

Full Name KERRY LYNN MOYER D.O.B 23/10/60 Gender F
 Address 12 EVERGLADE RISE, WHITFIELD
 Home Phone 40343631 Work 40323777 Mobile 0421900667
 Email Address ~~kerry@lifestyleloans.net.au~~ kerrym@tas.qld.edu.au
 Emergency Contact Details - Name and Number DAVE MOYER 0429419198
 Current Doctor DR WILCOCK Referred By _____
 Occupation and How long MORTGAGE BROKER - 8 months
 Physical Activities/Hobbies/Exercise PUMP, WALKING, GOLF
 Past Medical History (major operations/conditions) HIGH BLOOD PRESSURE

Medications - Prescribed or Natural: _____

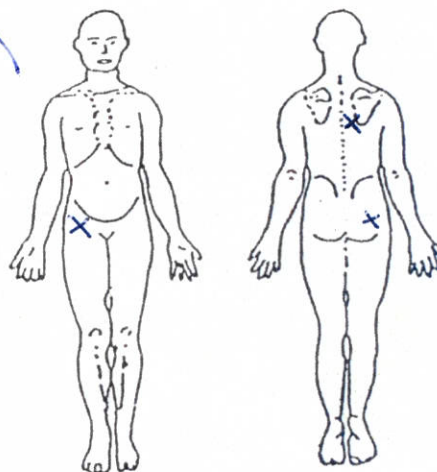
Tick any of the conditions below that apply to you **NOW**:

- | | |
|--|--|
| <input type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart / Blood Problems |
| <input type="checkbox"/> Arthritis | <input checked="" type="checkbox"/> Numbness / <u>Tingling</u> |
| <input checked="" 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:

DOWN RIGHT LEG AT TIMES

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



Amount of Pain (1-10): 3

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: KERRY MOYER (insert name of person being Massaged)

Signature: Kerry L. Moyer

Date: 13/9/06

Client Record

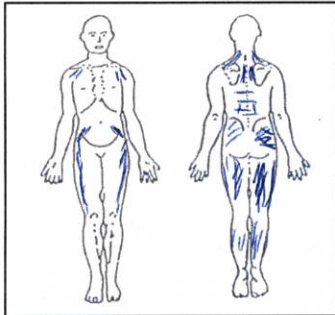
SOAP = SUBJECTIVE: clients states, **OBJECTIVE:** therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

PLEASE NOTE FOR FUTURE REFERENCE:

TREATMENT NO. 1

S = Client's Lx been 'twinging' last 3 weeks - still exercises but feels leg isn't comfortable or sitting 'right'. Pump class this morning

DATE: 14.09.06
TIME: 5pm Weds - on
PAID: \$45 CASH time
REC.No: 668 1hr.
AIR TEMP: 22°C
MUSIC: Yanni - if there
FACE CREST: Jaw
OIL BLEND: Relax
Gel / YI / YI / CS



O/A: ITBs tight, Quads tight
QLs taut, Psoas tight, Pecs taut
ES cong and tight, Rhomb's tight
Piriforms R esp v. tight & tender, Glut med tight R
Calves tight esp medially, Hamstrings tight esp R SM / P
Skin - v. vasodilated esp lumbar / shoulders, good texture

FB(-stom) Heat. Injogen rhomb/occip/s/glutes/ITBs/Hamstrings
low traps/traps. Winged scaps ok. Arms prone stretch
+ massaged. Scalp drag. Client's upper body tense
hypertonic muscles felt relax and move -
client got more movement out of manage &
"could feel" the difference in her body

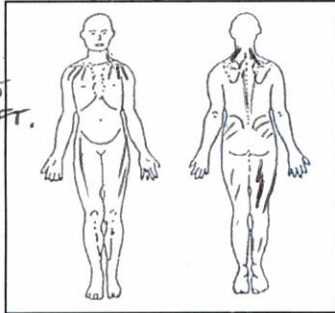
NEXT APPT: Took BC for future

P = Recom look @ seeing Chris Heron for adjustment - particularly hips - client said they have been 'out' before

TREATMENT NO. 2

S = client's body been really stiff + sore - "needing massage" + really looking forward to it - Been stretching but still sore.

DATE: 11.12.06
TIME: 5pm Mon -
PAID: \$45 CASH 1hr 3
REC.No: 830 + 831 - \$45
AIR TEMP: 23°C W/FT.
MUSIC: Enya I
FACE CREST: Pepp
OIL BLEND: Jaw / L.
(Finish blends)



O/A: traps knotted + cong. Skin heated
Traps v. cong + tight. Glut scaps v. tight
ES v. cong + tight. Pecs short
Glutes tight. Deltoids v. tight. AC tight with
whole body held v. stiff + tight. QLs v. tight
Skin - v. vasod. Ham's v. tight

FB(-stom) Heat. Traps rhomb/s/glutes/ITBs/Ham/Trap
ITBs/Ham's, winged scaps ok. Arms stretched pr.
massaged supine. Client quiet for most.
"Felt new" after. Better Rom. Looked brighter
in eyes + seemed happier. Body responded well
Minimal flexibility in JL & stretches.

NEXT APPT:

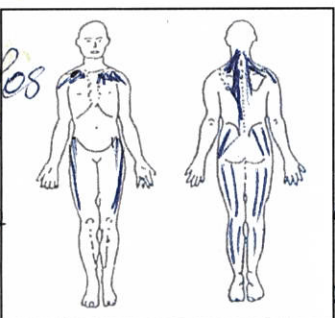
E13.12.06 CNL

P = Discussed seeing physio for check on knee - b/c its grinding on squats (w/alk = lower squat)

TREATMENT NO. 3

S = Client been feeling sore in shoulders esp 2 days reports finished school now, ready to relax

DATE: 04.12.07
TIME: 4pm Tues
PAID: \$55 1hr CASH
REC.No: 1299
AIR TEMP: 20°C hot day
MUSIC: Steve Helder
FACE CREST: Pepp
OIL BLEND: Bpots
Gel / Orange / Sap



O/A: Ham/s/calves taut
Traps up taut & cong & bulky, lower taut
ES tight. Pecs short & tight & scaps short
ITBs taut Rhomb's cong + tight
Rhomb region vased

FB(-stom). Heat. TP rhomb/traps/sinus
ES/rhomb/s/scap/ITBs/gt
winged scaps held ok. Arms @ MS + ST + JL
arms @ MS + ST + JL. Suggest client been
feeling "so much better" after, less tense
after. Body responded well

NEXT APPT:

P CNL 10/12/07

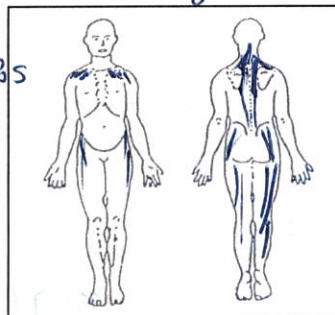
P = Recom per stretch to help posture. Enjoy holidays @ home.

Plus 15/10/08

TREATMENT NO. 4

S = Client been feeling 'pinching' + tightness in upper body (rhomb region R) + neck. Low in energy, feeling v. tired for past month

DATE: 11.07.08
TIME: 3pm Fri
PAID: 1hr \$60 CASH
REC.No: 1537
AIR TEMP: 23°C
MUSIC: Archer Bille
FACE CREST: Jaw
OIL BLEND: Sports
Gel / Orange / Sap



O/A: Traps up short + tight + v. bulky. Scaps taut
QLs tight + cong. Pecs short + tight QLs tight
L med tight. Pm taut. Ham/s/calves taut esp
ES tight + cong esp Tr. ITBs tight. Quads taut
Rhomb region cong + tight esp R + some vased

FB(-stom) Heat. TP rhomb/g med/ham/ITBs/traps/sinus
in same + ES/QLs/scap/ASIS/occip/H scalp
winged scaps pedox. Arms @ ST + MS + ST + JL
JL @ MS. Client quiet throughout. Relaxed during
decoiled brighter after MS - clearer eyes.

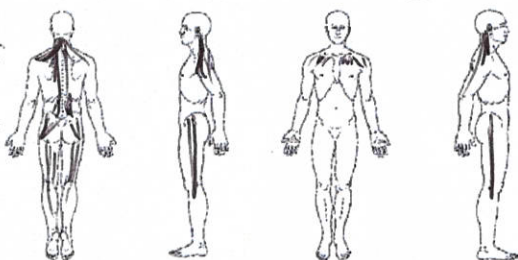
NEXT APPT:

P = Discussed getting more reg Tr esp during times of stress
Extra subject to teach now this term

TREATMENT NO. 5

DATE: 09.09.08
 TIME: Tues 4pm
 PAID: 34hr \$60 CFBs
 REC.No: 1595
 AIR TEMP: 230C
 MUSIC: Norah Jones
 FACE CREST: Jean
 OIL BLEND: Relax
 Berg / Ora
 NEXT APPT:

S = client been feeling tight in lx region - nerve pinched + restricting movement whole body feels "bugged"
 Pins/needles @ hand/arm



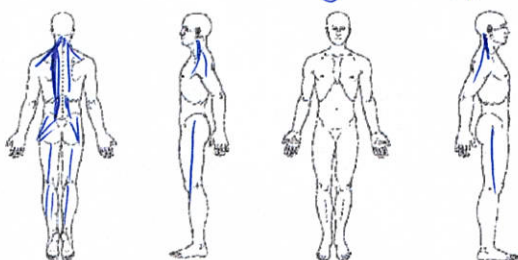
O/A: Hamstrings taut
 pectorals taut - ITBs tight
 traps up short + tight / m. taut
 traps short + tight / A/C cong
 L ES tight + cong
 Rhomb region congested - both
 T12-stom Heat TP rhomb/g/med/pin
 T12 occiput/rhomb/scalp/sinus
 Arms @ m. + s. + v. l. bilged traps
 led on - client quiet throughout
 slow to move after (as expected)
 shoulders felt great after

P = Refom see physio Julie for a men/Tx on lx region
 failed dump test both - pain lx region

TREATMENT NO. 6

DATE: 21/10/08
 TIME: Thurs 4pm
 PAID: \$60 lhr
 No: 1613 CFBs
 AIR TEMP: 230C
 MUSIC: Samplen
 FACE CREST: Jean
 OIL BLEND: Relax / uplift
 Peppi / Eve
 NEXT APPT:

S = client been feeling tight b/w shoulder blades (rhombs) + traps - no 'dipped' - 1 pain but not all gone
 no more physio appts



O/A: Traps up short + tight
 traps v. short. Deltoids taut
 g. med taut. Occiput + short + tight
 Hamstrings taut.
 Rhomb region cong + tight
 - ant legs
 T12-stom Heat. TP rhomb/g/med/
 ham/lt traps/sinus. 5x same + occip
 Arms @ m. + s. + v. l. bilged traps
 v. l. legs @. Client client throughout
 Daughter Jess present dur 3 mts
 V relaxed + much looser 7 mts

P = Refom see stretch daily to help shortened ant muscles

P x NL 6/12/08

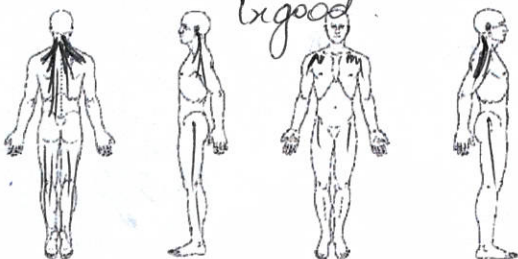
\$315 @

22.12.08

TREATMENT NO. 7

DATE: 25.03.09
 TIME: Weds 1hr
 PAID: \$60
 REC.No: 103 CFBs
 AIR TEMP: 230C
 MUSIC: Yanni - if there
 FACE CREST: Peppi
 OIL BLEND: Relax
 Leo / Ced / Frank
 NEXT APPT:

S = client been feeling tight in shoulder/neck region - some neural pain / ref in arms/hands too
 In Dec had 'episode' so extreme was given Valium +
 l good



O/A: Physio for shoulders
 traps up short + tight
 traps right. Occiput short
 ES tight + short l/ptx
 rhomb region cong + adhsed
 - ant legs
 T12-stom Heat. TP rhomb/g/med/
 ham/lt traps/sinus / l. trap
 5x same + ES/occiput/scalp
 winged traps led m. s. + s.
 T12 - rise from neck

P = No m. now - discussed get some ref m. + using heat + stretching. Seeing on school hols

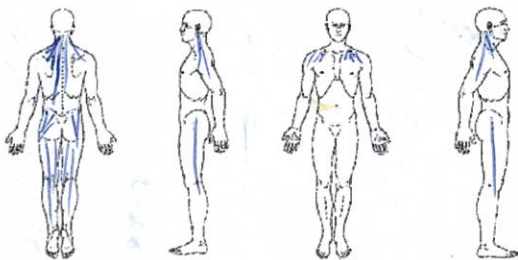
BDAY

CARD

TREATMENT NO. 8

DATE: 01.07.09
 TIME: 4pm Weds
 PAID: \$60 1hr
 REC.No: #010 SHOL's
 AIR TEMP: 230C
 MUSIC: Mod Crank Kplang
 FACE CREST: Peppi
 OIL BLEND: Sarah
 Sar / Lav / Basil /
 Peppi / JB
 NEXT APPT:

S = client been feeling tightness in L shoulder
 been watching posture @ desk



O/A: Traps tight/short. traps short
 traps tight L esp / short
 Deltoids tight L esp
 ES tight. Traps right L esp
 Rhomb region cong
 T12-stom Heat. TP rhomb/g/med/
 ham/lt traps/sinus / l. trap
 5x same + ES/occiput/scalp
 winged traps led m. s. + s.
 S + ES. l. legs @. Quiet through
 relaxed m. Responded well

P = Refom see physio if pain persists. O'wise get some m. when niggles start. Refom see stretch

XMAS 09 N/L 10/09

XMAS 2010 N/L 05/10

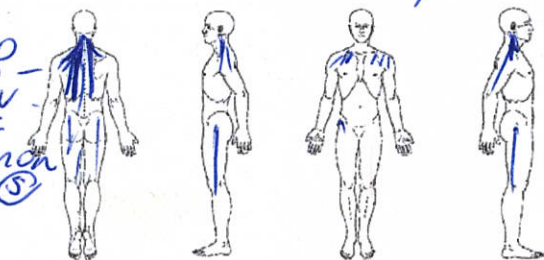
BDAY 2010

TREATMENT NO. 9

S = client been feeling tightness in her shoulders - some tingling + numbness

DATE: 03.06.10
TIME: 10am Thurs
PAID: \$65 Inv PAID
REC.No: 8th notes -
AIR TEMP: 23.6C
MUSIC: Relax Merc
FACE CREST: 2x
OIL BLEND: Relax demon
7/4/10/10/10

NEXT APPT:



O/A: Traps up tight / short
Pecs tight, pmo tense
Deltoids tight
ES tight + short
Rhomb region cong
FB (-stom) Heat TP rhomb /
g mead / ham / traps /
diceps / p same + ES /
OK. Used ROM > MS effect
v relaxed + improvement
in shoulders

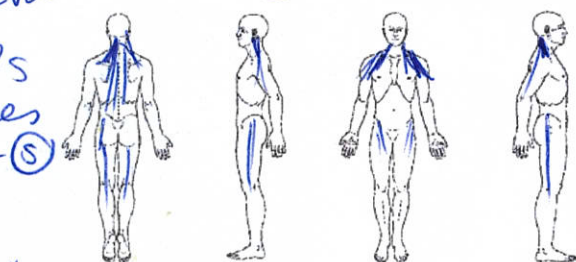
P = client to drink H₂O

TREATMENT NO. 10

S = client been feeling v. tight in shoulders / neck
looking forward to MS. Doing lots of computer work

DATE: 05.11.10
TIME: 4pm Fri / D / volunteer
PAID: \$65 Inv
REC.No: 10/09 CFBs
AIR TEMP: 23.6C
MUSIC: 5u. far tunes
FACE CREST: 2x
OIL BLEND: demon - (S)
Pain - Peppermint

NEXT APPT:



O/A: diceps + tight + bulky
Traps up tight
Pecs tight, pmo tense
ES tight + short
Rhomb region cong + tight
FB (-stom) Heat TP rhomb / g mead /
diceps / traps / p same + ES /
OK. Used ROM > MS effect
v relaxed + improvement
in shoulders

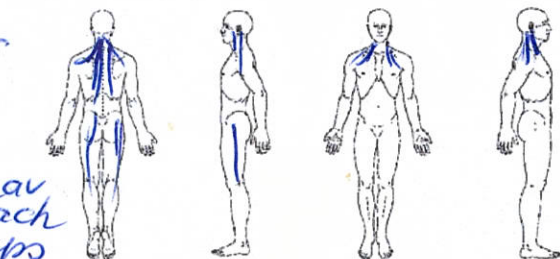
P = Relax client relax after MS / H₂O.

TREATMENT NO. 11

S = client been feeling tightness in shoulders
v traps v tight esp high

DATE: 19.08.11
TIME: FR Inv. 23.6C
PAID: \$70 Inv
REC.No: 14.45
AIR TEMP: 25.0C
MUSIC: African F
FACE CREST: 2x
OIL BLEND: dem (S)
Relax - Peppermint
HST - 2x back
2x traps

CST @ Face



O/A: Traps up tight + bulky
Deltoids tight
ES tight
Rhomb region cong
FB (-stom) Heat TP rhomb / g mead /
ham / traps / traps / traps /
p same + ES / scalp
tinged ok. Arms (S)
St + (S) MS + St + JL
Quiet throughout
Felt huge improvement &
enjoyed MS - liked HST

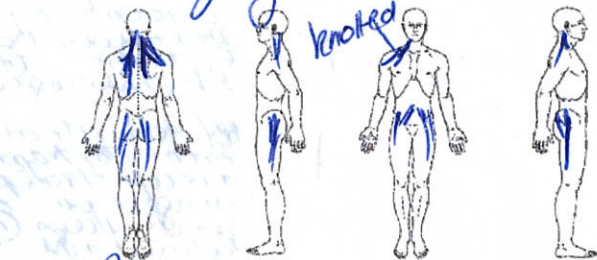
P = Relax client relax after MS + discussed how beneficial MS is

TREATMENT NO. 12

S = Client been feeling tightness in her
hips - hurting esp in mornings. OK > exercises
some tingling in legs Poss. menopause?

DATE: 27.10.11
TIME: BDAY MS.
PAID: \$70 Inv
REC.No: 15.58 CFB
AIR TEMP: 24.6C
MUSIC: Muzak
FACE CREST: 2x
OIL BLEND: Pain
MD spots
HST - 2x Lx
2x back

CST @ Face



O/A: Pecs short. pmo tense
Deltoids OKs tight
ES tight
Rhomb region cong
FB (+stom) Heat TP rhomb /
g mead / ham / traps / traps /
p same + ES / scalp
tinged ok. Arms (S)
St + (S) MS + St + JL
Felt better > MS. Better ROM

P = Relax see physio / Dr for hip assessment
going away to America for Dec for family hols

13.10.04.13 (1)
\$75 Inv
Ken Davis I

S = client been feeling tightness in her
shoulders - rhomb 'grabbing her'

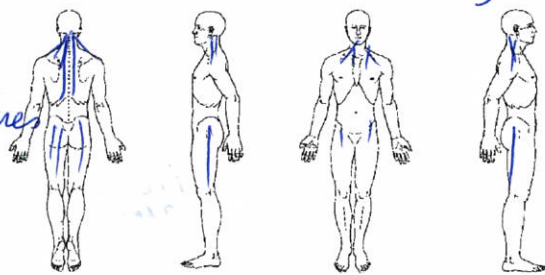
2x Lx
2x back
2x back

P = FB (-stom) Heat TP rhomb / traps / diceps / mms
Felt better > MS - v. relaxed & sleepy

TREATMENT NO.



S = client been feeling tightness in her body in shoulders esp I dot of reports to do of deep physio in shoulder



Detoids tight - traps up & gh
ES tight Pels tight
Rhomb region cong

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/1735
Fx Qls traps
☐ Talked ☐ Quiet Breathing
ROM Tsd > ms Tse Rom
FBACK felt better > ms

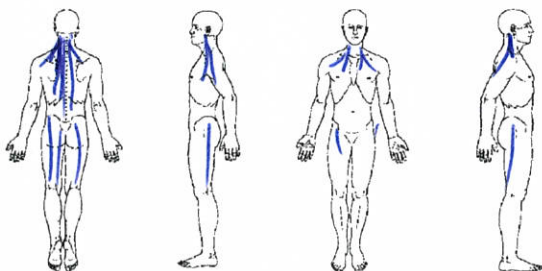
DATE: 29.10.13
TIME: 345
PAID: \$85 B DAY
REC.No: 2889
AIR TEMP: 25
MUSIC: Kenny G movies
FACE CREST: dem
SUPINE SCENT: low
OIL BLEND: Relax
Eucl may
HT Feet +
CST (A) Face
HST 2 x Lx
2 x back
EXTRA
NEXT APPT:

P = Discussed client getting some reg Tu to help balance work

TREATMENT NO.



S = client been feeling tightness in her shoulders / neck + whole body tired / stiff



O/A:

Detoids tight - Pels tight
ES tight + short
Rhomb region cong + vasc

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/trap
Fx ecc/ES/traps/AT/AC
☐ Talked ☐ Quiet Breathing
ROM Tsd > ms
FBACK felt huge difference

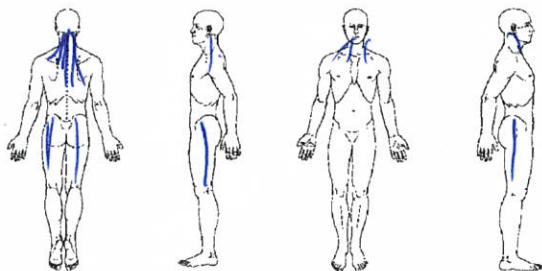
DATE: 16.05.14
TIME: \$88
PAID: 1hr
REC.No: 3330
MP: 25
MUSIC: Norah I
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: polon
Manditang
HT Feet / Face
CST (A) Face
HST 2 x Lx
2 x back
EXTRA
NEXT APPT:

P = Still exercising - discussed getting some reg Ms

TREATMENT NO.



S = client been feeling tightness in her body in her shoulders / neck / hips - even calves / knees



O/A:

Detoids tight - Traps up & gh
ES tight Pels tight
Rhomb region cong

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham
Fx traps/12 trap
☐ Talked ☐ Quiet Breathing
ROM Tsd > ms - tired > ms
FBACK felt improvement

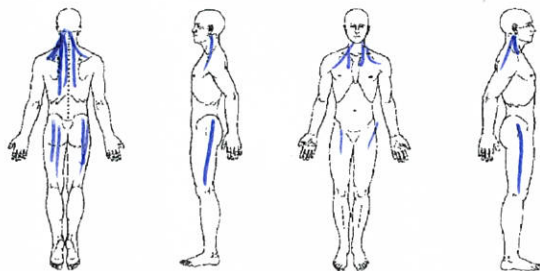
DATE: 22.08.14
TIME: \$88
PAID: 1hr
REC.No: 3511
AIR TEMP: 25
MUSIC: Kenny G I
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
Basil may
HT Feet / Face
CST (A) Face
HST 2 x Lx
2 x back
EXTRA
NEXT APPT:

P = review client use heat @ computer / desk + discussed ageing bodies

TREATMENT NO.



S = client been feeling tightness in body after painting daughter's bedroom - R hyp tight



O/A: ITB's tender + tight esp R
Trap up - some knots

Detoids tight
ES tight Pels tight
Rhomb region cong

☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g med/ham/traps/1735
Fx traps/occ/traps/ITB's
☐ Talked ☐ Quiet Breathing
ROM Tsd > ms
FBACK felt better > ms

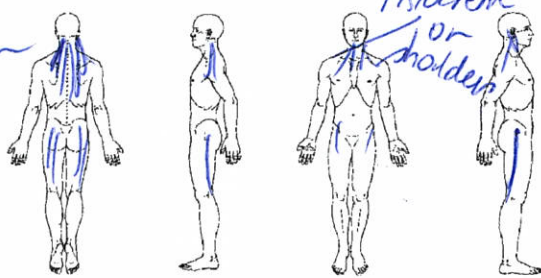
DATE: 2.7.15
TIME: \$88
PAID: 2.30
REC.No: 1hr
AIR TEMP: 25
MUSIC: Kenny G movies
FACE CREST: low
SUPINE SCENT: dem
OIL BLEND: Relax
Mental (Lash)
HT Feet / Face
CST All
HST 2 x Lx
2 x back
EXTRA
NEXT APPT:

P = Discussed using a roller to help with ITB tightness

TREATMENT NO. 

S = Client been feeling tightness in
low shoulders / neck / low back

DATE: 06-10-16
TIME: 10:30
PAID: \$88
REC.No: 1hr
AIR TEMP: 25
MUSIC: Instrumental
FACE CREST: Low
SUPINE SCENT: Lem
OIL BLEND: Peppercorn Balm
HT: Relax
CST: Face
HST: 0 x 1m
EXTRA: Foot / back
NEXT APPT: 1st / 1st



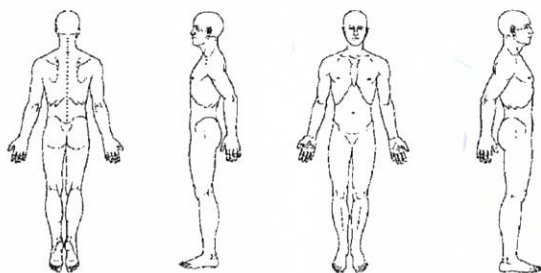
O/A: Receptor
Receptor
Receptor
Receptor
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine LEGS
TP Receptor
Fx ham / back
☐ Talked ☐ Quiet Breathing
ROM Receptor
FBACK Receptor
Receptor

P = Ad bed - sleep's in unit

TREATMENT NO. _____

S = _____

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



O/A: _____

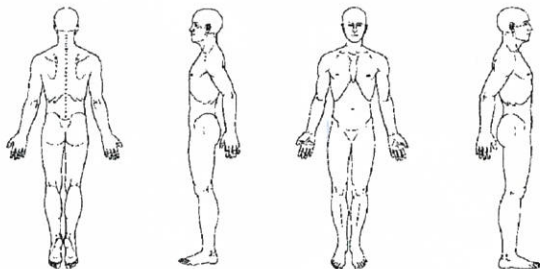
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

S = _____

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



O/A: _____

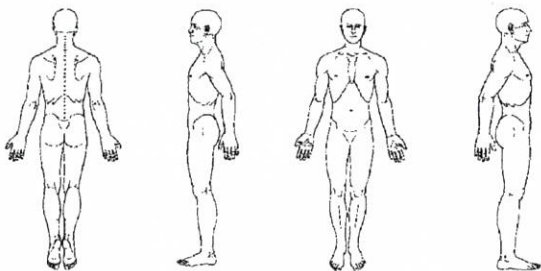
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

S = _____

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



O/A: _____

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

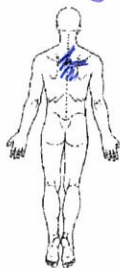
P = _____

TREATMENT NO. D

DATE: 6/12/17
TIME: 2:15
PAID:
REC.No:
AIR TEMP: 22
MUSIC: Mass long
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND: 1/1 almond.
HT: Feet & chest.
CST
HST: 2x L.B.
EXTRA: 2x upper
NEXT APPT:

S = (R) mid tx to scap - see.ing Naturopath also.
Would like general FBM also

Kerry Moya



O/A: (R) QL & (L) glute ↑
↑ general. (L) quad ↑

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS ☒
TP (R) Lev scap.
Fx
☐ Talked ☒ Quiet ☒ Breathing
ROM
FBACK

P = pigeon pose or sitting cross leg on floor with cushion.

Massage

aromatherapy

hot stones

pregnancy
and infants

remedial

focus on movement



Contact

Phone 0439 775 00

Clinic 51 Lyndel Drive Woree Qld 48

Web www.focusonmovement.com.au



Aquatics

A Gift of Healthy Movement

To: KERRY MOYER

From: JESS

Your Gift: 60min Remedial Massage Date: 7/5/15

Valid for three months from the date of issue



A Gift of Massage

To: KERRY

From: JESSICA & DAVID

Your Gift is: FOR 1 HOUR Date: _____



Valid for three months from the date of issue

BOOK NOW - PHONE: 0439 775 003

CLINIC: 51 Lyndel Drive Woree 4868

POST: PO Box 106 Westcourt 4870

EMAIL: relax@focusonmovement.com.au

WEB: www.focusonmovement.com.au

Kerry Moyer

DOB 23 Oct 1960
Occupation Teacher

Appointments

Date	Time	Type	Practitioner
24 Aug 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
30 May 2025	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
10 Apr 2025	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
23 Mar 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
23 Feb 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
28 Dec 2024	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
17 Nov 2024	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
18 Oct 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
12 Sep 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
23 Aug 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
18 Jul 2024	4:40PM – 5:40PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
19 Jun 2024	4:15PM – 5:15PM	Sauna & Massage	Christine Jervis
1 Jun 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 May 2024	2:30PM – 3:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
14 Apr 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Mar 2024	3:00PM – 4:00PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis

Date	Time	Type	Practitioner
11 Feb 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
12 Jan 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
15 Dec 2023	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
29 Sep 2023	4:00PM – 5:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
7 Jul 2023	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
25 Mar 2023	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
12 Feb 2023	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Dec 2022	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
5 Nov 2022	10:20AM – 11:20AM	REBOOKING - 60 minute Massage	Christine Jervis
29 Aug 2022	4:30PM – 5:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 Jul 2022	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
31 May 2022	4:15PM – 5:15PM	REBOOKING - 60 minute Massage	Christine Jervis
22 Apr 2022	12:45PM – 1:45PM	REBOOKING - 60 minute Massage	Christine Jervis
12 Mar 2022	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
17 Jan 2022	3:45PM – 4:45PM	REBOOKING - 60 minute Massage	Christine Jervis
20 Nov 2021	8:00AM – 9:00AM	REBOOKING - 60 minute Massage	Christine Jervis
18 Sep 2021	10:30AM – 11:30AM	REBOOKING - 60 minute Massage	Christine Jervis
28 Aug 2021	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
27 Nov 2019	4:30PM – 5:30PM	60 minute Massage	Christine Jervis
27 Nov 2019	4:00PM – 4:30PM	Sauna & Massage	Christine Jervis
25 Sep 2019	2:30PM – 3:30PM	60 minute Massage	Marina Franke

Date	Time	Type	Practitioner
25 Sep 2019	2:00PM – 2:30PM	Sauna & Massage	Marina Franke
28 Aug 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
28 Aug 2019	3:30PM – 4:00PM	Sauna & Massage	Marina Franke
27 Jul 2019	11:15AM – 12:15PM	60 minute Massage	Marina Franke
27 Jul 2019	10:45AM – 11:15AM	Sauna & Massage	Marina Franke
18 Feb 2019	5:15PM – 6:30PM	60 minute Massage	Marina Franke
24 Oct 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
15 Sep 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke
18 Aug 2018	10:00AM – 11:00AM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Aug 2025, 4:00PM

Created: 24 Aug 2025, 5:35PM

Last updated: 24 Aug 2025, 5:37PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been very sore with R knee, L Achilles. Physio seeing for neck. Shoulders been tight. Surgery Nov L hip replacement.

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

Injury

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

Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - not checked today
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today

Pressure used - 2

to help the client	Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam 2 Aromatherapy- lav peppermint spritzer with lav peppermint oil FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	heads overseas Sept 17 Dubai, seeing mum and then back to Cairns for school.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 30 May 2025, 4:30PM Created: 30 May 2025, 5:32PM Last updated: 1 Jun 2025, 2:51PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore - Neck still been crunching and sore. Achilles treatment begins May and done several now and there is improvement. Doing calf raises 3 times per day
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side

	done May 9. Still to get left. L Achilles problem
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Indian Mix 2 Aromatherapy- lav peppermint spritzer with extreme sports massage blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving over.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed marking and the effect on shoulders
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Apr 2025, 3:00PM Created: 10 Apr 2025, 4:05PM Last updated: 10 Apr 2025, 4:06PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical	What's going on now - client been feeling sore - Neck still been crunching and sore. Old

history or client info)	hip getting investigated. Calves very tight and sore and L achilles been investigated - treatment begins May. Doing calf raises 3 times per day
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam 2 Aromatherapy- lav peppermint spritzer with extreme sports massage blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Heading to Melbourne for holidays. Reckon use fisiocrem with calf raises daily
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Mar 2025, 4:00PM
Created: 23 Mar 2025, 3:33PM
Last updated: 23 Mar 2025, 5:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated. Calves very tight and sore and L achilles
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left. L Achilles problem
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lavender peppermint spritzer with extreme sports massage blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Seeing podiatrist about foot

Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	Lots of sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Feb 2025, 4:00PM Created: 23 Feb 2025, 5:08PM Last updated: 23 Feb 2025, 6:25PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated. Calves very tight and sore and L achilles
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lav peppermint spritzer with extreme sports massage blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some treatment more regularly. See how lump in Achilles goes
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Lots of sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 28 Dec 2024, 3:00PM Created: 28 Dec 2024, 4:10PM Last updated: 4 Jan 2025, 6:33AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore - Neck still been crunching and sore. Old hip getting investigated in Jan with surgeon. Calves very tight and sore
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Acker Bilk and Carl Chang Aromatherapy- lav peppermint spritzer with extreme sports massage blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today

plus legs	
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Very stiff when moving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some treatment.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 17 Nov 2024, 4:00PM Created: 17 Nov 2024, 5:12PM Last updated: 17 Nov 2024, 6:47PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Old hip getting investigated in Jan with surgeon
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower

	Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith and Ken Davis Aromatherapy- lab peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some treatment in either 3 weeks on final school week or at end of the month after she returns home from Melbourne
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweat a lot! 52 degrees today - loved it.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 18 Oct 2024, 4:30PM Created: 18 Oct 2024, 4:19PM Last updated: 18 Oct 2024, 5:35PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Plus shoulders. Some Achilles tightness. Old hip sorer since doing 5 days of gym.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including	Verbal consent obtained.

ROM) / Observations	ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and Yanni Aromatherapy- lab peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed gentle movement esp through marking with her neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweat a lot! 50 degrees today - most she has ever sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 12 Sep 2024, 4:30PM Created: 12 Sep 2024, 5:37PM Last updated: 12 Sep 2024, 5:38PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck still been crunching and sore. Plus shoulders.
Medication or relevant procedures / info	Injury

identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Carl Chang Aromatherapy - extreme sports h20 clove oil FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage - loved the warm oil.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed managing body with travel.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot! 50 degrees today - most she has ever sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Aug 2024, 4:30PM Created: 23 Aug 2024, 5:52PM	

Last updated: 28 Aug 2024, 9:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck been crunching and sore. Plus shoulders.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith Aromatherapy - relax oil lavender blend peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage - felt difference. Very tense.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment to help manage pain, especially before she heads away.

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

Time in Sauna (minutes) -	25
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Feedback after treatment -	Sweat a lot! 52 degrees today
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Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 18 Jul 2024, 4:40PM

Created: 18 Jul 2024, 4:11PM

Last updated: 18 Jul 2024, 5:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage. Neck been crunching and continually sore. Enjoying time in gym. Very sore after last visit
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Don Mac G 2 Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment /	Discussed getting some more treatment to help manage pain.

progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 19 Jun 2024, 4:15PM Created: 20 Jun 2024, 12:10PM Last updated: 14 Jul 2024, 10:26PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling improvement with regular massage.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ian Cam Smith Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck tight lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

Body Chart	
Feedback after treatment -	Felt good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment and sauna next time.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot.

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 1 Jun 2024, 3:00PM</p> <p>Created: 1 Jun 2024, 4:10PM</p> <p>Last updated: 1 Jun 2024, 4:11PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Acupuncture still helping. Had cold.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Ken Davis Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage

today plus legs	
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment and sauna next time. 1st week home, 2nd week away, 3rd in Melbourne
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 5 May 2024, 2:30PM Created: 5 May 2024, 2:25PM Last updated: 5 May 2024, 3:43PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Acupuncture helped this week
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower

	Topical Treatment - fisiocrem shoulders and neck Music - Enya Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today plus legs
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some more treatment and using heat
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Lots of sweating

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Apr 2024, 4:30PM Created: 14 Apr 2024, 5:43PM Last updated: 14 Apr 2024, 8:31PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight. Tightened up and licked up last week. Seeing naturopath/acupuncturist and physio
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes.

	Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Carl Chang 2 Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good, huge improvement in movement
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Ordered a Thera pack. See in 2-3 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 23 Mar 2024, 3:00PM Created: 23 Mar 2024, 4:15PM Last updated: 23 Mar 2024, 4:45PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, so very tight.
Medication or relevant procedures / info identified that may affect the massage.	Injury

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Carl Chang 2 Aromatherapy - relax oil lavender blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good, has a cough still.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	discussed using some heat on shoulders to help with tension. Lent her my Therapack for her neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage
Practitioner: Christine Jervis Appointment: 11 Feb 2024, 3:00PM Created: 11 Feb 2024, 8:26PM Last updated: 11 Feb 2024, 8:27PM
Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders, hurts even just having bra straps on
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Lower Topical Treatment - fisiocrem shoulders and neck Music - Steve Helporn Aromatherapy - relax oil blend h2o blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight - lots of upper body massage today
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good after treatment, very relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on looking after herself more this year
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good, enjoyed the heat. Didn't sweat as much as last time

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Jan 2024, 4:30PM

Created: 12 Jan 2024, 4:18PM

Last updated: 12 Jan 2024, 5:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore especially in neck shoulders and neck been crunching

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

Injury

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

Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Lower
Topical Treatment - fisiocrem shoulders and neck
Music - Yanni if there blend
Aromatherapy - pain oil blend h2o blend

FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Felt really good after treatment

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

Work on looking after herself more this year

Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Felt really good, enjoyed the heat.

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis</p> <p>Appointment: 15 Dec 2023, 11:00AM</p> <p>Created: 15 Dec 2023, 12:12PM</p> <p>Last updated: 15 Dec 2023, 12:14PM</p>	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders. Got dry needling yesterday
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there blend Aromatherapy - lav oil blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip. Shoulders and neck very tight
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	

Feedback after treatment -	Felt really good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Back from New Zealand. Off to Melbourne next week for Christmas
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	Felt really good - thinks she might do that more often.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 29 Sep 2023, 4:00PM Created: 30 Sep 2023, 2:28PM Last updated: 30 Sep 2023, 2:29PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck shoulders and body is stiff even with shopping, she notices it. Lots of computer work
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there blend Aromatherapy - lav oil blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip - avoided scars

What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery and going slowly and building gradually. Heading to Kenya tomorrow for 2 week school trip
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Jul 2023, 10:30AM
Created: 7 Jul 2023, 11:42AM
Last updated: 8 Jul 2023, 2:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck still. Lots of computer work while recovering.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023 Right side done May 9. Still to get left.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck

	Music - Yanni if there blend Aromatherapy - lav oil blend FB Massage with gentle massage all over. Remedial techniques on hips and neck. Gentle work on R side leg and hip - avoided scars
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery and going slowly and building gradually.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 25 Mar 2023, 10:20AM Created: 25 Mar 2023, 11:33AM Last updated: 25 Mar 2023, 11:42AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck still - limited ROM
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today	Pressure used - 2

to help the client	<p>Hot Stones - 2 x Lx and 2 x back</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Upper Back</p> <p>Topical Treatment - fisiocrem shoulders and neck</p> <p>Music - Yanni if there and beyond mix</p> <p>Aromatherapy - cream</p> <p>FB Massage with gentle massage all over. Remedial techniques on hips and neck.</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt really good and improved movement after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about stress nd neck tension. Surgery booked for May 9.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Feb 2023, 4:30PM

Created: 13 Feb 2023, 10:52AM

Last updated: 13 Feb 2023, 10:56AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in neck still - got sore on the holidays even without computer work
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - Yes.</p> <p>Anything noteworthy - No.</p>

	Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - cream FB Massage with gentle massage all over. Remedial techniques on hips and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Lots of tender spots.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about stress. Looking at getting surgery in Term 2.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Dec 2022, 3:00PM
Created: 12 Dec 2022, 4:07PM
Last updated: 12 Dec 2022, 4:17PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in R neck still. Tired after sickness
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help. Hip replacement 2023

Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - cream FB Massage with gentle massage all over. Remedial techniques on hips and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Looking brighter
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about holidays and recharging
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Nov 2022, 10:20AM
Created: 5 Nov 2022, 11:35AM
Last updated: 5 Nov 2022, 11:45AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore especially in R neck. Seeing physio.
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags /	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the

Precautions needed etc (i.e. conditions listed above)-	right thing to help and settle it. Medicating to help. Hip replacement 2023
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - fisiocrem shoulders and neck Music - Yanni if there and beyond mix Aromatherapy - oil peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about heat when doing marking and computer stuff
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Aug 2022, 4:30PM
Created: 29 Aug 2022, 5:40PM
Last updated: 29 Aug 2022, 6:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in LX and shoulder region, will need hip replacement in 12 mths still. Neck improved with 4 needling visits with physio

Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - zen hips and neck Music - Yanni if there Aromatherapy - cream peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about managing body aches and pains
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20mins
Feedback after treatment -	Enjoyed sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Jul 2022, 4:30PM
Created: 18 Jul 2022, 4:34PM
Last updated: 18 Jul 2022, 5:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths still. Neck been very stiff and sore for 3 days
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - zen hips and neck Music - Yanni if there Aromatherapy - cream peppermint FB Massage with gentle massage all over. Remedial techniques on hips and neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; SCMs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Moving slowly but really enjoyed it. Improved ROM
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about heat with her neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 May 2022, 4:15PM
Created: 31 May 2022, 5:13PM
Last updated: 31 May 2022, 6:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths still
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Lx and zen Music - Ian Cam Smith I Aromatherapy - cream FB Massage with gentle massage all over. Remedial techniques on hips.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage. Moving slowly but really enjoyed it.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Long service showed her how stressed she is and needing some relaxing. Discussed gentle movement.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Apr 2022, 12:45PM
Created: 22 Apr 2022, 2:32PM
Last updated: 22 Apr 2022, 2:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client been feeling sore in LX region, will need hip replacement in 12 mths.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem Lx and zen
Music - Ian Cam Smith I
Aromatherapy - Peppermint cream

FB Massage with gentle massage all over. Remedial techniques on hips.

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

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

Body Chart

Feedback after treatment - Felt good after massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Long service 1 week left, discussed gentle movement. Exercise physiologist gave her 5 simple activities to do. Cat stretch, bridge, hip flexion, getting up from chair...

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 2022, 10:30AM

Created: 12 Mar 2022, 10:30AM

Last updated: 12 Mar 2022, 11:42AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in LX region, lots of sitting with work
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	Lx pain - physio Tx. Stretching and doing gym most days, but still struggling to find the right thing to help and settle it. Medicating to help
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Yes. Anything noteworthy - No. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2 Hot Stones - 2 x Lx and 2 x back Hot Wet Towels - Feet / Face Hot Pack - Upper Back Topical Treatment - Fisiocrem Lx and zen Music - Ian Cam Smith II Aromatherapy - Pepp/Euc/Rosemary FB Massage with gentle massage all over.
What parts of the body were massaged?	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after massage - enjoyed the massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Long service coming up soon, discussed gentle movement

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, 3:45PM
Created: 18 Jan 2022, 6:20AM
Last updated: 18 Jan 2022, 6:22AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client had Covid isolation with daughter for 11 days. Feeling sick from booster shot for 4 days.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem shoulders
Music - Ian Cam Smith
Aromatherapy - Pepp/Euc/Rosemary

FB Massage with gentle massage all over.

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

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

Body Chart

Feedback after treatment - Felt good after massage - enjoyed the massage.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Talked about gentle massage and recovery and looking after herself as school resumes.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Nov 2021, 8:00AM
Created: 23 Nov 2021, 4:25AM
Last updated: 23 Nov 2021, 4:26AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client has found some improvement after massage but body still hurting. Hips sore. Has adjusted exercise to suit.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem
Music - Ian Cam Smith
Aromatherapy - Pepp/Euc/Rosemary

FB Massage with psoas release work too.

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

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

Body Chart

Feedback after treatment - Felt good. Many tender areas.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed that it's ok to "just walk the dog" and talked about doing different exercise to help inflammation.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Sep 2021, 10:30AM
Created: 6 Oct 2021, 4:08AM
Last updated: 6 Oct 2021, 4:53AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client has found some improvement after massage but still struggling with hip pain and inflammation.

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

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

Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing to help and settle it.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client

Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem
Music - Yanni if there
Aromatherapy - Pepp/Euc/Rosemary

FB Massage with psoas release work too.

What parts of the body were massaged?

Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Felt good. Lots of sore spots too.

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

Discussed more about finding balance with inflammation.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 28 Aug 2021, 9:00AM

Created: 3 Sep 2021, 3:55PM

Last updated: 3 Sep 2021, 3:58PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client has been struggling badly with inflammation of her hips. Really sore and been working with a physio, but not going great. Not sure of what's setting off the pain...

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

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

Lx pain - physio is Tx. Stretching and doing gym most days, but struggling to find the right thing

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client

Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem
Music - Yanni if there
Aromatherapy - Pepp/Euc/Rosemary

FB Massage with psoas release work too.

What parts of the body were massaged?

Full Body Treatment; Stomach; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; QLs; ITBs; TFLs; Glutes

Body Chart

Feedback after treatment -

Felt good. Client enjoyed treatment - it's been a long time. Many sore spots...

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

Discussed how regular massage can help.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 27 Nov 2019, 4:30PM

Created: 27 Nov 2019, 4:24PM

Last updated: 28 Nov 2019, 1:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's R shoulder and Lx region is sore. Been struggling with pain all year for lower back. Enjoyed trip away to India.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- Not sure what's caused Lx pain but has been seeing physio for Tx. Stretching and doing gym everyday.

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - Yes.
Anything noteworthy - No.
Anything specific to massage (E.g. no foot massage) -

Treatment details - what was done today to help the client Pressure used - 2
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Feet / Face
Hot Pack - Upper Back
Topical Treatment - Fisiocrem
Music - Yanni if there
Aromatherapy - Pepp/Euc/Rosemary

Client enjoying

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

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

Body Chart

Feedback after treatment - Felt good. Many sore spots...

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Showed pelvic rocking. Discussed how regular massage can help.

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

Time in Sauna (minutes) - 20mins

Feedback after treatment - Enjoyed it. We buggered up with missing music/water/body wash so no charge on this sauna.

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Sep 2019, 2:30PM

Created: 25 Sep 2019, 3:33PM
Last updated: 9 Oct 2019, 10:34AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now-lower back pain, sitting at computer. R shoulder also going to India with school tomorrow for 2 weeks Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Mobic daily for R knee P
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
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 - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Sacred Earth mix Aromatherapy - pep eucalyptus/rosemary
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
Feedback after treatment -	very relaxed now, really tight when she came in, and rushed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	regular massage, psoas stretch shown

Infra-Red Sauna

Time in Sauna (minutes) -	20
Feedback after treatment -	enjoyed it

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 28 Aug 2019, 4:00PM

Created: 28 Aug 2019, 3:58PM
Last updated: 4 Sep 2019, 12:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now-lower back pain, sitting at computer. R shoulder also Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Mobic daily for R knee P
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
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 - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Enya mix Aromatherapy - pep eucalyptus/rosemary
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
Feedback after treatment -	very relaxed now, really tight when she came in, and rushed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	regular massage, psoas stretch shown

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Initial Consultation - Dry Needling Therapy

Practitioner: Marina Franke
Appointment: 27 Jul 2019, 10:45AM
Created: 27 Jul 2019, 12:28PM

Last updated: 27 Jul 2019, 12:29PM

Initial Consultation - Dry Needling Therapy**Presenting complaint (relevant medical history or client info)**

What's going on now -
Any previous treatment -
Any Red Flags -

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

Treatment details - what was done today to help the client

Pressure used -
Hot Stones -
Hot Wet Towels -
Cupping area -
Topical Treatment -
Music -
Aromatherapy -

What parts of the body were massaged?**Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)****Where any specific trigger points used?****Body Chart****Feedback after treatment -****Dry Needling Therapy****What parts of the body were treated?****Infra-Red Sauna****Time in Sauna (minutes) -**

20

Feedback after treatment -

enjoyed it

Standard Consultation - Remedial Massage**Practitioner:** Marina Franke**Appointment:** 27 Jul 2019, 11:15AM

Created: 27 Jul 2019, 12:20PM
Last updated: 27 Jul 2019, 12:21PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now SIJ P, saw physio a few times, still niggles on L Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Mobic daily for R knee P
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
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 - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - Acker Bill Aromatherapy - pep eucalyptus/rosemary
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
Feedback after treatment -	very relaxed extra 15 mins so added in abdominal massage last visit
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 18 Feb 2019, 5:15PM

Created: 18 Feb 2019, 5:09PM
Last updated: 18 Feb 2019, 6:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now SIJ P, saw physio a few times, still niggles Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Mobic daily for R knee P
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
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 - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - nature Aromatherapy - pep eucalyptus/rosemary
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
Feedback after treatment -	very relaxed extra 15 mins so added in abdominal massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 24 Oct 2018, 4:00PM

Created: 24 Oct 2018, 5:01PM
Last updated: 24 Oct 2018, 5:08PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - Feeling good-holidays. neck& shoulders, hips sleeping on mattress camping Feedback from previous treatment - :)
Details of Medications / Red Flags etc (i.e. conditions listed above)-	Mobic daily for R knee P
Medication or relevant procedures / info identified that may affect the massage.	Prescription Medication
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 - firm/hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music - uplifting Aromatherapy - mandarin
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; SCMs; TFLs; Glutes
Feedback after treatment -	very relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 15 Sep 2018, 10:00AM

Created: 15 Sep 2018, 10:08AM

Last updated: 15 Sep 2018, 11:02AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - (neck& shoulders, L back) woke up with R glute/hip P-didn't take Mobic yesterday and did legs at the gym 2/7
Feedback from previous treatment - :)

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

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

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 - firm/hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin Tx12 - Cx1
Topical Treatment - fisiocrem
Music - Ian CS
Aromatherapy - mandarin

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

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

Feedback after treatment - R glutes not as toned as L, R ql's tight
very relaxed & ROM increased

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) stretch glutes and ql's

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 18 Aug 2018, 10:00AM**Created:** 18 Aug 2018, 9:45AM**Last updated:** 18 Aug 2018, 11:06AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)What's going on now - neck& shoulders, L back
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 - firm/hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -err spin Tx12 - Cx1
Topical Treatment - fisiocrem
Music - Kenny G
Aromatherapy - tangerine**What parts of the body were massaged?**

Head / scalp; Face / sinuses

Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Prone; Legs - Supine;

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; QLs; Glutes

Feedback after treatment -

very relaxed & ROM increased

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

stretch

Infra-Red Sauna

Time in Sauna (minutes) -**Feedback after treatment -**

Patient Forms

Client Health Check

Practitioner: Christine Jervis
Appointment: 17 Jan 2022, 3:45PM
Completed: 13 Jan 2022, 9:31AM

Travel History

Have you been out of the country in the past 2 months? If so, where. no

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☒ Yes ☐ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☒ Yes ☐ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis
Appointment: 20 Nov 2021, 8:00AM
Completed: 17 Nov 2021, 4:52PM

Travel History

Have you been out of the country in the past 2 months? If so, where. no

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☒ Yes ☐ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 18 Sep 2021, 10:30AM

Completed: 14 Sep 2021, 12:05PM

Travel History

Have you been out of the country in the past 2 months? If so, where.

no

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms?

☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☒ Yes ☐ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes ☒ No

Client Health Check

Practitioner: Christine Jervis

Appointment: 28 Aug 2021, 9:00AM

Completed: 24 Aug 2021, 7:46PM

Travel History

Have you been out of the country in the past 2 months? If so, where.

no

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks? ☐ Cough ☐ Fever ☐ Shortness of breath ☒ None of the above

How severe are your symptoms? ☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks? ☐ Yes ☒ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks? ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No