

Damien Ottone

DOB 14 Nov 1980
Occupation Labourer

Appointments

Date	Time	Type	Practitioner
23 Aug 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
25 Jun 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
21 May 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
3 Apr 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
13 Mar 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
5 Mar 2025	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
19 Feb 2025	12:45PM – 1:45PM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 23 Aug 2025, 11:00AM

Created: 23 Aug 2025, 3:11PM

Last updated: 23 Aug 2025, 3:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore, lower back struggled with sciatic pain a couple of weeks ago, but it's ok now

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)-

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) - hairy back and legs
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - Lav Peppermint balm Spritzer - Ec Tea free Remedial techniques - shoulders, back, neck, legs.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/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; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt good after massage. Very red rhomboid region
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	So busy at work, see how he goes.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 25 Jun 2025, 12:45PM
Created: 5 Jul 2025, 9:28PM
Last updated: 5 Jul 2025, 9:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling good, ready for a massage.

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)-	
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) - hairy back and legs
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Enya Aromatherapy Massage oil - Lav Peppermint balm Spritzer - Ec Tea free Remedial techniques - shoulders, back, neck, legs.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/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; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in about another 5 weeks - he's liking that.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 May 2025, 12:45PM**Created:** 21 May 2025, 1:43PM**Last updated:** 22 May 2025, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - clients body improved after last massage. Looking forward to massage today.

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)-**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) - hairy back and legs

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Ian Cam Smith
Aromatherapy Massage oil - Lav Peppermint balm
Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/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; Face / sinuses

Where any specific trigger points used?**Body Chart****Feedback after treatment -**

Felt good after massage, enjoyed today but also some sore spots. ITBs sore esp GT and pecs/traps/rhombs tender.

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

See in about 5 weeks

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 3 Apr 2025, 12:45PM**Created:** 3 Apr 2025, 2:00PM**Last updated:** 3 Apr 2025, 2:01PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - clients body improved after last massage. L ankle twisted after jumping from truck.

Feedback from previous treatment - felt better

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)-**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) - hairy back and legs

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Mod Girls KD lang

Aromatherapy Massage oil - Lav Peppermint balm

Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Arms & Hands

Topical Treatment

Fisiocrem shoulders/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; Face / sinuses

Where any specific trigger points used?**Body Chart****Feedback after treatment -**

Felt good after massage, enjoyed today. ITBs sore esp GT and pecs/traps/rhombos tender.

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

See in 1 month

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 13 Mar 2025, 12:45PM**Created:** 13 Mar 2025, 1:52PM**Last updated:** 13 Mar 2025, 5:34PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**What's going on now - clients body improved after last massage.
Feedback from previous treatment - felt better**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)-**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) - hairy back and legs**Treatment details - what was done today to help the client**Pressure used - 2-3 firm
Music - Kenny G saxophone
Aromatherapy Massage oil - Lav Peppermint balm
Spritzer - Ec Tea free

Remedial techniques - fb plus stomach

Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/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; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage, enjoyed today
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 1 month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Mar 2025, 12:45PM
Created: 5 Mar 2025, 1:50PM
Last updated: 7 Mar 2025, 11:11AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - clients body improved after last massage. Been sick with Covid Feedback from previous treatment - felt better
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)-	
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) - hairy back and legs
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Kenny G saxophone Aromatherapy Massage oil - Lav Peppermint balm Spritzer - Ec Tea free Remedial techniques - fb plus stomach
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Arms & Hands
Topical Treatment	Fisiocrem shoulders/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; Face / sinuses
Where any specific trigger points used?	
Body Chart	
Feedback after treatment -	Felt good after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See weekly for this month to get on track
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Feb 2025, 12:45PM
Created: 19 Feb 2025, 2:53PM
Last updated: 19 Feb 2025, 2:56PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client been sore and stiff all over

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - checked before</p> <p>Anything noteworthy - no</p> <p>Anything specific to massage (E.g. no foot massage) - hairy legs and forearms</p> <p>Client had any previous treatment elsewhere? Yes. 10 years ago with me.</p> <p>Any Red Flags - no</p>
Medication or relevant procedures / info identified that may affect the massage.	Injury
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Arms & Hands</p> <p>Hot Pack - Upper Body</p> <p>Topical Treatment - upper Fisiocrem / Zen lower</p> <p>Music - Ian Cam Smith</p> <p>Aromatherapy Massage oil - Balm and extreme oil</p> <p>Spritzer - euc peppermint</p> <p>Fb with remedial techniques on shoulders and back</p>
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; ITBs
Body Chart	
Feedback after treatment -	ITBs and rhomb very sore and tight, felt he really needed it
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See for some weekly treatments to get body back feeling better
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record

Practitioner: Christine Jervis
Appointment: 19 Feb 2025, 12:45PM
Completed: 14 Feb 2025, 8:40PM

About you...

What's your health fund? QLD country health

Occupation - how long? Foreman - 23yrs

List your physical activities, hobbies, exercise or sport. Fishing

Do you sit/stand for long hours? (E.g. car/desk) Stand long hours

Medications - prescribed or natural Lexam10

Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. None

About Massage...

How did you find out about our massage clinic?

☐ Google ☐ Facebook ☐ Instagram ☐ Phonebook
☐ Massage Association ☐ Health Professional (Doctor, Physio, Midwife)
☒ Referral - word of mouth ☐ Current/Previous Customer

Who referred you? We use a client reward system - May we thank them? Known Christine long time

What are your goals or reasons for getting massage? Loosen up back muscles

Type of massage pressure you prefer?

☐ Gentle ☐ Firm ☐ Hard ☐ Very Hard
☒ Not sure? (We'll check at your massage)

Any areas you DON'T want massaged?

☐ Face ☐ Head ☐ Stomach ☐ Back ☐ Buttocks ☐ Arms
☐ Legs ☐ Feet ☒ I am ok with all the above areas being massaged
☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)

Do you experience headaches? ☐ No ☒ Mild ☐ Severe ☐ Persistent ☐ Migraines

Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?

☐ Discomfort with a whole mix of things happening ☐ Abdominal pain
☐ Bloating ☐ Constipation (going less than once per day)
☐ Hard bowel movements ☐ Loose bowel movements ☐ Diarrhoea
☐ Food allergies ☐ Occasionally experience problems
☐ Struggling most of the time ☒ No problems - everything is working well

Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas. None

Do you have any pain?

- ☐ No pain - nothing hurts ☒ Morning soreness ☐ Night time pain
☐ Happens randomly - can be any time
☐ Pain doing something specific. E.g. Bending over to touch toes.
☐ All the time ☐ Tender to touch ☐ Dull pain ☐ Aching or throbbing
☐ Sharp pain ☒ Stiffness ☐ Muscle tightness ☐ Restricted movement

If your body hurts, what relieves it?

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

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

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

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

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

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

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

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

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

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

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

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

D. Ottone

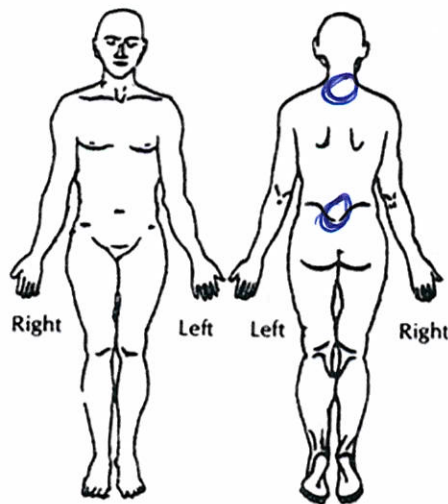
Full Name Damien Patrick O'Hare Date of Birth 14.11.80
 Postal Address 7 Lomond Close
 Home Phone — Work 40531 40315457 Mobile 0408702534
 Email Address DamienO'Hare@hotmail.com Health Fund —
 Emergency Contact Details – Name and Number Talia O'Hare
 Current Doctor N/A Referred By Talia
 Occupation and how long Labour 10 years
 Physical Activities/Hobbies/Exercise water skiing
 Medical History (operations/illnesses/accidents/injuries) N/A
 Medications – Prescribed or Natural: —

Some conditions require your massage to be modified.
 Please tick all conditions below that apply to you NOW.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruise Easily / Blood clotting problems
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Cold / Flu
- ☐ Constipation ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Numbness / Tingling
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☐ Sprained/strained muscles

Details —

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



Amount of Pain (1-10): 8

Type (sharp, dull, aching etc) —

When is the pain worst? Driving

What relieves the pain? —

Please circle any areas you DON'T want massaged: Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

All the information a client provides helps determine an appropriate massage treatment.
 Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
CLIENTS – if you develop any further complications/symptoms/problems or your details change, **PLEASE ADVISE ASAP.**

Signature: Talia Date: 3.3.15

PLEASE READ THIS INFORMATION CAREFULLY


Every massage treatment has potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, cause blood thinning, euphoria or interact with medications or homeopathic remedies).

To minimise possible risk, you must:

Be honest about the information you provide regarding your health:
especially for heart/kidney/immune/health problems, if you're pregnant/breastfeeding

Tell your therapist if you have sensitive skin, bruise easily, have any known health problems, if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable at any stage.

After treatment, it is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving/using stairs.
Keep well hydrated with water especially in the 24-48 hours after treatment.

 It may be necessary to discuss your condition and/or treatment with your doctor, physiotherapist or referring health care practitioner - you will be informed if this occurs. Do you agree to such discussion to improve your health?

☒ **Yes** ☐ **No**

 **Please tick the boxes below - after you read and agree with each statement:**

- ☒ I understand there are possible significant risks, complications and side-effects to any treatment I receive.
- ☒ I know that the therapist and I both have the right to refuse or stop any treatment at any time.
- ☒ I have the right to ask for further information or to refuse treatment of breast, buttock or groin areas.
- ☐ I agree to read the information brochure I will be given to take home at the end of my first treatment.



Your
Signature:



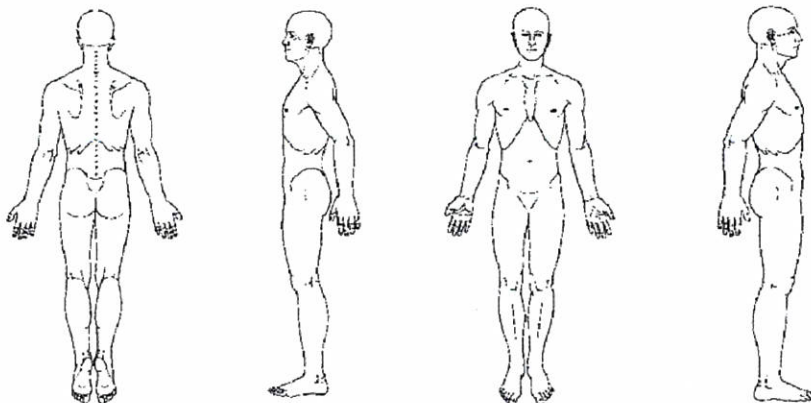
Your Name:

Damien

Date:

3.3.15

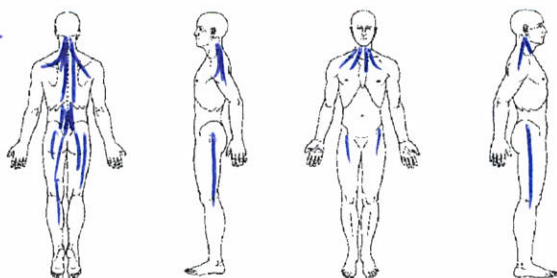
SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement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



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

TREATMENT NO. 1 S = Client been feeling sore in back usually + shoulders/neck when driving - gets stiff/sore

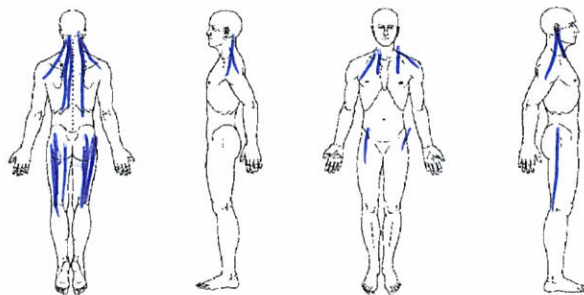
DATE: 03-03-15
TIME: \$88 + \$11
PAID: 1hr. INITIAL
REC.No: TLES 1030
AIR TEMP: 25
MUSIC: North I
FACE CREST: Jaw
SUPINE SCENT: Lem
OIL BLEND: Relax
41411 Lav
HT: Face
CST: 2 x Lu
HST: 2 x back
Feet/Face



O/A: Traps up taut. Tender esp. tight + feet sore
Deltoids tight
Es tight. Pecs tight
Rhomb region taut
Stomach towel TP's.
Full Body STOMACH
ARMS Prone Supine LEGS
TP Rhomb/traps / ITBs / Sluts
Fx Rhomb / AT/AC / ITBs
Talked Quiet
ROM Used = ms - self report
FBACK Feet improvement immediate

TREATMENT NO. 2 S = Client been feeling tightness in his body > 3 day motorbike trip over rough terrain

DATE: 2.12.15
TIME: \$88
PAID: 1hr. PAYD
REC.No: 011410
AIR TEMP: 25
MUSIC: Mix MS/HS
FACE CREST: Jaw
SUPINE SCENT: Lemon
OIL BLEND: Relax
HT: Feet + Face
CST: Face
HST: 2 x Lu
2 x back

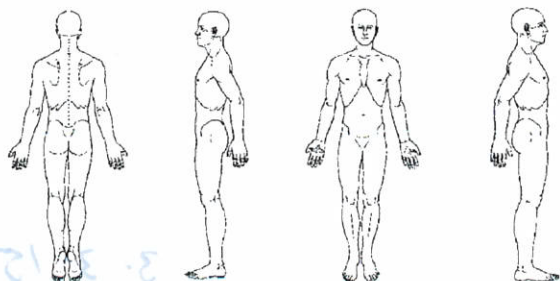


O/A: Traps up tight. Pecs taut
Deltoids tight. Tender
Es tight + v. varado
Rhomb region taut
Full Body STOMACH
ARMS Prone Supine LEGS
TP Rhomb/med/ham/traps
Fx Rhomb/traps
Talked Quiet
ROM Used = ms
FBACK feet better > ms

P = Client felt better > ms - discussed how Ng ms can help

TREATMENT NO. 3 S =

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



O/A: _____
Full Body STOMACH
ARMS Prone Supine LEGS
TP _____
Fx _____
Talked Quiet Breathing
ROM _____
FBACK _____

EXTRA _____
NEXT APPT: _____

P =