

Jenny Van Ballegooyen

DOB

24 Aug 1986

Appointments

Date	Time	Type	Practitioner
20 Sep 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
15 Jul 2025	4:30PM – 5:30PM	75 minute Remedial Massage	Christine Jervis
14 Jun 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
5 Apr 2025	9:30AM – 10:30AM	75 minute Remedial Massage	Christine Jervis
21 Feb 2025	3:00PM – 4:15PM	75 minute Remedial Massage	Christine Jervis
24 Jan 2025	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Jan 2025	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
13 Dec 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
30 Nov 2024	9:00AM – 10:00AM	REBOOKING - 60 minute Massage	Christine Jervis
16 Nov 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
1 Nov 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
19 Oct 2024	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
21 Sep 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
6 Sep 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
23 Aug 2024	3:00PM – 4:00PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Aug 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
22 Jul 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Jul 2024	5:30PM – 6:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
15 Jun 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
1 Jun 2024	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
4 May 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
20 Apr 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
6 Apr 2024	9:30AM – 10:30AM	REBOOKING - 60 minute Massage	Christine Jervis
23 Mar 2024	9:30AM – 10:30AM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
23 Feb 2024	9:30AM – 10:30AM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
3 Feb 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
13 Jan 2024	9:30AM – 10:30AM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
15 Dec 2023	1:00PM – 2:00PM	REBOOKING - 60 minute Massage	Christine Jervis
3 Nov 2023	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
15 Oct 2023	1:30PM – 2:30PM	REBOOKING - 60 minute Massage	Christine Jervis
30 Sep 2023	2:30PM – 3:30PM	Sauna & Massage	Christine Jervis
15 Sep 2023	9:00AM – 10:00AM	1. NEW CLIENT (First Massage)	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 Sep 2025, 11:00AM

Created: 20 Sep 2025, 12:08PM

Last updated: 20 Sep 2025, 12:40PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore in usual areasesp shoulders and neck and back. Stressful couple of months.

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

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

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - checked today. Beforehand.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - no</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Kenny G saxophone mix</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>Spritzer - pain blend h2o</p> <p>Remedial techniques - especially on shoulders, back and neck. ITBs were tight.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Zen shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See again soon
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 15 Jul 2025, 4:30PM
Created: 15 Jul 2025, 5:51PM
Last updated: 15 Jul 2025, 5:55PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in usual areas esp shoulders and neck and back after trip to Brisbane
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Kenny G saxophone mix Aromatherapy Massage oil - Lav Peppermint Spritzer - relax blend - tincture Remedial techniques - especially on shoulders, back and neck. ITBs were tight.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Zen shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See again soon
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 14 Jun 2025, 11:00AM

Created: 14 Jun 2025, 12:22PM

Last updated: 14 Jun 2025, 12:23PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in usual areas esp shoulders and neck and back

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Kenny G saxophone 2 mix
Aromatherapy Massage oil - Lav Peppermint
Spritzer - relax h2o

Remedial techniques - especially on shoulders, back and neck. ITBs were tight.

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels Feet; Face

Topical Treatment Zen shoulders/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; Psoas

Body Chart

Feedback after treatment - Felt really good after treatment

Plan for future results / treatment / Life got busy, back to routine again

progress / homework (including
discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 5 Apr 2025, 9:30AM

Created: 5 Apr 2025, 10:48AM

Last updated: 5 Apr 2025, 11:07AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore in usual areas esp shoulders and neck v stiff

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Kenny G saxophone
Aromatherapy Massage oil - Lav Peppermint
Spritzer - peppermint and eucalyptus and tea tree

Remedial techniques - especially on shoulders, back and neck. ITBs were tight.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Zen shoulders/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; Psoas

Body Chart

Feedback after treatment - Felt really good after treatment

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Busy at work with training employees, looking forward to break soon for Easter. See in about 3 weeks.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Jan 2025, 3:00PM

Created: 24 Jan 2025, 4:08PM

Last updated: 24 Jan 2025, 5:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in usual areas esp shoulders and neck.

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - checked today. Beforehand.

Anything noteworthy - no.

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Yanni if there

Aromatherapy Massage oil - Lav Peppermint

Spritzer - peppermint and eucalyptus and tea tree

Remedial techniques - especially on shoulders, back and neck. ITBs were tight.

Hot Pack Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Zen shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed year ahead
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Jan 2025, 4:30PM
Created: 17 Jan 2025, 9:40PM
Last updated: 17 Jan 2025, 9:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in usual areas esp shoulders and neck even after holidays
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Yanni if there Aromatherapy Massage oil - extreme sports Spritzer - peppermint and eucalyptus and tea tree Remedial techniques - especially on shoulders, back and neck. ITBs were tight.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Zen shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed New Year ahead and hot packs
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Dec 2024, 4:30PM Created: 13 Dec 2024, 5:38PM Last updated: 13 Dec 2024, 5:54PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in usual areas esp shoulders and neck and lower back been very stiff. But better than last visit
Medication or relevant procedures / info identified that may affect the massage.	

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Ian Cam 2 Aromatherapy Massage oil - extreme sports Spritzer - peppermint and eucalyptus and tea tree Remedial techniques - especially on shoulders, back and neck. ITBs were tight.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Zen shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment - noticed soreness esp hips and legs.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	strong oil liked, heading to Xmas party tonight for hubby
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 Nov 2024, 9:00AM
Created: 30 Nov 2024, 10:09AM

Last updated: 30 Nov 2024, 10:30AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in usual areas esp shoulders and neck and lower back been very stiff.. Really looking forward to massage.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Yanni 2 if there Aromatherapy Massage oil - extreme sports Spritzer - peppermint and eucalyptus and tea tree Remedial techniques - especially on shoulders, back and neck. ITBs were tight. Side lying hips and legs
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment - noticed soreness esp hips and legs. Liked side lying.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	strong oil liked, maybe try sauna next time if stiffness continues

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, 11:00AM
Created: 16 Nov 2024, 12:07PM
Last updated: 16 Nov 2024, 12:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore in usual areas esp shoulders and neck. But better than normal. Really looking forward to massage.

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM - checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Ian can smith
Aromatherapy Massage oil - pepper lavender
Spritzer - peppermint and eucalyptus and tea tree

Remedial techniques - especially on shoulders, back and neck. ITBs were tight

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/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?	
Neck, upper back, shoulders, hips; Deltoids; Psoas	
Body Chart	
Feedback after treatment -	Felt really good after treatment - noticed soreness esp hips and legs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	She really likes the oil today with the lemon face
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Oct 2024, 9:30AM
Created: 19 Oct 2024, 9:25AM
Last updated: 21 Oct 2024, 7:58AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in usual areas esp shoulders and neck. Really looking forward to massage. Still has barking COVID cough

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
 ROM - checked today. Beforehand.
 Anything noteworthy - no.
 Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
 Yanni if there
 Aromatherapy Massage oil - pepper lavender
 Spritzer - peppermint and eucalyptus and tea tree

Remedial techniques - especially on shoulders, back and neck. ITBs were tight

Hot Pack Lower Body

Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment - notices such a big difference esp with Sauna.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	She really likes the oil today.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweated lots

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Sep 2024, 9:30AM
Created: 21 Sep 2024, 10:41AM
Last updated: 21 Sep 2024, 7:14PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in usual areas esp shoulders and neck. Really looking forward to massage
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client	Pressure used - 2-3 firm Carl Chang Aromatherapy Massage oil - H2O extreme sports Spritzer - peppermint and eucalyptus and tea tree Remedial techniques - especially on shoulders, back and neck. ITBs were tight
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment -
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	She really likes the oil today.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Sep 2024, 3:00PM
Created: 6 Sep 2024, 4:07PM
Last updated: 6 Sep 2024, 4:18PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling stiff and sore esp shoulders and neck. Really looking forward to massage

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

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

Verbal consent obtained.
ROM - checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

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

Pressure used - 2-3 firm
Ian can smith
Aromatherapy Massage oil - lav pep
Spritzer - peppermint and eucalyptus and tea tree

Remedial techniques - especially on shoulders, back and neck. ITBs were tight

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/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; Psoas

Body Chart
Feedback after treatment -

Felt really good after treatment - enjoyed the massage.

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

Discussed again how good it feels to get regular treatment

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

Practitioner: Christine Jervis

Appointment: 23 Aug 2024, 3:00PM

Created: 23 Aug 2024, 4:26PM

Last updated: 23 Aug 2024, 4:36PM

Standard Consultation - Remedial Massage**Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling stiff and sore esp shoulders and neck. Really looking forward to massage

Medication or relevant procedures / info identified that may affect the massage.**Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.
ROM - checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Ian can smith
Aromatherapy Massage oil - lav pep
Spritzer - joyful

Remedial techniques - especially on shoulders, back and neck. ITBs were tight

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/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; Psoas

Body Chart**Feedback after treatment -**

Felt really good after treatment

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

Discussed how good it feels to get regular treatment

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 10 Aug 2024, 9:30AM**Created:** 10 Aug 2024, 10:41AM**Last updated:** 10 Aug 2024, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling stiff and sore lately. Really looking forward to massage

Medication or relevant procedures / info identified that may affect the massage.**Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-****Assessment / Testing done (including ROM) / Observations**

Verbal consent obtained.

ROM - not checked today. Beforehand.

Anything noteworthy - no.

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Yanni if there

Aromatherapy Massage oil - lav pep

Spritzer - joyful

Remedial techniques - especially on shoulders, back and neck. ITBs were tight

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/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; Psoas

Body Chart	
Feedback after treatment -	Felt really great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed working lots and how easy it is to lose track of your body with it
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 22 Jul 2024, 11:00AM Created: 22 Jul 2024, 12:14PM Last updated: 22 Jul 2024, 12:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling much better after long weekend
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Beforehand. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Piano music Aromatherapy Massage oil - sports h20 Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face

Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed new payment info with rebookings
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Jul 2024, 5:30PM
Created: 4 Jul 2024, 8:32AM
Last updated: 4 Jul 2024, 8:34AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling like she is needing a massage, been sore with neck/shoulders and hip.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today. Beforehand.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Ian can smith 2
Aromatherapy Massage oil - Relax lavender

	Spritzer - joyful
	Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really great after treatment, moving better
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Shared some jam with her. Discussed getting regular treatment to help when sore
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Sweat a lot today.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Jun 2024, 9:30AM

Created: 15 Jun 2024, 10:42AM

Last updated: 15 Jun 2024, 10:57AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling ok, been sore with neck/shoulders and left hip.

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

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

Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today. Beforehand.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - no</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Ian can smith 2</p> <p>Aromatherapy Massage oil - Relax lavender</p> <p>Spritzer - joyful</p> <p>Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment, moving better
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage helps. Remind to activate stomach muscles when bending. Add a free Sauna next time
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 1 Jun 2024, 1:30PM
Created: 1 Jun 2024, 2:38PM
Last updated: 1 Jun 2024, 2:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling ok, been sore with neck - stiffness felt.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Ian can smith 2 Aromatherapy Massage oil - Relax lavender Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt really good after treatment, much taller.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage helps. Remind to stretch her neck.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 4 May 2024, 3:00PM

Created: 4 May 2024, 2:34PM

Last updated: 4 May 2024, 4:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client felt better than previous visits

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - not checked today.

Anything noteworthy - no.

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Enya

Aromatherapy Massage oil - Relax lavender

Spritzer - joyful

Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders; Cold stones on face

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/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; Psoas

Body Chart

Feedback after treatment -

Felt really good

Plan for future results / treatment /

Some more regular massage. Training 2 new staff for maternity leave so busy times

progress / homework (including discussion with client, advice, stretches)	ahead
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	52 degrees, lots of sweat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 20 Apr 2024, 9:30AM Created: 20 Apr 2024, 10:43AM Last updated: 20 Apr 2024, 5:46PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client felt better in whole body, lots of sitting and minimal exercise
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni 2nd lot after of there Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt great after massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See with sauna
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Apr 2024, 9:30AM
Created: 6 Apr 2024, 10:39AM
Last updated: 6 Apr 2024, 10:52AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client felt really sore in whole body, lots of sitting and minimal exercise

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Music - Yanni 2nd lot after of there
Aromatherapy Massage oil - Relax
Spritzer - joyful
Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.

Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt so much better.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See with sauna
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Mar 2024, 9:30AM
Created: 23 Mar 2024, 9:30AM
Last updated: 23 Mar 2024, 1:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client felt really sore in shoulders and stiff neck today and headache.

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - checked today. Restriction at end of range
Anything noteworthy - no.

	Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni piano Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Felt so much better. Didn't realise she was so sore
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Neural stretch teapot neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Feb 2024, 9:30AM
Created: 23 Feb 2024, 10:47AM
Last updated: 23 Feb 2024, 5:47PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)
 What's going on now - client felt really sore in shoulders and in neck but improved since last visit.

Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Restriction at end of range Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Improved movement and feeling really good
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting Sauna again next month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Feb 2024, 3:00PM
Created: 3 Feb 2024, 2:43PM
Last updated: 4 Feb 2024, 12:36AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felt really sore in shoulders and in neck, esp L since returning to work.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Restriction Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Acker Bill Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Improved movement and reported feeling great
Plan for future results / treatment / progress / homework (including	Showed SCM stretch

discussion with client, advice, stretches)	
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweated a lot, enjoyed how much it loosens things up

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 13 Jan 2024, 9:30AM Created: 13 Jan 2024, 10:48AM Last updated: 13 Jan 2024, 10:51AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client felt really sore in shoulders and in neck, esp L since returning to work.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - checked today. Restriction Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni if there Aromatherapy Massage oil - Relax Spritzer - joyful Music - tunes don McG and Chang 2 Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Improved movement and reported feeling after massage. ESP neck and shoulders
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	recommend sauna next time
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 15 Dec 2023, 1:00PM
Created: 15 Dec 2023, 2:16PM
Last updated: 15 Dec 2023, 2:18PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client felt really sore in shoulders and in neck, lower back been hurting too. Been away in Brisbane and had to cut holiday short because of cyclone

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM - not checked today.
Anything noteworthy - no.
Anything specific to massage (E.g. no foot massage) - no

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Music - Yanni if there
Aromatherapy Massage oil - Relax
Spritzer - joyful
Music - ian cam 2

	Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Improved movement and reported feeling after massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed Christmas Specials coming out soon and getting some more treatment to help tightness.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Nov 2023, 11:00AM
Created: 3 Nov 2023, 12:30PM
Last updated: 3 Nov 2023, 12:32PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felt some tenderness in neck and back still, doesn't think it will ever go away.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained.

	ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can Smith 2 Aromatherapy Massage oil - Relax Spritzer - joyful Music - ian cam 2 Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Very relaxed and didn't realise she was so sore in neck and shoulders
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Recommended client use SCM stretch for neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 15 Oct 2023, 1:30PM
Created: 15 Oct 2023, 1:19PM
Last updated: 15 Oct 2023, 3:03PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felt some tenderness in neck and back getting better with Massage.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can Smith 2 Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques - especially on shoulders, back and neck. ITBs were tight/tender.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/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; Psoas
Body Chart	
Feedback after treatment -	Very relaxed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Client's moving doing more exercise and feeling a difference. Discussed using a heat pack for her neck.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 30 Sep 2023, 2:30PM
Created: 30 Sep 2023, 3:38PM
Last updated: 30 Sep 2023, 6:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client felt some tenderness in neck and back.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - no. Anything specific to massage (E.g. no foot massage) - no
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Ian Can Smith 2 Aromatherapy Massage oil - Relax Spritzer - joyful Remedial techniques -
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders; Cold stones on face
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck
What parts of the body were massaged?	Full Body Treatment; Stomach; 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; Psoas
Body Chart	
Feedback after treatment -	Slept - really enjoyed treatment.
Plan for future results / treatment /	Pec stretch given.

progress / homework (including
discussion with client, advice, stretches)

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

Time in Sauna (minutes) - 20

Feedback after treatment - Felt good - loved green

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Sep 2023, 9:00AM

Created: 15 Sep 2023, 10:16AM

Last updated: 15 Sep 2023, 1:20PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client's shoulders always sore, sciatic region occasionally hurts

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - checked before

Anything noteworthy - no

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

Client had any previous treatment elsewhere? Yes. Cairns Massage Champions. 3 weeks ago. Gets regular massage but therapist has left.

Any Red Flags - no

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

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm.

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

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Fisiocrem shoulders

Music - Mixed mod Hallelujah

Aromatherapy Massage oil - Relax blend

Spritzer - Joyful

ITBs very tender. Not much vasodilation in shoulders - perhaps firmer pressure next time? Some restriction in shoulders and hips

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

Patient Forms

New Client Record - Women's Health	
Practitioner: Christine Jervis Appointment: 15 Sep 2023, 9:00AM Completed: 13 Sep 2023, 6:35PM	
About you...	
What's your health fund?	Don't have one
Occupation - how long?	Finance Manager - 15 years
List your physical activities, hobbies, exercise or sport.	Occasional yoga
Do you sit/stand for long hours? (E.g. car/desk)	Yes - sit at a desk all day
Medications - prescribed or natural	None
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	None
About Massage...	
How did you find out about our massage clinic?	<input checked="" type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous customer

Who referred you? We use a client reward system - May we thank them?

Type of massage pressure you prefer?

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

What are your goals or reasons for getting massage?

Lots of neck, shoulder and upper back tension from sitting at a desk all day. Also get sciatica through left leg.

Any areas you DON'T want massaged?

- ☐ Face
 ☐ Head
 ☐ Stomach
 ☐ Back
 ☐ Buttocks
 ☐ Arms
☐ Legs
 ☐ Feet
 ☒ Ok with above areas being massaged
☐ Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y

Do you experience headaches?

- ☐ No
 ☒ Mild
 ☐ Severe
 ☐ Persistent
 ☐ Migraines

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

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

Do you have any pain?

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

If your body hurts, what relieves it?

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

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

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

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

Possibly have mild scoliosis - never diagnosed but this has been suggested quite a few times by massage therapists

Women's Health Check...

We focus on specialist care for women of all ages. Digestive and fertility health are strongly linked. Massage also helps with improved sleep, mental health and stress management.

Any falls / injuries to your sacrum, tailbone, head, ankles or feet?

No

Have you had any surgery on your abdomen or lower back?

No

How well is your bladder working? Any infections, bladder weakness, difficulty experiencing orgasms, trouble when you sneeze or do you need to urinate frequently?

Bladder is fine

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

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

Symptoms experienced prior to and during menstruation

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

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

Pregnancy, Birth and Postnatal Recovery

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

Tick what applies to your birth experiences -

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

How many pregnancies have you had?

1

How many babies have you birthed?

1

Have you had any birth interventions or complications?

No

How long were your birth hours for each delivery?

14

Any other info you would like to share?

Your consent...

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

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

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

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

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

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

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

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

A handwritten signature in black ink, consisting of a large, stylized capital 'J' followed by a horizontal line that curves slightly upwards at the end.