

Sarah Thorne

DOB1 Jan 1982

Appointments

| Date | Time | Type | Practitioner |
|-------------|-------------------|---|------------------|
| 18 Sep 2025 | 12:45PM – 1:45PM | 60 minute Massage | Christine Jervis |
| 24 Jul 2025 | 12:45PM – 1:45PM | 60 minute Massage | Christine Jervis |
| 14 May 2025 | 12:45PM – 1:45PM | 60 minute Massage | Christine Jervis |
| 12 Mar 2025 | 11:00AM – 12:00PM | 60 minute Massage | Christine Jervis |
| 5 Mar 2025 | 11:00AM – 12:00PM | 75 minute Remedial Massage | Christine Jervis |
| 27 Feb 2025 | 2:30PM – 3:15PM | 45 minute Massage | Christine Jervis |
| 19 Feb 2025 | 11:00AM – 12:00PM | 60 minute Massage | Christine Jervis |
| 6 Nov 2024 | 11:00AM – 12:00PM | 60 minute Massage | Christine Jervis |
| 11 Sep 2024 | 11:00AM – 12:00PM | Sauna & Massage | Christine Jervis |
| 24 Jul 2024 | 12:45PM – 1:45PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 5 Jun 2024 | 1:00PM – 2:00PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 1 May 2024 | 12:45PM – 1:45PM | REBOOKING - 60 minute Massage | Christine Jervis |
| 25 Jan 2024 | 9:30AM – 10:30AM | Sauna & Massage - for clients with a FREE Sauna offer/voucher | Christine Jervis |
| 5 Jan 2024 | 9:30AM – 10:30AM | 1. NEW CLIENT (First Massage) | Christine Jervis |

Treatment Notes

| Standard Consultation - Remedial Massage |
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| <p>Practitioner: Christine Jervis</p> <p>Appointment: 18 Sep 2025, 12:45PM</p> <p>Created: 18 Sep 2025, 1:51PM</p> <p>Last updated: 18 Sep 2025, 8:21PM</p> |

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling body very tired and sore, end of term. Computer admin to do on holidays.

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

Injury

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Yanni if there
Aromatherapy Massage oil - extreme pain blend h20
Spritzer - lavender peppermint

Remedial techniques - Remedial techniques on hips and legs. 7mins each lower leg prone and 7 supine

Hot Pack

Lower Body

Hot Stones

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

Hot Wet Towels

Feet

Topical Treatment

Fisiocrem shoulders/neck

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen)

Where any specific trigger points used?

Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

Felt good after massage.

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

Looking for monthly massage (more regular self care) in this next term

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

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

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 24 Jul 2025, 12:45PM Created: 24 Jul 2025, 1:51PM Last updated: 24 Jul 2025, 2:10PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling better but body very tired |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2-3 firm Music - Music saxophone Kenny G tunes Aromatherapy Massage oil - pain blend h20 Spritzer - lavender peppermint Remedial techniques - Remedial techniques on hips and legs. 7mins each lower leg prone and 7 supine |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem shoulders/neck |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen) |
| Where any specific trigger points used? | Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas |

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| Body Chart | |
| Feedback after treatment - | Felt good after massage. Legs were very sore. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Looking for monthly massage (more regular self care) |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 14 May 2025, 12:45PM Created: 14 May 2025, 1:58PM Last updated: 14 May 2025, 4:20PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling better from L miniscal tear and toe inhury. Comps done and now heading into a busy term but feeling better |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2-3 firm Music - Ian can smith Aromatherapy Massage oil - lav peppermint Spritzer - lavender peppermint Remedial techniques - Remedial techniques on hips and legs. 10mins each lower leg. 8mins hips each side and Side lying legs and itbs/quads prone with stomach/psoas release |
| Hot Pack | Lower Body |

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| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem shoulders/neck |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen) |
| Where any specific trigger points used? | Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | see in 4-6 weeks |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 12 Mar 2025, 11:00AM Created: 12 Mar 2025, 12:11PM Last updated: 12 Mar 2025, 12:18PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired and sore from L miniscal tear. Sore this week. Tired. Bit stiff. |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - no |

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| Treatment details - what was done today to help the client | Pressure used - 2-3 firm Music - Ian can smith Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs. 10mins each lower leg. 8mins hips each side and Side lying legs and itbs/quads prone with stomach/psoas release |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem shoulders/neck |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen) |
| Where any specific trigger points used? | Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Moving house next week. See when she can fit in. Staff away too. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 5 Mar 2025, 11:00AM Created: 5 Mar 2025, 12:23PM Last updated: 5 Mar 2025, 12:45PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired and sore from L miniscal tear. Sore this week. |

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| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2-3 firm Music - Saxophone tunes Kenny G Aromatherapy Massage oil - lab peppermint Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs..8mins each lower leg. 5mins hips each side plus Side lying legs. |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem shoulders/neck |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Lower body focus (legs, feet, hips, abdomen) |
| Where any specific trigger points used? | Rhomboids; Upper Traps; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Manage treatment with physio at end of next month (holidays) daily exercises and massage weekly focus on legs |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 27 Feb 2025, 2:30PM Created: 27 Feb 2025, 2:27PM Last updated: 27 Feb 2025, 5:11PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired and sore from L miniscal tear. Some improved from last week |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| 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 - Saxophone tunes Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on hips and legs.. 7mins each lower leg. 5mins hips Side lying legs and hips and finish with psi as release. Stones legs and lower back |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet |
| Topical Treatment | Fisiocrem shoulders/neck |
| What parts of the body were massaged? | Stomach; Gluteals / Lower Back; Legs - Prone; Legs - Supine; Feet; Head / scalp |
| Where any specific trigger points used? | QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |

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| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Manage treatment with physio at end of next month and massage weekly |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 19 Feb 2025, 11:00AM Created: 19 Feb 2025, 12:13PM Last updated: 19 Feb 2025, 12:14PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired and sore from L miniscal tear. |
| Medication or relevant procedures / info identified that may affect the massage. | Injury |
| Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)- | |
| Assessment / Testing done (including ROM) / Observations | Verbal consent obtained. ROM - not checked today Anything noteworthy - no Anything specific to massage (E.g. no foot massage) - no |
| Treatment details - what was done today to help the client | Pressure used - 2-3 firm Music - Ian Cam Smith Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg |
| Hot Pack | Lower Body |
| Hot Stones | 2 x Hips; 2 x Back/Shoulders; Cold stones on face |
| Hot Wet Towels | Feet; Arms & Hands |
| Topical Treatment | Fisiocrem shoulders/neck |

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| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Very sore and tired. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Manage treatment with physio and massage alternate weeks |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 11 Sep 2024, 11:00AM Created: 11 Sep 2024, 12:14PM Last updated: 11 Sep 2024, 4:35PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired. 7 days of work. nothing found from Dr results |
| 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 - Piano music Aromatherapy Massage oil - extreme sports Spritzer - Peppt eucalyptus tea tree Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg |

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| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Very sore and tired. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Busy after show, still working big load |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 24 Jul 2024, 12:45PM Created: 24 Jul 2024, 1:51PM Last updated: 24 Jul 2024, 5:09PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired. 7 days of work. Recovering from cold with cough still. R Plantar fasciitis and toe L improved with foot massager in her office |
| 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 |

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| | 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 - Piano music Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs.. 10 mins each lower leg |
| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Busy 4 weeks with show but things getting better |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 5 Jun 2024, 1:00PM Created: 5 Jun 2024, 2:15PM Last updated: 5 Jun 2024, 2:37PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical | What's going on now - client feeling tired. 7 days of work. Recovering from cold. R Plantar |

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| history or client info) | fasciitis and toe L sore from Demi plie |
| 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 - Ken Davis Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs. Got cold - blanket and 26 degrees. 10 mins each lower leg |
| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage. Stomach very tender. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Busy 4 weeks, new person hard to deal with. Hope to do 3-4 weeks massage from June |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| <p>Practitioner: Christine Jervis Appointment: 1 May 2024, 12:45PM Created: 2 May 2024, 12:35AM Last updated: 2 May 2024, 12:37AM</p> | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired. 7 days of work. Feedback from previous treatment - really enjoyed 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 Cam Smith Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, hips and legs. Got cold - blanket and 26 degrees. |
| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage |

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| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Busy til June, new person hard to deal with. Hope to do 3-4 weeks massage from June |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

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| Standard Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 25 Jan 2024, 9:30AM Created: 26 Jan 2024, 3:14PM Last updated: 26 Jan 2024, 3:18PM | |
| Standard Consultation - Remedial Massage | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client feeling tired with musical on Feedback from previous treatment - really enjoyed 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 Cam Smith Aromatherapy Massage oil - Lavender Relax blend Spritzer - Joyful Remedial techniques - Remedial techniques on shoulders, 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 |

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| 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; QLs; ITBs; TFLs; Glutes; Psoas |
| Body Chart | |
| Feedback after treatment - | Felt good after massage |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Will resume classes soon - will be good to do some monthly treatment this year. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | 20 |
| Feedback after treatment - | Never done it before, felt very warm. Thought about how good it would be to stretch. |

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| Initial Consultation - Remedial Massage | |
| Practitioner: Christine Jervis Appointment: 5 Jan 2024, 9:30AM Created: 6 Jan 2024, 5:12AM Last updated: 6 Jan 2024, 5:17AM | |
| Initial Consultation - Remedial Massage Appointment | |
| Presenting complaint (relevant medical history or client info) | What's going on now - client put on 6kg on holidays, lumbar and ribs get sore. Will be dancing 7 days a week this year as 1 teacher has left. General FB Massage needed. |
| 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. Client had any previous treatment elsewhere? Yes 6 weekly massage usually. 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 |

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| | Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem Music - Yanni if there Aromatherapy Massage oil - Sports Blend Spritzer - Joy Remedial Techniques on shoulders, back, hips, neck. L side little more tighter. |
| What parts of the body were massaged? | Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses |
| Where any specific trigger points used? | Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Psoas Release |
| Body Chart | |
| Feedback after treatment - | Tender lumbar, hips and stomach - really enjoyed treatment. |
| Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) | Discussed getting regular treatment, doing some side lying treatment. Suggested free Sauna next time. |
| Infra-Red Sauna (if applicable - info is below) | |
| Time in Sauna (minutes) - | |
| Feedback after treatment - | |

Patient Forms

| | |
|--|---|
| New Client Record | |
| Practitioner: Christine Jervis Appointment: 5 Jan 2024, 9:30AM Completed: 3 Jan 2024, 11:37AM | |
| About you... | |
| What's your health fund? | BUPA |
| Occupation - how long? | Dance Teacher - too long! (over 20 years) |
| List your physical activities, hobbies, exercise or sport. | pilates |
| Do you sit/stand for long hours? (E.g. car/desk) | yes - on admin days |

| | |
|---|---|
| Medications - prescribed or natural | thyroxine |
| Medical History - recent and past operations, illnesses, accidents, injuries or broken bones. | Previous (long time ago) - stress fracture L4/5 - left 5th metatarsal fracture |
| About Massage... | |
| How did you find out about our massage clinic? | <input 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 checked="" type="checkbox"/> Current/Previous Customer |
| Who referred you? We use a client reward system - May we thank them? | |
| What are your goals or reasons for getting massage? | maintenance self-care |
| Type of massage pressure you prefer? | <input type="checkbox"/> Gentle <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Not sure? (We'll check at your massage) |
| Any areas you DON'T want massaged? | <input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input checked="" type="checkbox"/> I am ok with all the above areas being massaged <input type="checkbox"/> Not sure? (We will discuss reasons for massaging different areas at your appointment) |
| Do you experience headaches? | <input type="checkbox"/> No <input type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input checked="" type="checkbox"/> Migraines |
| Abdominal Massage helps digestive problems. Do you suffer any digestive complaints? | <input type="checkbox"/> Discomfort with a whole mix of things happening <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Bloating <input type="checkbox"/> Constipation (going less than once per day) <input type="checkbox"/> Hard bowel movements <input type="checkbox"/> Loose bowel movements <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Food allergies <input checked="" type="checkbox"/> Occasionally experience problems <input type="checkbox"/> Struggling most of the time <input type="checkbox"/> No problems - everything is working well |
| Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas. | Previous (long time ago) - stress fracture L4/5 - left 5th metatarsal fracture |
| Do you have any pain? | <input type="checkbox"/> No pain - nothing hurts <input type="checkbox"/> Morning soreness <input type="checkbox"/> Night time pain <input type="checkbox"/> Happens randomly - can be any time <input type="checkbox"/> Pain doing something specific. E.g. Bending over to touch toes. <input type="checkbox"/> All the time <input type="checkbox"/> Tender to touch <input type="checkbox"/> Dull pain <input type="checkbox"/> Aching or throbbing <input type="checkbox"/> Sharp pain <input type="checkbox"/> Stiffness <input checked="" type="checkbox"/> Muscle tightness <input type="checkbox"/> Restricted movement |
| If your body hurts, what relieves it? | <input type="checkbox"/> I have no pain to manage <input type="checkbox"/> Ice <input checked="" type="checkbox"/> Heat <input type="checkbox"/> Rest <input checked="" type="checkbox"/> Exercise <input checked="" type="checkbox"/> Stretching <input type="checkbox"/> Medication <input type="checkbox"/> Topical Cream (E.g. Tiger Balm) |
| Some conditions affect massage. We want to safely treat you. Tick what applies to you - | <input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Sinus <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Trouble sleeping or falling asleep <input type="checkbox"/> Arthritis <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Spinal problems <input type="checkbox"/> Swelling <input type="checkbox"/> Bruise Easily <input type="checkbox"/> Blood clotting problems <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes Type 1 <input type="checkbox"/> Diabetes Type 2 <input type="checkbox"/> Dizziness <input type="checkbox"/> Numbness <input type="checkbox"/> Tingling <input type="checkbox"/> Cold hands / Cold feet <input type="checkbox"/> Heart Problems <input type="checkbox"/> Blood Pressure - high |

- ☐ Blood Pressure - low ☐ Hearing problems ☐ Hearing Aid
☐ Vision problems ☐ Contact Lenses ☒ None of the above apply to me

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

Your consent...

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

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

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

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

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

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

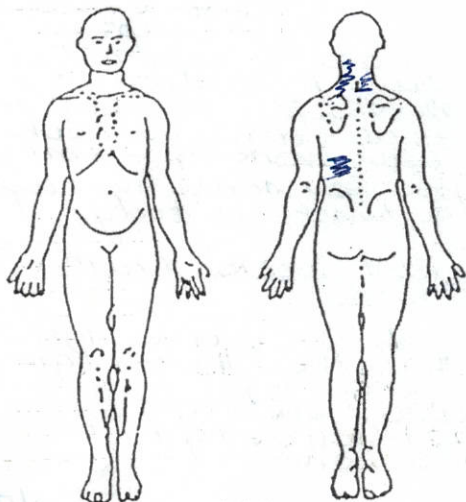
- ☒ Yes - I know I can ask questions at any time too.

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



Full Name SARAH THORNE ^{MOOROOBOOL} 9 TRAPPEES COURT Date of Birth 01/01/82
 Postal Address 15 SLATE CLOSE, BRINSFORD, QLD
 Home Phone 40343848 Work 40513944 Mobile 0407656158
 Email Address schbare@yahoo.com.au
 Emergency Contact Details - Name and Number BILL THORNE 40330373
 Current Doctor DR. ED WILLIAMS Referred By G Cairns Sports Medicine
 Occupation and how long Physio (1yr) Dance Teacher (8 yrs)
 Physical Activities/Hobbies/Exercise Dancing
 Past Medical History (major operations/conditions) nil
 Medications - Prescribed or Natural: nil

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



Amount of Pain (1-10): 1-2
 Type (sharp, dull, aching etc) dull ache
 When is the pain worst? neck
QL

Some conditions require your massage treatment to be modified. Please tick the conditions that apply to you:

- | PAST | NOW | |
|-------------------------------------|--------------------------|---------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Allergies / Asthma |
| <input type="checkbox"/> | <input type="checkbox"/> | Any Contagious Disease / Skin Problem |
| <input type="checkbox"/> | <input type="checkbox"/> | Arthritis |
| <input type="checkbox"/> | <input type="checkbox"/> | Blood Pressure / Heart Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Bruising |
| <input type="checkbox"/> | <input type="checkbox"/> | Chronic Pain |
| <input type="checkbox"/> | <input type="checkbox"/> | Cold / Flu |
| <input type="checkbox"/> | <input type="checkbox"/> | Diabetes |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Dizziness |
| <input type="checkbox"/> | <input type="checkbox"/> | Fractured bones |
| <input type="checkbox"/> | <input type="checkbox"/> | Headache |
| <input type="checkbox"/> | <input type="checkbox"/> | Numbness / Tingling |
| <input type="checkbox"/> | <input type="checkbox"/> | Pregnant or Breastfeeding |
| <input type="checkbox"/> | <input type="checkbox"/> | Recent Illness / Surgery |
| <input type="checkbox"/> | <input type="checkbox"/> | Spinal / Back Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Sprained/strained muscles |
| <input type="checkbox"/> | <input type="checkbox"/> | Varicose Veins |

Details regarding above selections

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:

Face Head Chest Stomach Back Buttocks Arms Legs Feet

What type of massage pressure do you prefer? Light 1.....2.....3.....4.....5 Very Hard

CLIENT AUTHORISATION

I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

Signature: [Signature]

Date: 4/11/06

Client Record

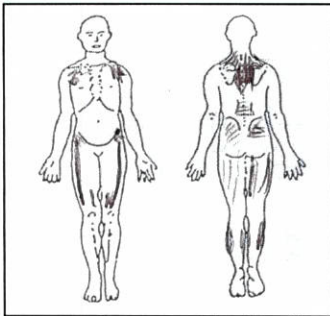
SOAP = SUBJECTIVE: clients states, OBJECTIVE: therapists' observations, treatment, ANALYSIS: what worked, didn't, PLAN: what client will work on, plans for next session

PLEASE NOTE FOR FUTURE REFERENCE:

V. firm pressure used

TREATMENT NO. 1 S= Client's neck been sore - @s worked on this week - get tight and usually gets pain from them. + do much self care

DATE: 04.11.06
TIME: 3pm - on time
PAID: 1hr 5. Free - CSM
REC.No: 73 N11 -
AIR TEMP: 23°C
MUSIC: Ian Sam Smith
FACE CREST: Pepp.
OIL BLEND: Sports
Wint / BP / Lime
NEXT APPT: 5th Dec @ 330pm

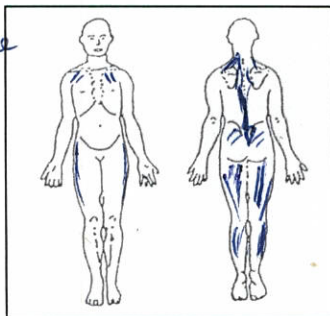


O/A: R thumb/hand v. chicky + capitalized feeling R. Put up right traps short esp L v. cong esp ant/upper. Ant talo esp R Rhombs tight esp R. Pees short esp L. R AC - more forward both hams v. tight. Both ITBs v. tight esp R. Sm R esp v. cong. Qls tight. Calves tight. HFs tight. Skin - v. vasodilated esp legs. Good suppl/pliable
FB(-stom) Heat. TP rhomb/glute med/l ham/traps/lev scap. Winged scaps OK. Arms prone - scalp + pmv quick release. JL ankle/knee prone: client quiet throughout. Improvement in muscle tension. Still more work to be done. Client's posture looks good but deeper investigation reveals some imbalance in muscle tension.

* Watch condit R wrist/hand - v. chicky. looks weak
P= Discussed importance of looking after self when busy + how reg manage can help. R. H's heat on (a) tight esp shoulders. Stretching

TREATMENT NO. 2(1) S= Client's neck been sore. Been doing dance classes. Been working v. hard @ physio lately

DATE: 05.12.06
TIME: 330 Tues - on time
PAID: \$45 CASH
REC.No: 813 1hr 3
AIR TEMP: 24°C
MUSIC: Anya I.
FACE CREST: Pepp.
OIL BLEND: Berg / Frank
NEXT APPT:



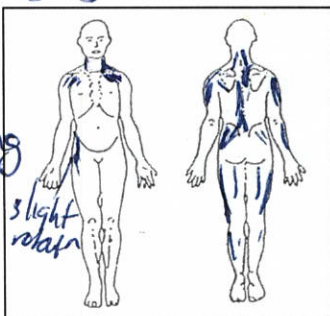
O/A: Pees short. TMJ tight. ITBs tight. Slight rotat of pelvis to L ant. TMJ tight. L traps esp v. cong esp upper. Both lev scaps tight. Es cong and tight. Qls tight. Calves esp lat/med. Rhombs tight. Hams tight esp R. R lat/ham. Skin - v. vasodil back - es rhomb.

FB(-stom) Heat. TP rhomb/glute med/l ham/lev scaps/traps. Winged scaps OK. Arms prone. Stretched + massaged. scalp/TMJ/C/sacrum. rhombs. client quiet throughout. did ask for harder pressure a few times esp on shoulder. client quiet outside - discussed looking after herself more after work esp - xmas.

P= Discussed seeing another physio for some hip adjustment b/c explained that she had a twist in body.

TREATMENT NO. 2 S= Client been sore esp neck (last week duratn). Stressed b/c buying 1st house @ mo. Busy @ work

DATE: 01.03.07
TIME: 130 Thurs
PAID: \$55 CASH
REC.No: 898
AIR TEMP: 23°C
MUSIC: Mod Girls Kodang
FACE CREST: Jay
OIL BLEND: May/Wint
NEXT APPT: Willing



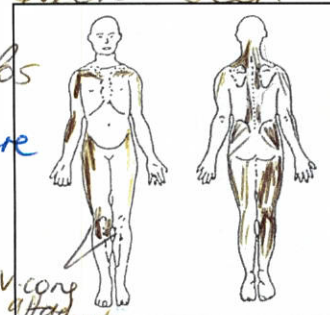
O/A: R forearms + L deltoid v. tight. L glute med v. short. Pees short + tight. R rhomboids v. cong. Upper traps v. short. L Qls + L ES v. cong. Lev scaps esp R v. cong. ITBs tight esp L. Lat/Calves v. tight. Some vasod back/hams.

FB(-stom) Heat. TP rhomb/glute med/l ham/ITBs/ant traps. winged scaps OK. Arms prone managed + stretched. JL legs prone. Good muscle both esp lower half. Quiet throughout. Body responsive well - client happy with more Rom neck. Discussed stretching more + take care of self.

P= Wants to look @ monthly manage - teach Tues/Thurs day off physio. Pelvic use @ more in physio - body mechanics - danced + w/looped + pull R ham 3u

TREATMENT NO. 3 S= Client been feeling R hammy + R glute not feeling right (notices it when dancing). Been working core strength. Neck been sore - "as usual"

DATE: 26.04.07
TIME: 1230 Thurs
PAID: \$55 1hr CASH
REC.No: 1004
AIR TEMP: 22°C
MUSIC: Yanni - if there
FACE CREST: Jay
OIL BLEND: Pain
May/2uc
NEXT APPT:



O/A: Traps esp L lumpy + cong. Splin/laps tight. Hips 5/10 even now. R ITB v. tight + cong. Qls 10/10. Lat's tight. HFs tight. Boas tight. LS short esp. Pectoral R ant v. tight + bi/cup tub R v. cong. Rhombs cong + tight. Tib tib v. cong R. Skin - v. vasod rhomb region. Bruised look?

FB(-stom) Heat. TP rhomb/glute med/l ham/ITB/QLS/LS ant traps. winged scaps OK. Arms prone. Both legs prone. Fx ES/rhomb (savings) sacrum/glute - greater stretch / QLS / LS. V. firm pressure esp R side leg. DT. client felt better after - didn't realize she had so many sore spots. Body responded well - less congestion.

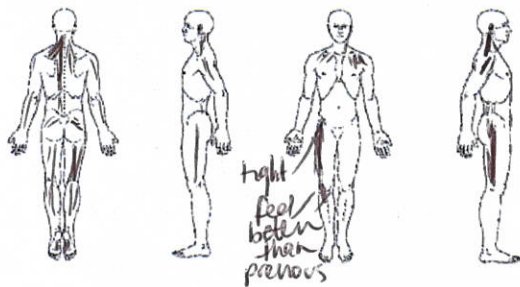
P= Remind client stretch glutes + HFs + hams. Discussed self can v's work load + how some regular manage can help. See Julie physio if ham/glute pain continues.

TREATMENT NO. 4

DATE: 10.05.07
TIME: 1230 Thurs
PAID: 1hr \$55
REC.No: 1021
AIR TEMP: 23°C
MUSIC: Yanni tribute
FACE CREST: day
OIL BLEND: Relax
Pina / Lav

NEXT APPT:

S = 2 days ago R scm + neck v. sore - trouble turning head, settle now. Had lots of work on R hamstrings/legs - slowly improving



O/A: Rachilles v. cong attachments
ITBs v. tight esp R. R Quad v. tgh.
Hams esp R v. cong + adhered
Ant deltoids taut - RLS v. short
Rhombos taut - tighter Ols tight.
skin - some vasod upper + legs

FB(-stom) Heat. TP rhomb/gytes/ITB
ham mixed traps ok - checked
F. est/rhomb/gytes/ITB
arms prone ms + ST. Firm pressure used
Client felt better after Body less
tense esp upper, responded well - softer
muscles. R ham still v. tight + taut + Rache

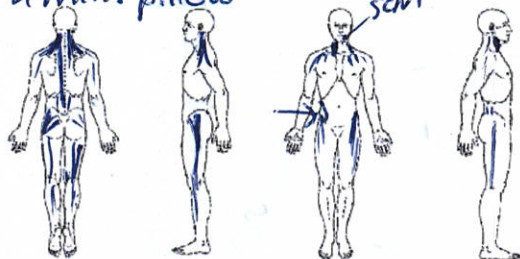
P = Soene away to Bre (take 40chn away) for dancing
Discussed gradual return to activities, body improving gradually

TREATMENT NO. 5

DATE: 19.07.07
TIME: 030 Tues 1hr
PAID: \$55 T+Rack
No: 2030
TEMP: 23°C
MUSIC: Norah Jones I
FACE CREST: day
OIL BLEND: BP / Lav

NEXT APPT: See 2 wks

S = Client's @ hip been tight (not sore but # feel tight)
+ R shoulder/neck sore today. @ been catching the
prefer rack (2mins)
4 mins pillow



Rotata of hips to @ ant.
R Scms v. tight. upper traps esp v. cong
ES L esp v. cong + tight
Ols tight. Roase + ASIS + TFL L v. tgh
R Quad v. cong. RITB. cong. feet cold
skin - v. vasod rhomb region
FB(-stom) Heat. TP rhomb/gytes/ITB
pinLI ham/ITB. F. est/rhomb/gytes/ITB
arms @ ms + ST. upper arms @
Client quiet throughout
Softened & more relaxed. Hips not even

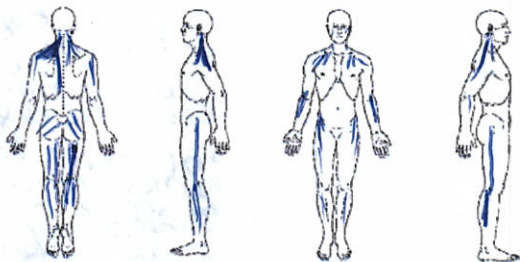
P = Review client stretch flexors + watch hip position

TREATMENT NO. 6

DATE: 09.08.07
TIME: 1030 Thurs 1hr 7
PAID: \$55
REC.No: 2071
AIR TEMP: 23°C - cold
MUSIC: Don Mcg II
FACE CREST: Pepp
OIL BLEND: Basil / Spork

NEXT APPT:

S = Client been feeling sore esp f side
doing lots of solo dancing (cats)



O/A: Pecs short + tight
Hips sits more even slight rot
ES both raised + cong
Upper traps esp v. cong + tight
scaps short + tight
deltoids taut
skin - some vasod Rhomb region
FB(-stom) Heat. TP rhomb/traps/ITB
F. est/rhomb/gytes elbow/OLs
Mixed traps bed ok Arms
+ ST + v. legs @. OT esp back
Client's body responded well - leg
better than previous

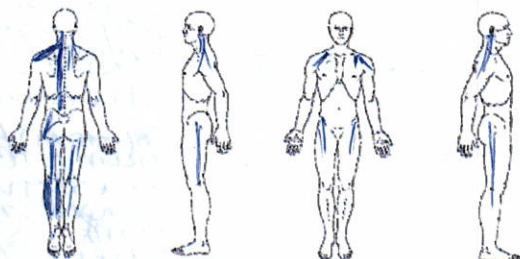
P = Plan is to get physio every 2 wks

TREATMENT NO. 7

DATE: 23.08.07
TIME: Thurs 1hr
PAID: \$55 CASH
REC.No: 1106
AIR TEMP: 23°C
MUSIC: Yanni - mirror
FACE CREST: Pepp
OIL BLEND: Lav
Pina / Lav

NEXT APPT:

S = Client been feeling little tight in @ neck - d scap
+ trap region, gets lots of work done on it in
past 2 wks with physio



O/A: Pecs short + tight
ITs taut ITBs tight. Ols tight
scaps short + tight
ES flex + raised. R short
Rhombos cong + tight (S)
skin - v. vasod rhomb region

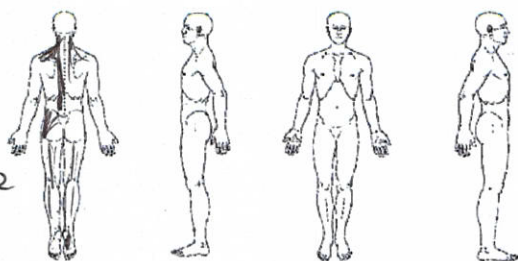
FB(-stom) Heat. TP rhomb/ham/ITB/sinus
F. est/rhomb/traps/ITB
Mixed traps bed ok Arms
ms + ST. v. legs @. Client happy
afterwards upper esp improving
+ coming better

P = Review see Julie again for more work +
see her in 3 weeks 20 S' coast trip

TREATMENT NO. 8

DATE: 13.09.07
TIME: Thurs 1230
PAID: \$55
REC.No: 1150
AIR TEMP: 23°C
MUSIC: Kenny G
FACE CREST: Lav.
OIL BLEND: Sports
Sul Shaper/lune
NEXT APPT: Next time
wrt of LATS

S= Client been feeling 'good'. Seen Julie
on the looks tired - walked slowly too



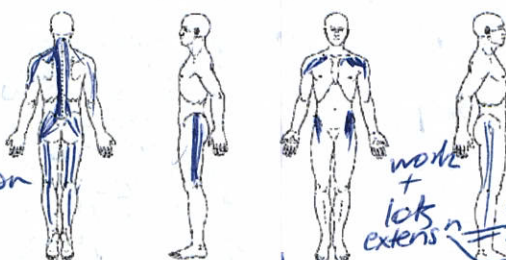
O/A: Traps up taut esp L
S med L right. TM taut L
S L taut. R plantar flex
Dist right. Deltoids taut
Sinus blocked. Cong L scap esp L top
Rhomb reg. warm temp of skin
FB (-stom) Heat. TP rhomb
g med L ham/ITB/sinus
R ES rhomb/L scap/AT
Hinged maps bed oil. Arms
PMS + ST. Jilleg (P). Client
quiet throughout. felt
better (less tense) than previous
with dance res (CATS) starts - "sore all the time"

P= Reiom client continue self-care - discussed
with dance res (CATS) starts - "sore all the time"

TREATMENT NO. 9

DATE: 30.09.07
TIME: 9am Tues
PAID: 1hr \$55
REC.No: 1245 CASH
AIR TEMP: 23°C
MUSIC: Steve Hopper
FACE CREST: Pepp
OIL BLEND: Pain
May/Euc/Demon
NEXT APPT:

S= Client been feeling sore - struggling with Lx region
(can't extend). Beend @ course for 10 week
Pulaw Pone under hips + 2 pulgus (5) L loads right
Reis short
Lg med V tight + L ITB V. tight
Dist tight esp L. ES esp L right
Hams tight. Deltoids taut
Rhomb L cong + tight. Pin tight
FB (-stom). Heat. TP rhomb
g med L ham/ITB/traps/sinus
R same + L scap/ishial trb/GT
Hinged maps bed oil. Arms
PMS + ST. Jilleg (P). Client quiet
throughout. "thoroughly
enjoyed it"

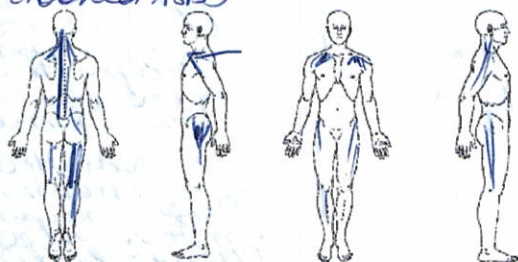


P= Discussed body & recovery. things easing off @
work now making it easier and body V busy for
last month

TREATMENT NO. 10

DATE: 15.11.07
TIME: Thurs 1pm
PAID: \$55 CASH
REC.No: 1269
AIR TEMP: 23°C
MUSIC: Saxophone
FACE CREST: Pepp
OIL BLEND: May
NEXT APPT:

S= Client been feeling v. sore in p/IGT (L) hips feel
out. wanting hips esp worked hard. Extension
(improving crooked ASIS)



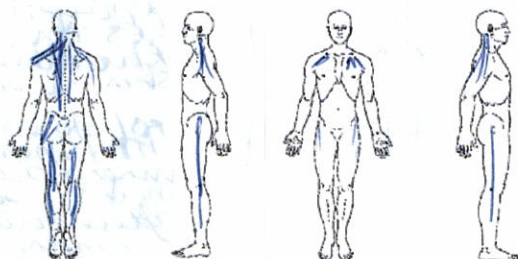
O/A: traps up taut esp L
Dist tight esp L. L scap L bulky
LST includ G/lin V. shiky/adr
L/ITB V. cong. Reis short esp L
Hams tight esp R. L Actom and
Rhomb region cong + tight
FB (-stom) Heat. TP rhomb
g med L ham/ITB/pin/traps
R same + ES L scaps/ASIS
Hinged maps bed oil. Arms
PMS + ST. Jilleg (P). S/L (L) hip
Client been better after
didn't realise she was so sore
check how she feels
this heavy DTMS

P= Reiom client get some Tr on hip with physio/chiro
check how she feels
this heavy DTMS

TREATMENT NO. 11

DATE: 27.11.07
TIME: 1pm Tues 1hr
PAID: \$55 CASH
REC.No: 1282
AIR TEMP: 23°C
MUSIC: Ken Davis
FACE CREST: Pepp
OIL BLEND: Relax
7191/Roselet
Lav
NEXT APPT:

S= Client been feeling better than previous
worked hard & back been okay. Hips settled
sore 1 day after Ms, then better



O/A: Hams/Calves taut. L 5th
Deltoids taut. 2 scap short
Traps upper right. R/L tight
S med L tight. Better than
start esp L. Dist right previous
Rhomb tight + cong L
FB (-stom) Heat. TP rhomb/g med
L ham/ITB/traps/sinus
R ES rhomb/g med L scap
Hinged maps bed oil. Arms
PMS + ST + JL. Jilleg (P)
Client quiet throughout -
sleepy. deep breaths though

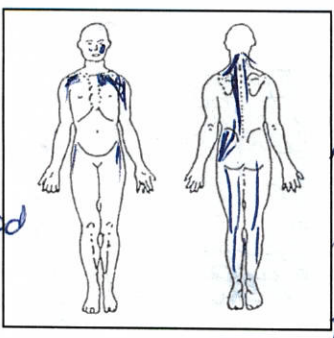
P= Reiom client continue current regime b/c holding
together well

EXNC 08/12/07

TREATMENT NO. 12

DATE: 11.12.07
TIME: Tues 9am
PAID: Inv 5 CASH
REC.No: 4551312
AIR TEMP: 22°C
MUSIC: Enya II
FACE CREST: Pepp
OIL BLEND: Relax
ora / 4th Rosewood
lav
NEXT APPT:

S = client been feeling "flu" since Sun night - run down
no muscle probs - Lx improved "lots"

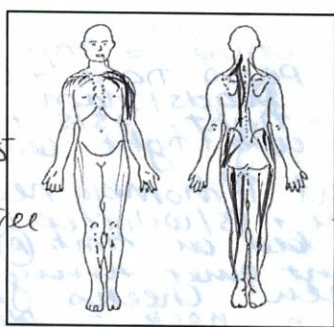


O/A: @ls taut esp L. Sinus esp L blocked
Teres L tight. S med tight L
traps esp L short. spl traps taut esp L
trap up bulley esp L. Alc L cong. Tris taut
rhomb/laures taut. L deltoid tight ant
rhomb region cong + tight
fb(-stom) Heat. TP rhomb/g med/ham/ltg/traps
tr same + ES/ql traps + ASIS/psos vertical shus
mixed traps bed ok Arms (C) ms + ST + IL
Jlegs (C) client been feeling tight + cong
upper L quadrant but overall improving
from previous visit. Flu - esp tangle of sinus
+ did arms (C) to help with breathing

P = Review see next year (Dance concert January)
before things get too hectic

TREATMENT NO. 13

DATE: 07.02.08
TIME: 1hr 5mins
PAID: \$60 1365 Thurs
REC.No: EPNBS
AIR TEMP: 22°C
MUSIC: Mixed tunes 1-15
FACE CREST: Pepp
OIL BLEND: ID: spoth
may/suc/teatree
NEXT APPT:

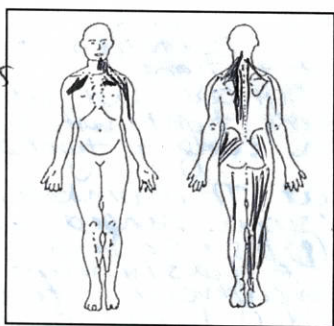


O/A: S med taut ITBs taut/ham taut
traps up short + tight. Quads L esp tight
traps short/taut. Pees short
L ES tight + shoulder. Deltoids taut
Rhomb region cong + tight L
fb(-stom) Heat. TP rhomb/ham/ltg/traps/sinus
tr ES L trap/qls/rhomb/traps/ASIS 7 travel
mixed traps bed ok Arms (C) ms + ST + IL
Jlegs (C) client quiet throughout. Body
fb(-stom) Sinus (C) client felt good
after - body less tense/cong than prev.

P = Working @ Cns Total Physio with Tom/Rachel.
Back stretching dance - see soon. Discussed
management during busy

TREATMENT NO. 14

DATE: 10.06.08
TIME: Tues 9am
PAID: Inv \$60 EPNBS
REC.No: 1498
AIR TEMP: 22°C
MUSIC: Acher Bilk II
FACE CREST: Lav
OIL BLEND: Berg/Frank
NEXT APPT:

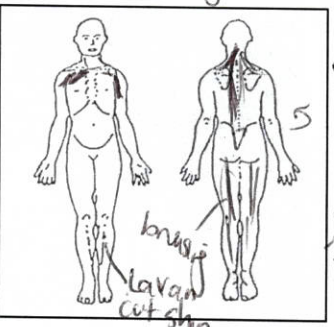


O/A: Deltoids + trapezoid esp v. tight
Scms taut esp R. Occiput v. cong
L med tighter L. L Quads L ITBs v. tight
qls tight + short. Rhomb tight + cong
L ES raised + cong. Tender R add legs
Rhomb region cong + tight esp L
fb(-stom) Heat. TP rhomb/g med/ham/ltg/traps/sinus
tr same + ES/qls/occiput/scap/ASIS
mixed traps bed ok Arms (C) ms + ST + IL
Jlegs (C) client quiet throughout. Body
fb(-stom) expanded well - v. relaxed + sleepy after
more mint after

P = Review client per stretch + see physio for neck adjustmt
Revering Mx - scan today to check for medication or
in future prescriptions (preventative)

TREATMENT NO. 15

DATE: 24.06.08
TIME: Tues 1pm
PAID: \$60 CASH
REC.No: 1511
AIR TEMP: 23°C
MUSIC: Paul McK
FACE CREST: Pepp
OIL BLEND: spoth
Wnt/BP/Lime
NEXT APPT:



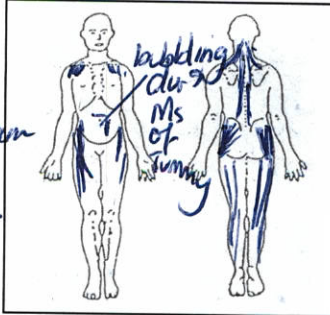
O/A: traps esp upper short + cong. Pees short
L ES large + cong. Deltoids tight. Traps tight
qls esp L taut. Quads taut g med taut
S med esp L tight. Slight ant C pelvic tilt
Rhomb region cong + tight
fb(-stom) Heat. TP rhomb/g med/ham/ltg/traps/sinus
tr same + ES/qls trap/ltg/ham traps bed ok
Arms (C) ms + ST + IL Jlegs (C) client quiet
throughout. Body expanded well - less
cong after ms + the Rom after. Fit
improvement from last week

P = Review client use heat on body

TREATMENT NO. 16

DATE: 08.07.08
 TIME: 9:30 Tues
 AID: 1hr 560
 REC.No: 1526 EMBOS
 AIR TEMP: 23°C
 MUSIC: Yanni - Pure Dream
 ACE CREST: Pepp.
 OIL BLEND: Sports
 Gel Bone / Orange

S = Client been feeling tight + cong esp upper body (neck) + in hip flexors



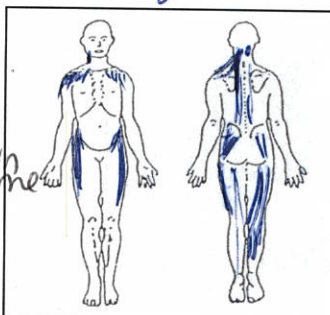
O/A: Legs tender esp quads + HFS. Stomach still held. Pectorals tight - pectorals esp R V. cong traps up short + tight + latissimus. Median nerve tight. Groined V. tight + short. esp R V. cong Ham + calves tight. Quads esp R thigh Rhomb region cong + tight esp L. Dist right foot (stom) Heat. TP rhomb/g' med/ham/ITB/traps/sinus/pin/d' trap. mixed traps bed on Arms @ Ms + ST + VL Jumps @ Client quiet throughout Body less tense after = felt relaxed + sleepy. Discussed NS activat + stress - client felt calm after + ready for day off today

P = Release client deep breathe + stretch + use some heat on shoulders/neck. Work less hectic now - concentrate on body

TREATMENT NO. 17

DATE: 29.07.08
 TIME: Tues 1pm
 AID: 1hr 560 CASH
 REC.No: 1532
 AIR TEMP: 23°C
 MUSIC: Yanni - mirror
 ACE CREST: Pepp.
 OIL BLEND: Sports
 Gel Bone / Orange

S = Client been feeling tight + cong in neck region - scms. legs sore esp ITB - teaching + dancing a lot



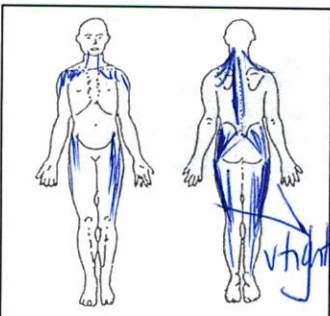
O/A: V. tight neck region: restricted Rom R scap overactive. traps up short + tight. Med tight. Pectorals tight + cong esp R minor. Dist right esp L. Quads/Hams tight. Traps short + tight. ASIS tight. Rhomb region cong + tight. Quads tight. FB (stom) Heat. TP rhomb/g' med/ham/ITB/traps/sinus. Be same + ES/lat/accept/palp/gt mixed traps bed on Arms @ Ms + ST + VL Jumps @ Client quiet throughout. Body relaxed after. Cheers pink. Using heat on neck - felt "my neck" coming on lately

P = Client to see physio for some more Cx work. Mostly teaches pilates @ work: limits soft-tissue work. Dance to 930pm every night

TREATMENT NO. 18

DATE: 14.08.08
 TIME: Thurs 9am
 AID: 1hr 560
 REC.No: 1566
 AIR TEMP: 23°C
 MUSIC: Late De May
 ACE CREST: Pau.
 OIL BLEND: Bain
 Gel Bone / Frank

S = Client been feeling tight in 'lum' region today - felt tightness on morning walk



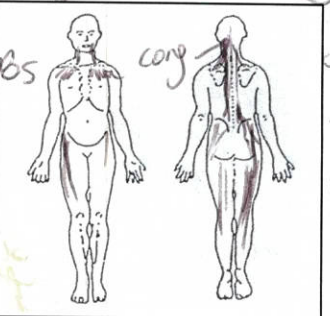
O/A: Hams tight + cong. Dist right esp L. Deltoids tight + cong. Traps up short + tight. ES raised + tighter but sits better than previous. Hams tight - both tighter than usual. Rhomb region cong + tight esp L. Neck better. FB (stom) Heat. TP rhomb/g' med/ham/ITB/traps/sinus/LS cap. mixed scap bed on Arms @ ST + @ Ms + ST + VL Jumps @ P + ankles by ES/lat/accept/palp/gt mixed traps bed on Arms @ Ms + ST + VL Jumps @ Client quiet throughout - body less tense after Ms. Tender hips/ITB's - slower tight

P = Client to get into gym work. Upper body/Neck responds well when core is right

TREATMENT NO. 19

DATE: 27.11.08
 TIME: 1hr 12mins
 AID: Thurs 11am EMBOS
 REC.No: 1609
 AIR TEMP: 23°C
 MUSIC: Ian Sam Smith
 ACE CREST: Pepp.
 OIL BLEND: Avocado Oil
 Gel Bone

S = Client been feeling tight in neck region - suffering migraines lately. 2 weeks left of dancing



O/A: R Scap tight - L even more cong. RITB's esp V. tight + R ITB's tight. Traps V. short + tight esp L. Pectorals tight. ES tight + cong. Dist fault. R Quads tighter. Rhomb region cong + tight + wasted. Tereshg. FB (stom) Heat. TP rhomb/g' med/ham/ITB/traps/sinus. In scap + ES/als/IL scap: mixed traps bed on Arms @ Ms + ST + VL Jumps @ slowly + Ms. Hams/shoulders @ Client quiet throughout - V. tired after Ms. Upper body V. cong + some tension. Legs - harder pressure on legs

P = Release client see other physios for Tx. Rem/NT neck released well. V. cong upper!

TREATMENT NO. 20

DATE: 09.12.08
TIME: 1030 hrs
PAID: \$60 hrs 10.
REC.No: 1698 EMPLOY
AIR TEMP: 23°C
MUSIC: Sampler +
FACE CREST: Pepp
OIL BLEND: Pepp
Oral Benz

NEXT APPT: Working - New Year
AAMT + 2-mos n letter

TREATMENT NO. 21

DATE: 29.01.09
TIME: Thurs 9am
PAID: 1hr \$60
REC.No: 00284
MP: 230C
N: Miyagi I.
FACE CREST: Mandarin
OIL BLEND: Poin
Pepp / Bambi / B

NEXT APPT:

✓ B'DAY 09

TREATMENT NO. 22

DATE: 19.05.09
TIME: TUES 1030
PAID: \$60 CASH
REC.No: 188
AIR TEMP: 23°C
MUSIC: African I
FACE CREST: Jay
OIL BLEND: Relax
Javi Tang

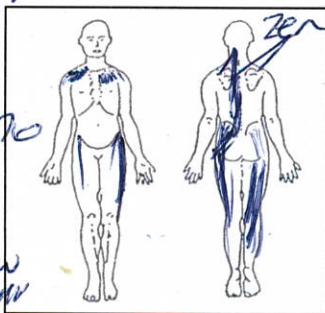
PPT:

TREATMENT NO. 23

DATE: 09.07.09
TIME: Thurs 9am
PAID: 1hr \$60
REC.No: 093 cmbs
AIR TEMP: 23°C
MUSIC: Luvitar Tunes
FACE CREST: 250V
OIL BLEND: Pouch
demon / May / Treat

NEXT APPT:

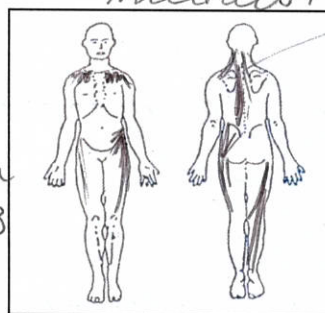
S = client been feeling sore in neck but better than previous. Whole body sore from Doms (gym - weights)



P = Gave organic body wash blend for 20th - Morning test

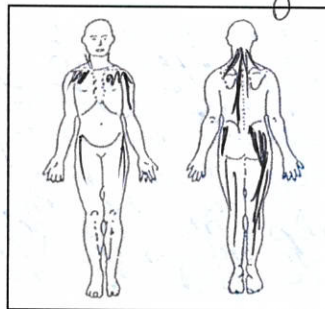
body Wash morning test

Client been feeling tight + cong in hamstrings + glutes
Panc's break but starts next week + runs
intervals 1" to get fit. Feet sore too in @ neck



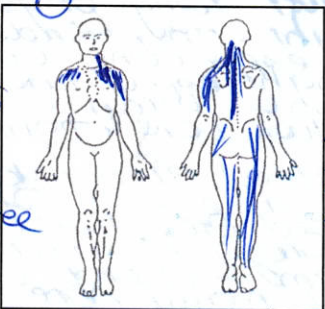
P = Person use Lau floral water spitz. Organic (6'day gift). Discussed seeing in 2-3 weeks of as new.

S⁹ = client been feeling tight + congested overall
but nothing in particular sore



P= Discussed looking after self & Mr - with reg Tx

S= patient been feeling cong in head/sinuses
Migraine for 2 days

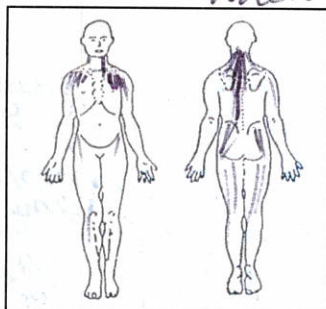


P= Perom steam inhalation + heat on shoulder

TREATMENT NO. 24

DATE: 20.08.09
TIME: 11.00 AM
PAID: \$60.00
REC.No: 380
AIR TEMP: 23°C
MUSIC: Indian mix
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT: See in 3 weeks

S= Client had/has flu + struggling 2-3 weeks
Neck v. sore + stiff esp. mornings when work busy, pain worse



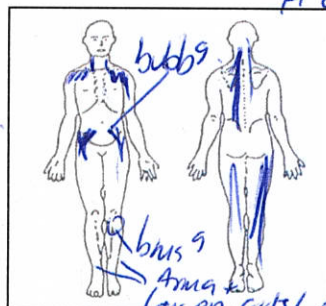
O/A: Traps up tight + cong + feeling shed esp. Deltoids tight esp. L. arm. Knotted thumbs - v. cong. L. arm. Right ES tight from lat. / shoulders ES tight + cong esp. L. Peers v. right (stom) Heat. TP rhomb region cong / traps / traps. Tr same + ES / Ols / mnd on Arms @ S + (S) MS + S + V. Most RM on upper. Refr - chest / shoulder / rhombus cong. Quiet throughout. Feet lighter in head after - improved from too

P= Discussed using some heat esp. upper 'x' to help

TREATMENT NO. 25

DATE: 10.09.09
TIME: 11.00 AM
PAID: \$60.00
REC.No: 381
AIR TEMP: 23°C
MUSIC: Indian mix
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT: See in 3 weeks

S= Client been feeling tightness in body from overuse (mus. fatigue). Low thyroid / Hached / migraines on



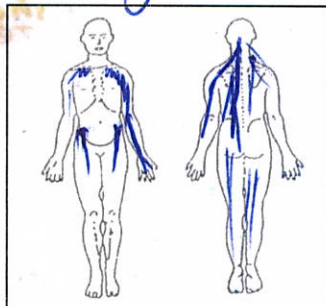
O/A: Start L. esp. Hams right - Sars right traps up tight + right esp. L. Roast right esp. Deltoids tight esp. L. Right ES tight both. R. MS tighter. both right Rhomb region cong. (stom) Heat. TP rhomb / g med / ham / ms / traps / traps / traps - Tr same + ES / Ols / occip / scalp. Limited OT / Rom / neck / general pushing + stretch MS help relax atk

P= 1 week off from all ex / work. 3 weeks off - physio dancing / roller / remede

TREATMENT NO. 26

DATE: 20.10.09
TIME: 11.00 AM
PAID: \$60.00
REC.No: 382
AIR TEMP: 23°C
MUSIC: Indian mix
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT: See in 3 weeks

S= Client been feeling tightness in whole body / fatigued + looked tired. Had some migraines



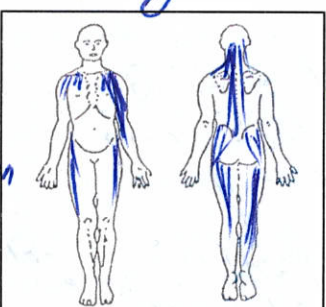
O/A: Traps up tight + short. D Traps up tight + feeling cong. Deltoids tight + arm. Peers + thumb ES tight + cong. Ols tight Rhomb region cong + tight Peers tight (stom) Heat. TP rhomb / g med / ham / ms / traps / traps / traps - Tr same + ES / Ols / occip / scalp / mnd. Vinged on Arms @ S + (S) MS + S + V. Client quiet throughout - deep breaths

P= Discussed MS / physio + how they work well together

TREATMENT NO. 27

DATE: 08.12.09
TIME: 11.00 AM
PAID: \$60.00
REC.No: 383
AIR TEMP: 23°C
MUSIC: Indian mix
FACE CREST: Pepp
OIL BLEND: Relax
NEXT APPT: See in 3 weeks

S= Client been feeling tightness in L. back - starting back (a gym) No dancing til Feb. then



O/A: Pers v. tight. mnd. v. tender / tight (big ear) Traps up L. esp + cong. L. arm clunky / heavy Deltoids tight esp. L. Knotted ES tight esp. L. L. arm v. tight Rhomb region cong + tight esp. L. (stom) Heat. TP rhomb / g med / ham / ms / traps / traps / traps - Tr same + ES / Ols / occip / scalp / mnd. Vinged on Arms @ S + (S) MS + S + V. Client quiet throughout - used OT / Rom - client v. tender / could feel many sore spots esp. L. shoulder / neck / neck

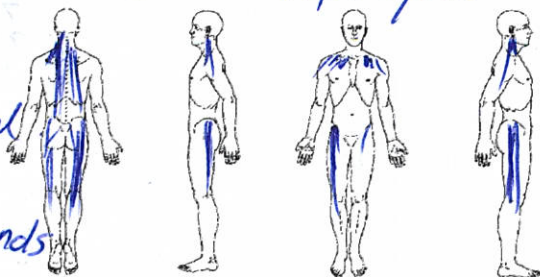
P= Rom stretch anterior to help shoulders / chest / neck

BDAY 2010
XMAS 09

TREATMENT NO. 28

DATE: 18.02.10
 TIME: Thurs 9am
 PAID: 1hr \$5
 REC.No: 687 ERBS
 AIR TEMP: 23°C
 MUSIC: Mod Eads/Israel
 FACE CREST: dau
 SUPINE SCENT: lemon
 OIL BLEND: Relax
 HT: Feet + Arms/hands
 EXTRA:

S = Client been feeling tightness in her legs after starting dancing. General anaesthetic on Mon v. fatigued



O/A: legs feel heavy/tight esp ITBs/quads/hamstrings
 psoas tight. Rhomboids tight
 L5/S1 up traps/tighter
 acromioclavicular region
 Rhomb region cong transverse
 TB(-stom) Heat TP rhomb/med
 ham/ITBs/traps/sinus/l/scap
 Tx same + ES/ALS/detach
 tinged OK. Arms PS+MS
 Quiet throughout - snoring
 Relaxed 7ms

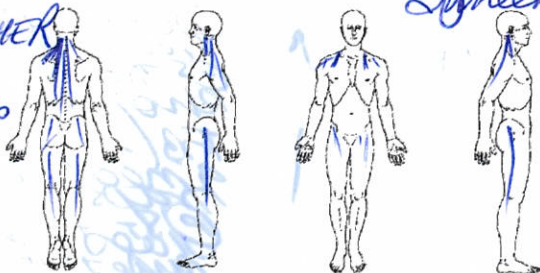
NEXT APPT:

P = Still working on thyroid balance with Dr.

TREATMENT NO. 29

DATE: 19.08.10
 TIME: Thurs 9am
 PAID: 1hr D/C VOUCHER
 REC.No: 924 ERBS
 AIR TEMP: 23°C
 MUSIC: Kenny Goldies
 FACE CREST: dau
 SUPINE SCENT: lemon
 OIL BLEND: Pain
 HT: Feet + Side wrist
 EXTRA:

S = Client been feeling tightness in her whole body incl Tx + shoulders + feeling sick. Thym/tx sore
 Had 6 weeks travelling overseas. Back for 2 weeks



O/A: Trns tight. t.med + PnCh. tight
 psoas short. ALS tight
 Detachments tight
 ES tight esp low tx
 Rhomb region cong esp L5
 TB(-stom) Heat TP rhomb/med
 ham/ITBs/traps/sinus/l/scap
 Tx same + ES/ALS
 Uniped OK. Arms PS+MS
 Tst + tx. Quiet + Relaxed
 Not as sore as she thought -
 kept Dr/Rm a little more intense
 as client struggling with gland/sick

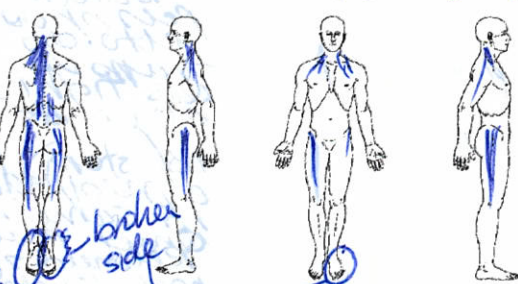
NEXT APPT:

P = Discussed neg Ms helping with recovery

TREATMENT NO. 30

DATE: 02.09.10
 TIME: \$65 1hr
 PAID: 9am Thurs
 REC.No: 957
 AIR TEMP: 23°C
 MUSIC: Mixed Ms Music
 FACE CREST: dau
 SUPINE SCENT: lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA: Arms/hands

S = Client been feeling tightness in her body esp in shoulders - 5th rib of crutches
 Foot 5th met broken - in boot/compression band



O/A: Trns tight. Trns tense esp L5
 Detachments tight esp medial
 ES tight + short
 Rhomb cong + tight + vertical
 TB(-stom) Heat TP rhomb/med
 ham/ITBs/traps/sinus/l/scap
 Tx same + ES/ALS/detach
 Quiet throughout - Relaxed
 7ms + feeling better
 Quiet + responded well
 felt v. exhausted 7ms

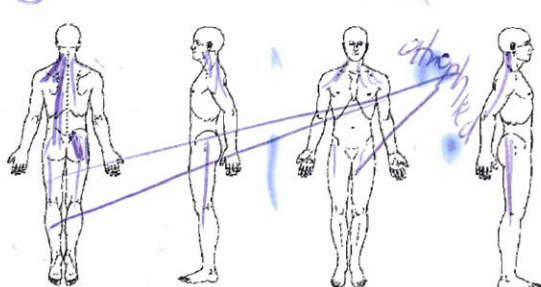
NEXT APPT:

P = Previous keep up balance/self care/MS Tx to help recovery. Booked again for MS

TREATMENT NO. 31

DATE: 23.09.10
 TIME: Thurs 10:30
 PAID: 1hr \$65
 REC.No: 1001 ERBS
 AIR TEMP: 23°C
 MUSIC: Twilight Mix-H3
 FACE CREST: dau
 SUPINE SCENT: lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client been feeling tightness in her whole body - v. tired/sore (5th foot) healing well. 5 weeks now



O/A: Trns up tight. G-med tight
 Detachments tight. Boaseph
 ES tight. Quads tight
 Rhomb region cong
 TB(-stom) Heat TP rhomb/med
 ham/ITBs/traps/sinus/l/scap
 Tx same + ES/ALS/detach
 Uniped OK. Arms PS+MS
 Quiet throughout - Relaxed
 7ms + feeling better

NEXT APPT:

P = Previous client continue self-care dancing in show. Then some time to recover

TREATMENT NO. 32 S = Client been feeling tightness in her body
v. tired. Foot dancing etc.

DATE: 20 09.10
TIME: Thurs 1030
PAID: 1hr \$65
REC.No: 1014 CFBBS
AIR TEMP: 23°C
MUSIC: Steve Hesper II
FACE CREST: Lav
SUPINE SCENT: demon
OIL BLEND: Kerom
HT: Feet + Arms
EXTRA: hands

O/A: Pecs tight. Traps up right
Deltoids tight
ES tight + short. MBS tighter
Rhomb region cong cesp
T1 (stom) Heat. TP rhomb/ax
scaps/ES. Werged ok. No T1
b/c recovery bot remedial
(PTM on h/m/mbs a while
to just loosen/freshen up
Relaxed dys (sleep) +
calmer after ward

Next Appt: P = Dancing tonight 9 shows to go.

TREATMENT NO. 33 S = Client been feeling v. tight in whole L side
esp - burning in calves

DATE: 14 10.10
TIME: 9am THURS
PAID: \$65 1hr
REC.No: 1036
AIR TEMP: 23°C
MUSIC: Indian I
FACE CREST: Lav
SUPINE SCENT: demon
OIL BLEND: Pain
HT: Feet + Face
EXTRA: wmt/lepp

O/A: Pecs tight. Hams tight
Deltoids tight
Traps up tight
ES tight + short
Rhomb region cong
T1 (stom) Heat. TP rhomb/
ax mod scaps/hams/TP
scaps werged ok. T1
ES + AS. Quiet through
out throughout. T1
under throughout. T1

Next Appt: P = Kerom client relax today discussed how
its helping body. Of tight/tired

TREATMENT NO. 34 S = Client been feeling tightness in her body
but better than previous visit

DATE: 21 10.10
TIME: Thurs \$65
PAID: 9am CFBBS
REC.No: 1046
AIR TEMP: 23°C
MUSIC: Piano tunes 1-15
FACE CREST: Lav
SUPINE SCENT: demon
OIL BLEND: Kerom
HT: Feet + Face
EXTRA: wmt/lepp

O/A: Building muscle in LHS
Pecs short cesp
Deltoids tight cesp - even
trap up right + short
ES tight cesp shft
Rhomb as cong + v right/vamp
T1 (stom) Heat. TP rhomb/
ax mod scaps/hams/TP
scaps werged ok. T1
ES + AS. Quiet through
out throughout
Relaxed 2f couldn't believe
how tender her shoulder were

Next Appt: P = See in 1 month.

TREATMENT NO. 35 S = Client been feeling tightness/hardness
globally - hard to get correct in 2 weeks
then work - slows down

DATE: 17 11.10
TIME: 9am THURS
PAID: \$65 1hr
REC.No: 1081 CFBBS
AIR TEMP: 23°C
MUSIC: Sampler
FACE CREST: Lav
SUPINE SCENT: demon
OIL BLEND: Kerom
HT: Feet + Face
EXTRA: wmt/lepp

O/A: Traps up right/short
Deltoids tight
ES tight right ES. Less
Rhomb region cong
T1 (stom) Heat. TP rhomb/
ax mod scaps/hams/TP
scaps werged ok. T1
ES + AS. Quiet through
out throughout

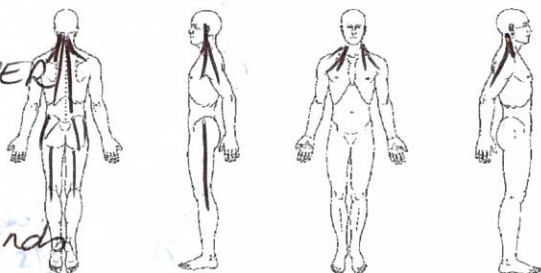
Next Appt: P = Kerom client look after self - see her in new year

BOA II
+ MOUT II

TREATMENT NO. 36

S = client been feeling tightness in her whole body esp hips (ant) - fascia feels tight pelvic

DATE: 10 02 11
TIME: Thurs 10AM
PAID: \$50 BODY
REC.No: 1167 VOUCHER
AIR TEMP: 23°C
MUSIC: Norah Jones
FACE CREST: dav
SUPINE SCENT: Lem
OIL BLEND: Relax
Peppermint
HT Feet + Ham/ham/ham
EXTRA



O/A: Psoas esp R v. tight
Traps 3p cong
TFS tight TFS tight
DLS L esp lower v. tight
Rhomb region cong L esp tight
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/med/ham/hips/tra
Fx occiput/scalp/mid/AC/9t
☐ Talked ☐ Quiet Deep Breathing
ROM 1st after Ms - feet sore/trace
FBACK Relaxed > Ms + feet better

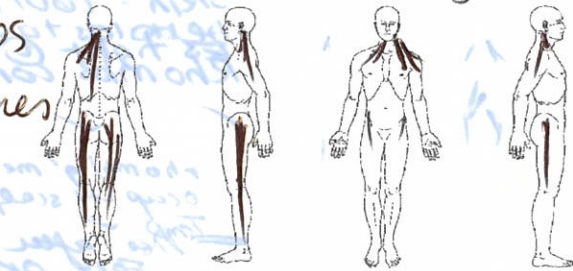
NEXT APPT: Thurs 24th @ 9AM

P = Region client look after @ foot - seeing Dan for foot insert with metatarsal foot hurting with dance?

TREATMENT NO. 37

S = client been feeling tightness/tiredness all over pressure with insert but no pain after
Am - intrinsic strength + by end of term

DATE: 24 02 11
TIME: Thurs 9AM
PAID: \$65 Inv. Cnbs
REC.No: Inv 1190
AIR TEMP: 24°C
MUSIC: Kenny G mones
FACE CREST: dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Peppermint
HT Feet + Face
EXTRA



O/A: Psoas v. tight + feeling short
Hams v. tight + calves esp R
DLS tight + TFS tight
Rhomb region cong + tight (esp)
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/med/ham/hips
Fx occiput/scalp/mid/AC/9t
☐ Talked ☐ Quiet Quiet Breathing
ROM 1st after Ms - feet
FBACK Relaxed > Ms + feet better

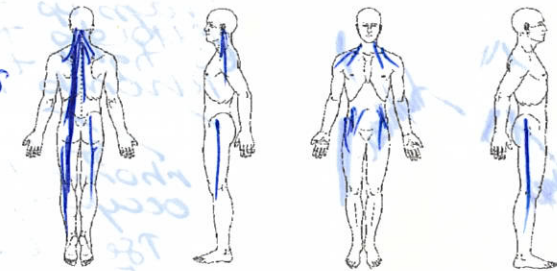
NEXT APPT:

P = Discussed seeing client in 2 wks, then irregular schedule means no Ms for end of dance term

TREATMENT NO. 38

S = client been feeling tightness in her body but better than previous

DATE: 10 03 10
TIME: Thurs 9AM
PAID: Inv \$65
REC.No: 1208 Cnbs
AIR TEMP: 24°C
MUSIC: Indian II
FACE CREST: dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Peppermint
HT Feet + Face
EXTRA



O/A: whole LHS working harder
TFS tight esp L - latiss tendon
Deltoids tight L - up traps L
DLS L esp tight + client feel?
Rhomb tight L esp
☒ Full Body ☐ STOMACH ASIS flex over tower
ARMS ☐ Prone ☐ Supine MS LEGS heavy
TP occiput/AC/9t
Fx rhomb/med/ham/hips
☐ Talked ☐ Quiet sept. Quiet Breathing
ROM Feet in/pretent
FBACK Feet sore & so rebooked

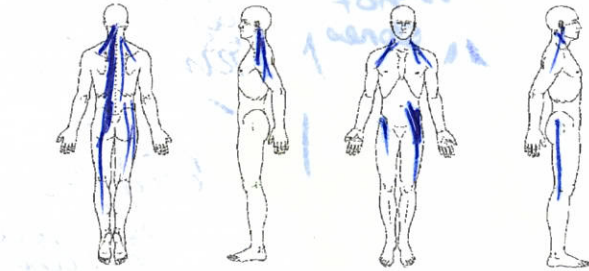
NEXT APPT:

P = See in 2 wks b/c still tight - Discussed prep Ms > Ms

TREATMENT NO. 39

S = Trx region tight + sore for few days
Had mob dose on Thurs last week @ work

DATE: 24.03.11
TIME: Thurs 9AM
PAID: \$65 CASH
REC.No: 1233
AIR TEMP: 25°C
MUSIC: saxophone
FACE CREST: dav
SUPINE SCENT: Lemon
OIL BLEND: Relax
Peppermint
HT Feet + Face
EXTRA



O/A: DLS L esp lockup @ mo
Traps up tight DLS tight
Deltoids tight Psoas tight
ES tight esp LHS v. tight
Rhomb region cong esp L
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine MS LEGS
TP rhomb/med/ham/hips
Fx occiput/scalp/mid/AC/9t
☐ Talked ☐ Quiet Quiet Breathing
ROM 1st after Ms - self report
FBACK Relaxed > Ms

NEXT APPT:

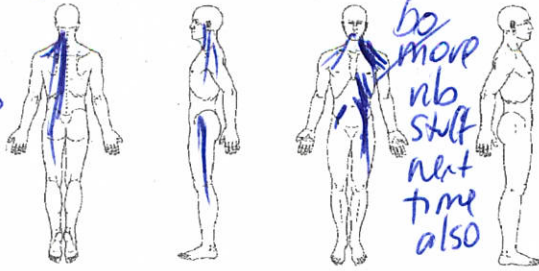
P = Busy with school kids coming up before Easter

TREATMENT NO. 40

DATE: 07.04.11
 TIME: THURS 9AM
 PAID: \$65
 REC.No: 125/1105
 AIR TEMP: 25°C
 MUSIC: Yanni if there
 FACE CREST: dau
 SUPINE SCENT: Lemon
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = client been feeling v. tired / heavy / sore in legs. Tx better but still pain moving to front nbs - wants stomach Ms whole & tight even Peis tight. Dis tight neck Dextoids tight. Dis tight ES tight + short in Rhomb region cong + var

bo more nb stuff next time also



☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb/g med / traps / psoa
 Fx occup / scalp / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM Rise > Ms + feeling better
 FBACK tender spots in stomach

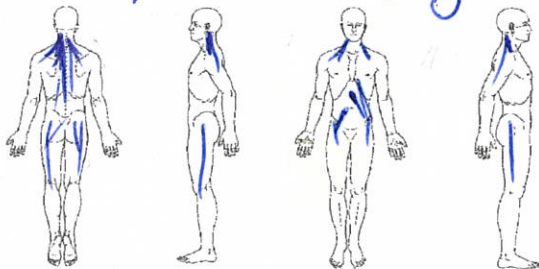
NEXT APPT: 3wks 28⁵/10 9AM

P = Talked - building format - why whole & side effects from broken foot

TREATMENT NO. 41

DATE: 28.04.11
 TIME: 9AM THUR
 PAID: \$65 hr est
 REC.No: 1277
 AIR TEMP: 25°C
 MUSIC: Yanni if there
 FACE CREST: dau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = client been sick for 2+ days & feeling feverish (not today) + h'ache - itchy skin
 Some Peppermint Spritzer



O/A: pale colour
 Skin - cool / clammy / hot in places
 Dextoids tight. Peis tight
 ES tight
 Rhombs cong @ esp

☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb/g med / Dis
 Fx occup / scalp / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM Rise after - skin better color
 FBACK Feet OK / relaxed

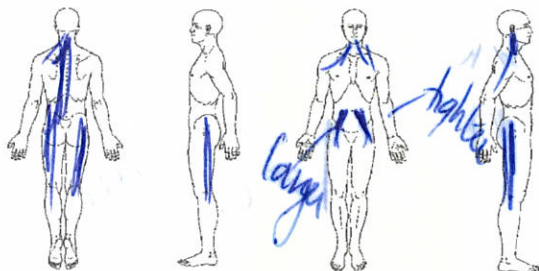
NEXT APPT: See when better

P = Discussed how sickness can happen > lots of hard work / stress stops

TREATMENT NO. 42

DATE: 19.05.11
 TIME: THURS 9AM
 PAID: \$65 & 1105
 REC.No: 1298
 AIR TEMP: 25°C
 MUSIC: mixed
 FACE CREST: dau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 EXTRA:

S = Client's neck / shoulders ~~dis~~ v. sore - doms all over from boot camp



O/A: Traps up tight. Peis tight
 Dextoids tight
 ES tight + short
 Rhomb region cong + tight

☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb/g med / traps / psoa
 Fx occup / scalp / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM Rise - self report
 FBACK Felt tired but better

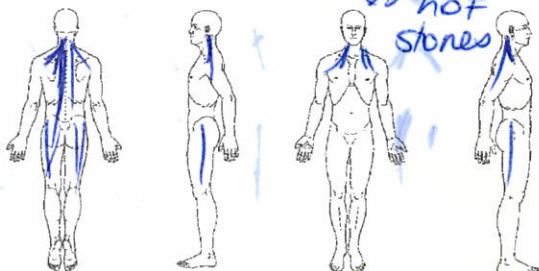
NEXT APPT:

P = Reom client watch RHS loading

TREATMENT NO. 43

DATE: 16.06.11
 TIME: THURS 9AM
 PAID: hr \$65
 REC.No: 1335 & 1105
 AIR TEMP: 28°C
 MUSIC: Can Chang I
 FACE CREST: dau
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Arms / hands
 EXTRA:

S = client been feeling tightness in her body esp with her foot ore Ms helped uterus suggested hot stones



O/A: V. cold hands / feet
 Traps up & rhombs & Dis tight esp
 ES tight - psoas v. tight
 Rhomb region cong + tight

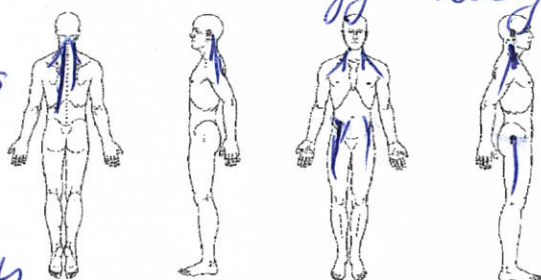
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine ☐ LEGS
 TP rhomb/g med / ham / ms
 Fx occup / scalp / ms
☐ Talked ☐ Quiet ☐ Breathing
 ROM Rise after Ms
 FBACK Feeling good > Ms

NEXT APPT:

P =

been

DATE: 05/09/11
TIME: Tues 8:30
PAID: 1hr \$70
REC.No: 1512 exp/s
AIR TEMP: 25°C
MUSIC: Enya
FACE CREST: clay
SUPINE SCENT: Lem
OIL BLEND: Relax
Y1 Y1 / Lav / Ora
HT Fleet + Arms/
EXTRA: hand
Sxta + 2x bac
NEXT APPT: 10/11/11



Deixids tight. Pels short
Es tight. Arm tense
Rhomb region cong + tight

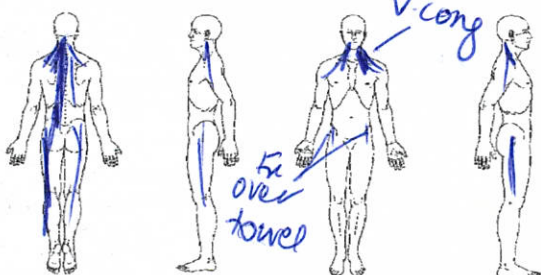
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☒ Supine ☐ LEGS
 TP rhomboid med / ham / FBs
 Fx cruciat / scarp / mmt
☐ Talked ☒ Quiet Quiet Breathing
 ROM Tse after Ms
 FBACK Few better → Ms

P = getting into new routine now

45

S = client's 1 week v. sore + L @L sharp pain
migraine (small) on w/end. v. indulgent weekend

DATE: 05/01/11
TIME: 9:30 TUES.
PAID: \$70 THUR.
REG: 1550 PPT.
A: MP: 8500
MUCR: Don McGI
FACE CREST: New
SUPINE SCENT: Nam
OIL BLEND: Relax
Spraks ND Town
HT: Feet + Face
EXTRA: HST 2 x 12



O/A of clavicle rel + restricted
 Wls L. tight
 Detroids tight LHS / LHS
 ES tight
 Rhombic region comp d, v.v comp eg

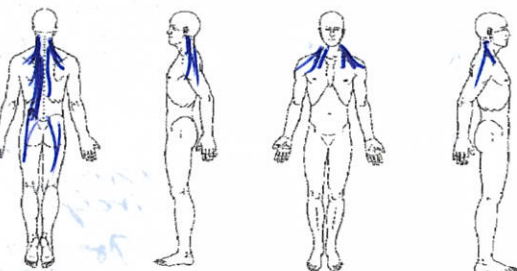
☒ Full Body ☐ STOMACH *PNF neck*
 ARMS ☐ Prone ☐ Supine LEGS
 TP *rhomboid/medial/mid*
 Fx *occipital/ptm*
☐ Talked ☐ Quiet *Queer* Breathing
 ROM *7se after Ms*
 FBACK *Felt v. sore but better*

p = See how she responds - worked v. deeply on
upper esp to help

46

S = Client's neck still sore + Q1s + Ribs LHS tender

DATE: 01.11.11
TIME: 15.58.30
PAID: 1565
REC.No: 1565
AIR TEMP: 23-26°
MUSIC: Mixed Mod
FACE CREST: dau 15ro
SUPINE SCENT: dam
OH BLEND: Relax
Scent: Scit Grape
HT: Feet + Face
EXTRA: 1st - 3xln 2x
NEXT APP: 1565



Q/A:

Pen tight. Traps up tight
beds tight
CS tight + tender attachments
Rhomb region along + vessel

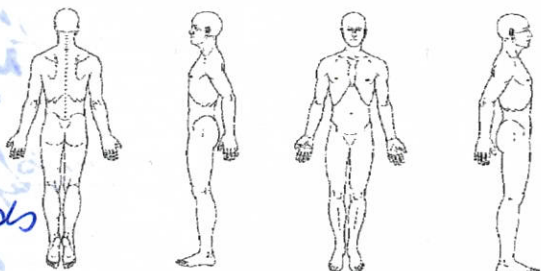
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP occupy half of legs
 Fx home/g/ned/ham/mb
☐ Talked ☐ Quiet Quiet Breathing
 ROM Use after MS
 FBACK Feet better than previous

p = Discussed how getting self-care + 'me-time' (ex/heat, stretching (eating well)) is important.

47

S = client's HTS neck been sore + started ex yesterday
feeling abs + legs.

DATE: 15.11.11
TIME: TUES 830
PAID: \$78 Inv.
REC No:
AIR TEMP: 25°C
MUSIC:
FACE CREST: Van
SUPINE SCENT: Nam
OIL BLEND: Relax
HT Feet + Arms
EXTRA



O/A: _____

☐ Full Body ☐ STOMACH

ARMS ☐ Prone ☐ Supine LEGS _____

TP _____

Fx _____

☐ Talked ☐ Quiet _____ Breathing

ROM _____

FBACK _____

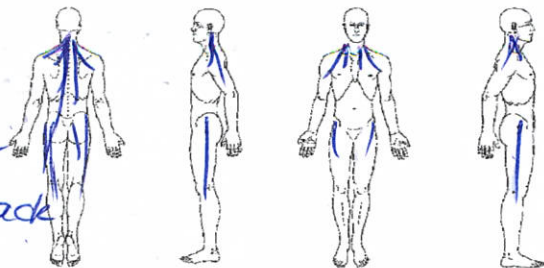
NEXT APPT: _____ P = _____

TREATMENT NO. 48

DATE: 06.12.11
TIME: TUES 9AM
PAID: 1hr \$10
REC.No: 4880
AIR TEMP: 25
MUSIC: Mix MS1-15
FACE CREST: Lau / dem
SUPINE SCENT: Relax
OIL BLEND: MDPPots
HT: 157 - 2x 12 + 2x back
HT: feet + face
EXTRA: CST (A) Face

NEXT APPT:

S = client been feeling tightness in her calves + lp traps from 1st zumba class



O/A: Calves tight
Pecs tight SCMs tight
Deltoids tight Traps up/away
ES tight
Rhomb region away
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g/med/ham/IBs
Fx
Talked ☐ Quiet Quiet Breathing
ROM Felt better > Ms
FBACK still more esp calves > Ms

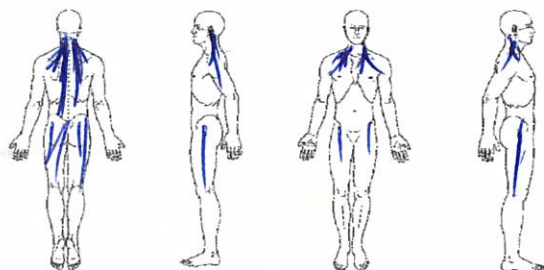
TREATMENT NO. 49

DATE: 17.12.12.
TIME: \$75 1hr
PAID: TUES
REC.No: 228
AIR TEMP: 25
MUSIC: Mix MS1-15
FACE CREST: Lau
SUPINE SCENT: dem
OIL BLEND: Relax
Chamomile
HT: Feet + #14
EXTRA:

NEXT APPT:

P = Perom client look after self during stress/pressure

S = client been feeling tightness in her neck esp lately with computer work



O/A: Pecs short. ms/ tense
Deltoids tight
ES tight
Rhomb region
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g/med/ham
Fx occ/salp/ms
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > Ms
FBACK

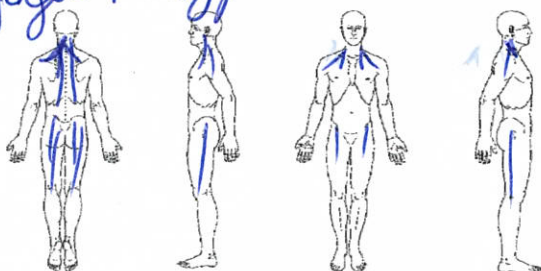
TREATMENT NO. 50

DATE: 16.04.13 white
TIME: \$75 1hr
PAID: 9am TUES
REC.No: 25
AIR TEMP: 25
MUSIC: saxophone
FACE CREST: Lau
SUPINE SCENT: dem
OIL BLEND: Relax
Mandarin
HT: feet + face
EXTRA:

NEXT APPT:

P = Perom enjoy christmas

S = client been feeling tightness in her body



O/A: TIBs tight
Pecs tight
ES tight traps up tight
Rhomb region away
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g/med/ham
Fx traps & traps
☐ Talked ☐ Quiet
ROM Tied > Ms
FBACK Felt better

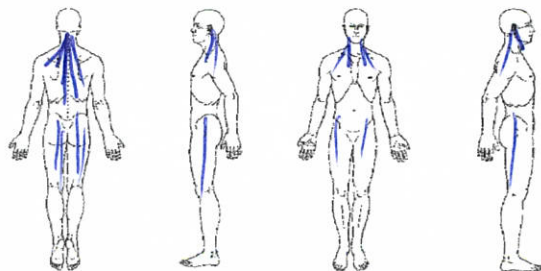
TREATMENT NO. 51

DATE: 04.02.13
TIME: \$88 1hr
PAID: 1hr
REC.No: 25
AIR TEMP: 25
MUSIC: Lau
FACE CREST: dem
SUPINE SCENT: Relax
OIL BLEND: Mandarin
HT: (A) Face
EXTRA:

NEXT APPT:

P = Tied > Ms + Feet diff - discussed how neg Ms important

S = client been feeling tightness in her L side esp v. tender. lots happening all over LHS with pain + knee tracking



O/A: Pecs tight ITBs Leg right
ES tight
Rhomb region away
☒ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP rhomb/g/med/ham/IBs
Fx occ/traps & traps
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > Ms
FBACK Felt better > Ms

P = Perom client stretch at > Ms



See Photos/Videos on Facebook



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