

Rebecca Flockhart
DOB 1 May 1973

Appointments

Date	Time	Type	Practitioner
20 Sep 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
23 Aug 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
8 Jul 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
3 May 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
22 Mar 2025	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
26 Feb 2025	4:00PM – 5:00PM	60 minute Massage	Christine Jervis
3 Jan 2025	9:30AM – 10:30AM	Sauna & Massage	Christine Jervis
4 Dec 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
7 Nov 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
25 Sep 2024	11:00AM – 12:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
6 Sep 2024	4:30PM – 5:30PM	REBOOKING - 60 minute Massage	Christine Jervis
10 Aug 2024	11:00AM – 12:00PM	REBOOKING - 60 minute Massage	Christine Jervis
27 Jul 2024	1:30PM – 2:00PM	30 minute Massage	Christine Jervis
4 Jul 2024	11:00AM – 12:00PM	Sauna & Massage - First Visit	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage	
<p>Practitioner: Christine Jervis Appointment: 20 Sep 2025, 9:30AM Created: 21 Sep 2025, 7:16PM Last updated: 21 Sep 2025, 7:26PM</p>	
<p>Standard Consultation - Remedial Massage</p> <p>Presenting complaint (relevant medical What's going on now - client feeling very stressed and sore. Daughter married. Job still</p>	

history or client info)	stressful.
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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for September cruise</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes don mcg mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage, very tight still.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed self care
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -	25
Feedback after treatment -	Good sweat.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Aug 2025, 9:30AM
Created: 23 Aug 2025, 3:09PM
Last updated: 23 Aug 2025, 3:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling very stressed and sore. New job is difficult. High stress dealing either complaints

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
Anything noteworthy - restriction and tenderness
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Away for July skiing NZ and September cruise

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
Music - Tunes don mcg mix
Aromatherapy Massage oil - lav peppermint
Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments

Hot Pack Lower Body

Hot Stones 2 x Hips; 2 x Back/Shoulders

Hot Wet Towels Feet; Face

Topical Treatment Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone -

quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

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

Body Chart

Feedback after treatment - Felt improvement - loved massage, very tender and tight, even feet.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed managing new job and fitting in some return to self care

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 8 Jul 2025, 4:00PM

Created: 8 Jul 2025, 5:08PM

Last updated: 9 Jul 2025, 4:11PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling good managing yoga. Feedback from previous treatment - felt great, glad she was here today for treatment

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
Anything noteworthy - restriction and tenderness
Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Away for July skiing NZ and September cruise

Treatment details - what was done today to help the client Pressure used - 2-3 firm
Music - Tunes don mcg mix
Aromatherapy Massage oil - lav peppermint
Spritzer - lavender peppermint

	Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed moving with body and listening to what's happening. looking after body during this long term ahead where she is supervising her previous role at school plus starting a new one.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 May 2025, 9:30AM
Created: 3 May 2025, 9:05AM
Last updated: 3 May 2025, 12:35PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling good managing yoga and Pilates since school is back. Feedback from previous treatment - felt great, glad she was here today for her birthday week.

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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Away for July skiing NZ and September cruise</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes don mcg mix</p> <p>Aromatherapy Massage oil - lav peppermint</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed moving with body and listening to what's happening. Like how she managed thumb pain that lasted for 2 days. She likes the new heat pack.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 Mar 2025, 9:30AM
Created: 22 Mar 2025, 10:47AM
Last updated: 22 Mar 2025, 7:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tired and in need of massage, had meltdown at school yesterday. Feedback from previous treatment - felt great, glad she was here today.

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
 Anything noteworthy - restriction and tenderness
 Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

 Away for July skiing and September cruise

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
 Music - Tunes acker bilk mix
 Aromatherapy Massage oil - lav peppermint
 Spritzer - lavender peppermint

 Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?

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

Where any specific trigger points used?

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

Body Chart**Feedback after treatment -**

Felt improvement - loved massage and really needed it.

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

See in May. Possibly away for Easter.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 3 Jan 2025, 9:30AM**Created:** 3 Jan 2025, 10:38AM**Last updated:** 3 Jan 2025, 7:52PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Nov/Dec Japan trip, then Atherton for Christmas

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Tunes Elevator mix

Aromatherapy Massage oil - extreme pain blend

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm

	attachments.
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Ready for school starting, suggested thrupacks for her sore neck
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Big sweat, lived it to start her detox

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Dec 2024, 4:30PM
Created: 4 Dec 2024, 5:38PM
Last updated: 5 Dec 2024, 6:38AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling tired and in need of massage, prob too long. body feeling better with regular yoga but been tired and stressed lately. Feedback from previous treatment - felt great, glad she was here today, probably waited too long between appointments.

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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Nov/Dec Japan trip, then Atherton for Christmas</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Tunes Elevator mix</p> <p>Aromatherapy Massage oil - extreme pain blend</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See after Japan holiday and Tablelands trip
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Nov 2024, 4:30PM

Created: 7 Nov 2024, 5:42PM
Last updated: 7 Nov 2024, 5:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tired but body feeling better with regular yoga
 Feedback from previous treatment - felt great, glad she was here today.

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
 Anything noteworthy - restriction and tenderness
 Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

 Nov/Dec Japan trip, then Atherton for Christmas

Treatment details - what was done today to help the client

Pressure used - 2-3 firm
 Music - Tunes Acker Bilk - she loved
 Aromatherapy Massage oil - lavender Peppermint
 Spritzer - lavender peppermint

 Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?

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

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -

Felt improvement - loved massage esp shoulder release and neck work.

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

See in final week of school term

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Sep 2024, 11:00AM

Created: 25 Sep 2024, 12:04PM

Last updated: 25 Sep 2024, 12:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling tired and sore after moving children's furniture in Brisbane.

Feedback from previous treatment - felt great, glad she was here today.

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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

October - away for work conference

Nov/Dec Japan trip

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Tunes Acker Bilk

Aromatherapy Massage oil - lavender Peppermint

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips. Tender in neck and shoulders - esp arm attachments.

Hot Pack

Lower Body

Hot Stones	Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage esp shoulder release and neck work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 6 weeks after trip away
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Didn't sweat much til the end.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Sep 2024, 4:30PM
Created: 6 Sep 2024, 4:19PM
Last updated: 6 Sep 2024, 6:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling very stressed and sore. Tired and irritable. Feedback from previous treatment - felt great, glad she had another appt booked. Ekka - August and daughter presenting. Went well
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 Anything noteworthy - restriction and tenderness Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to

	sometimes ahhh in the treatment
	October - away for work conference
	Nov/Dec Japan trip
Treatment details - what was done today to help the client	Pressure used - 2-3 firm Music - Yanni 1 Aromatherapy Massage oil - Lavenand Peppermint Spritzer - lavender peppermint Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today. Crunchy feeling on L arch
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids; QLs; ITBs; TFLs; Glutes; Psoas
Body Chart	
Feedback after treatment -	Felt improvement - loved massage esp shoulder release and neck work.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 2 weeks for holidays. 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: 10 Aug 2024, 11:00AM Created: 10 Aug 2024, 12:25PM Last updated: 10 Aug 2024, 12:30PM	
Standard Consultation - Remedial Massage	

Presenting complaint (relevant medical history or client info)	<p>What's going on now - client feeling very much better and hasn't worn heels.</p> <p>Feedback from previous treatment - felt great, very sore almost bruised for about 2 days afterwards</p>
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</p> <p>Anything noteworthy - restriction and tenderness</p> <p>Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment</p> <p>Ekka - August and daughter presenting.</p> <p>October - away for work conference</p> <p>Nov/Dec Japan trip</p>
Treatment details - what was done today to help the client	<p>Pressure used - 2-3 firm</p> <p>Music - Yanni if there</p> <p>Aromatherapy Massage oil - Pain blend h20</p> <p>Spritzer - lavender peppermint</p> <p>Remedial techniques - lumbar and hips. Tender in neck and shoulders - stopped talking to breathe. Hips better today</p>
Hot Pack	Lower Body
Hot Stones	2 x Hips; 2 x Back/Shoulders
Hot Wet Towels	Feet; Face
Topical Treatment	Fisiocrem shoulders/neck; Fisiocrem back/hips
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Feet
Where any specific trigger points used?	QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt improvement
Plan for future results / treatment / progress / homework (including	See in 4 weeks.

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:** 27 Jul 2024, 1:30PM**Created:** 27 Jul 2024, 2:15PM**Last updated:** 27 Jul 2024, 2:45PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - client feeling very sore with QLs giving her pain after being in heels

Feedback from previous treatment - felt great

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

Anything noteworthy - restriction and tenderness

Anything specific to massage (E.g. no foot massage) - no. Loved massage. Likes to sometimes ahhh in the treatment

Treatment details - what was done today to help the client

Pressure used - 2-3 firm

Music - Piano tunes

Aromatherapy Massage oil - Pain blend h20

Spritzer - lavender peppermint

Remedial techniques - lumbar and hips

Hot Pack

Lower Body

Hot Stones

2 x Hips; 2 x Back/Shoulders

Hot Wet Towels

Feet; Face

Topical Treatment

Fisiocrem shoulders/neck; Fisiocrem back/hips

What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Feet
Where any specific trigger points used?	QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt improvement in how she is moving
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed heat, using fisiocrem and showers to help. See in 2 weeks.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 4 Jul 2024, 11:00AM
Created: 14 Jul 2024, 10:02PM
Last updated: 14 Jul 2024, 10:07PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info)	What's going on now - client ready for her holiday treat. Client just had wax but would like a Sauna.
Assessment / Testing done (including ROM) / Observations	<p>Verbal consent obtained.</p> <p>ROM - not checked today.</p> <p>Anything noteworthy - no.</p> <p>Anything specific to massage (E.g. no foot massage) - loves massage.</p> <p>Client had any previous treatment elsewhere? Yes usually on holidays.</p> <p>Any Red Flags - no. Talks a lot - discussed her divorce.</p>
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	<p>Pressure used - 2-3 firm</p> <p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p>

	Hot Pack - Lower Body Topical Treatment - Fisiocrem / Zen / Balm - upper body Music - Ian Cam Smith Aromatherapy Massage oil - Lavender Spritzer - Joyful
	FB (+stomach). Remedial techniques on shoulders/back/neck.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - quick prone stretch/massage; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs
Body Chart	
Feedback after treatment -	Enjoyed Massage.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Sweat a lot.

Patient Forms

New Client Record - Women's Health	
Practitioner: Christine Jervis Appointment: 4 Jul 2024, 11:00AM Completed: 2 Jul 2024, 12:54PM	
About you...	
What's your health fund?	HCF
Occupation - how long?	Teacher - over 20 yrs
List your physical activities, hobbies, exercise or sport.	Walking
Do you sit/stand for long hours? (E.g. car/desk)	Yes
Medications - prescribed or natural	None
Medical History - recent and past	Pinched sciatic nerve once

operations, illnesses, accidents, injuries or broken bones.

About Massage...

How did you find out about our massage clinic?

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

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

Sarah coleman

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?

Therapy

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?

Discs in back did not form properly when in active get sore back legs hips

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? Sometimes when I sneeze I can leak but not often to make it a problem.

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? I'm 51 so nothing has changed

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? 4

How many babies have you birthed? 4

Have you had any birth interventions or complications? Like stirrups, forceps baby 3, baby 1 induced labour

How long were your birth hours for each delivery?

Each is about 2-3 hours for the girls and the boys are about 1-2 hours

Any other info you would like to share?

I actually recover really quickly with my births no complications. I needed help due to size or location of baby internally

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.

