
MUSIC: Nozoh  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2 x Lx  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her body since been breathing. Neck been stiff

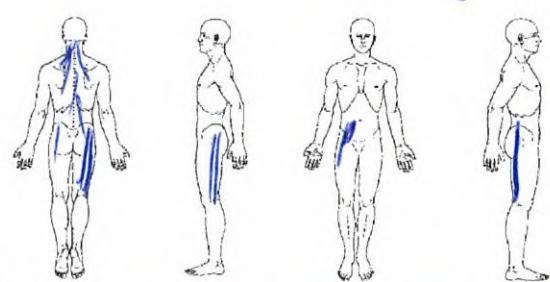


O/A:  
Nbs tender + tight, Deltoids tight, ES tight, Pecs tight, Rhomb region cong  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine ☒ LEGS  
TP rhomb/traps/ES/ham  
Fx occ/traps/L med/Nbs  
☒ Talked ☒ Quiet  
ROM felt improvement  
FBACK Pseed ROM  
Breathing: Quiet

TREATMENT NO 126

DATE: 08.04.15  
TIME: \$88 1hr  
PAID: \$88  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Nozoh  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet / Face  
CST: (A) Face  
HST: 2 x Lx  
EXTRA:  
NEXT APPT:

S = Client been feeling tightness in her R hamstring - pulling in her body again. Nbs been referral



O/A:  
traps up tight, Deltoids tight, ES tight, Pecs tight, Rhomb region cong  
☒ Full Body ☒ STOMACH  
ARMS ☒ Prone ☒ Supine ☒ LEGS  
TP rhomb/med/ham/traps  
Fx occ/traps/L scap  
☒ Talked ☒ Quiet  
ROM Pseed > Ms  
FBACK felt better  
Breathing: Quiet

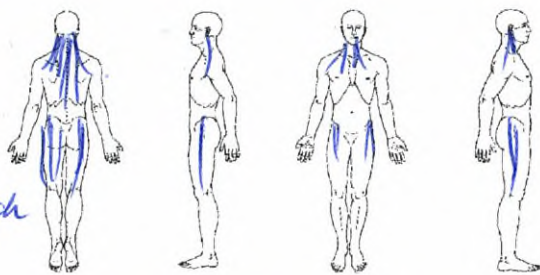
P = Reom client enjoy holidays



## TREATMENT NO. 127

DATE: 29.04.15  
 TIME: 8:00  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: Acher Bkt  
 MUSIC: Lar  
 FACE CREST: Lar  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 2x1x + 2xback  
 HT: Feet 1 Fall  
 CST: 1 Fall  
 HST: 2x1x  
 2xback  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her body in her hips

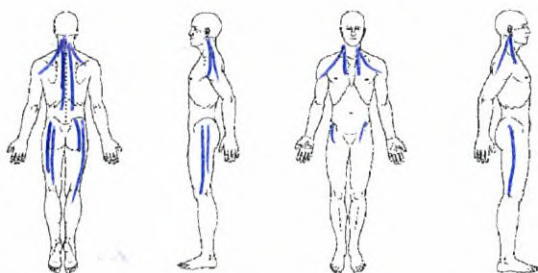


O/A: Pecs tight  
 Deltoids tight  
 ES tight  
 Rhomb region clay  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/lr/traps  
☐ Talked ☐ Quiet  
 ROM Used > Ms  
 FBACK felt better > Ms

## TREATMENT NO. 128

DATE: 13.05.15  
 TIME: WEDS  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: Naraiah  
 MUSIC: Lar  
 FACE CREST: Lar  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 My 1 Base  
 HT: 1 Fall  
 CST: 2x1x  
 HST: 3xback  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her hip pain still the same Pump / Red Arrow - feels it

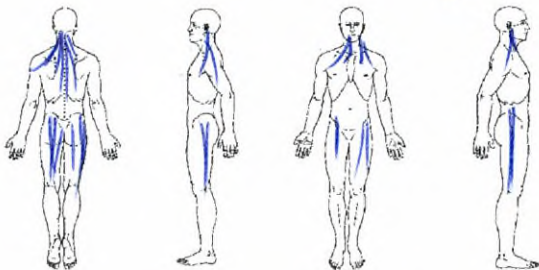


O/A: 9099 ok  
 Boas v. tight  
 Deltoids tight  
 ES tight  
 Rhomb region clay  
☒ Full Body ☐ STOMACH Ms s/lr/hip/leg  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/traps/lr/traps  
 Fx occ/traps  
☐ Talked ☐ Quiet  
 ROM Used > Ms  
 FBACK felt better > Ms

## TREATMENT NO. 129

DATE: 3.6.15  
 TIME: 8:00  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: 1  
 MUSIC: Lar  
 FACE CREST: Lar  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Feet 1 Fall  
 CST: 2x1x  
 HST: 2xback  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her body in her R Lx region

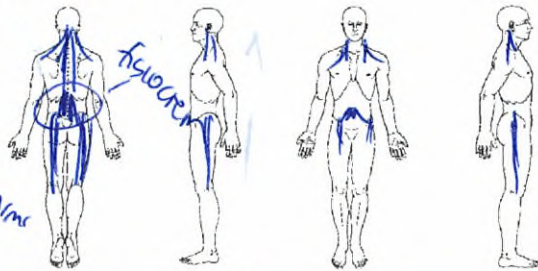


O/A: Pecs tight + tender  
 Deltoids tight  
 ES tight  
 Rhomb region clay  
☒ Full Body ☐ STOMACH ST  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps  
☐ Talked ☐ Quiet  
 ROM Used  
 FBACK felt better > Ms

## TREATMENT NO. 130

DATE: 18.06.15  
 TIME: 8:00  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: 23C  
 MUSIC: Lar  
 FACE CREST: Lar  
 SUPINE SCENT: dem  
 OIL BLEND: Relax  
 Feet 1 Fall  
 CST: 2x1x  
 HST: 2xback  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her Lx region - v. cong + sore forgot gift



O/A: Lx region tight  
 Deltoids tight  
 ES tight  
 Rhomb region clay  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps  
☐ Talked ☐ Quiet  
 ROM Used > Ms  
 FBACK felt better > Ms

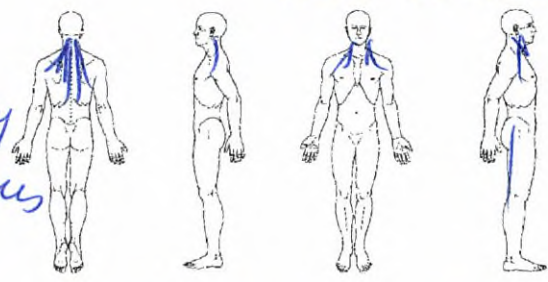
P = Reptom client relax + work on stretching out back



134  
131 - forgot #130 gift - next time

TREATMENT NO. 137  
DATE: 2.7.15  
TIME: 1hr  
PAID: \$88  
REC.No:  
AIR TEMP: 25  
MUSIC: *Michael Kenny*  
FACE CREST: *low*  
SUPINE SCENT: *dem momus*  
OIL BLEND: *Relax*  
HT: *feet / face*  
CST: *2 x ln*  
HST: *2 x back*  
EXTRA  
NEXT APPT:

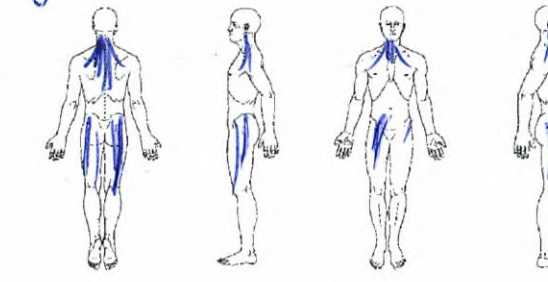
S = Client been feeling tightness in her hip RHS + back been sore  
Ran R Arrow x 3 yesterday



O/A:  
Pels tight Traps up tight  
Deltoids tight  
ES tight esp RHS  
S hip - RHS Lx + TBs / GLs / glutes  
Full Body ☒ STOMACH ☒ V. tight / tender  
ARMS ☐ Prone ☐ Supine LEGS  
TP *rhomb / g med / ham / traps*  
Fx *TBs / TBs / E / TBs*  
☐ Talked ☐ Quiet Breathing  
ROM *Used > ms*  
FBACK *felt better > ms*

TREATMENT NO. 132  
DATE: 22.07.15  
TIME: 1hr  
PAID: \$88  
REC.No:  
AIR TEMP: 25  
MUSIC: *low*  
FACE CREST: *dem*  
SUPINE SCENT: *Relax*  
OIL BLEND: *low / dem*  
HT: *feet / face*  
CST: *2 x ln*  
HST: *2 x back*  
EXTRA  
NEXT APPT:

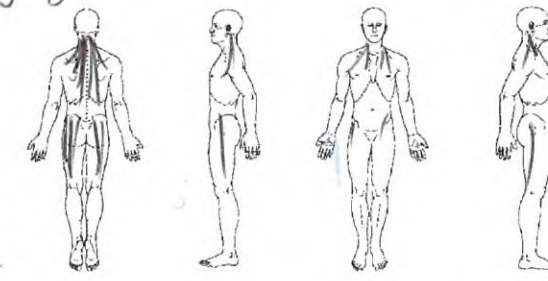
S = Client been feeling tightness in her body in her R hip improving  
Forgot gift!



O/A:  
Traps up tight  
Deltoids tight  
ES tight Pels tight  
Rhomb region conge  
Full Body ☒ STOMACH *ms*  
ARMS ☐ Prone ☐ Supine *ms* LEGS *stiff / tender in back*  
TP *rhomb / g med / ham / traps*  
Fx *occ traps / traps*  
☐ Talked ☐ Quiet Breathing  
ROM *Used > ms*  
FBACK *Rhomb's tight but improved*

TREATMENT NO. 133  
DATE: 05.08.15  
TIME: 1hr  
PAID: \$88  
REC.No:  
AIR TEMP: 25  
MUSIC: *low*  
FACE CREST: *dem*  
SUPINE SCENT: *Relax*  
OIL BLEND: *Mand / Tang*  
HT: *feet / face*  
CST: *2 x ln*  
HST: *2 x back*  
EXTRA  
NEXT APPT:

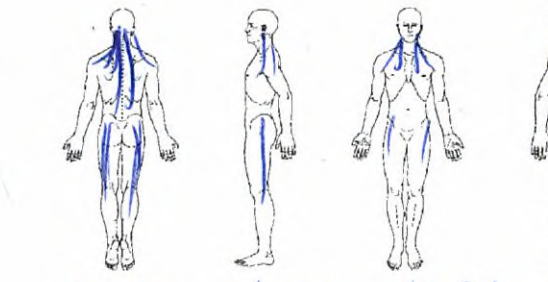
S = Client been feeling tightness in her body  
Forgot gift!



O/A:  
Traps up tight - not tense  
Deltoids tight  
ES tight Pels tight  
Rhomb region conge  
Full Body ☒ STOMACH  
ARMS ☐ Prone ☐ Supine *ms* LEGS  
TP *rhomb / g med / ham / traps*  
Fx *occ traps / traps*  
☐ Talked ☐ Quiet Breathing  
ROM *Used > ms*  
FBACK *felt better > ms*

TREATMENT NO. 134  
DATE: 27.08.15  
TIME: 1hr  
PAID: \$88  
REC.No:  
AIR TEMP: 25  
MUSIC: *Enya*  
FACE CREST: *low*  
SUPINE SCENT: *dem*  
OIL BLEND: *Relax*  
HT: *feet / face*  
CST: *2 x ln*  
HST: *2 x back*  
EXTRA  
NEXT APPT:

S = Client been feeling tightness in her body in her Lx region



O/A:  
Traps up tight  
Deltoids tight  
ES tight Pels tight  
Rhomb region conge  
Full Body ☒ STOMACH *ms*  
ARMS ☐ Prone ☐ Supine *ms* LEGS  
TP *rhomb / g med / ham / traps*  
Fx *occ traps / traps*  
☐ Talked ☐ Quiet Breathing  
ROM *Used > ms*  
FBACK *felt better > ms*

135. 16.09.15  
138

1hr \$88 HT - feet / face - HST - 2 x ln + 2 x back  
Feet + stom + S L hip @ V. conge RHS - upper body tight  
felt better > ms - tender esp stomach upper + lower quad  
Ham R shoulder + glutes.

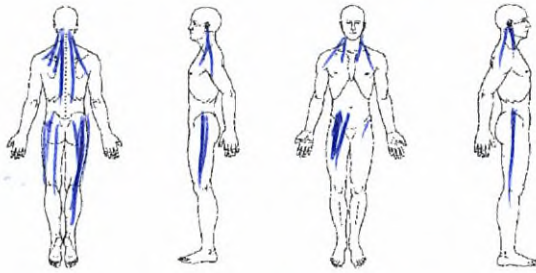


TREATMENT NO. **136**

S =

Client been feeling tightness in her body  
in her hips esp R/L. Back been soreDATE: **01/10/15**TIME: **5:30pm**PAID: **Inv**REC.No: **1hr**AIR TEMP: **25**MUSIC: **Norah**FACE CREST: **lav**SUPINE SCENT: **dem**OIL BLEND: **Relax**HT: **Feet / face**CST: **(1) face**HST: **2 x ln**EXTRA: **2 x back**

NEXT APPT:



O/A:

Hams + lbs tight  
Deltoids tight per start  
Es tight traps up right  
Rhomb region comp

☒ Full Body ☐ STOMACH ☐ Ms ☐ LEGS  
 ARMS ☐ Prone ☒ Supine  
 TP rhomb/g/med/ham/traps  
 Fx occ/atlac/lbs  
☒ Talked ☒ Quiet ☐ Breathing  
 ROM 2 sec 2 ms  
 FBAC felt better with Ms

P =

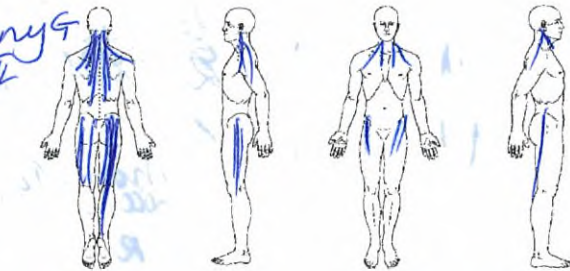
Back to school next week

TREATMENT NO. **137**

S =

Client been feeling tightness in her body  
in R side still. Lx pain is improvingDATE: **23.10.15**TIME: **5:30pm**PAID: **Inv**REC.No: **1hr**AIR TEMP: **25**MUSIC: **henny's**FACE CREST: **lav**SUPINE SCENT: **dem**OIL BLEND: **Relax**HT: **Feet / face**CST: **(1) face**HST: **2 x ln**EXTRA: **2 x back**

NEXT APPT:



O/A:

R side hams v. tight  
Deltoids tight traps tight  
Es tight per start  
Rhomb region comp

☒ Full Body ☐ STOMACH ☐ Ms ☐ LEGS  
 ARMS ☐ Prone ☒ Supine  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/GT  
☐ Talked ☒ Quiet ☐ Breathing  
 ROM 2 sec 2 ms  
 FBAC felt better with Tr

P =

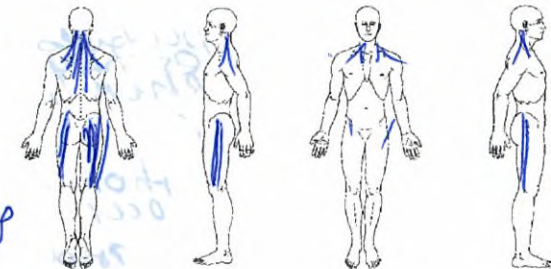
Perom client stretch out with Ms

TREATMENT NO. **138**

S =

Client been feeling tightness in her body is  
OIC. Lx been soreDATE: **12.11.15**TIME: **5:30pm**PAID: **Inv**REC.No: **1hr**AIR TEMP: **25**MUSIC: **henny's**FACE CREST: **lav**SUPINE SCENT: **dem**OIL BLEND: **Relax**HT: **Feet / face**CST: **(1) face**HST: **2 x ln**EXTRA: **2 x back**

NEXT APPT:



O/A:

Both hips sore esp  
Trap up tight  
Deltoids + per start  
Es tight + short  
Rhomb region comp

☒ Full Body ☐ STOMACH ☐ Ms ☐ LEGS  
 ARMS ☐ Prone ☒ Supine  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps  
☐ Talked ☒ Quiet ☐ Breathing  
 ROM 2 sec 2 ms  
 FBAC felt tender spot

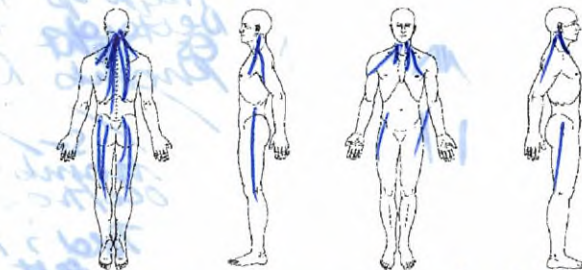
P =

Perom client stretch out legs / hips + help Lx  
regionTREATMENT NO. **139**

S =

Client been feeling tightness in her body  
is going ok - hips / Lx been tight sore  
but better than previousDATE: **3.12.15**TIME: **5:30pm**PAID: **Inv**REC.No: **1hr**AIR TEMP: **25**MUSIC: **henny's**FACE CREST: **lav**SUPINE SCENT: **dem**OIL BLEND: **Relax**HT: **Feet / face**CST: **(1) face**HST: **2 x ln**EXTRA: **2 x back**

NEXT APPT:



O/A:

Hips tight. Felt tightness in  
per start  
long es + qls  
Rhomb region comp

☒ Full Body ☐ STOMACH ☐ Ms ☐ LEGS  
 ARMS ☐ Prone ☒ Supine  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps  
☐ Talked ☒ Quiet ☐ Breathing  
 ROM 2 sec 2 ms  
 FBAC felt better 2ms

P =

Perom client stretch out with body

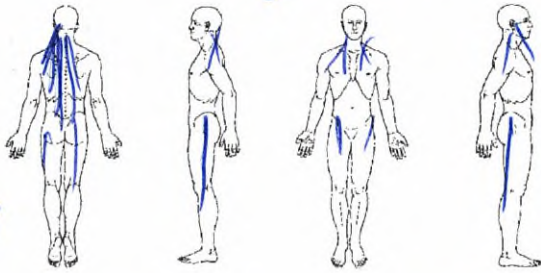


143

TREATMENT NO. 140

DATE: 16.12.15  
 TIME: WEDS  
 PAID: 1hr  
 REC.No:  
 AIR TEMP: 25  
 MUSIC: 1/25  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet 1/2 Fare  
 CST: 2x Ln  
 HST: 2x back

S = Client been feeling tightness has improved  
 some tightness in her Lx region - no bumps  
 O/A: Been swimming today



ES tight  
 Rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/leg med/ham traps  
 Fx out traps / 1/2 slap  
☐ Talked ☐ Quiet Breathing  
 ROM Toed > ms  
 FBACK felt better > ms

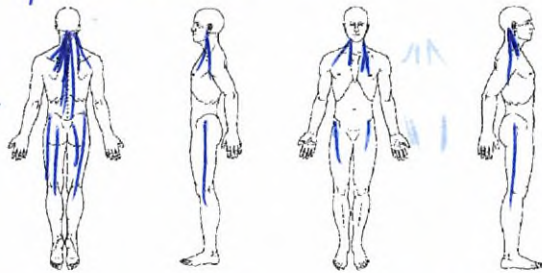
EXTRA  
 NEXT APPT:

P = Reom move well over hol's

TREATMENT NO. 141

DATE: 6.1.16  
 TIME: \$88 ok.  
 PAID: 1hr  
 REC.No: 25 C - hot day  
 AIR TEMP: Acher Silk II  
 MUSIC: Low  
 FACE CREST: Lem  
 SUPINE SCENT: Relax  
 OIL BLEND: Mandrang  
 HT: 2x Ln  
 CST: 2x back  
 HST: 2x back

S = Client been feeling tightness in her Lx region  
 R side esp. Been painting + doing yoga, swim.  
 O/A: giff of b'wash



Pets + aut. Traps up tight  
 Deltoids tight  
 ES tight + short  
 Rhomb region long

☐ Full Body ☐ STOMACH s/c legs + hips + Lx  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/leg med/ham traps  
 Fx out / 1/2 / 1/2 / 1/2 / 1/2  
☐ Talked ☐ Quiet Breathing  
 ROM R v. diff + to left with hip not a  
 FBACK

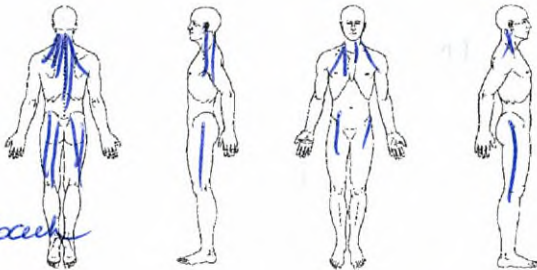
EXTRA  
 NEXT APPT:

P = Reom client stretch out with Tr + Lx regions

TREATMENT NO. 142

DATE: 19.1.16  
 TIME: \$88/hr  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: Acher Silk I  
 MUSIC: Low  
 FACE CREST: Lem  
 SUPINE SCENT: Relax  
 OIL BLEND: Feet 1/2 Fare  
 HT: 2x Ln + 2x back  
 CST: 2x Ln  
 HST: 2x back

S = Client been feeling tightness in her body in  
 her Lx region sp. Rms. Minimal pain



O/A: Deltoids tight  
 ES tight  
 Rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/leg med/ham traps  
 Fx out traps / 1/2 slap  
☐ Talked ☐ Quiet Breathing  
 ROM Toed > ms  
 FBACK felt better > ms

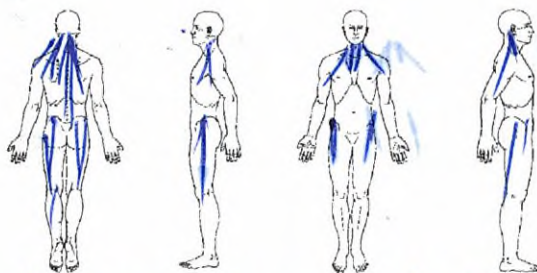
EXTRA  
 NEXT APPT:

P = Reom client stretch out to help ms

TREATMENT NO. 143

DATE: 17.2.16  
 TIME: \$88/hr  
 PAID: 1hr  
 REC.No: 25  
 AIR TEMP: 25  
 MUSIC: Low  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: Feet 1/2 Fare  
 CST: 2x Ln  
 HST: 2x Ln

S = Client been feeling tightness in her body in  
 her hyp / Lx region



O/A: Traps up tight  
 Deltoids tight  
 ES tight  
 Rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/leg med/ham traps  
 Fx out traps / 1/2 slap  
☐ Talked ☐ Quiet Breathing  
 ROM Toed > ms  
 FBACK felt better > ms

EXTRA  
 NEXT APPT:

P = Reom client stretch out with body



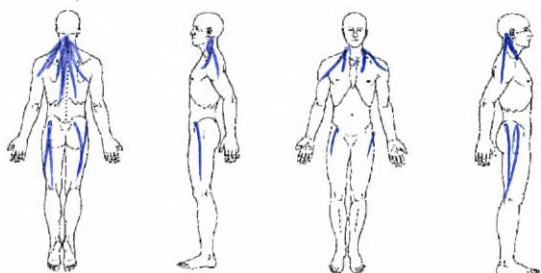
TREATMENT NO. 147

S = client been feeling tightness in her body in her hips

DATE: 10.03.16  
 TIME: 10:30  
 PAID: \$88  
 REC.No: 147  
 AIR TEMP: 10.03.16  
 MUSIC: 10.03.16  
 FACE CREST: 10.03.16  
 SUPINE SCENT: 10.03.16  
 OIL BLEND: 10.03.16

HT: 10.03.16  
 CST: 10.03.16  
 HST: 10.03.16

EXTRA: 10.03.16  
 NEXT APPT: 10.03.16



O/A:

mt tense  
 traps up tight  
 es right + short  
 rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/scap  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBAC felt better > ms

P = Would though a lot of side-lying tenderness

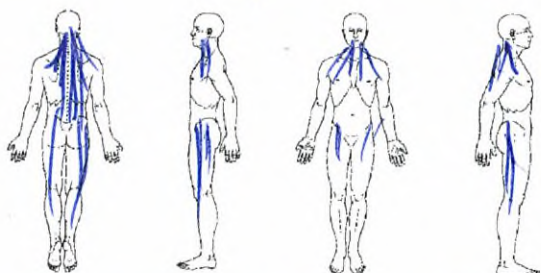
TREATMENT NO. 148

S = client been feeling tightness in her body in her hips/back been sore feels jammed up

DATE: 30.03.16  
 TIME: 10:30  
 PAID: \$88  
 REC.No: 148  
 AIR TEMP: 10.03.16  
 MUSIC: 10.03.16  
 FACE CREST: 10.03.16  
 SUPINE SCENT: 10.03.16  
 OIL BLEND: 10.03.16

HT: 10.03.16  
 CST: 10.03.16  
 HST: 10.03.16

EXTRA: 10.03.16  
 NEXT APPT: 10.03.16



O/A:

pers tight  
 traps up tight  
 es right  
 rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP occ/traps/scap  
 Fx traps/g/med/scap  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBAC felt better > ms

P = Review client stretch out. See

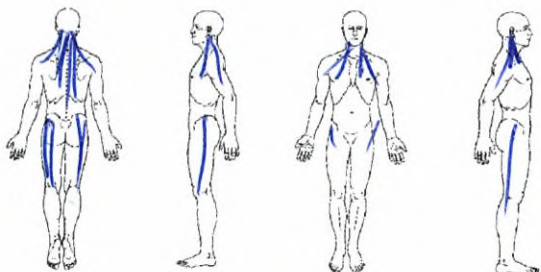
TREATMENT NO. 149

S = client been feeling tightness in her region + in her back been sore

DATE: 26.04.16  
 TIME: 10:30  
 PAID: \$88  
 REC.No: 149  
 AIR TEMP: 10.03.16  
 MUSIC: 10.03.16  
 FACE CREST: 10.03.16  
 SUPINE SCENT: 10.03.16  
 OIL BLEND: 10.03.16

HT: 10.03.16  
 CST: 10.03.16  
 HST: 10.03.16

EXTRA: 10.03.16  
 NEXT APPT: 10.03.16



O/A:

traps up tight  
 traps up tight  
 es right  
 rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/scap  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBAC felt better with ms

P = Seen chiro, working on posture @ ms

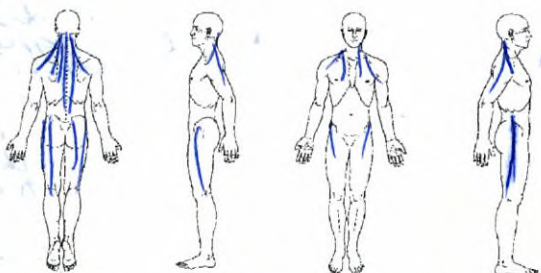
TREATMENT NO. 150

S = client been feeling tightness in her hips + shoulders tense

DATE: 25.05.16  
 TIME: 10:30  
 PAID: \$88  
 REC.No: 150  
 AIR TEMP: 10.03.16  
 MUSIC: 10.03.16  
 FACE CREST: 10.03.16  
 SUPINE SCENT: 10.03.16  
 OIL BLEND: 10.03.16

HT: 10.03.16  
 CST: 10.03.16  
 HST: 10.03.16

EXTRA: 10.03.16  
 NEXT APPT: 10.03.16



O/A:

traps up tight  
 traps up tight  
 es right + short  
 rhomb region long

☐ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/scap  
☐ Talked ☐ Quiet Breathing  
 ROM Tsd > ms  
 FBAC felt better > ms

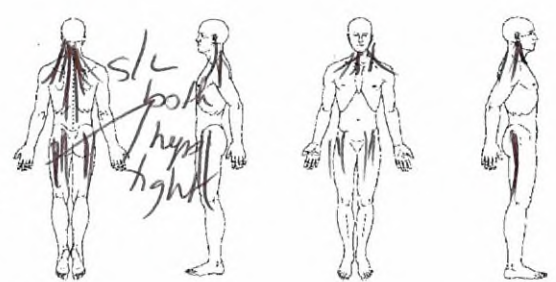
P = Review client stretch out with body



151  
TREATMENT NO. 148

S = Client been feeling tightness in her

DATE: 6.6.16  
TIME: \$88  
PAID: \$88/hr  
REC.No: 25  
AIR TEMP: low  
MUSIC: dom  
FACE CREST: Relom  
SUPINE SCENT: Feet 1 face  
OIL BLEND: Feet 1 face  
HT: 2 x in  
CST: 2 x back  
HST: client felt better  
EXTRA: lemon  
NEXT APPT:



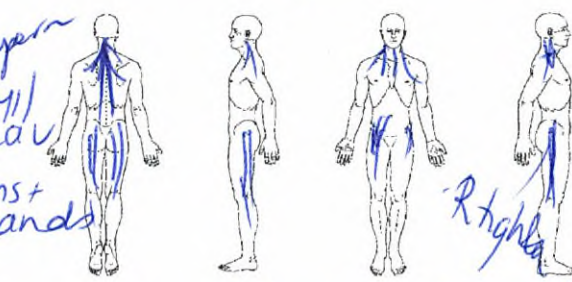
O/A: Pecs tight - Hams tight  
Deltoids tight  
ES tight + tight in shoulder  
Rhomb region conge too  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
TP: occ traps / traps  
Fx: rhomb / traps / traps  
☐ Talked ☐ Quiet ☐ Breathing  
ROM: Tied > m. Quiet  
FBACK: felt better > m.

P = Reiom client stretch out on bak ballo

TREATMENT NO. 149

S = Client been feeling tightness in her body in her hips / shoulders improving

DATE: 5.07.16  
TIME: \$88  
PAID: \$88/hr  
REC.No: 25  
AIR TEMP: low  
MUSIC: 4/4 / low  
FACE CREST: dom  
SUPINE SCENT: Relom  
OIL BLEND: Feet 1 face Arms + hands  
HT: 2 x in  
CST: 2 x back  
HST: 2 x back  
EXTRA:  
NEXT APPT:



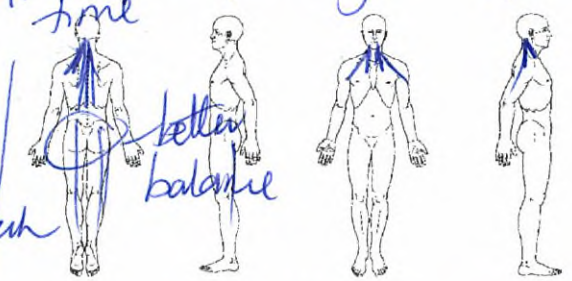
O/A: Dts tight - Pecs taut  
Deltoids tense  
ES tight + short  
Rhomb region conge  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
TP: rhomb / g med / ham / trap  
Fx: occ traps / traps  
☐ Talked ☐ Quiet ☐ Breathing  
ROM: Tied > m. feels impro  
FBACK: felt some spots less tender

P = Seen Julie x 2 for physio. Discussed improvement

TREATMENT NO. 150

S = Client been feeling tightness in her body improving. Upper tight from gardening (mattress)

DATE: 26.07.16  
TIME: \$88  
PAID: \$88/hr  
REC.No: 25  
AIR TEMP: low  
MUSIC: low  
FACE CREST: dom  
SUPINE SCENT: Relom  
OIL BLEND: Mand / 2 back  
HT: 2 x in  
CST: 2 x back  
HST: 2 x back  
EXTRA:  
NEXT APPT:



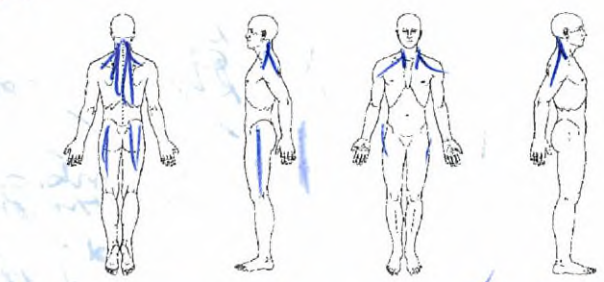
O/A: Pecs taut, trap up tigh  
Deltoids tight  
ES tight  
Rhomb region conge  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
TP: rhomb / g med / ham  
Fx: occ traps / traps  
☐ Talked ☐ Quiet ☐ Breathing  
ROM: felt better > m  
FBACK: stretching to help hips stay suppl

P = Seeing physio monthly now

TREATMENT NO. 151

S = Client been feeling tightness in her low region - hams + been doing too much with ex 5 this week

DATE: 18.08.16  
TIME: \$88  
PAID: \$88/hr  
REC.No: 25  
AIR TEMP: low  
MUSIC: low  
FACE CREST: dom  
SUPINE SCENT: Relom  
OIL BLEND: Feet 1 face  
HT: 2 x in  
CST: 2 x back  
HST: 2 x back  
EXTRA:  
NEXT APPT:



O/A: Traps tight  
Pecs taut  
Deltoids tight  
ES tight  
Rhomb region conge  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ Ms LEGS  
TP: rhomb / g med / ham / trap  
Fx: occ traps / traps  
☐ Talked ☐ Quiet ☐ Breathing  
ROM: Tied > m  
FBACK: felt better > m

P = Reiom client stretch out with body

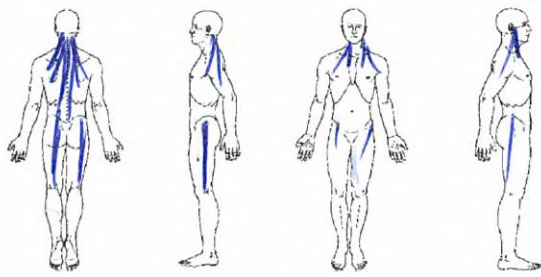






159  
TREATMENT NO. 156  
DATE: 03.11.16  
TIME: \$88/hr  
PAID: 25  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Low  
FACE CREST: Lem  
SUPINE SCENT: Pelan  
OIL BLEND: Feet 1 Fall  
HT: 2 x lu  
CST: 2 x lu  
HST: 2 x lu  
EXTRA: 2 x back  
NEXT APPT: 160

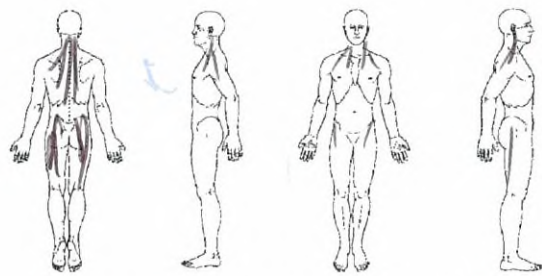
S = client been feeling tightness in her body in her nagon + shoulders



O/A: Depends right ES tight throat rhomb nagon cong  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/9 med/ham/leg  
Fx ocr/nap/10 slaps  
Talked Quiet Breathing  
ROM Bed > me  
FBACK feet better > me

157  
TREATMENT NO. 157  
DATE: 15.12.16  
TIME: \$88/hr  
PAID: 1hr  
REC.No: 210  
AIR TEMP: 25  
MUSIC: mix ms  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: 2 x lu  
CST: 2 x lu  
HST: 2 x back  
EXTRA: 161  
NEXT APPT: 161

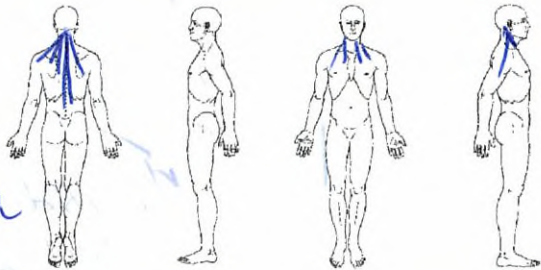
S = client been feeling tightness in her body in her shoulders / hips lately



O/A: Pers taut trap up high ES tight rhomb nagon cong  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/9 med/ham  
Fx trap/10 slaps  
Talked Quiet Breathing  
ROM Bed > me  
FBACK feet better > me

158  
TREATMENT NO. 158  
DATE: 17.01.17  
TIME: TUES 230  
PAID: 1hr  
REC.No: 210  
AIR TEMP: 25  
MUSIC: mix ms  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: 2 x lu  
CST: 2 x lu  
HST: 2 x back  
EXTRA: 162  
NEXT APPT: 162

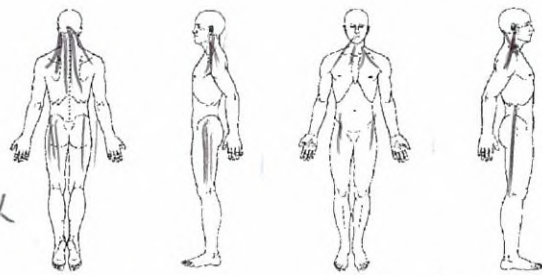
S = client been feeling tightness in her shoulders. Back feeling ok & hols



O/A: Traps tight Glutes taut Pers taut traps up taut mbs taut rhomb tight  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/9 med/ham  
Fx ocr/nap/10 slaps  
Talked Quiet Breathing  
ROM Bed > my neck  
FBACK Test tried but good > me balance

159  
TREATMENT NO. 159  
DATE: 23.1.17  
TIME: \$88/hr  
PAID: 25  
REC.No: 25  
AIR TEMP: 25  
MUSIC: Mand Hong  
FACE CREST: Low  
SUPINE SCENT: Lem  
OIL BLEND: Pelan  
HT: 2 x lu + 2 x back  
CST: 2 x lu  
HST: 2 x lu  
EXTRA: 162  
NEXT APPT: 162

S = Client been feeling tightness in her body in her hips / shoulders been ok



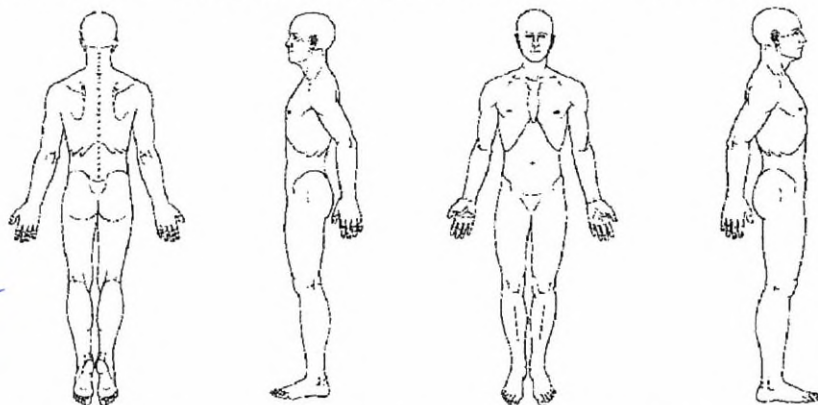
O/A: - only mild but when ms tender + Perotaut tight back rhomb tight  
Full Body STOMACH  
ARMS Prone Supine LEGS  
TP rhomb/9 med/ham  
Fx trap/10 slaps  
Talked Quiet Breathing  
ROM Bed > me  
FBACK feet better > me

P = Perom client stretch out with body



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

KIRI  
CLARK

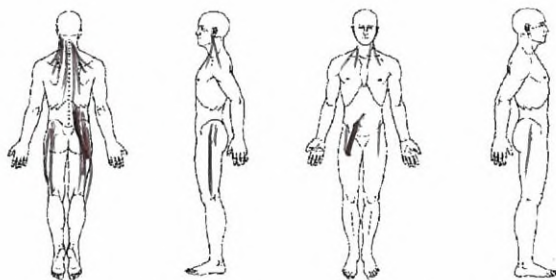


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

TREATMENT NO. 163

S = Client been feeling tightness in her body in her low region lately

DATE: 15.03.17  
 TIME: 10:00  
 PAID: \$88  
 REC.No: 1hr. 25c  
 AIR TEMP: 25c  
 MUSIC:  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Mandi tang  
 HT: Feet 1/2 in  
 CST: (A) Face  
 HST: 2x back  
 EXTRA  
 NEXT APPT:



O/A:

Pelvis tight. Traps up tight  
 Dis tight. Ham tight  
 ES tight + short.

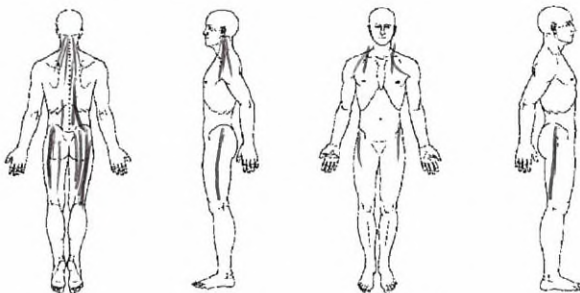
Full Body STOMACH Ms - psoas tight  
 ARMS Prone Supine LEGS  
 TP rhomb region / cong hips/ham  
 Fx occ traps / traps / psoas  
 ROM 1/2 in 2 ms with movement  
 FBACK feet better 2 ms

P = Client to keep stretching for ham / mbs / GLs

TREATMENT NO. 161

S = Client been feeling tightness in her low still - seeing physio for this

DATE: 29.03.17  
 TIME: 10:00  
 PAID: \$88  
 REC.No: 1hr.  
 AIR TEMP: 25c  
 MUSIC:  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Mandi tang  
 HT: Feet 1/2 in  
 CST: (A) Face  
 HST: 2x back  
 EXTRA  
 NEXT APPT:



O/A:

Glutes tight still. Boas tight  
 Deltoids tight mbs tender  
 ES tight Pelvis tight  
 Rhomb region cong

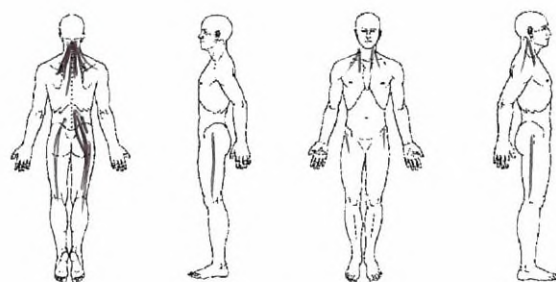
Full Body STOMACH Ms  
 ARMS Prone Supine LEGS  
 TP rhomb / traps / glutes / mbs  
 Fx occ traps / traps / psoas  
 ROM 1/2 in 2 ms  
 FBACK stiff getting up

P = Reborn client use fsiacrem on back

TREATMENT NO. 165

S = Client been feeling good after seeing chiro + physio shoulder 1/2 in off.

DATE: 11.04.17  
 TIME: 10:00  
 PAID: \$88  
 REC.No: 1hr  
 AIR TEMP: 25  
 MUSIC:  
 FACE CREST: Low  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Mandi tang  
 HT: Feet 1/2 in  
 CST: (A) Face  
 HST: 2x back  
 EXTRA  
 NEXT APPT:



O/A:

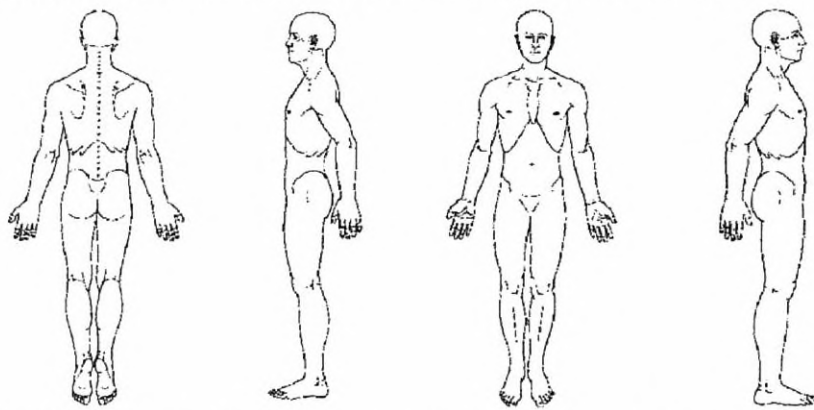
Traps up tight. Pelvis tight  
 Deltoids tight  
 ES tight Pelvis tight  
 Rhomb region cong + varado

Full Body STOMACH Ms  
 ARMS Prone Supine LEGS  
 TP rhomb / med / ham / traps  
 Fx occ traps / traps  
 ROM Feeling ok  
 FBACK Body moving ok 2 ms

P = Body responding well - discussed using heat on shoulders



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

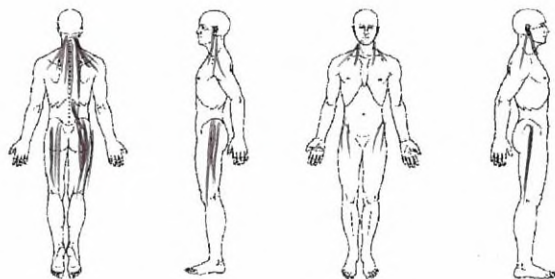


**OBSERVATION/PALPATION/ASSESSMENT** Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

22/06/17 - Client been feeling good - body travelling well.  
 FB (+ stom) Heat. TP rhomb/med/ham traps/scraps  
 felt better > ms - softened muscles with ms  
 moving + feeling quite well

**TREATMENT NO.** 166 S = Client's back been stiff + sore lately - peeing physio

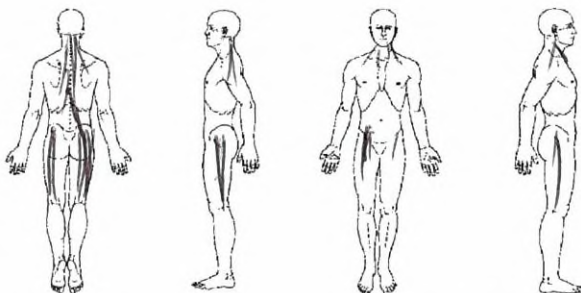
DATE: 03.05.17  
 TIME: \$88  
 PAID: 1hr  
 REC.No:  
 AIR TEMP: 25°C  
 MUSIC:  
 FACE CREST: 100  
 SUPINE SCENT: Lem  
 OIL BLEND: kelson  
 manditang  
 HT: felt 1 face  
 CST: 1 face  
 HST: 2 x back



O/A:  
 peris fault. Traps up tight  
 ES tight. TP rhomb/med/ham traps/scraps  
 Rhombos tight. Ham's tight  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine MS LEGS  
 TP rhomb/traps/scraps  
 Fx occ/traps/ES/als/ham's  
☐ Talked ☐ Quiet Breath  
 ROM red > ms  
 FBAC felt bit stiff > ms but red QLS/glide note

EXTRA  
 NEXT APPT:  
**TREATMENT NO.** 167 S = Client's back + shoulder both been sore lately

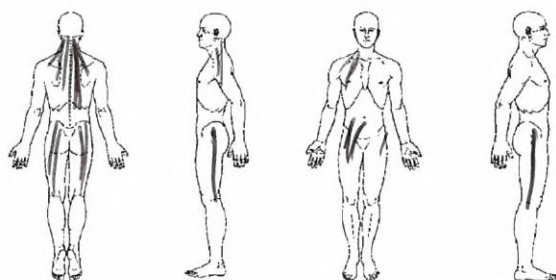
DATE: 17.05.17  
 TIME: \$88  
 PAID: \$88  
 REC.No: Zen linam + too  
 AIR TEMP: 25  
 MUSIC:  
 FACE CREST: 100  
 SUPINE SCENT: Lem  
 OIL BLEND: kelson  
 HT: 2 x lu + 2 x back  
 CST: 1 face  
 HST: 1 face



O/A:  
 ES tight. TP rhomb/med/ham traps/scraps  
 Traps up tight  
 peris fault + scms taut  
 Rhombos tight + vased  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine MS LEGS  
 TP rhomb/gmed/ham traps  
 Fx traps/als/ham's  
☐ Talked ☐ Quiet Breath  
 ROM red > ms  
 FBAC felt better > ms

EXTRA  
 NEXT APPT:  
**TREATMENT NO.** 168 S = Client been feeling tightness in her body in her in region.

DATE: 31.05.17  
 TIME: \$88/hr  
 PAID: \$88/hr  
 REC.No:  
 AIR TEMP: 25°C  
 MUSIC:  
 FACE CREST: 100  
 SUPINE SCENT: Lem  
 OIL BLEND: kelson-manditang  
 HT: felt 1 face  
 CST: 1 face  
 HST: 2 x back



O/A:  
 Traps up tight + short  
 Deltoids tight Ham's tight  
 ES tight TP rhomb/med/ham traps/scraps  
 Rhomb Neuron cong  
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine MS LEGS  
 TP rhomb/gmed/ham traps  
 Fx traps/als/ham's  
☐ Talked ☐ Quiet Breath  
 ROM red - back feeling better + moving better  
 FBAC

EXTRA  
 NEXT APPT: P = Reborn client stretch out with body



KIRI

169

S = client been feeling tenderness in hips

TREATMENT NO. 165

Office: ☐ Scanned & filed

DATE: 5.7.17

TIME:

AIR TEMP: 25°C

MUSIC: Norah P

FACE CREST: Jaw

SUPINE SCENT: Lem

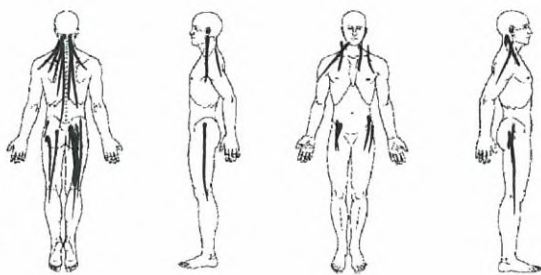
OIL BLEND: Relax

Hot Towel: Feet / Face

Cold Stones: (A) Face

Hot Stones: 2x Lu

2x back



O/A:

Mams / traps tight  
 Traps up tight  
 Pecs tight  
 Rhombs tight  
 ASIS tight  
 connections

Full Body ☐ STOMACH  
 ARMS ☐ Prone ☒ Supine Ms LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/l'scaps  
☐ Talked ☐ Quiet  
 ROM Used to help  
 FBACK Feet better > Ms

P = Relax client stretch body

TREATMENT NO.

S = client been feeling tightness in her shoulders + hips

TREATMENT NO. 170

Office: ☐ Scanned & filed

DATE: 27/7/17

TIME: 4pm THURS

AIR TEMP: 25°C

MUSIC: Steve Harper

FACE CREST: Jaw

SUPINE SCENT: Lem

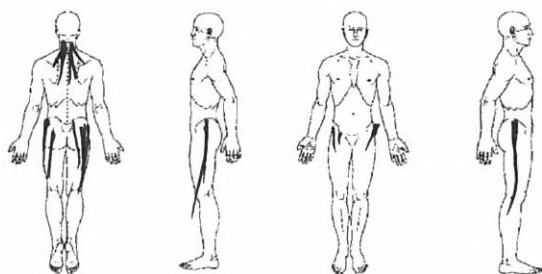
OIL BLEND: Relax

Hot Towel: Feet / Face

Cold Stones: (A) Face

Hot Stones: 2x Lu

2x back



O/A:

Traps up tight  
 Deltoids tight  
 ES tight  
 Rhomb region cong  
 Pecs taut  
 ITBs tender

Full Body ☐ STOMACH  
 ARMS ☐ Prone ☒ Supine Ms LEGS  
 TP rhomb/g/med/ham/ITBs  
 Fx occ/pecc/l'scaps/ITBs  
☐ Talked ☐ Quiet  
 ROM occ/traps tight - discussed stretch  
 FBACK Improved ROM

P = client to see physio re: Tx for hips.

TREATMENT NO.

S = client been feeling sore in her shoulders lately from school work. Hip managing ok with my physio

TREATMENT NO. 171

Office: ☐ Scanned & filed

DATE: 9.8.17

TIME: 4pm WEDS

AIR TEMP: 24°C

MUSIC: Don mcl

FACE CREST: Jaw

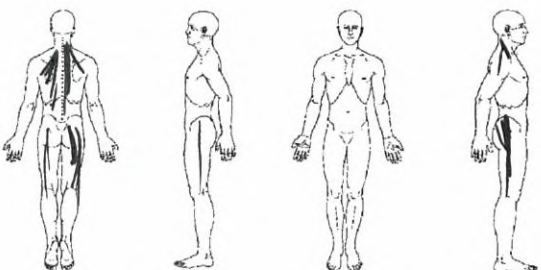
SUPINE SCENT: Lem

OIL BLEND: Relax

Hot Towel: Feet / Face

Cold Stones: (A) Face

Hot Stones: Feet / Face



O/A:

S/L hips  
 Deltoids tight  
 ES tight  
 Rhomb region cong  
 ITBs tight  
 Pecs tight  
 psoas tight

Full Body ☐ STOMACH  
 ARMS ☐ Prone ☒ Supine Ms LEGS  
 TP rhomb/g/med/ham/traps  
 Fx occ/traps/ES/ITBs  
☐ Talked ☐ Quiet  
 ROM Used > Ms  
 FBACK Feet better with Tx

P = Discussed getting reg physio combined with Ms

TREATMENT NO. 172

S = client feeling good - glad H's "massage day" R Leg sore in hamstring still

TREATMENT NO.

Office: ☐ Scanned & filed

DATE: 26.9.17

TIME: 2pm

AIR TEMP: TUES

MUSIC: Massage tunes

FACE CREST: Jaw

SUPINE SCENT: Lem

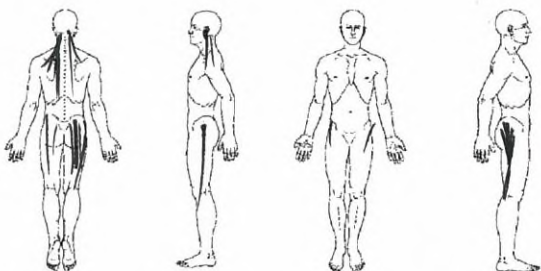
OIL BLEND: Relax

Hot Towel: Feet / Face

Cold Stones: (A) Face

Hot Stones: 2x Lu

2x back



O/A:

S/L hips - ITBs / TFLs / Wts tight  
 Traps tight  
 Rhombs taut  
 ES tight  
 ASIS taut

Full Body ☒ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP ITBs / TFLs / Wts  
 Fx occ/traps / achilles / H's  
☐ Talked ☐ Quiet  
 ROM traps  
 FBACK Feet sore but "good pain" Relieved with Ms

P = Discussed reg Tx benefits



TREATMENT NO. 173

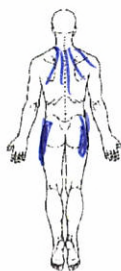
S = 7 hips General Maint. back going well.

DATE: 13/11/17  
TIME: 4:30  
PAID: \_\_\_\_\_  
REC.No: \_\_\_\_\_  
AIR TEMP: \_\_\_\_\_  
MUSIC: Girls  
FACE CREST: \_\_\_\_\_  
SUPINE SCENT: Lemon  
OIL BLEND: 1/1

HT 5'2 feet, 2 chest  
CST \_\_\_\_\_  
HST Lx & back

EXTRA \_\_\_\_\_  
NEXT APPT: 11/12/17

Kiri Clark



O/A: Glutes etc ↑ QL ↑  
scaps, traps, ↑  
side lying hips.

☒ Full Body ☐ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS ☒  
TP \_\_\_\_\_  
Fx \_\_\_\_\_  
☐ Talked ☒ Quiet quiet. Breathing  
ROM \_\_\_\_\_  
FBACK \_\_\_\_\_

P = \* try cupping u. back & glutes / ITB next visit with permission.

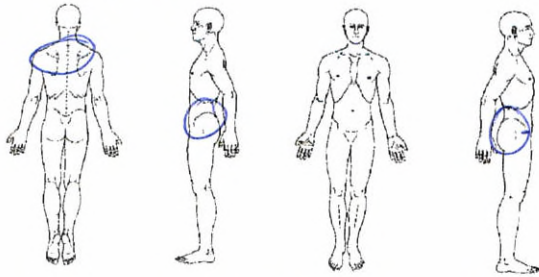


174

TREATMENT NO. 167

S = hips &amp; v. back / shoulders.

Kiri Clark

O/A: glutes etc ↑  
v-traps ↑

DATE: 11/12/17  
TIME: 11-30  
PAID: 888  
REC.No: 880  
AIR TEMP: 22  
MUSIC: Mass lang  
FACE CREST:  
SUPINE SCENT: lemon.  
OIL BLEND: 1/1  
HT: Feet chest.  
CST:  
HST: -

Full Body ☒ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS lateral, prior  
TP v-traps. etc.  
Fx  
☐ Talked ☒ Quiet Breathing  
ROM  
FBACK enjoyed cupping ITB, err sp

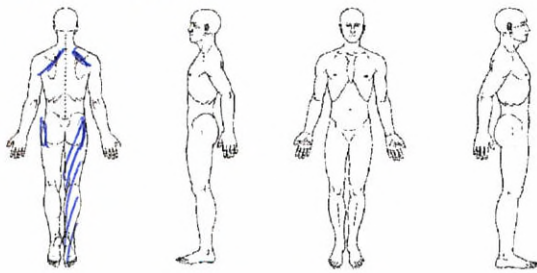
EXTRA cupping  
NEXT APPT:

P = (lateral also for hips.) use roller at home.

TREATMENT NO. 168

S = ② side glutes to calf. Vossing

Kiri Clark

O/A: ② glutes ↑ working  
for ②. ② hammie ↑

DATE: 9/2/18  
TIME: 3:40 pm 1hr  
PAID:  
REC.No:  
AIR TEMP: 23  
MUSIC: mass tunes  
FACE CREST:  
SUPINE SCENT: lemon  
OIL BLEND:  
HT: Feet, chest  
CST:  
HST: glutes, v. back

Full Body ☒ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS prone & lateral  
TP  
Fx  
☐ Talked ☒ Quiet calm Breathing  
ROM  
FBACK enjoyed cupping

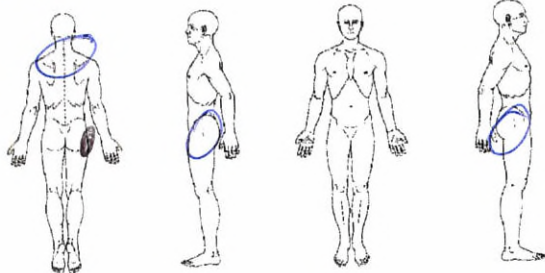
EXTRA  
NEXT APPT: 9th March

P = NO orange E-oil. \* Try cupping with permission lateral. v

TREATMENT NO. 168

S = ② hip. New orthotics - seeing it affects hip

Kiri

O/A: ① glutes & calf ↑  
② v. good.

DATE: 7/13/18  
TIME: 5 pm 1hr  
PAID: 888  
REC.No:  
AIR TEMP: 23  
MUSIC: Dido  
FACE CREST:  
SUPINE SCENT: lemon  
OIL BLEND: 1/1  
HT:  
CST:  
HST:

Full Body ☒ STOMACH  
ARMS ☒ Prone ☐ Supine LEGS ☒  
TP glutes  
Fx  
☐ Talked ☒ Quiet Breathing  
ROM  
FBACK

EXTRA  
NEXT APPT:

P = lateral for hips. cupping-offer ITB etc D-T

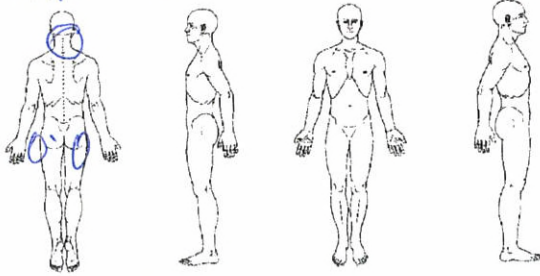


TREATMENT NO. 177

S = orthotics - feeling good.

DATE: 4/4/18  
 TIME: 10:20am  
 PAID: \_\_\_\_\_  
 REC.No: \_\_\_\_\_  
 AIR TEMP: 23  
 MUSIC: All  
 FACE CREST: \_\_\_\_\_  
 SUPINE SCENT: lemon  
 OIL BLEND: \_\_\_\_\_  
 HT x2  
 CST \_\_\_\_\_  
 HST x4  
 EXTRA \_\_\_\_\_  
 NEXT APPT: \_\_\_\_\_

Kiri C



O/A: v-back & neck T  
err spin. T.  
h.p. & QL a little  
☒ Full Body ☐ STOMACH  
 ARMS ☒ Prone ☐ Supine LEGS back & lat  
 TP \_\_\_\_\_  
 Fx \_\_\_\_\_  
☐ Talked ☒ Quiet \_\_\_\_\_ Brea  
 ROM \_\_\_\_\_  
 FBACK \_\_\_\_\_

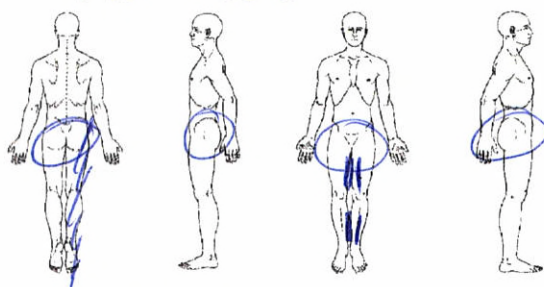
P = DT lateral ? cups on scaps / v traps.

TREATMENT NO. 178

S = inner legs & hips

DATE: 11/4/18  
 TIME: 10am  
 PAID: \$85  
 REC.No: \_\_\_\_\_  
 AIR TEMP: 24 \*  
 MUSIC: Don Mc G  
 FACE CREST: \_\_\_\_\_  
 SUPINE SCENT: lemon  
 OIL BLEND: \_\_\_\_\_  
 HT x2  
 CST \_\_\_\_\_  
 HST x4  
 EXTRA \_\_\_\_\_  
 NEXT APPT: May 2016

Kiri Clark



O/A: no lateral today -  
extra on inner legs.

☒ Full Body ☐ STOMACH  
 ARMS ☒ Prone ☐ Supine LEGS ☒  
 TP \_\_\_\_\_  
 Fx mid traps.  
☐ Talked ☒ Quiet \_\_\_\_\_ Breat  
 ROM \_\_\_\_\_  
 FBACK \_\_\_\_\_

P = lateral also usually.  
feels the cold



Kiri Clark

DOB

Occupation

31 Aug 1972

Teacher/ Guidance Officer

Appointments

Date	Time	Type	Practitioner
5 Oct 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
7 Sep 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
10 Aug 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
27 Jul 2025	1:30PM – 2:30PM	60 minute Massage	Christine Jervis
30 Jun 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
1 Jun 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
18 May 2025	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
21 Apr 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
26 Mar 2025	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Mar 2025	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Feb 2025	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jan 2025	2:45PM – 3:45PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Jan 2025	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Dec 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Nov 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Nov 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis



Date	Time	Type	Practitioner
9 Oct 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Sep 2024	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
11 Aug 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jul 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
14 Jul 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Jul 2024	4:00PM – 5:00PM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
2 Jun 2024	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
19 May 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
5 May 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
21 Apr 2024	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Apr 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
9 Mar 2024	1:30PM – 2:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
24 Feb 2024	1:30PM – 2:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
20 Jan 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jan 2024	12:45PM – 1:45PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
29 Sep 2023	2:20PM – 3:20PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Sep 2023	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis



Date	Time	Type	Practitioner
7 Jul 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Apr 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Mar 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
8 Sep 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Aug 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
16 Jul 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
4 Jun 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
17 Jan 2022	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Sep 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Jul 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
28 Jun 2021	2:30PM – 3:30PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Apr 2021	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
6 Mar 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
6 Feb 2021	11:00AM – 12:00PM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
16 Jan 2021	10:30AM – 11:30AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
5 Dec 2020	10:45AM – 11:45AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
14 Mar 2020	10:00AM – 11:00AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
8 Feb 2020	10:00AM – 11:00AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
6 Jan 2020	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
17 Dec 2019	2:30PM – 3:30PM	60 minute Massage	Christine Jervis
6 Nov 2019	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
23 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke



Date	Time	Type	Practitioner
21 Aug 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
5 Jul 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
5 Jul 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke
27 Mar 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
27 Feb 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
23 Jan 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke
7 Nov 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
31 Oct 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
26 Sep 2018	1:00PM – 2:00PM	60 minute Massage	Marina Franke
24 Aug 2018	3:50PM – 4:50PM	60 minute Massage	Marina Franke
18 Jul 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
13 Jun 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
29 Mar 2017	3:30PM – 4:30PM	60 minute Massage	Christine Jervis
15 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
7 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 7 Sep 2025, 3:00PM</p> <p><b>Created:</b> 7 Sep 2025, 4:07PM</p> <p><b>Last updated:</b> 8 Sep 2025, 1:23PM</p>



## Standard Consultation - Remedial Massage

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

What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.

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

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

Injury

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

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

Verbal consent obtained.  
ROM - not checked today  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
  
Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet  
  
Topical Treatment - Fisiocrem on shoulders  
Music - Ken Davis and Ian Cam  
Aromatherapy - lab peppermint  
  
FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.  
  
5 extra minutes of massage added.  
  
Much better than previous visit.

### What parts of the body were massaged?

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

### Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

### Body Chart

### Feedback after treatment -

Tightness in ITBs, back and shoulders still plus R side hammy still tight but better than previous

### Plan for future results / treatment /

See in 1 month



progress / homework (including discussion with client, advice, stretches)
Infra-Red Sauna (if applicable - info is below)
Time in Sauna (minutes) -
Feedback after treatment -

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Aug 2025, 3:00PM Created: 10 Aug 2025, 4:26PM Last updated: 10 Aug 2025, 4:27PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Ken Davis and Ian Cam Aromatherapy - lab peppermint  FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.  5 extra minutes of massage added.



Much better than previous visit.	
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Tightness in ITBs, back and shoulders still plus R side hammy still tight but better than previous
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 1 month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Jul 2025, 1:30PM Created: 27 Jul 2025, 2:44PM Last updated: 27 Jul 2025, 2:57PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.



Anything specific to massage - E.g. no foot massage. No.	
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - enya</p> <p>Aromatherapy - lab peppermint</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>5 extra minutes of massage added.</p> <p>Also especially jammed up</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Tightness in ITBs, back and shoulders still plus R side hammy still tight.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed doing some more regular massage for sore R hip
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 30 Jun 2025, 3:00PM</p> <p><b>Created:</b> 30 Jun 2025, 5:33PM</p> <p><b>Last updated:</b> 30 Jun 2025, 5:34PM</p>	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's body still feeling tight, doing more exercise. R ITB and hip sore still.



<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - enya</p> <p>Aromatherapy - relax tincture</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>5 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Tightness in ITBs, back and shoulders still plus R side hammy still tight.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed holidays
<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 Jun 2025, 4:30PM  
**Created:** 1 Jun 2025, 5:38PM  
**Last updated:** 5 Jul 2025, 9:05PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing more exercise. R ITB and hip sore still.

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

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

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

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

Verbal consent obtained.  
 ROM - not checked today  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders  
 Music - Indian mix  
 Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

5 extra minutes of massage added.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Tightness in ITBs, back and shoulders still plus R side hammy.



<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed stretching out with exercise
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 18 May 2025, 2:30PM <b>Created:</b> 18 May 2025, 5:22PM <b>Last updated:</b> 18 May 2025, 5:23PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's body feeling tight, doing more exercise. Low back and R ITB and hip sore still.
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<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 - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - 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 - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Ian Cam Smith 2 Aromatherapy - extreme pain blend  FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.



5 extra minutes of massage added.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy.

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

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 21 Apr 2025, 4:00PM

**Created:** 21 Apr 2025, 5:24PM

**Last updated:** 21 Apr 2025, 5:25PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing more exercise and house jobs on holidays. Low back and R ITB and hip sore.

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

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

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

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

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - R side tighter.

Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.



<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Mod Girls KD lang</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>5 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed how massage helps

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

**Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis

**Appointment:** 26 Mar 2025, 4:00PM

**Created:** 26 Mar 2025, 5:46PM

**Last updated:** 26 Mar 2025, 5:47PM

**Standard Consultation - Remedial Massage**

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing more exercise. Low back and R ITB and hand sore.

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

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



**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
 ROM - not checked today  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders  
 Music - Ian Cam 2  
 Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

5 extra minutes of massage added.

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

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

Loved massage. Tightness in ITBs, back and shoulders still plus R side hammy

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

Discussed rolling out on RHS ITBs

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis

**Appointment:** 9 Mar 2025, 2:30PM

**Created:** 9 Mar 2025, 3:54PM



Last updated: 9 Mar 2025, 3:56PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing more exercise. Low back sore.  
Broke up with partner this month.

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
  
Anything specific to massage - E.g. no foot massage. No.

**Treatment details - what was done today to help the client** Pressure used - Firm 3-4  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet  
  
Topical Treatment - Fisiocrem on shoulders  
Music - Acker Bilk oldies  
Aromatherapy - extreme pain blend  
  
FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.  
  
5 extra minutes of massage added.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Loved massage. Tightness in ITBs, back and shoulders still.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** See in 3 weeks, would like a holiday massage too



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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 9 Feb 2025, 2:30PM  
**Created:** 9 Feb 2025, 3:37PM  
**Last updated:** 18 Mar 2025, 9:31PM

Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing exercise. Low back sore.

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

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

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

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

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - R side tighter.

Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders

Music - Acker Bilk oldies

Aromatherapy - extreme pain blend

FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.

10 extra minutes of massage added.

**What parts of the body were massaged?** Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck /



Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Loved massage. Tightness in ITBs, back and shoulders especially.

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

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

**Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis

**Appointment:** 2 Jan 2025, 3:00PM

**Created:** 17 Jan 2025, 10:57PM

**Last updated:** 17 Jan 2025, 10:58PM

**Standard Consultation - Remedial Massage**

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body feeling tight, doing exercise on holidays.

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

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

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

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

Verbal consent obtained.

ROM - not checked today

Anything noteworthy - R side tighter.

Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet



	Topical Treatment - Fisiocrem on shoulders Music - Acker Bilk oldies Aromatherapy - extreme pain blend  FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.  10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed holidays and increasing exercise load.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Jan 2025, 2:45PM Created: 16 Jan 2025, 3:53PM Last updated: 16 Jan 2025, 3:55PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight, lots of exercise done lately
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including	Verbal consent obtained.



ROM) / Observations	ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Ken Davis and Ian Cam Smith Aromatherapy - extreme pain blend  FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.  7 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Tightness in ITBs, back and shoulders especially.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Dec 2024, 3:00PM Created: 13 Dec 2024, 4:27PM Last updated: 13 Dec 2024, 4:30PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client's body feeling tightness is ok. Been doing no exercise, home



<b>history or client info)</b>	sick with a minor cold. Bali was great. Still sniffing. Sick again. Cold returned when she got home this week.
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Enna</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas. Side lying today.</p> <p>10 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Loved massage. Tenderness in ITBs and hops especially.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying treatment - see after New Years
<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:** 20 Nov 2024, 4:00PM  
**Created:** 20 Nov 2024, 5:26PM  
**Last updated:** 20 Nov 2024, 5:28PM

Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's body feeling tightness is ok. Been doing no exercise, home sick with a minor cold. Still sniffing.
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
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<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Mod Gorls KD Lang Aromatherapy - extreme pain blend  FB remedial - ITBs/TFLS and Qls/piriformis, no side lying. Abdominal work done. back, traps, rhomboids, glutes and psoas.  10 extra minutes of massage added.
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<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
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<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
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Body Chart	
Feedback after treatment -	Loved massage. Tenderness in ITBs.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see after Bali holiday.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 3 Nov 2024, 1:30PM Created: 3 Nov 2024, 3:15PM Last updated: 3 Nov 2024, 3:17PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body feeling tight in usual areas. Been doing pump and step classes
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Enja Aromatherapy - extreme pain blend



	FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.
	10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks on a Weds.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 9 Oct 2024, 4:00PM Created: 10 Oct 2024, 7:21PM Last updated: 10 Oct 2024, 7:24PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff. Needing a massage today.
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter.



	Any precautions / Red Flags - no.
	Anything specific to massage - E.g. no foot massage. No.
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Yanni 2</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Loved massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying treatment - see in 2 weeks on a Sunday again.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 23 Sep 2024, 10:30AM</p> <p><b>Created:</b> 23 Sep 2024, 12:39PM</p> <p><b>Last updated:</b> 23 Sep 2024, 1:51PM</p>	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff. Needing a massage



<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - not checked today</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Yanni 2</p> <p>Aromatherapy - extreme pain blend</p> <p>FB remedial - ITBs/TFLs and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Loved massage. Much stiffer this week and needing treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying treatment - see in 2 weeks during the week. Back doing more exercise - tried step class.
<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:** 8 Sep 2024, 1:00PM  
**Created:** 8 Sep 2024, 2:07PM  
**Last updated:** 8 Sep 2024, 2:31PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's body sore and feeling tight in lower back and R hip. Very stiff.

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

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

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

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

Verbal consent obtained.  
 ROM - not checked today  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders  
 Music - Yanni 2  
 Aromatherapy - relax blend

FB remedial - ITBs/TFLs and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.

10 extra minutes of massage added.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Loved massage. Much stiffer this week.



<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying treatment - see in 2 weeks
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 28 Jul 2024, 1:00PM <b>Created:</b> 28 Jul 2024, 3:50PM <b>Last updated:</b> 28 Jul 2024, 3:51PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's body sore and feeling tight in lower back and R hip
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<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 - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - 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 - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Ken Davis Aromatherapy - pain blend  FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.



	10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Loved massage. Moving much better
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Enjoying treatment - see in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Jun 2024, 1:00PM Created: 14 Jul 2024, 10:16PM Last updated: 14 Jul 2024, 10:17PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client's body sore
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.



<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Enya</p> <p>Aromatherapy - lavender relax blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>10 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Loved massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Enjoying treatment.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<p><b>Practitioner:</b> Christine Jervis</p> <p><b>Appointment:</b> 14 Jul 2024, 1:00PM</p> <p><b>Created:</b> 14 Jul 2024, 3:50PM</p> <p><b>Last updated:</b> 14 Jul 2024, 3:52PM</p>	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's still feeling some tension
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury



Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
Treatment details - what was done today to help the client	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Yanni if there Aromatherapy - lavender relax blend  FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.  10 extra minutes of massage added.
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt really great
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	feeling better than last week, see again in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage
Practitioner: Christine Jervis Appointment: 3 Jul 2024, 4:00PM Created: 4 Jul 2024, 8:30AM Last updated: 4 Jul 2024, 8:31AM



## Standard Consultation - Remedial Massage

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

What's going on now - client's feeling some tension since her last massage. Still all body feeling a bit stiff and sore. Needing a massage. Painting fence today.

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

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

Injury

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

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

Verbal consent obtained.  
ROM - not checked today  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
  
Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet  
  
Topical Treatment - Fisiocrem on shoulders  
Music - Ken Davis  
Aromatherapy - lavender relax blend  
  
FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.  
  
10 extra minutes of massage added.

### What parts of the body were massaged?

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

### Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

### Body Chart

### Feedback after treatment -

Felt really great

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

See in 1 week on Sunday for some more work as she is feeling sore at the moment



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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 2 Jun 2024, 1:00PM  
**Created:** 2 Jun 2024, 2:34PM  
**Last updated:** 2 Jun 2024, 2:36PM

Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's feeling some tension since her last massage. Still all body feeling a bit stiff and sore. Did Yoga this morning
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked today Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
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<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 3-4 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet  Topical Treatment - Fisiocrem on shoulders Music - Ken Davis Aromatherapy - lavender relax blend  FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.  10 extra minutes of massage added.
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<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck /
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Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses	
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good afterwards
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See in another 2 weeks - she is really enjoying how much regular treatment is helping.
<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 May 2024, 12:45PM  
**Created:** 5 May 2024, 2:23PM  
**Last updated:** 5 May 2024, 2:24PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's feeling some tension since her last massage. Really sore knees lately and all body feeling a bit stiff

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

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

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

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

Verbal consent obtained.  
 ROM - checked today. r esp restricted  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
 Hot Stones - 2 x Lx and 2 x back



	Hot Wet Towels - Face and feet
	Topical Treatment - Fisiocrem on shoulders
	Music - Enya
	Aromatherapy - lavender relax blend
	FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.
	5 extra minutes of massage added.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good afterwards
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See in another 2 weeks - she is really enjoying her treatment.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 21 Apr 2024, 12:45PM <b>Created:</b> 21 Apr 2024, 4:28PM <b>Last updated:</b> 21 Apr 2024, 4:29PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's feeling some tension since her last massage. Really sore L side from holiday work
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e.</b>	



<b>conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - checked today. r esp restricted</p> <p>Covid compliance checked.</p> <p>Anything noteworthy - R side tighter.</p> <p>Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4</p> <p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Face and feet</p> <p>Topical Treatment - Fisiocrem on shoulders</p> <p>Music - Ian Can smith</p> <p>Aromatherapy - lavender relax blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis, side lying and minimal abdominal work done. back, traps, rhomboids, glutes and psoas.</p> <p>5 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great afterwards
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed seeing her again in 2 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:** 3 Apr 2024, 3:00PM  
**Created:** 3 Apr 2024, 4:23PM  
**Last updated:** 3 Apr 2024, 4:26PM



## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's feeling some tension since her last massage.

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

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

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

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

Verbal consent obtained.  
 ROM - checked today. r esp restricted  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet

Topical Treatment - Fisiocrem on shoulders  
 Music - tunes  
 Aromatherapy - h20 lavender relax blend

FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.

15 extra minutes of massage added.

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -** Felt great especially with more extra time

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Discussed seeing her again soon



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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 9 Mar 2024, 1:30PM  
**Created:** 9 Mar 2024, 2:47PM  
**Last updated:** 10 Mar 2024, 2:24PM

Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's still been feeling good since her last massage. Usual tension areas. Checked rom neck
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
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**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - checked today. r esp restricted Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.  Anything specific to massage - E.g. no foot massage. No.
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<b>Treatment details - what was done today to help the client</b>	Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.  Topical Treatment - Fisiocrem on shoulders Music - Ian Can Smith Aromatherapy - h20 lavender relax blend  FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.  15 extra minutes of massage added.
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<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great especially with more extra time
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed how much she found the regular massage helpful
<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:** 24 Feb 2024, 1:30PM  
**Created:** 24 Feb 2024, 1:27PM  
**Last updated:** 24 Feb 2024, 5:00PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's still been feeling better since her last massage

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

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

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.



	Topical Treatment - Fisiocrem on shoulders Music - Saxophone music Aromatherapy - h20 lavender relax blend  FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.  15 extra minutes of massage added.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great especially with extra time .
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed how much she found the regular massage helpful
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 20 Jan 2024, 1:30PM <b>Created:</b> 20 Jan 2024, 3:08PM <b>Last updated:</b> 20 Jan 2024, 3:10PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's been feeling better since her last massage
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	



<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained. ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on shoulders Music - Carl Chang and don mcg Aromatherapy - h20 lavender relax blend</p> <p>FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.</p> <p>15 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good! Client really enjoyed the massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed how much she found the massage helpful and she would like more regular treatment again.
<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 Jan 2024, 12:45PM  
**Created:** 6 Jan 2024, 5:27AM  
**Last updated:** 6 Jan 2024, 5:29AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical**



<b>history or client info)</b>	What's going on now - client's knees still hurting with squatting, back been sore from gardening. Sunburnt.
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.  ROM - not checked today.  Covid compliance checked.  Anything noteworthy - R side tighter.  Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4.  Hot Stones - 2 x Lx and 2 x back  Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on shoulders  Music - Yanni if there  Aromatherapy - h20 lavender relax blend</p> <p>FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids, glutes and psoas.</p> <p>15 extra minutes of massage added.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really good! Client really enjoyed the massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	<p>All moved in now. Pool in the new place - discussed using that to move and seeing Physio to check about knee pain. Suggested free Sauna next time.</p>
<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:** 29 Sep 2023, 2:20PM**Created:** 30 Sep 2023, 2:27PM**Last updated:** 30 Sep 2023, 2:27PM

## Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Feeling better after last week's massage

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Injury

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders  
Music - Mod Girls Mix  
Aromatherapy - h20 lavender relax blend

FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

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

Felt really good!



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

Discussed moving - using removalists

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 22 Sep 2023, 2:30PM

**Created:** 22 Sep 2023, 4:54PM

**Last updated:** 22 Sep 2023, 4:55PM

### Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Selling/buying a house so lots happening. Busy in the garden

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

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

Injury

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders  
Music - Mod Girls Mix  
Aromatherapy - h20 lavender relax blend

FB remedial - ITBs/TFLS and QIs/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes



<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt really great :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed 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:** 7 Jul 2023, 1:00PM  
**Created:** 7 Jul 2023, 2:47PM  
**Last updated:** 7 Jul 2023, 2:51PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's hip and shoulders tight. Been a long time since treatment
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.  ROM - not checked today.  Covid compliance checked.  Anything noteworthy - R side tighter.  Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4.  Hot Stones - 2 x Lx and 2 x back  Hot Wet Towels - Face and feet.</p>

Topical Treatment - Fisiocrem on shoulders

Music - Yanni if there

Aromatherapy - h20 sports

FB remedial - ITBs/TFLs and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on back, traps, rhomboids and glutes

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

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

#### Body Chart

**Feedback after treatment -** Felt really good after treatment :-)

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

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 3 Apr 2023, 1:00PM

**Created:** 3 Apr 2023, 2:11PM

**Last updated:** 3 Apr 2023, 2:31PM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip and shoulders tight.

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today.



Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.

Hot Stones - 2 x Lx and 2 x back

Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders

Music - Yanni if there

Aromatherapy - h20 sports

FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on traps - v.cong still.

Sports oil very strong on face.

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

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

#### Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLS; ITBs; TFLs; Glutes; Psoas

#### Body Chart

#### Feedback after treatment -

Felt really good after treatment :-)

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

Discussed enjoying holiday break

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

#### Time in Sauna (minutes) -

#### Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 12 Mar 2023, 1:00PM

**Created:** 12 Mar 2023, 4:03PM

**Last updated:** 12 Mar 2023, 4:05PM

### Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight.

<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<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 - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - 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 - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.  Topical Treatment - Fisiocrem on shoulders Music - Yanni if there Aromatherapy - Cream  FB remedial - ITBs/TFLS and Qls/piriformis released RHS side lying and minimal abdominal work done. Extra work on traps - v.cong still.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt great after massage :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Client enjoyed getting some remedial treatment again
<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:** 8 Sep 2022, 12:45PM**Created:** 8 Sep 2022, 4:04PM**Last updated:** 8 Sep 2022, 4:08PM

## Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Neck and R shoulder been sore bit better than last visit. Enjoying 4 weeks off.

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Injury

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders  
Music - Yanni if there  
Aromatherapy - Cream

FB remedial - ITBs/TFLs and Qld/piriformis released RHS side lying and minimal abdominal work done. Extra work on R up trap - v.cong still.

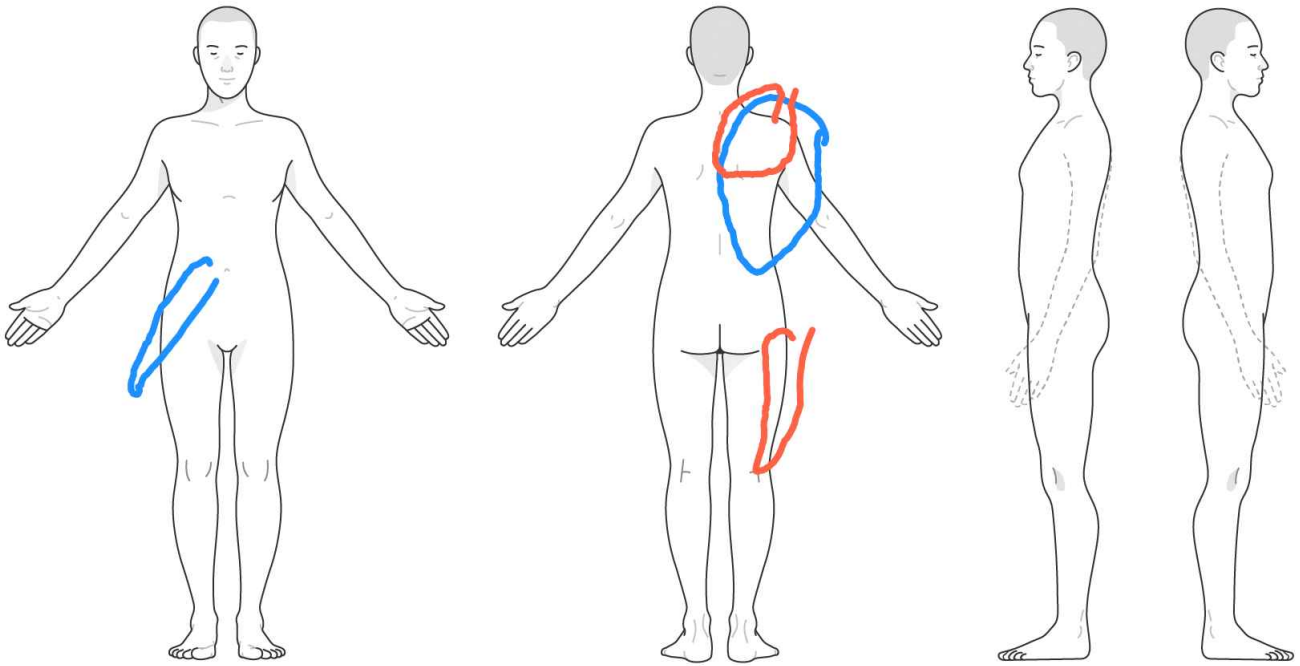
**What parts of the body were massaged?**

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

**Body Chart**

**Feedback after treatment -**

Felt great after - many sore spots today :-)

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

Discussed seeing physio if shoulder continues. Will be good to have a break with her holidays and 4 weeks off.

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 6 Aug 2022, 10:20AM**Created:** 10 Aug 2022, 4:51AM**Last updated:** 10 Aug 2022, 4:52AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client's hip and shoulders tight. Neck and R shoulder been sore.

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Injury



**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
 ROM - not checked today.  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.  
 Music - Ian Cam Smith 2  
 Aromatherapy - Cream Peppermint

Same as last time -  
 FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment RHS to help with her back and hips and legs. Extra work on R up trap - v.cong.

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

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

Felt great after - many sore spots today :-)

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

Discussed seeing physio regarding shoulder as it's really jammed up.

**Infra-Red Sauna (if applicable - info is below)****Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage**

**Practitioner:** Christine Jervis  
**Appointment:** 16 Jul 2022, 10:20AM  
**Created:** 16 Jul 2022, 11:38AM  
**Last updated:** 16 Jul 2022, 11:39AM

## Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Long time since last massage!  
Had chiro in holidays. Neck and R shoulder been sore.

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

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

Injury

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
  
Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.  
  
Topical Treatment - Fisiocrem on hips.  
Music - Ian Cam Smith 2  
Aromatherapy - Cream Peppermint  
  
Same as last time -  
FB remedial - ITBs/TFLs released from supine work today. Abdominal work done. Side-lying treatment RHS to help with her back and hips and legs. Extra work on R up trap - v.cong.

### What parts of the body were massaged?

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

### Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas

### Body Chart

### Feedback after treatment -

Felt great after massage :-)

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

Discussed getting some more regular treatment again.

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



Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis**Appointment:** 4 Jun 2022, 10:20AM**Created:** 4 Jun 2022, 11:40AM**Last updated:** 4 Jun 2022, 11:41AM

## Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Long time since last massage!

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Injury

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
 ROM - not checked today.  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.  
 Music - Ian Cam Smith 2  
 Aromatherapy - Cream Peppermint

Same as last time -  
 FB remedial - ITBs/TFLs released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

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

Felt great after massage :-)

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

Discussed getting some more regular treatment again.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 17 Jan 2022, 1:00PM

**Created:** 18 Jan 2022, 6:15AM

**Last updated:** 18 Jan 2022, 6:16AM

### Standard Consultation - Remedial Massage

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

What's going on now - client's hip and shoulders tight. Long time since last massage.

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

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

Injury

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.  
Music - Ian Cam Smith  
Aromatherapy - Mand/Tang.  
Spray - Jasmine.

FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

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

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



<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<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 new schedule for new year ahead.
<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 Sep 2021, 1:00PM  
**Created:** 8 Oct 2021, 11:23AM  
**Last updated:** 8 Oct 2021, 11:24AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip still sore. Seen podiatrist to help with feet. Busy cleaning on holidays.

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

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

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips.  
Music - Ian Cam Smith  
Aromatherapy - Mand/Tang.  
Spray - Jasmine.

FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.

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

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

#### Body Chart

**Feedback after treatment -** Felt improvement after treatment :-)

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

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 28 Jun 2021, 2:30PM  
**Created:** 30 Jul 2021, 10:45AM  
**Last updated:** 30 Jul 2021, 10:47AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip still sore. Been busy during school term and ready for holidays now.

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

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

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

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

Verbal consent obtained.  
ROM - not checked today.  
Covid compliance checked.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - 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 - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.  Topical Treatment - Fisiocrem on hips. Music - Ian Cam Smith Aromatherapy - Mand/Tang. Spray - Jasmine.  FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<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>	Talked about physio exercises.
<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 Jul 2021, 2:30PM  
**Created:** 30 Jul 2021, 10:42AM  
**Last updated:** 30 Jul 2021, 10:44AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip still sore but feeling ok on holiday break.

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

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

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

**Assessment / Testing done (including** Verbal consent obtained.

<b>ROM) / Observations</b>	ROM - not checked today. Covid compliance checked. Anything noteworthy - R side tighter. Any precautions / Red Flags - 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 - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.  Topical Treatment - Zen on shoulders Music - Yanni if there. Aromatherapy - Mand/Tang. Spray - Jasmine.  FB remedial - ITBs/TFLS released from supine work today. Abdominal work done. Side-lying treatment to help with her back and hips and legs.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good :-)
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting some regular massage again - puppy school is finished.
<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 Apr 2021, 1:00PM  
**Created:** 23 Apr 2021, 10:33AM  
**Last updated:** 23 Apr 2021, 10:35AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip been very sore still. Seen physio for treatment.

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



<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.  ROM - not checked today.  Covid compliance checked.  Anything noteworthy - R side tighter.  Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4.  Hot Stones - 2 x Lx and 2 x back  Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Zen on shoulders  Music - Yanni if there.  Aromatherapy - Mand/Tang.  Spray - Jasmine.</p> <p>No side-lying today. FB remedial - ITBs/TFLS released from supine work today.  Abdominal work done. Mask on for Covid.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good with treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seen physio. Puppy school starting so not sure when she'll be back for further treatment.
<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:** 6 Mar 2021, 10:30AM  
**Created:** 14 Mar 2021, 8:28AM  
**Last updated:** 14 Mar 2021, 8:29AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client's hip been very sore still. Seen chiro but still sore.
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.  ROM - not checked today.  Covid compliance checked.  Anything noteworthy - R side tighter.  Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4.  Hot Stones - 2 x Lx and 2 x back  Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Zen on shoulders  Music - Yanni if there.  Aromatherapy - Mand/Tang.  Spray - Neroli</p> <p>Side-lying today. FB remedial - ITBs/TFLS released from supine work today. Abdominal work done.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good with treatment. Enjoyed side-lying treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed seeing physio if hip troubles continue.
<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:** 16 Jan 2021, 10:30AM  
**Created:** 4 Mar 2021, 12:04AM  
**Last updated:** 4 Mar 2021, 12:05AM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client's hip been very sore over hols.

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

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

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

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

Verbal consent obtained.  
 ROM - not checked today.  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No.

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

Pressure used - Firm 3-4.  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders  
 Music - Modern Music - Tunes - Acker Bilk  
 Aromatherapy - Mand/Tang.  
 Spray - Jasmine

No side-lying today. FB remedial - ITBs/TFLS released from supine work today.  
 Abdominal work done.

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

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

**Body Chart**

**Feedback after treatment -** Felt good with treatment.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** Seeing chiro soon on the holidays.

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

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Christine Jarvis**Appointment:** 6 Feb 2021, 11:00AM**Created:** 3 Mar 2021, 11:56PM**Last updated:** 3 Mar 2021, 11:57PM

## Standard Consultation - Remedial Massage

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

What's going on now - client's hip been very sore. Off to chiro soon.

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.**

Injury

**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.  
 ROM - not checked today.  
 Covid compliance checked.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

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

Pressure used - Firm 3-4.  
 Hot Stones - 2 x Lx and 2 x back  
 Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on shoulders  
 Music - Modern Music - Tunes - Acker Bilk  
 Aromatherapy - Mand/Tang.  
 Spray - Jasmine

No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.

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

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

**Where any specific trigger points used?**

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

**Body Chart**



<b>Feedback after treatment -</b>	Felt good after treatment
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Working on body balance - seeing chiro again soon.
<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 Dec 2020, 10:45AM  
**Created:** 6 Dec 2020, 7:45AM  
**Last updated:** 6 Dec 2020, 7:47AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client had a busy school term. Hips and knees been sore. No physio appointments booked - hasn't had massage in ages.

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

**Treatment details - what was done today to help the client** Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.  
Topical Treatment - Fisiocrem on shoulders  
Music - Modern Music - Tunes - Acker Bilk  
Aromatherapy - Mand/Tang.  
Spray - not used today.  
No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.

**What parts of the body were massaged?** Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs

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

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

#### Body Chart

**Feedback after treatment -** Felt good after treatment. Some tenderness. Been a while since massage.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** See on the school holidays for some more work on her body balance. Home for holidays.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis

**Appointment:** 14 Mar 2020, 10:00AM

**Created:** 15 Mar 2020, 4:36AM

**Last updated:** 15 Mar 2020, 4:38AM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - client had a busy school term. Hips been a bit sore. Knee is resolving - just needs to stretch more to help. No physio appointments booked - seeing regular Massage and Chiro.

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM - not checked today.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.

Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.

**Treatment details - what was done today to help the client** Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.

Topical Treatment - Fisiocrem on hips



Music - Modern Music - Doc McGreggor  
 Aromatherapy - Mand/Tang.  
 Spray - Orange

No side-lying today. FB remedial - working on hips, legs and back especially. ITBs/TFLS released from supine work today. Abdominal work done.

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

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

#### Body Chart

**Feedback after treatment -** Felt good after treatment.

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** See on the school holidays for some more work on her body balance. Quiet holidays coming up.

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

**Time in Sauna (minutes) -**

**Feedback after treatment -**

#### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 8 Feb 2020, 10:00AM  
**Created:** 8 Feb 2020, 9:55AM  
**Last updated:** 8 Feb 2020, 11:20AM

#### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - mulching in garden - very sore. Back twinged after that. Feedback from previous treatment - still getting regular Tx at chiro and physio. Glad she has a massage on today.

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

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

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM - not checked today.  
 Anything noteworthy - R side tighter.  
 Any precautions / Red Flags - no.

	Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4.  Hot Stones - 2 x Lx and 2 x back  Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on hips  Music - Modern Music - norah jones  Aromatherapy - Mand/Tang.  Spray - Lavender.</p> <p>Lots of lower body work. Lx side-lying and ITBs, piriformis v tight.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment. Worked especially on hips/back today.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See what physio diagnoses for knee.
<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:** 6 Jan 2020, 4:00PM  
**Created:** 6 Jan 2020, 3:57PM  
**Last updated:** 8 Feb 2020, 11:17AM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - Knee pain - crunching. Physio Julie said coming from knee. Feedback from previous treatment - getting regular Tx at chiro and physio and massage/hair place.

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

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

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



<b>conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained. ROM - checked today. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on hips Music - Modern Music - boy mix. Aromatherapy - Mand/Tang.</p> <p>Lots of lower body work.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment. Worked all over to help relax. Remedial in various places (hips/knees/shoulders).
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Physio diagnosis - management of muscular tightness.
<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:** 17 Dec 2019, 2:30PM  
**Created:** 17 Dec 2019, 3:56PM  
**Last updated:** 18 Dec 2019, 4:59PM

### Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - Knee pain - crunching. Seeing physio Julie Friday.  
 Feedback from previous treatment - getting regular Tx at chiro and physio.

**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>	<p>Verbal consent obtained. ROM - checked today. Anything noteworthy - R side tighter. Any precautions / Red Flags - no.</p> <p>Anything specific to massage - E.g. no foot massage. No. Knees esp L clicked when working on passive leg ROM.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - Firm 3-4. Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Face and feet.</p> <p>Topical Treatment - Fisiocrem on hips Music - Modern Music - boy mix. Aromatherapy - Mand/Tang.</p> <p>Lots of lower body work.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment. Worked all over to help relax. Remedial in various places (hips/knees/shoulders).
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	See what physio diagnoses. See in the New Year before she leaves for Sydney Holiday.
<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:** 6 Nov 2019, 4:00PM  
**Created:** 6 Nov 2019, 5:00PM  
**Last updated:** 6 Nov 2019, 5:11PM



## Standard Consultation - Remedial Massage

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

What's going on now - R shoulder pain. R hip.  
Feedback from previous treatment - getting regular Tx at chiro and physio.

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

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

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

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

Verbal consent obtained.  
ROM - didn't check today.  
Anything noteworthy - R side tighter.  
Any precautions / Red Flags - no.  
  
Anything specific to massage - E.g. no foot massage

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

Pressure used - Firm 3-4.  
Hot Stones - 2 x Lx and 2 x back  
Hot Wet Towels - Face and feet.  
  
Topical Treatment - Fisiocrem on hips  
Music - Yanni if there  
Aromatherapy - Mand/Tang.  
  
Legs - R leg side lying massage.

### What parts of the body were massaged?

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

### Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes; Psoas

### Body Chart

### Feedback after treatment -

Felt good after treatment. ITBs were tender. Discussed seeing her on the holidays.

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

Discussed balance in the body.

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

### Time in Sauna (minutes) -

### Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 23 Sep 2019, 2:30PM  
**Created:** 23 Sep 2019, 2:27PM  
**Last updated:** 23 Sep 2019, 4:02PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -, shoulders=weights, not too bad today, R hip P ongoing (foot P=bone issue/ankle)  
 Feedback from previous treatment - :)

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

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

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

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

**Treatment details - what was done today to help the client** Pressure used -hard  
 Hot Stones -4  
 Hot Wet Towels -2  
 Cupping area -(R hip), upper back  
 Topical Treatment - fisiocrem upper back  
 Music - Ian CS mix  
 Aromatherapy - pep euc/rosemary

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

**Where any specific trigger points used?** Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -**

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** keep stretching , pecs and psoas off side of bed  
 and lev scaps, upper trap= started weights for upper body

## Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**



## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 21 Aug 2019, 4:00PM  
**Created:** 21 Aug 2019, 5:11PM  
**Last updated:** 23 Aug 2019, 9:20AM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now -R hip P, shoulders=weights, really sore today (foot P=bone issue/ankle)  
 Feedback from previous treatment - :)

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

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

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

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

**Treatment details - what was done today to help the client** Pressure used -hard  
 Hot Stones -4  
 Hot Wet Towels -2  
 Cupping area -(R hip), upper back  
 Topical Treatment - fisiocrem upper back  
 Music Enya mix  
 Aromatherapy - pep euc/rosemary

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

**Where any specific trigger points used?** Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -**

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)** keep stretching , pecs and psoas off side of bed  
 and lev scaps, upper trap= started weights for upper body

## Infra-Red Sauna

**Time in Sauna (minutes) -** 20

**Feedback after treatment -**

did yogic breathing. enjoyed more than she thought she would

**Standard Consultation - Remedial Massage****Practitioner:** Marina Franke**Appointment:** 5 Jul 2019, 2:30PM**Created:** 5 Jul 2019, 2:19PM**Last updated:** 5 Jul 2019, 3:37PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**What's going on now -R hip P, (foot P=bone issue/ankle) shoulders=weights  
Feedback from previous treatment - :)**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage**Treatment details - what was done today to help the client**Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -(R hip), upper back  
Topical Treatment - fisiocrem upper back  
Music -Ian CS mix  
Aromatherapy - pep euc/rosemary**What parts of the body were massaged?**

Feet; Head / scalp

Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone;

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

**Body Chart****Feedback after treatment -****Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)**keep stretching , pecs and psoas off side of bed  
and lev scaps, upper trap= started weights for upper body**Infra-Red Sauna****Time in Sauna (minutes) -**

20



**Feedback after treatment -**

did yogic breathing. enjoyed more than she thought she would

**Standard Consultation - Remedial Massage****Practitioner:** Marina Franke**Appointment:** 27 Mar 2019, 4:00PM**Created:** 27 Mar 2019, 4:20PM**Last updated:** 27 Mar 2019, 5:08PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**What's going on now -R hip P, (foot P=bone issue/ankle) shoulders=weights  
Feedback from previous treatment - :)**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage**Treatment details - what was done today to help the client**Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -R hip, upper back  
Topical Treatment -  
Music -nature  
Aromatherapy -tangerine/mandarin**What parts of the body were massaged?**

Feet; Head / scalp

Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone;

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

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

didn't massage front legs due to reduced time as Kiri was late due to meeting

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)**keep stretching , pecs!!  
and lev scaps, upper trap= started weights for upper body**Infra-Red Sauna**

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke**Appointment:** 27 Feb 2019, 4:00PM**Created:** 27 Feb 2019, 3:53PM**Last updated:** 27 Feb 2019, 5:12PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)**What's going on now -R hip P, foot P=bone issue/ankle  
Feedback from previous treatment - :)**Details of Medications / Red Flags etc (i.e. conditions listed above)-****Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage**Treatment details - what was done today to help the client**Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -R hip, upper back  
Topical Treatment -  
Music -instrumental  
Aromatherapy -tangerine**What parts of the body were massaged?**

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

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; SCMs; QLs; ITBs; TFLs; Glutes

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

really enjoyed

**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)**keep stretching , pecs!!  
and lev scaps, upper trap= started weights for upper body



## Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 23 Jan 2019, 2:30PM

**Created:** 23 Jan 2019, 5:02PM

**Last updated:** 23 Jan 2019, 5:07PM

## Standard Consultation - Remedial Massage

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

What's going on now -R hip P, foot P=bone issue/ankle  
Feedback from previous treatment - :)

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

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

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

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

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

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

Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -R hip, upper back  
Topical Treatment -  
Music -instrumental  
Aromatherapy -tangerine

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

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

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -**

really enjoyed

**Plan for future results / treatment / progress / homework (including**

keep stretching , pecs!!

discussion with client, advice, stretches)

**Infra-Red Sauna**

Time in Sauna (minutes) -

Feedback after treatment -

**Standard Consultation - Remedial Massage****Practitioner:** Marina Franke**Appointment:** 7 Nov 2018, 4:00PM**Created:** 7 Nov 2018, 5:01PM**Last updated:** 7 Nov 2018, 5:03PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**What's going on now -R hip P, foot P=bone issue  
Feedback from previous treatment - :)**Details of Medications / Red Flags etc (i.e. conditions listed above)-**

podiatrist today=rock tape on L outer shin &amp; under foot

**Medication or relevant procedures / info identified that may affect the massage.****Details of Medications / Red Flags etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags -  
Anything specific to massage - E.g. no foot massage**Treatment details - what was done today to help the client**Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -R hip, upper back  
Topical Treatment -  
Music -instrumental  
Aromatherapy -tangerine**What parts of the body were massaged?**

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

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes

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

really enjoyed



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

keep stretching , pecs!!

## Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 31 Oct 2018, 4:00PM

**Created:** 31 Oct 2018, 5:11PM

**Last updated:** 2 Nov 2018, 12:19PM

## Standard Consultation - Remedial Massage

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

What's going on now -R hip P, foot P=bone issue  
Feedback from previous treatment - :)

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

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

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

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

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

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

Pressure used -hard  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area - hips, upper back  
Topical Treatment -  
Music -uplifting  
Aromatherapy -tangerine

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

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

**Where any specific trigger points used?**

Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes

**Body Chart**

**Feedback after treatment -**

really enjoyed

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

## Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 26 Sep 2018, 1:00PM  
**Created:** 26 Sep 2018, 2:06PM  
**Last updated:** 26 Sep 2018, 2:07PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - top of R foot-arthritis and bone splinter, cortisone 3/52 but hasn't lasted. R hip a little sore, shoulders also  
 Feedback from previous treatment -:-)

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
 ROM -  
 Anything noteworthy -  
 Any precautions / Red Flags - No orange essential oil\*

**Treatment details - what was done today to help the client** Pressure used -firm-DT  
 Hot Stones -4  
 Hot Wet Towels -2  
 Cupping area -  
 Topical Treatment - fisiocrem R foot, R upper back  
 Music -Ian CS  
 Aromatherapy - tangerine (no orange spray)

**What parts of the body were massaged?** Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone;  
 Head / scalp

**Where any specific trigger points used?** Rhomboids; Upper Traps; Lev Scaps; SCMs; ITBs; Glutes

**Feedback after treatment -** feels looser & relaxed  
 (side lying treatment sometimes)

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



## Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

## Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke

**Appointment:** 24 Aug 2018, 3:50PM

**Created:** 24 Aug 2018, 3:34PM

**Last updated:** 24 Aug 2018, 5:08PM

## Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical history or client info)** What's going on now - top of R foot-arthritis and bone splinter, cortisone 3/52 but hasn't lasted. R hip a little sore  
Feedback from previous treatment -:-)

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

**Assessment / Testing done (including ROM) / Observations** Verbal consent obtained.  
ROM -  
Anything noteworthy -  
Any precautions / Red Flags - No orange essential oil\*

**Treatment details - what was done today to help the client** Pressure used -firm-DT  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment - fisiocrem R foot, R upper back  
Music -Ian CS  
Aromatherapy - tangerine (no orange spray)

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

**Where any specific trigger points used?** Upper Traps; Lev Scaps; SCMs; ITBs; Glutes

**Feedback after treatment -** feels looser & relaxed

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

## Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 18 Jul 2018, 4:00PM  
**Created:** 18 Jul 2018, 12:38PM  
**Last updated:** 18 Jul 2018, 5:09PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - top of R foot-arthritis and bone splinter Feedback from previous treatment -
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Allergies
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - No orange essential oil
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -lan CS Aromatherapy - mandarin (no orange spay)
<b>What parts of the body were massaged?</b>	Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Face / sinuses
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; SCMs; ITBs; Glutes
<b>Feedback after treatment -</b>	feels looser & relaxed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	continue physio stretches

### Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 13 Jun 2018, 4:00PM  
**Created:** 13 Jun 2018, 12:57PM  
**Last updated:** 20 Jun 2018, 1:55PM



<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - ankle and calf P Feedback from previous treatment -
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Prescription Medication; Allergies
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - No orange essential oil
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm-DT Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -Paul M Aromatherapy - Tangerine (no orange spay)
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	
<b>Feedback after treatment -</b>	feels looser & relaxed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	continue physio stretches
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

Patient Forms

There are no patient forms for Kiri Clark.