

Full Name Anne Majer Date of Birth 8/3/73
Postal Address 47 Lyndel Drive, Woree, Cairns Qld 4868
Home Phone (07)40331298 Work - Mobile 0409626568
Email Address amayer@pacific.net.au Health Fund MBF
Emergency Contact Details - Name and Number Mary Majer 40331298
Current Doctor Caroline Yates Referred By -
Occupation and how long Primary Teacher
Physical Activities/Hobbies/Exercise Walking

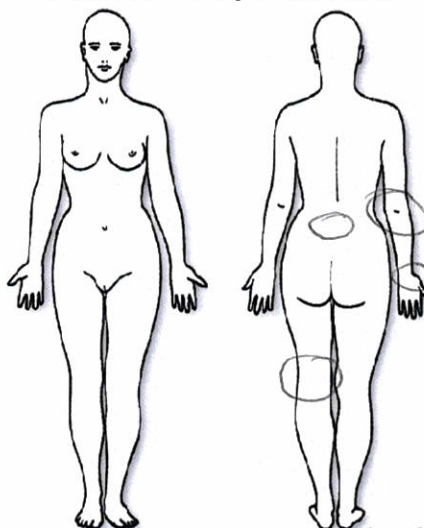
Medical History (operations/illnesses/accidents/injuries/# of children) left knee operation
enlarged thyroid, tennis elbow (right) arthritis - right wrist.
Medications - Prescribed or Natural: Lexapro Nordette

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 / Varicose Veins
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Constipation ☐ NOW ☒ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache ☐ NOW ☒ SOMETIMES ☐ MOST OF THE TIME
- ☒ Numbness / Tingling
- ☐ Period Problems / Diagnosed female condition
- ☐ Pregnant / Trying to get pregnant / Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems or ☒ Sprained/strained muscles

Details have sore lower back
at times

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



Amount of Pain (1-10): 6-8

Type (sharp, dull, aching etc) aching

When is the pain worst? when used alot

What relieves the pain? rest

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: [Signature] Date: 26/2/12

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:

Anne Majer

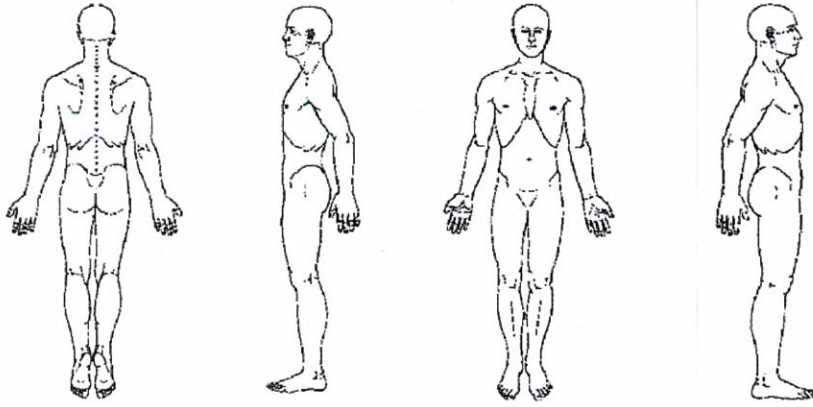
Your Name:

ANNE MAJER

Date:

26/2/12

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

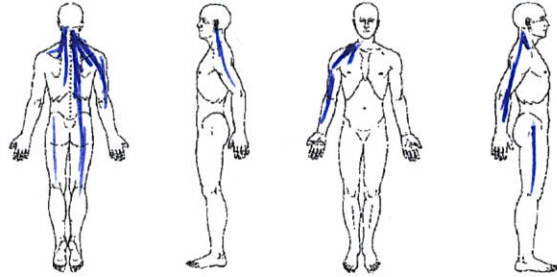


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

Arthritis diagnosis - working with physio Julie

TREATMENT NO. 1 S = Client's whole body sore - hasn't had Ms in a long time

DATE: 14/02/12
 TIME: 2:30 TUES
 PAID: \$75 Inv.
 REC.No:
 AIR TEMP: 23°C
 MUSIC: Norah
 FACE CREST: Dem
 SUPINE SCENT: lav
 OIL BLEND: Relax
Pepp/dav
 HT Feet + Face
 CST ① Face
 HST 2x lx

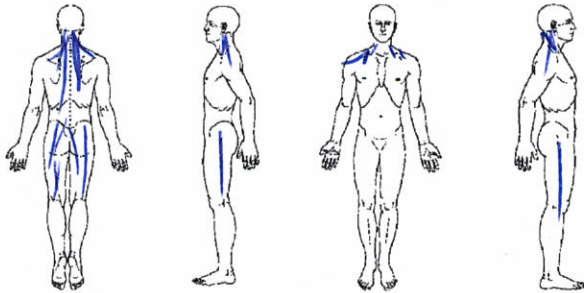


O/A: strapping on - feels arm
qls taut. Trapp up right
ES cong. Pels tight
Rhombos cong + tight
☒ Full Body ☒ STOMACH dots Ms esp upper body
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs
 Fx occl traps/d traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used after Ms
 FBAC Felt better - big diff

EXTRA 2x back P = Seeing physio for more Tx
 NEXT APPT:

TREATMENT NO. 2 S = Client been feeling tightness in body + still has covering/protection on elbow/wrist

DATE: 20/02/12
 TIME: 3:50 MON
 PAID: \$70 Inv.
 REC.No:
 AIR TEMP: 25
 MUSIC: Trilight
 FACE CREST: lav
 SUPINE SCENT: dem
 OIL BLEND: Relax
Tea tree/dem
 HT Feet + Face
 CST ① Face
 HST 2x lx

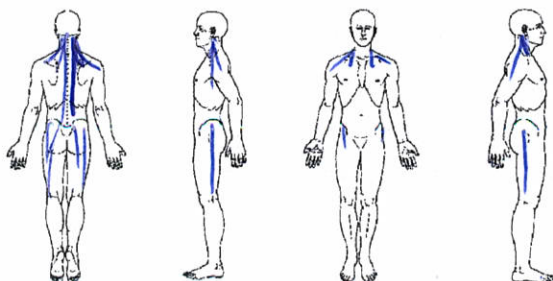


O/A: Better than previous week
deapstant Pels tight
qls taut. ES v abng
Rhombos still cong + asoa
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs
 Fx occl traps/d traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used after Ms
 FBAC Felt better > Ms

EXTRA 2x back P = Remom see physio again for further Tx
 NEXT APPT:

TREATMENT NO. 3 S = Client been sore this week + v. busy/stressed @ school

DATE: 02/03/12
 TIME: 3:50 FRI
 PAID: \$75 Inv.
 REC.No:
 AIR TEMP: 25
 MUSIC: Trilight
 FACE CREST: lav
 SUPINE SCENT: dem
 OIL BLEND: Relax
Pepp/Banl
 HT Feet + Face
 CST ① Face
 HST 2x lx



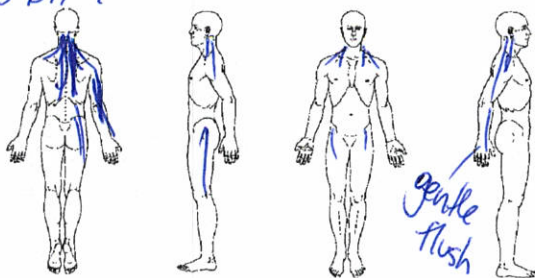
O/A: Improving with swelling - did gentle Ms/lymph clear unit,
☒ Full Body ☒ STOMACH for digest
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhombig med/ham/ITBs/traps
 Fx occl traps
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > Ms
 FBAC Felt relaxed but tired

EXTRA 2x back P = Arm guard now for wrist all the time + elbow
 NEXT APPT:

TREATMENT NO. 4.

DATE: 09.03.12
 TIME: 5:55 PM
 PAID: \$50 embs
 REC.No: 1794
 AIR TEMP: 250
 MUSIC: Twilight
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax 1%
 Mandi tang
 HT: Feet + Face
 CST: (A) Face
 HST: 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in shoulders
 + wrist been sore



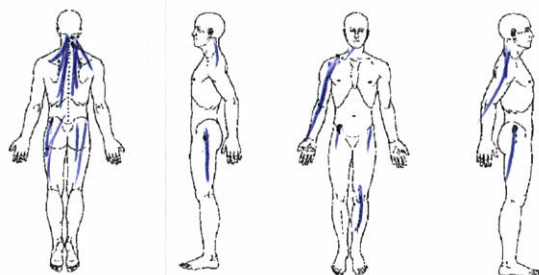
O/A:
 Pecs taut R esp
 Deltoids tight R esp
 ES tight + short
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp 1mm
☒ Talked ☒ Quiet Quiet Breathing
 ROM Feet better > Ms
 FBACK Tired

P = Reom client rest - v. tired from work

TREATMENT NO. 5

DATE: 14.03.12
 TIME: Weds 3pm
 PAID: 1hr \$75
 REC.No: 1806
 AIR TEMP: 250
 MUSIC: N/A
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Basil / Grape
 HT: Feet + Face
 CST: (A) Face
 HST: 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness + sore in R side
 Had fall & hurt herself



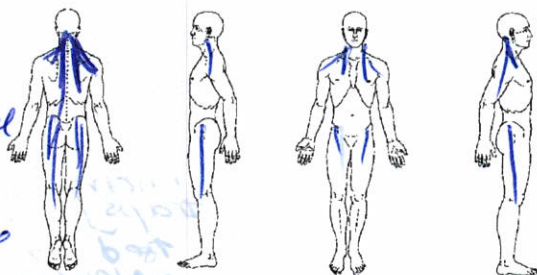
O/A:
 Shoulder R side upper
 Deltoids tight
 ES tight + short
 Rhomb region cong + tight
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx occipital/scalp
☒ Talked ☒ Quiet Quiet Breathing
 ROM Relaxed > Ms
 FBACK Feet better

P = Discussed recovery from fall

TREATMENT NO. 6

DATE: 28.03.12
 TIME: Weds 3:50
 PAID: 1hr \$75
 REC.No: 1822
 AIR TEMP: 250
 MUSIC: Mod Grits Israel
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT: Feet + Face
 CST: (A) Face
 HST: 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body
 esp on elbow Tired - sports car race



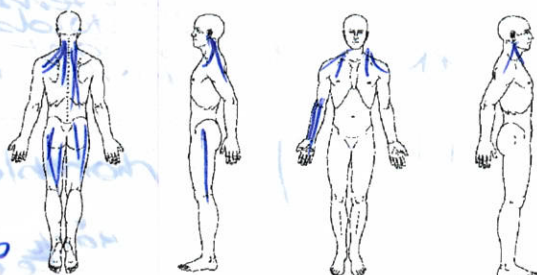
O/A:
 Rash still
 Pecs short. TMS tense
 Deltoids tight Qstight
 ES tight + short
 Rhomb region cong
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occipital/scalp 1mm/Pes
☒ Talked ☒ Quiet Quiet Breathing
 ROM elbow tender -
 FBACK Feet relaxed but tired

P = Reom compression band on elbow

TREATMENT NO. 7

DATE: Mon 02/04/12
 TIME: 5:15 PM
 PAID: 1hr \$75
 REC.No: 1827
 AIR TEMP: 250
 MUSIC: Twilight
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi tang
 HT: Feet + Arms/Hands
 CST: (A) Face
 HST: 2x1x
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling sore in shoulders
 + back Elbow sore



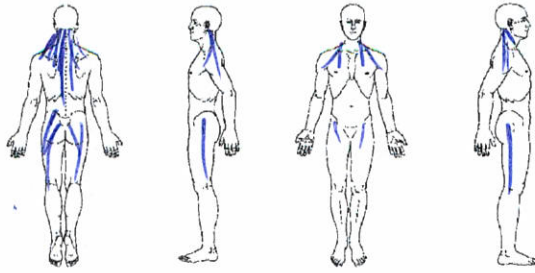
O/A:
 Pecs taut
 Deltoids tight. Pecs taut
 ES tight trappus
 Rhomb cong + tight
☒ Full Body ☒ STOMACH
 ARMS ☒ Prone ☒ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp 1mm/IBs
☒ Talked ☒ Quiet Quiet Breathing
 ROM Tired > Ms
 FBACK Feet better > Ms

P =

TREATMENT NO. 8

DATE: 2209.12
 TIME: 20:01
 PAID: \$85
 REC.No: 25 EFT
 AIR TEMP: 25
 MUSIC: Twilight
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in shoulders
 back tingly - picking up kids



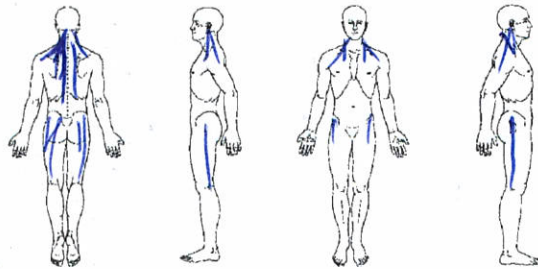
O/A:

Deltoids tight
 El. tight Pecs taut
 Rhombs tight + vasodil.
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine Ms LEGS
 TP rhomb/g med/ham/IBs
 Fx occ/scalp/mnt/Peep
☐ Talked ☐ Quiet ☒ Breathing
 ROM Tied > Ms
 FBACK Feet better > Ms

TREATMENT NO. 9

DATE: 03 09.12
 TIME: 5pm WEDS
 PAID: \$75 1hr.
 REC.No: 2117 EFT
 AIR TEMP: 25
 MUSIC: Indian I
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her
 back most of the time.



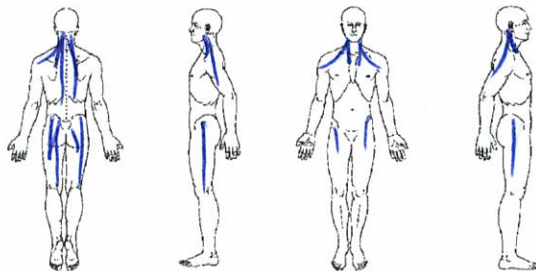
O/A:

Deltoids taut
 Pecs taut. traps up tight
 Ols tight + tingly
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/L scaps
 Fx occ/scalp/mnt
☐ Talked ☐ Quiet ☒ Snored Breathing
 ROM Tied after Ms
 FBACK Feet tied

TREATMENT NO. 10

DATE: 13 10.12
 TIME: Sat 10:45
 PAID: 1hr \$85
 REC.No: 2139 EFT
 AIR TEMP: 25
 MUSIC: Enya
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet + Face
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in Lx + neck
 region
 0.1t nex time



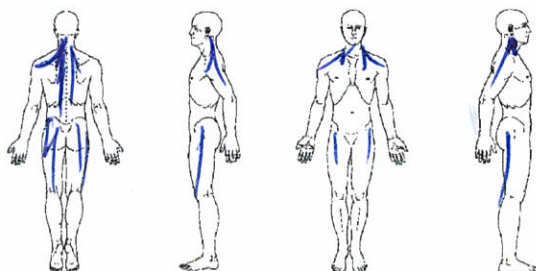
O/A:

Ols tight
 Pecs short. m. tense
 As tight. Deltoids tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx traps/occ/scalp
☐ Talked ☐ Quiet ☒ Breathing
 ROM Tied > Ms
 FBACK Next time s/l help for
 back
 stiffness

TREATMENT NO. 11

DATE: 19 10.12
 TIME: \$75 1hr
 PAID: 2:52
 REC.No: 25 4pm FRI
 AIR TEMP: 25
 MUSIC: Acheroldies
 FACE CREST: Lau
 SUPINE SCENT: Dem
 OIL BLEND: Relax
 Manditang
 HT: Feet
 CST: (A) Face
 HST: 2xLx
 2x back
 EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body



O/A:

m. tense
 Deltoids tight
 Es tight Pecs short
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/IBs
 Fx
☐ Talked ☐ Quiet ☒ Breathing
 ROM Back on today
 FBACK Feet relaxed > Ms

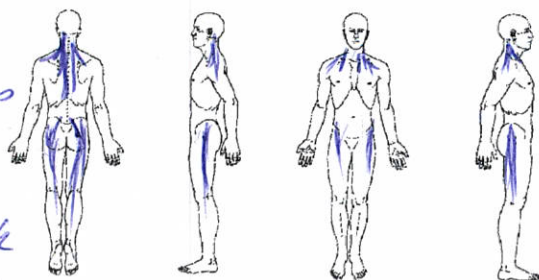
P = Blom client look after body

TREATMENT NO. 12

DATE: 16.12.12
 TIME: 5pm-7pm
 PAID: 2300
 REC.No: 2300
 AIR TEMP: 25
 MUSIC: Hickey Birk
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax
 HT: 2x + 2x back
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in shoulders / neck / back.



O/A: All tight.
 Pecs tight. Traps tight
 ES tight. Deltoids tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomboid med / traps
 Fx occipital / traps
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK Relaxed 7ms

P = Just had reflex - going for reg tx next year

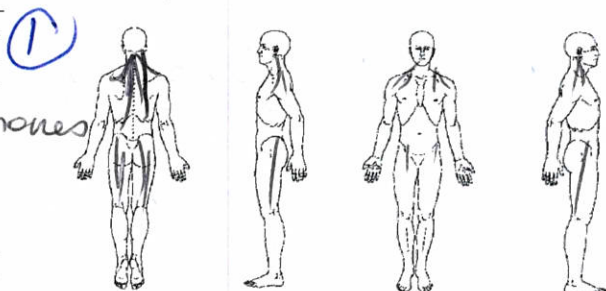
TREATMENT NO. 13

DATE: 15.2.13
 TIME: 9.25 hr
 PAID: 4pm
 REC.No: 24
 MP: 25
 N: Kenny G / Mones
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet + Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body



O/A: Deltoids tight. Pecs tight
 ES tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomboid med / ham
 Fx traps / traps
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK Feet better 7ms

P = Client been feeling better 7ms

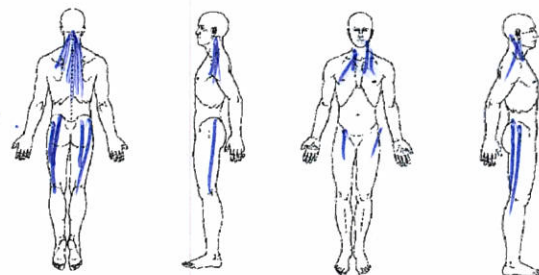
TREATMENT NO. 14

DATE: 15.03.16
 TIME: 3.30
 PAID: 388
 REC.No: 3455
 AIR TEMP: 25
 MUSIC: Mass Mix 20
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet / Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her



O/A: Deltoids tight
 Pecs tight
 Deltoids tight
 Traps up tight
 Rhomb region cong

☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomboid med / ham / traps
 Fx occipital / traps
☐ Talked ☒ Quiet Breathing
 ROM Red 7ms
 FBACK felt better 7ms

P = Acrom client stretch out after running

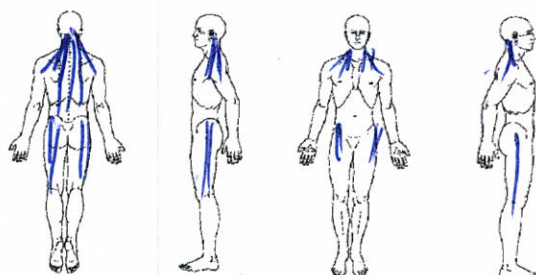
TREATMENT NO. 15

DATE: 23.03.16
 TIME: 3.30
 PAID: 1hr
 REC.No: 4392
 AIR TEMP: 25
 MUSIC: Mix Ms 10-60
 FACE CREST: 200
 SUPINE SCENT: 200
 OIL BLEND: Relax

HT: Feet / Face
 CST: 2x + 2x back
 HST: 2x + 2x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her shoulders improved. Tx been sore



O/A: Pecs tight
 Deltoids tight
 ES tight
 Rhomb region cong

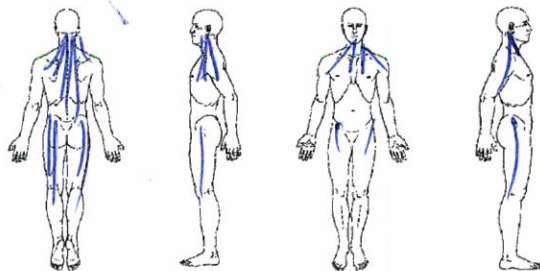
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomboid med / ham / traps
 Fx occipital / traps
☐ Talked ☒ Quiet Breathing
 ROM 7sd 7ms
 FBACK felt

P = Perom client stretch out with body in pool

TREATMENT NO. 16

DATE: 30.03.16
TIME: \$88
PAID: 1hr
REC.No:
AIR TEMP: 25
MUSIC: New Helpem I
FACE CREST: Lav
SUPINE SCENT: Lem
OIL BLEND: Kelan
4/4/16
HT: Feet 1 Fair
CST: 1 Fair
HST: 2 x 1/4
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her shoulders



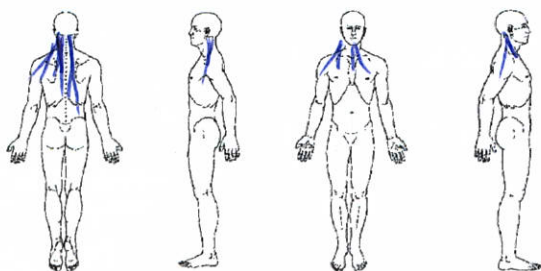
O/A:
traps up tight
Deltoids tight
ES right
Rhomb region comp
Better this week
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP ES/O/S
Fx Rhomb/g med / traps
Quiet Breathing
ROM felt v. relaxed
FBACK Used > ms rom

P = Discussed keeping exercising on holidays

TREATMENT NO. 17

DATE: 26.04.16
TIME: \$66
PAID: 1hr
REC.No:
AIR TEMP: 25
MUSIC: Lav
FACE CREST: Lem
SUPINE SCENT: Lem
OIL BLEND: Kelan
Mandarin
HT: Feet 1 Fair
CST: 1 Fair
HST: 2 x 1/4
2 x back
EXTRA
NEXT APPT:

S = client been feeling tightness in her body in her R shoulder lately + back been sore

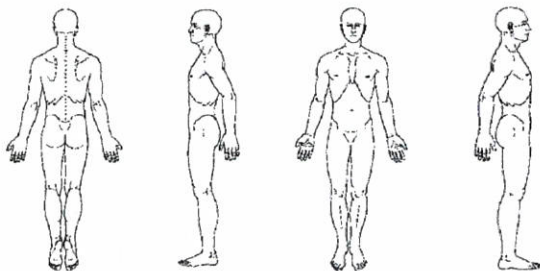


O/A:
traps up tight
Deltoids tight
ES right
Rhomb region comp
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP Rhomb/g med / ham traps
Fx
Quiet Breathing
ROM
FBACK

P = Reconc client mix up spine? posture to help balance shoulder - neck / b'shoulder / back

TREATMENT NO. _____

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

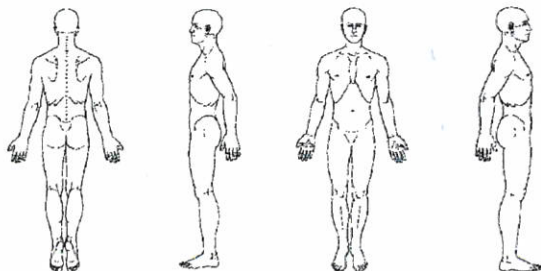


O/A: _____
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP
Fx
Quiet Breathing
ROM
FBACK

P = _____

TREATMENT NO. _____

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

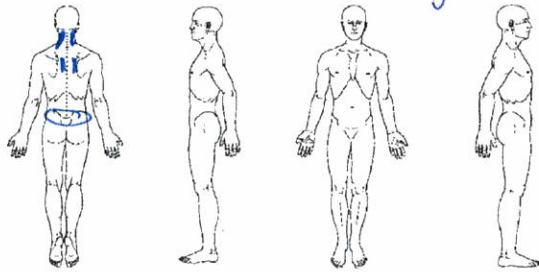


O/A: _____
Full Body ☐ STOMACH ☐ LEGS
ARMS ☐ Prone ☐ Supine
TP
Fx
Quiet Breathing
ROM
FBACK

P = _____

TREATMENT NO. 

S = Lx
Ⓛ ACL tear, re injured 3/12.
Anne Mayer



O/A: Firm → DT.

Neck ↑ - supine Ⓡ

DATE: 3 / 11 / 17
TIME: 1pm.
PAID: _____
REC.No: _____
AIR TEMP: 24
MUSIC: Ian Cam Smith
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: L / M
Ⓟ
HT Feet / Face.
CST _____
HST Lx Back
x2 x2.
EXTRA _____
NEXT APPT: _____

☐ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS full p, 1/2 sup
TP mid trapez.
Fx err spine esp. mid tx
☐ Talked ☒ Quiet Breathing
ROM _____
FBACK ✓

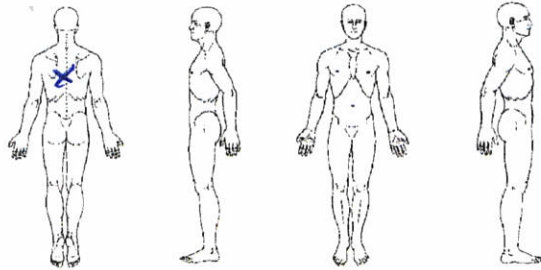
P = _____

TREATMENT NO. 19

S = mid tx pinching

DATE: 4/12/17
TIME: 5
PAID: _____
REC.No: _____
AIR TEMP: 22
MUSIC: mass long
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: L/T
HT feet almond
CST chest
HST 2x glutes
EXTRA 2x back
NEXT APPT: cups

Anne.



O/A: _____

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

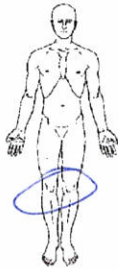
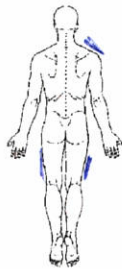
P = twist chair stretch
brief cupping

TREATMENT NO.

S = knees & LB sore. swimming carnival last week.
shoulders not too bad.

DATE: 11/12/17
TIME: _____
PAID: _____
REC.No: _____
AIR TEMP: 22
MUSIC: mass lans
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: 1/1 Almond
HT feet chest.
CST _____
HST glutes v-back.
EXTRA _____
NEXT APPT: _____

Anne



O/A: hips/glutes ↑ Ⓛ QL ↑
ITB's ↑

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

P = _____

TREATMENT NO

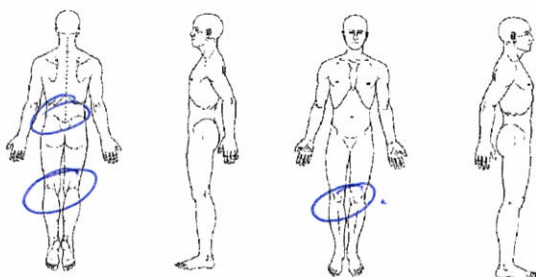


DATE: 18/12/17
 TIME: 10:30 1hr
 PAID:
 REC.No: 897.
 AIR TEMP: 22
 MUSIC: MASS lang.
 FACE CREST:
 SUPINE SCENT: lemon.
 OIL BLEND:
 HT: mand / lav almond
 CST: feet chesr.
 HST: glutes v-back.

EXTRA
 NEXT APPT:

S = knees & L-Back.

Anne



O/A: ITB's, quads & peroneals ↑

☒ Full Body ☐ STOMACH
 ARMS ☒ Prone ☐ Supine LEGS
 TP
 Ex gentle ground knees.
☐ Talked ☒ Quiet ☒ Breathing
 ROM
 FBACK

P = physio this pm for knees.

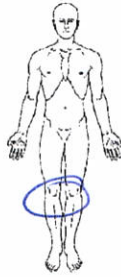
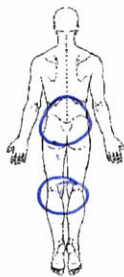


TREATMENT NO. 4

DATE: 29/1/18
TIME: 1:30pm 1hr
PAID:
REC.No:
AIR TEMP: 23
MUSIC: Nora J
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND: mandarin
HT
EXTRA

S = some all over - L.B. mostly

Anne Majer



O/A:

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ S/L ☐ Supine LEGS ☒
TP
Fx
☒ Quiet ☐ Talked
ROM
FBACK

NEXT APPT: P =

TREATMENT NO. _____

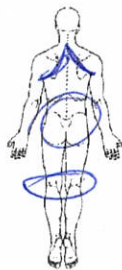


S = General tightness + knees.

DATE: 23/3/18
TIME: 3:40 1hr
PAID: \$88 card
REC.No: _____
AIR TEMP: 23
MUSIC: Ian C Smith
FACE CREST: _____
SUPINE SCENT: Umar
OIL BLEND: _____
m/1
HT +2
CST _____
HST +4

EXTRA knees
NEXT APPT: _____

Anne



O/A: u traps etc ↑
⑥ quad ↑

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

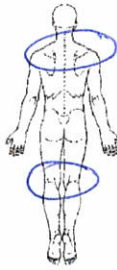
P = _____

TREATMENT NO. 

S = knees & v. back.

DATE: 11-40 4/4/18
TIME: 11-40
PAID: _____
REC.No: _____
AIR TEMP: 23
MUSIC: All
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: n/t
HT x2
CST _____
HST x4

Anne M.



O/A: v-traps ↑

① hip/glutes a little. ↑

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS p + s

TP

Fx

☐ Talked ☒ Quiet

Breathing

ROM

FBACK

EXTRA _____
NEXT APPT: 11/4/18

P = _____



Laerdal

helping save lives

Anne Majer. 🗨️ 27/4/18.

3-40 pm.

24°C

All times.

\$88

clarity

① Kneel extra soon.

walk yesterday & carried Max.

Big day at school today.

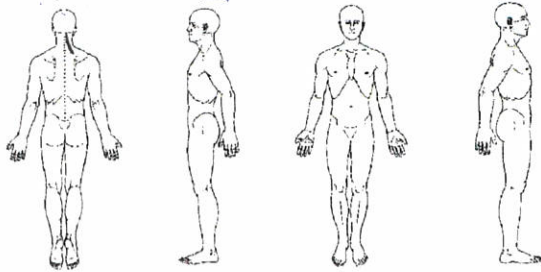
med → hard combo (broad legs).

TREATMENT NO. 26

S = knees not load, L-Back, U-Back.

DATE: 28/5/19
TIME: 1-30
PAID: ✓
REC.No:
AIR TEMP: 24
MUSIC: Don Mc Greg
FACE CREST:
SUPINE SCENT: Lemon
OIL BLEND:
Mand.
HT x2
CST
HST x4

Gaylene. Anne



O/A: _____

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

EXTRA
NEXT APPT: _____

P = ~~24~~ Firm → hard, broad on legs

TREATMENT NO. 

S = School reports, shoulders

TREATMENT NO. _____

Office: ☐ Scanned & filed

DATE: 4/6/18

TIME: 3pm

AIR TEMP: 24

MUSIC: Dixie Modern

FACE CREST: _____

SUPINE SCENT: clarity

OIL BLEND: _____

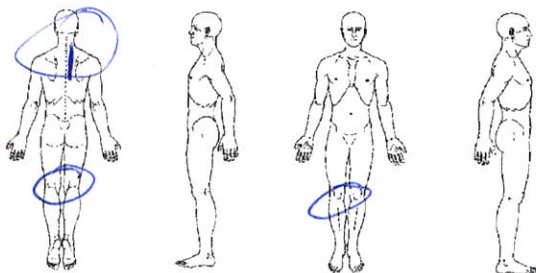
Mand.

Hot Towel & 2

Cold Stones _____

Hot Stones xc

Anne M



O/A:

inner thigh prone.

err spinae mid tx up.

☒ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS ☒

TP

Ex err spin.

☐ Talked ☒ Quiet

☒ Breat

ROM

FBACK

P = Firm → deeper / broad on legs.

Anne Majer

DOB 8 Mar 1973
Occupation Teacher

Appointments

| Date | Time | Type | Practitioner |
|-------------|-------------------|-------------------------------|------------------|
| 8 Aug 2025 | 2:45PM – 3:45PM | 75 minute Remedial Massage | Christine Jervis |
| 28 Jul 2025 | 4:00PM – 5:00PM | 75 minute Remedial Massage | Christine Jervis |
| 25 Jul 2025 | 2:30PM – 3:30PM | 60 minute Massage | Christine Jervis |
| 18 Jul 2025 | 1:00PM – 2:00PM | 60 minute Massage | Christine Jervis |
| 4 Jul 2025 | 9:00AM – 10:00AM | 60 minute Massage | Christine Jervis |
| 30 Jun 2025 | 1:30PM – 2:30PM | 60 minute Massage | Christine Jervis |
| 21 Mar 2025 | 3:00PM – 4:00PM | 60 minute Massage | Christine Jervis |
| 8 Mar 2025 | 3:00PM – 4:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 5 Dec 2024 | 3:00PM – 4:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 27 Nov 2024 | 11:00AM – 12:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 21 Nov 2024 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 16 Nov 2024 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 2 Jun 2024 | 10:30AM – 11:30AM | Sauna & Massage | Christine Jervis |
| 18 Mar 2024 | 2:30PM – 3:30PM | Sauna & Massage | Christine Jervis |
| 9 Mar 2024 | 3:00PM – 4:00PM | Sauna & Massage | Christine Jervis |
| 23 Feb 2024 | 11:00AM – 12:00PM | Sauna & Massage | Christine Jervis |
| 15 Jan 2024 | 10:00AM – 11:00AM | Sauna & Massage | Christine Jervis |
| 11 Jan 2024 | 4:30PM – 5:30PM | Sauna & Massage | Christine Jervis |

| Date | Time | Type | Practitioner |
|-------------|-------------------|---|------------------|
| 28 Nov 2023 | 9:00AM – 10:00AM | Sauna & Massage | Christine Jervis |
| 26 Nov 2023 | 4:00PM – 5:00PM | Sauna & Massage | Christine Jervis |
| 13 Nov 2023 | 11:30AM – 12:30PM | Sauna & Massage | Christine Jervis |
| 1 Sep 2022 | 11:00AM – 12:00PM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 28 Jul 2022 | 11:30AM – 12:30PM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 21 Jul 2022 | 10:30AM – 11:30AM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 14 Jul 2022 | 11:45AM – 12:45PM | Sauna & Massage | Christine Jervis |
| 10 Jun 2022 | 9:30AM – 10:30AM | REBOOKING - 60 minute Massage | Christine Jervis |
| 19 Oct 2019 | 8:30AM – 9:30AM | 60 minute Massage | Marina Franke |
| 9 Oct 2019 | 1:00PM – 2:00PM | 60 minute Massage | Marina Franke |
| 23 Sep 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 16 Sep 2019 | 9:30AM – 10:30AM | 60 minute Massage | Marina Franke |
| 19 Aug 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 12 Aug 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 5 Aug 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 29 Jul 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 22 Jul 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 17 Jul 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 1 Jul 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 1 Jul 2019 | 3:30PM – 4:00PM | Sauna & Massage | Marina Franke |

| Date | Time | Type | Practitioner |
|-------------|-------------------|-------------------|---------------|
| 24 Jun 2019 | 11:00AM – 12:00PM | 60 minute Massage | Marina Franke |
| 17 Jun 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 17 Jun 2019 | 3:30PM – 4:00PM | Sauna & Massage | Marina Franke |
| 3 Jun 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 3 Jun 2019 | 2:00PM – 2:30PM | Sauna & Massage | Marina Franke |
| 27 May 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 27 May 2019 | 2:00PM – 2:30PM | Sauna & Massage | Marina Franke |
| 20 May 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 29 Apr 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 25 Mar 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 15 Mar 2019 | 3:50PM – 4:50PM | 60 minute Massage | Marina Franke |
| 11 Mar 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 4 Mar 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 25 Feb 2019 | 4:00PM – 5:00PM | 60 minute Massage | Marina Franke |
| 20 Feb 2019 | 2:30PM – 3:30PM | 60 minute Massage | Marina Franke |
| 11 Feb 2019 | 4:30PM – 5:30PM | 60 minute Massage | Marina Franke |
| 4 Feb 2019 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 19 Dec 2018 | 11:00AM – 12:00PM | 60 minute Massage | Marina Franke |

| Date | Time | Type | Practitioner |
|-------------|-------------------|-------------------|---------------|
| 12 Dec 2018 | 11:00AM – 12:00PM | 60 minute Massage | Marina Franke |
| 3 Dec 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |
| 26 Nov 2018 | 11:30AM – 12:30PM | 60 minute Massage | Marina Franke |
| 19 Nov 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 12 Nov 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 5 Nov 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 29 Oct 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 26 Sep 2018 | 11:00AM – 12:00PM | 60 minute Massage | Marina Franke |
| 17 Sep 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 12 Sep 2018 | 1:00PM – 2:00PM | 60 minute Massage | Marina Franke |
| 27 Aug 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 20 Aug 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 13 Aug 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |
| 6 Aug 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |
| 30 Jul 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |
| 23 Jul 2018 | 1:30PM – 2:30PM | 60 minute Massage | Marina Franke |
| 16 Jul 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |
| 6 Jul 2018 | 9:30AM – 10:30AM | 60 minute Massage | Marina Franke |
| 11 Jun 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |

| Date | Time | Type | Practitioner |
|------------|--------------------|-------------------|---------------|
| 4 Jun 2018 | 3:00PM – 4:00PM | 60 minute Massage | Marina Franke |

Treatment Notes

| Standard Consultation - Remedial Massage | |
|--|--|
| Practitioner: Christine Jervis Appointment: 8 Aug 2025, 2:45PM Created: 8 Aug 2025, 4:14PM Last updated: 8 Aug 2025, 4:15PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - felt sore. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Ian Cam Smith Aromatherapy Massage oil - Lav Peppermint FB (-stomach). Remedial techniques on shoulders, back and hips. Extra time on legs back shoulders. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |

| | |
|--|--|
| Feedback after treatment - | Enjoyed Ms |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Specialist visit said resume duties slowly |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 28 Jul 2025, 4:00PM
Created: 28 Jul 2025, 5:40PM
Last updated: 28 Jul 2025, 5:40PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt ok today. Been at work. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - very limited movement - shoulders and L knee</p> <p>Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2 firm</p> <p>Hot Stones - 2 arms and 2 x legs</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Zen shoulders</p> <p>Music - Kenny G mix</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>FB (-stomach). Remedial techniques on shoulders, back and hips. Extra time on legs back shoulders.</p> |
| What parts of the body were massaged? | <p>Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;</p> <p>Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses</p> |

| | |
|--|---|
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Enjoyed Ms |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Specialist visit coming up Thursday |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 25 Jul 2025, 2:30PM
Created: 25 Jul 2025, 4:33PM
Last updated: 25 Jul 2025, 6:02PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore and stiffness too. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Kenny G Aromatherapy Massage oil - Lav Peppermint FB (-stomach). Remedial techniques on shoulders, back and hips. Extra time on legs |

| | |
|--|---|
| | back shoulders. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Enjoyed Ms. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Specialist visit coming up. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 18 Jul 2025, 1:00PM
Created: 18 Jul 2025, 3:00PM
Last updated: 18 Jul 2025, 3:01PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore with neck and shoulders plus back still. Stiffness too. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body |

| | |
|--|--|
| | <p>Topical Treatment - Zen shoulders</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>FB (-stomach). Remedial techniques on shoulders, back and hips.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt better. Enjoyed Ms. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed injury and recovery with work over and specialist visit coming up in 2 weeks |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 Jun 2025, 1:30PM
Created: 5 Jul 2025, 9:03PM
Last updated: 5 Jul 2025, 9:04PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore with neck and shoulders plus back. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - very limited movement - shoulders and L knee</p> <p>Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion</p> |
| Treatment details - what was done today | Pressure used - 2 firm |

| | |
|--|--|
| to help the client | Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Yanni if there Aromatherapy Massage oil - Lav Peppermint FB (-stomach). Remedial techniques on shoulders, back and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt better. Enjoyed. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed injury and recovery. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Dec 2024, 3:00PM
Created: 17 Jan 2025, 10:59PM
Last updated: 17 Jan 2025, 10:59PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore with neck and shoulders plus back. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Yanni if there Aromatherapy Massage oil - Lav Peppermint FB (-stomach). Remedial techniques on shoulders, back and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt better. Enjoyed. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed weightloss. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Nov 2024, 9:30AM
Created: 21 Nov 2024, 1:00PM
Last updated: 21 Nov 2024, 1:01PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - felt very sore with neck and shoulders and back esp lower today

Medication or relevant procedures / info identified that may affect the massage. Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 arms and 2 x legs Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Mod Girls Aromatherapy Massage oil - Lav Peppermint FB (-stomach). Remedial techniques on shoulders, back and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt better after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed managing with regular massage and physio |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Nov 2024, 9:30AM
Created: 16 Nov 2024, 10:41AM
Last updated: 16 Nov 2024, 10:55AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - felt very sore with neck and shoulders and back

Medication or relevant procedures / info Prescription Medication; 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 - very limited movement - shoulders and L knee
Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion

Treatment details - what was done today to help the client

Pressure used - 2 firm
Hot Stones - 2 arms and 2 x legs
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Zen shoulders
Music - Ian cam smith
Aromatherapy Massage oil - Cream

FB (-stomach). Remedial techniques on shoulders, back and hips.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas

Body Chart

Feedback after treatment -

Felt better after massage, been really sore

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

Discussed managing with regular massage and physio

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

Time in Sauna (minutes) -

25 mins

Feedback after treatment -

Felt good - sweat lots

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 23 Feb 2024, 11:00AM

Created: 23 Feb 2024, 7:32PM

Last updated: 23 Feb 2024, 7:35PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore with neck and shoulders |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | <p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - very limited movement - shoulders and L knee</p> <p>Anything specific to massage (E.g. no foot massage) - watch neck rotation and flexion</p> |
| Treatment details - what was done today to help the client | <p>Pressure used - 2 firm</p> <p>Hot Stones - 2 arms and 2 x legs</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Zen shoulders</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Cream</p> <p>FB (-stomach). Remedial techniques on shoulders, back and hips.</p> |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt better |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed managing with regular massage and physio |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | 25 mins |
| Feedback after treatment - | Felt good - sweat lots |

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 1 Sep 2022, 11:00AM
Created: 1 Sep 2022, 12:55PM

Last updated: 1 Sep 2022, 12:56PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt very sore with knee and shoulders. Limited ROM (as per before needles) - weather has been affecting her.

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

Prescription Medication; 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 - very limited movement - shoulders and L knee
Anything specific to massage (E.g. no foot massage) - no.

Treatment details - what was done today to help the client

Pressure used - 2 firm
Hot Stones - 2 arms and 2 x legs
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Zen shoulders
Music - Ian Cam Smith
Aromatherapy Massage oil - Cream

FB (+stom). Psoas released and tender. Remedial techniques on shoulders, back and hips.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas

Body Chart

Feedback after treatment -

Felt tired but good after massage.

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

Discussed a holistic approach to treatment.

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

Time in Sauna (minutes) -

25 mins

Feedback after treatment -

Felt good

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Jun 2022, 9:30AM
Created: 10 Aug 2022, 6:12AM
Last updated: 10 Aug 2022, 6:14AM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - felt very sore with knee and shoulders. |
| Medication or relevant procedures / info identified that may affect the massage. | Prescription Medication; 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 - very limited movement - shoulders and L knee Anything specific to massage (E.g. no foot massage) - no. |
| Treatment details - what was done today to help the client | Pressure used - 2 firm Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Zen shoulders Music - Ian Cam Smith Aromatherapy Massage oil - Cream FB (+stom). Psoas released and tender. Remedial techniques on shoulders, back and hips. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good. |
| 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 Jarvis**Appointment:** 28 Jul 2022, 11:30AM**Created:** 28 Jul 2022, 12:42PM**Last updated:** 28 Jul 2022, 12:45PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt very sore for the week. Knee is improving still as shoulders getting there slowly

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

Prescription Medication; 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 - very limited movement - shoulders and L knee

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

Treatment details - what was done today to help the client

Pressure used - 2 firm

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

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Zen shoulders

Music - Yanni

Aromatherapy Massage oil - Cream

FB (+stom). Psoas released and tender. V.vasodilated rhomboids and lots of restriction with shoulders and neck still.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas

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 regular treatment with the physio too after needle.

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

Time in Sauna (minutes) -

20 minutes

Feedback after treatment -

Felt good after Sauna - just stiff.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 Jul 2022, 10:30AM

Created: 21 Jul 2022, 11:53AM

Last updated: 21 Jul 2022, 11:55AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - felt very sore for the week. Can barely lift arms. Knee is improving still.

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

Prescription Medication; 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 - very limited movement - shoulders and L knee

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

Treatment details - what was done today to help the client

Pressure used - 2 firm

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

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Zen shoulders

Music - Yanni

Aromatherapy Massage oil - Cream

FB (+stom). Psoas released and tender. V.vasodilated rhomboids and lots of restriction with shoulders and neck still.

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas

Body Chart**Feedback after treatment -**

Felt good after massage. Very tired though. Physio strapped.

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

Discussed getting some regular treatment with the physio too.

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

20 minutes

Feedback after treatment -

Felt good after Sauna - just stiff.

Standard Consultation - Remedial Massage**Practitioner:** Christine Jervis**Appointment:** 14 Jul 2022, 11:45AM**Created:** 15 Jul 2022, 6:48AM**Last updated:** 15 Jul 2022, 6:52AM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - felt very sore for the week. Can barely lift arms. Knee is improving.

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

Prescription Medication; 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 - very limited movement - shoulders and L knee

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

Treatment details - what was done today to help the client

Pressure used - 2 firm

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

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Zen shoulders

Music - Yanni

Aromatherapy Massage oil - Cream

FB (+stom). Psoas released and tender. V.vasodilated rhomboids and lots of restriction with shoulders and neck.

| | |
|--|---|
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Very tired though. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed getting some regular treatment with the physio too. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | 20 minutes |
| Feedback after treatment - | Felt good after Sauna - just stiff. |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 19 Oct 2019, 8:30AM
Created: 19 Oct 2019, 9:31AM
Last updated: 19 Oct 2019, 12:30PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back/neck, knees. Mum has been to hospital 2x this week surgery = L knee arthroscopy Easter, feeling really good now. (R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area -upper back slide Bowls- feet Topical Treatment - Music -Ian CS Aromatherapy -tang/mand |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; |

| | |
|--|--|
| Head / scalp; Face / sinuses | |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 9 Oct 2019, 1:00PM
Created: 9 Oct 2019, 2:09PM
Last updated: 11 Oct 2019, 11:58AM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back/neck, knees surgery = L knee arthroscopy Easter, feeling really good now. (R knee P=meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet Topical Treatment - Music -Ian CS Aromatherapy -tang/mand |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes |

| | |
|--|--|
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Sep 2019, 4:00PM
Created: 23 Sep 2019, 4:06PM
Last updated: 23 Sep 2019, 5:05PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back/neck, knees surgery = L knee arthroscopy Easter, feeling really good now. (R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet Topical Treatment - Music -lan CS Aromatherapy -tang/mand |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |

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: 16 Sep 2019, 9:30AM

Created: 16 Sep 2019, 10:44AM

Last updated: 16 Sep 2019, 10:46AM

Standard Consultation - Remedial Massage

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

What's going on now - upper back/neck,
knees mostly-uneven ground at Lake Tinaroo for wedding on the weekend
surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Injury

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

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

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

Pressure used -Firm-hard combo
Hot Stones - 4
Music-Ian CS

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes

Feedback after treatment -

:) good ROM
do extra on quads

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

scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 19 Aug 2019, 4:00PM
Created: 19 Aug 2019, 4:03PM
Last updated: 19 Aug 2019, 6:34PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back/neck, knees mostly surgery = L knee arthroscopy Easter, feeling really good now. (R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 12 Aug 2019, 4:00PM
Created: 12 Aug 2019, 4:00PM
Last updated: 12 Aug 2019, 5:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - upper back/neck, knees
surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet
Topical Treatment -
Music -Ian CS
Aromatherapy -pep euc/rosemary

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes

Feedback after treatment -

:) good ROM
do extra on quads

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

scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 5 Aug 2019, 4:00PM

Created: 5 Aug 2019, 3:58PM

Last updated: 5 Aug 2019, 5:16PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - upper back/neck, knees especially achy/weather
surgery = L knee arthroscopy Easter, feeling really good now.

| | |
|--|---|
| | (R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music -tribal mix Aromatherapy -pep euc/rosemary |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | enjoyed it as usual |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 29 Jul 2019, 2:30PM
Created: 29 Jul 2019, 3:38PM
Last updated: 29 Jul 2019, 3:40PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - upper back/neck, knees
surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

Medication or relevant procedures / info Injury

| | |
|--|--|
| identified that may affect the massage. | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music - instrumental Aromatherapy -mandarin/tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | enjoyed it as usual |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 17 Jul 2019, 2:30PM
Created: 17 Jul 2019, 3:28PM
Last updated: 17 Jul 2019, 3:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - upper back/neck, knees
surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -

| | |
|--|---|
| | Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music - Guy mix Aromatherapy -mandarin/tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | enjoyed it as usual |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 1 Jul 2019, 4:00PM
Created: 1 Jul 2019, 3:48PM
Last updated: 1 Jul 2019, 5:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - upper back/neck, knees
surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

Treatment details - what was done today Pressure used -Firm-hard combo

| | |
|--|--|
| to help the client | Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music - Nora Jones mix Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | 20 |
| Feedback after treatment - | enjoyed it as usual |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 24 Jun 2019, 11:00AM
Created: 24 Jun 2019, 10:59AM
Last updated: 24 Jun 2019, 3:36PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - upper back/neck, knee surgery = L knee arthroscopy Easter, feeling really good now. (R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

Treatment details - what was done today to help the client Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet & legs=not this visit

| | |
|--|--|
| | Topical Treatment - Music - Ian CS mix Aromatherapy - rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 17 Jun 2019, 4:00PM
Created: 17 Jun 2019, 3:58PM
Last updated: 17 Jun 2019, 5:02PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back, knee surgery = L knee arthroscopy Easter, feeling really good now. (R knee P=meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music -modern mix Aromatherapy -rosemary/pep euc |

| | |
|--|--|
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | 20 mins |
| Feedback after treatment - | good :) |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 3 Jun 2019, 2:30PM
Created: 3 Jun 2019, 2:02PM
Last updated: 3 Jun 2019, 3:38PM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back, knee surgery = L knee arthroscopy Easter, feeling really good now. (R knee P=meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music -songs for guy mix Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |

| | |
|--|---|
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter on L knee/arthroscopy |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | 20 mins |
| Feedback after treatment - | good :) |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 May 2019, 2:30PM
Created: 27 May 2019, 2:07PM
Last updated: 27 May 2019, 3:52PM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back, knee surgery = L knee arthroscopy Easter, feeling really good now. (R knee P=meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs=not this visit Topical Treatment - Music -Aker Bill mix Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) good ROM do extra on quads |

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

been for scan=meniscus tear both knees-surgery Easter

Infra-Red Sauna

Time in Sauna (minutes) -

20 mins

Feedback after treatment -

good :)

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 20 May 2019, 4:00PM

Created: 20 May 2019, 3:50PM

Last updated: 20 May 2019, 5:16PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - surgery = L knee arthroscopy Easter, feeling really good now.
(R knee P=meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet & legs=not this visit
Topical Treatment -
Music -songs for guy mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment -

:) good ROM
do extra on quads

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

been for scan=meniscus tear both knees-surgery Easter

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 29 Apr 2019, 4:00PM

Created: 29 Apr 2019, 4:01PM

Last updated: 29 Apr 2019, 5:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - surgery = L knee arthroscopy Easter
(R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet & legs=not this visit
Topical Treatment -
Music -Sacred Earth mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment -

:) good ROM
no knee massage but do quads

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

been for scan=meniscus tear both knees-surgery Easter

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Mar 2019, 2:30PM
Created: 25 Mar 2019, 2:30PM
Last updated: 25 Mar 2019, 3:30PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - sore from calf cramp , legs sore since x country at school (surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs Topical Treatment -fisio R calf Music -nature Aromatherapy -tang/mand |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 15 Mar 2019, 3:50PM

Created: 15 Mar 2019, 4:54PM
Last updated: 18 Mar 2019, 2:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - generally sore, sports day in the heat and rain (surgeon = L knee arthroscopy Easter, R knee P = meniscus tear, L also)
 Feedback from previous treatment - :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -
 Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client Pressure used - Firm-hard combo
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -
 Bowls- feet & legs
 Topical Treatment -
 Music - instrumental
 Aromatherapy - rosemary/peppercorn

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

Where any specific trigger points used? Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment - :)

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) been for scan = meniscus tear both knees - surgery Easter

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 11 Mar 2019, 4:00PM
Created: 11 Mar 2019, 5:02PM
Last updated: 11 Mar 2019, 5:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now - general

| | |
|--|---|
| history or client info) | (surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also) Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs Topical Treatment - Music - instrumental Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 4 Mar 2019, 2:30PM
Created: 4 Mar 2019, 3:29PM
Last updated: 4 Mar 2019, 3:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - sore back from sitting at conference
(surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also)
Feedback from previous treatment- :) mid lift was good*

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

| | |
|--|---|
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs Topical Treatment - Music - Nora J Aromatherapy -rosemary/pep euc |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 25 Feb 2019, 4:00PM
Created: 25 Feb 2019, 4:00PM
Last updated: 25 Feb 2019, 5:01PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -
(surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also)
L side of foot P =plantar fasciitis going well,
Feedback from previous treatment- :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

| | |
|--|---|
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs Topical Treatment - Music -nature Aromatherapy -tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 20 Feb 2019, 2:30PM
Created: 20 Feb 2019, 3:29PM
Last updated: 20 Feb 2019, 5:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -
(surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also)
L side of foot P =plantar fasciitis going well,
Feedback from previous treatment- :) mid lift was good*

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet & legs

| | |
|--|---|
| | Topical Treatment - Music -nature Aromatherapy -pep euc,rosemary |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 11 Feb 2019, 4:30PM
Created: 11 Feb 2019, 5:45PM
Last updated: 13 Feb 2019, 2:10PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - (surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also) L side of foot P =plantar fasciitis going well, Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & legs Topical Treatment - Music -Ian CS Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; |

| | |
|--|---|
| Head / scalp; Face / sinuses | |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 4 Feb 2019, 1:30PM
Created: 4 Feb 2019, 5:33PM
Last updated: 4 Feb 2019, 5:51PM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - (surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also) L side of foot P =plantar fasciitis going well, Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - upper back Bowls- feet & legs Topical Treatment - fisiocrem Music -nature Aromatherapy - tangerine/mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |

| | |
|--|---|
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 19 Dec 2018, 11:00AM
Created: 19 Dec 2018, 10:59AM
Last updated: 19 Dec 2018, 12:05PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now -Cramp L calf this am (surgeon = L knee arthroscopy Easter, R knee P =meniscus tear, L also) L side of foot P =plantar fasciitis going well, Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - upper back Bowls- feet & legs Topical Treatment - fisiocrem Music -nature Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | been for scan=meniscus tear both knees-surgery Easter |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 12 Dec 2018, 11:00AM

Created: 12 Dec 2018, 11:03AM

Last updated: 12 Dec 2018, 12:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -surgeon = L knee arthroscopy Easter
R knee P =meniscus tear, L also
L side of foot P =plantar fasciitis going well,
Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area - upper back
Bowls- feet & legs
Topical Treatment - fisiocrem
Music -nature
Aromatherapy - tangerine

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment -

:)

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

been for scan=meniscus tear both knees

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 3 Dec 2018, 3:00PM
Created: 3 Dec 2018, 3:00PM
Last updated: 3 Dec 2018, 4:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - R knee P =meniscus tear, L also
 L side of foot P =plantar fasciitis going well,
 Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM -
 Anything noteworthy -
 Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area - upper back
 Bowls- feet & legs
 Topical Treatment
 Music -relax Nora
 Aromatherapy - tangerine

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment -

:)

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

been for scan=meniscus tear both knees

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 26 Nov 2018, 11:30AM**Created:** 26 Nov 2018, 11:25AM**Last updated:** 26 Nov 2018, 12:30PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - R knee P =meniscus tear, L also
L side of foot P =plantar fasciitis going well,
Feedback from previous treatment- :) mid lift was good*

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

Injury

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area - upper back
Bowls- feet & legs
Topical Treatment
Music -nature
Aromatherapy - mandarin

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Upper Traps; Lev Scaps; Glutes; Psoas

Feedback after treatment -

:)

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

been for scan=meniscus tear both knees

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke**Appointment:** 19 Nov 2018, 1:30PM**Created:** 19 Nov 2018, 1:23PM**Last updated:** 19 Nov 2018, 2:36PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - L side of foot P =plantar fasciitis going well, R knee P Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - L foot * Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - upper back Bowls- feet & legs Topical Treatment Music -relax Aromatherapy - mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | enjoyed |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | calling Dr today re R knee |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Dry Needling Therapy

Practitioner: Marina Franke
Appointment: 12 Nov 2018, 1:30PM
Created: 12 Nov 2018, 2:56PM
Last updated: 12 Nov 2018, 4:11PM

Standard Consultation - Dry Needling Therapy

Presenting complaint (relevant medical history or client info) What's going on now - R knee P, L plantar fascitis
Any previous treatment - physio
Anything specific to massage - E.g. no foot massage-caution L foot
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 noteworthy - |
| Treatment details - what was done today to help the client | Pressure used -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment - Music -modern Aromatherapy -tangerine |
| What parts of the body were massaged? | Full Body Treatment |
| Where any specific trigger points used? | |
| Body Chart | |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | stretch quad & upper body, cont physio stretches |
| Dry Needling Therapy | |
| What parts of the body were treated? | R rec fem, 'bulls nose', lateral tibialis |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | :) |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 5 Nov 2018, 1:30PM
Created: 5 Nov 2018, 1:33PM
Last updated: 5 Nov 2018, 2:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - L side of foot P =plantar fasciitis, R knee P
 Feedback from previous treatment- :) mid lift was good*

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

| | |
|--|---|
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - L foot * Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - upper back Bowls- Topical Treatment Music -nature Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; Glutes; Psoas |
| Feedback after treatment - | :) see how foot is next week, try cupping. MDN R leg for knee P |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Dr=plantar fasciitis, seeing physio |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 29 Oct 2018, 1:30PM
Created: 29 Oct 2018, 1:27PM
Last updated: 29 Oct 2018, 2:37PM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - L side of foot P =plantar fasciitis, R knee P Feedback from previous treatment- :) mid lift was good* |
| Medication or relevant procedures / info identified that may affect the massage. | Injury; Further investigation needed |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - L foot * Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 |

| | |
|--|---|
| | Hot Wet Towels -2 Cupping area - upper back Bowls- Topical Treatment Music - relax soft Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; QLs; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Dr=plantar fasciitis, seeing physio |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 26 Sep 2018, 11:00AM
Created: 26 Sep 2018, 12:48PM
Last updated: 26 Sep 2018, 12:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - Upper Lx P, (knees, back and shoulders) L side of foot P
 xrays and scans tomorrow
 Feedback from previous treatment- :) mid lift was good*

Medication or relevant procedures / info identified that may affect the massage. Injury; Further investigation needed

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -possible arthritis L foot *
 Any precautions / Red Flags - Outer L foot *

Treatment details - what was done today to help the client Pressure used -Firm-hard combo
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area -
 Bowls- back only today
 Topical Treatment - fisiocrem LB
 Music - Ian CS
 Aromatherapy - mandarin/tangerine

| | |
|--|--|
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; QLs; Glutes; Psoas |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | x-ray and scans, psoas stretch |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 17 Sep 2018, 1:30PM
Created: 17 Sep 2018, 1:08PM
Last updated: 17 Sep 2018, 2:18PM

Standard Consultation - Remedial Massage

| | |
|---|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - Upper Lx P, (knees, back and shoulders) L side of foot P saw Dr on Friday re blood test-xrays and scans next Feedback from previous treatment- :) |
| Medication or relevant procedures / info identified that may affect the massage. | Injury; Further investigation needed |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - Outer L foot * |
| 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 Lx-Cx Bowls- back only today Topical Treatment - Music - Carla Bruni Aromatherapy - mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |

| | |
|--|-----------------|
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | x-ray and scans |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 27 Aug 2018, 1:30PM
Created: 27 Aug 2018, 12:47PM
Last updated: 27 Aug 2018, 4:30PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - knees, back and shoulders L side of foot P, seeing Dr on Friday re blood test Feedback from previous treatment- :) |
| Medication or relevant procedures / info identified that may affect the massage. | Injury; Further investigation needed |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - Outer L foot * |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls- feet & back, chest Topical Treatment - Music - Nora Jones Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | blood test- results Friday |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 20 Aug 2018, 1:30PM

Created: 20 Aug 2018, 12:42PM

Last updated: 20 Aug 2018, 2:33PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -
L side of foot P, seeing Dr on Friday re blood test
Feedback from previous treatment- :)

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

Injury; Further investigation needed

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -possible arthritis L foot *
Any precautions / Red Flags - Outer L foot

Treatment details - what was done today to help the client

Pressure used -Firm-hard combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Bowls- feet & back, chest
Topical Treatment -
Music - Kenny G
Aromatherapy - tangerine

What parts of the body were massaged?

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp

Where any specific trigger points used?

Upper Traps; Lev Scaps; SCMs

Feedback after treatment -

:)

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

blood test- results Friday

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 13 Aug 2018, 3:00PM
Created: 13 Aug 2018, 3:01PM
Last updated: 13 Aug 2018, 4:03PM

Standard Consultation - Remedial Massage

| | |
|--|--|
| Presenting complaint (relevant medical history or client info) | What's going on now - L side of foot P, seeing Dr after blood test Feedback from previous treatment- :) |
| Medication or relevant procedures / info identified that may affect the massage. | Injury; Further investigation needed |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - Outer L foot |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls, feet & back, chest Topical Treatment - Music - Jewel Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | seeing Dr re L foot |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 6 Aug 2018, 3:00PM
Created: 6 Aug 2018, 4:29PM
Last updated: 6 Aug 2018, 5:48PM

Standard Consultation - Remedial Massage

| | |
|--|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - L side of foot P, seeing Dr after blood test Feedback from previous treatment- :) |
| Medication or relevant procedures / info identified that may affect the massage. | Injury; Further investigation needed |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - Outer L foot |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls, feet & back, chest Topical Treatment - Music - Ian CS Aromatherapy - tangerine |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | seeing Dr re L foot |

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 30 Jul 2018, 3:00PM
Created: 30 Jul 2018, 10:49AM
Last updated: 30 Jul 2018, 12:39PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - L side of foot P, seeing Dr after blood test Feedback from previous treatment- :) |
| Medication or relevant procedures / info | Injury; Further investigation needed |

| | |
|--|--|
| identified that may affect the massage. | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - Outer L foot |
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Bowls, feet & back, chest Topical Treatment - Music - Enya Aromatherapy - mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Head / scalp |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | seeing Dr re L foot |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 23 Jul 2018, 1:30PM
Created: 23 Jul 2018, 1:12PM
Last updated: 23 Jul 2018, 2:43PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - (upper back & neck-computer, L knee op- both sore)
 L side of foot P, seeing Dr after blood test
 Feedback from previous treatment- :)

Medication or relevant procedures / info identified that may affect the massage. Injury; Further investigation needed

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
 ROM -
 Anything noteworthy -possible arthritis L foot *
 Any precautions / Red Flags -

| | |
|--|---|
| Treatment details - what was done today to help the client | Pressure used -Firm-hard combo Hot Stones -4 Hot Wet Towels -2 Cupping area - Upper back Topical Treatment - Music - guitar sax Aromatherapy - mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine |
| Where any specific trigger points used? | Upper Traps; Lev Scaps; SCMs |
| Feedback after treatment - | :) |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | seeing Dr re L foot |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 16 Jul 2018, 3:00PM
Created: 18 Jul 2018, 12:32PM
Last updated: 18 Jul 2018, 12:36PM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - (upper back & neck-computer, L knee op- both sore) L side of foot P Feedback from previous treatment -) foot was really sore post treat. felt good during massage |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy -possible arthritis L foot * Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Upper back Topical Treatment - Music - Ian CS Aromatherapy - mandarin |

| | |
|--|--|
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine |
| Where any specific trigger points used? | Upper Traps; Lev Scaps |
| Feedback after treatment - | |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | seeing Dr re L foot |
| Infra-Red Sauna | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 6 Jul 2018, 9:30AM
Created: 6 Jul 2018, 10:45AM
Last updated: 6 Jul 2018, 10:49AM

Standard Consultation - Remedial Massage

| | |
|---|---|
| Presenting complaint (relevant medical history or client info) | What's going on now - upper back & neck-computer,L side of foot P Feedback from previous treatment - L knee op (both sore) |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - |
| Treatment details - what was done today to help the client | Pressure used -Firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Upper back Topical Treatment - fisiocrem Music - chill mix Aromatherapy - mandarin |
| What parts of the body were massaged? | Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine |
| Where any specific trigger points used? | Upper Traps; Lev Scaps |
| Feedback after treatment - | red from cupping, should be gone tomorrow |
| Plan for future results / treatment / progress / homework (including | pec stretch |

discussion with client, advice, stretches)

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage**Practitioner:** Marina Franke**Appointment:** 11 Jun 2018, 3:00PM**Created:** 11 Jun 2018, 4:20PM**Last updated:** 20 Jun 2018, 1:35PM**Standard Consultation - Remedial Massage**

Presenting complaint (relevant medical history or client info) What's going on now - upper back & neck-computer, L knee op (both sore)
Feedback from previous treatment -

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -

Treatment details - what was done today to help the client Pressure used -Firm
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -
Music - Nature
Aromatherapy -tangerine

What parts of the body were massaged? Full Body Treatment; Neck / Shoulders

Where any specific trigger points used? Upper Traps; Lev Scaps

Feedback after treatment - tender Tx1 area general

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

There are no patient forms for Anne Majer.