

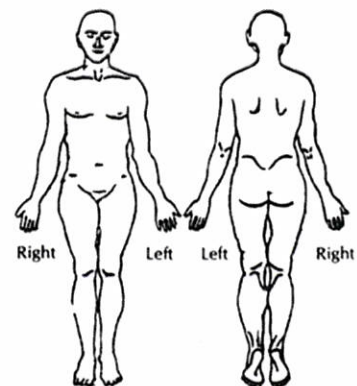


Personal Information – your honest info helps plan the best treatment for you.			
Full Name <u>Drew Hackett</u>		Date of Birth <u>13.9.1982</u>	
Postal Address <u>4 Densmore close.</u>		Postcode <u>4869</u>	
Home Phone	Work Phone	Mobile <u>0401730333.</u>	
Please circle: what is the fastest way to get a response from you (e.g. when confirming an appointment) Text Message Home Telephone Work Telephone Email Facebook Message			
Email Address <u>drewhackett1982@gmail.com.</u>			
Emergency Contact Details – Name and Number <u>0740544108. Cathrine Hackett</u>		Relationship to you (e.g. Partner) <u>Wife</u>	
Occupation – how long?	Current Doctor	Health Fund <u>Australian Country</u>	
How did you find out about us? Who referred you to us? <u>Cathrine Hackett</u>		May I thank them for referring you? <u>Yes</u> No	
Physical activities / hobbies / exercise. Do you sit or stand for long hours? (E.g. computer / driving) <u>stand & lift heavy objects</u>			
Medications – prescribed or natural: <u>None.</u>			
Medical History (Operations/Illnesses/Accidents/Injuries/Number of children)			
Please circle any areas you DON'T want massaged Face Head Chest Stomach Back Buttocks Arms Legs Feet			
Please circle what type of massage pressure you prefer: Gentle Firm <u>Hard</u> Very Hard			

Some conditions affect massage. Please tick and circle things below that apply to you NOW.

- ☐ Allergies / Asthma / Sinus / Skin sensitivity
 - ☐ Any contagious disease / Cold/Flu
 - ☐ Anxiety / Depression / Trouble sleeping or falling asleep
 - ☐ Arthritis / Bone problems / Osteoporosis / Spinal problems
 - ☐ Bruise Easily / Blood clotting problems / Swelling
 - ☐ Cancer / Recent Illness / Surgery
 - ☐ Constipation ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
 - ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
 - ☐ Dizziness / Numbness / Tingling / Cold hands / Cold feet
 - ☐ Fractured bones / Cuts / Burns
 - ☐ Headache ☐ MILD ☐ SEVERE ☐ PERSISTENT
 - ☐ Hearing or Vision problems / Hearing Aid / Contact Lenses
 - ☐ Heart Problems / Blood Pressure ☐ HIGH ☐ LOW
 - ☐ Pain ☐ SHARP ☐ DULL ☐ ACHING
- When is your pain worst? ☐ MORNING ☐ NIGHT ☐ ALL THE TIME
- What relieves it? ☐ ICE ☐ HEAT ☐ REST ☐ MOVEMENT ☐ PILLS
- TOPICAL CREAM ☐ other -

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



Any extra health related details:

Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulations.
I will keep my massage therapist updated on any changes to this information and my health.

Client Signature

Drew

Date

28-318

Therapist Signature

[Signature]

PLEASE READ THIS INFORMATION CAREFULLY

Every massage treatment has potential risks...

Such as causing pain, muscular discomfort, fatigue, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, creating an aromatic response (irritating/photo-sensitising skin), causing blood pressure changes or interacting with medications.

To minimise possible risk, you must:

Be honest

About all the information you provide regarding your health: especially for heart, kidney, immune or health problems or if you are pregnant/breastfeeding or trying to get pregnant. Massage should not be performed under certain medical conditions.

Tell your therapist

If you have sensitive skin, bruise easily, have any known health problems, if the temperature becomes unbearable (too hot or cold), if the massage pressure level is too intense or if you become uncomfortable or feel unwell at any stage during a treatment.

After treatment

It is common to feel relaxed or sleepy – please get up very slowly from the treatment table and give yourself time to adjust before driving/using stairs. Keep well hydrated with water especially in the 24-48 hours after treatment. Delay your shower for 2 hours to help essential oils keep working.

Please read, confirm and sign

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

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

Do you agree to such discussion to improve your health? ☐ Yes ☐ No

Client Signature

[Handwritten Signature]

Client Name

Niew Hackett

Date

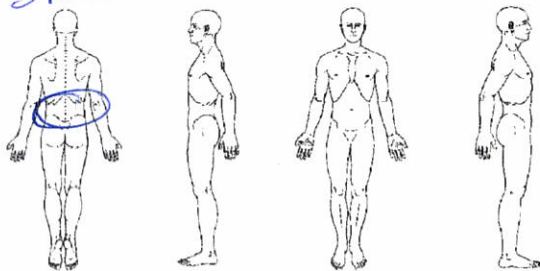
28-3-18

TREATMENT NO. 1

S = LB tight Saw physio yesterday who said L.B T

DATE: 28/3/18
TIME: 4pm 1/2hr
PAID: _____
REC.No: _____
AIR TEMP: 23
MUSIC: All tunes
FACE CREST: _____
SUPINE SCENT: lemon
OIL BLEND: _____
MLR
HT back x1
CST _____
HST x4
EXTRA cupping
NEXT APPT: 4/4/18

Drew



O/A: glutes, coc etc ↑
1/2hr so just on glutes to neck.

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

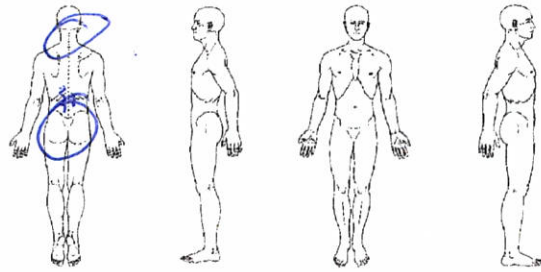
P = cupping - slide err spinae & glutes

TREATMENT NO. 

DATE: 4/4/18
TIME: 9am
PAID: \$88 card
REC.No:
AIR TEMP: 23
MUSIC: All tunes.
FACE CREST:
SUPINE SCENT: lemon.
OIL BLEND:
M/T.
HT: ✓ 2
CST:
HST: x H.
EXTRA: cupping.
NEXT APPT:

S = glutes & neck. L-B much better.

Drew



O/A: glutes much better / softer

① QL, err spine to neck ↑
② pecs.
③ glute max lateral ↑

☒ Full Body ☐ STOMACH
ARMS ☒ Prone ☐ Supine LEGS back.
TP U-traps
Fx err spin. ①
☐ Talked ☐ Quiet ☒ Breathing
ROM
FBACK

P = cupping glutes & u-back.

Drew Hackett**DOB** 13 Sep 1982**Appointments**

Date	Time	Type	Practitioner
3 Oct 2025	3:00PM – 4:00PM	75 minute Remedial Massage	Christine Jervis
25 Sep 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
18 Sep 2025	10:40AM – 11:40AM	Sauna & Massage	Christine Jervis
11 Sep 2025	12:30PM – 1:30PM	75 minute Remedial Massage	Christine Jervis
3 Sep 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
28 Aug 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
21 Aug 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
14 Aug 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
7 Aug 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
31 Jul 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
24 Jul 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
16 Jul 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
10 Jul 2025	2:00PM – 3:00PM	75 minute Remedial Massage	Christine Jervis
3 Jul 2025	1:30PM – 2:30PM	75 minute Remedial Massage	Christine Jervis
25 Jun 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
19 Jun 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
5 Jun 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis

Date	Time	Type	Practitioner
29 May 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
22 May 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
15 May 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
8 May 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
1 May 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
24 Apr 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
10 Apr 2025	9:00AM – 10:00AM	Sauna & Massage	Christine Jervis
3 Apr 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
27 Mar 2025	12:30PM – 1:30PM	75 minute Remedial Massage	Christine Jervis
20 Mar 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
13 Mar 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
6 Mar 2025	11:00AM – 12:00PM	75 minute Remedial Massage	Christine Jervis
27 Feb 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
20 Feb 2025	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
13 Feb 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
29 Jan 2025	1:00PM – 2:00PM	60 minute Massage	Christine Jervis
16 Jan 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
2 Jan 2025	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
19 Dec 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
4 Dec 2024	11:00AM – 12:00PM	Sauna & Massage	Christine Jervis
28 Nov 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
21 Nov 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
14 Nov 2024	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
7 Nov 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
24 Oct 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
17 Oct 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
10 Oct 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
3 Oct 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
26 Sep 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
12 Sep 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
5 Sep 2024	12:45PM – 1:45PM	Sauna & Massage	Christine Jervis
29 Aug 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
21 Aug 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
14 Aug 2024	12:45PM – 1:45PM	60 minute Massage	Christine Jervis
31 Jul 2024	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
24 Jul 2024	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
17 Jul 2024	9:30AM – 10:30AM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
10 Jul 2024	9:30AM – 10:30AM	60 minute Massage	Christine Jervis
13 Jun 2024	12:45PM – 1:45PM	60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
29 May 2024	12:45PM – 1:45PM	1. NEW CLIENT (First Massage)	Christine Jervis
11 Sep 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
14 Aug 2019	1:00PM – 2:00PM	60 minute Remedial Massage with Dry Needling Treatment	Marina Franke
17 Jul 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
17 Jul 2019	12:30PM – 1:00PM	Sauna & Massage	Marina Franke
19 Jun 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
15 May 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
24 Apr 2019	11:00AM – 12:00PM	60 minute Massage	Marina Franke
1 Apr 2019	11:00AM – 12:00PM	60 minute Massage	Marina Franke
18 Mar 2019	11:00AM – 12:00PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Sep 2025, 11:00AM

Created: 5 Oct 2025, 9:57PM

Last updated: 5 Oct 2025, 9:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling sore in back - been struggling pinching again.

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.

Focus On Movement | Created 5 Oct 2025, 9:59PM

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	Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian Cam Smith Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix and lav pepp balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment. Lower back and lats were tight!
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See how back goes, advised keep stretching.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Oct 2025, 3:00PM
Created: 3 Oct 2025, 4:22PM
Last updated: 5 Oct 2025, 9:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling sore in forearm, back 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni 1 mix Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix and lav pepp balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed seeing physio regarding forearm
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 18 Sep 2025, 10:40AM**Created:** 18 Sep 2025, 8:24PM**Last updated:** 18 Sep 2025, 9:47PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client been feeling great.

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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music - Yanni if there mix

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - pain mix and lav pepp balm

Remedial techniques - shoulders, back and hips.

side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how Sauna helps.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Lots of sweat

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Sep 2025, 12:30PM
Created: 11 Sep 2025, 1:56PM
Last updated: 11 Sep 2025, 1:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling great, sore back after travel.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Steve Helpert Aromatherapy Massage oil - balm relax and Lav Pepp blend Spritzer - pain mix and lav pepp balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching to help with recovery. Holiday was about 27K steps per day
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Sep 2025, 11:00AM
Created: 3 Sep 2025, 12:54PM
Last updated: 3 Sep 2025, 2:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling great, sore forearm and legs and exercised hard this 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. Anything noteworthy - Clicking L shoulder especially when not warmed up

	Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix and lav pepp balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery with exercise and doing some stretching and ice for forearm L
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 21 Aug 2025, 11:00AM
Created: 21 Aug 2025, 12:28PM
Last updated: 23 Aug 2025, 3:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client been feeling great, travelled really well and exercised hard this 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix and lav pepp balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery with exercise
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 14 Aug 2025, 11:00AM**Created:** 14 Aug 2025, 12:26PM**Last updated:** 14 Aug 2025, 4:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - clients legs been tight

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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music -

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - pain mix

Remedial techniques - shoulders, back and hips.

side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment. Shoulders /mid back were tender.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about plane travel - using skins and swelling
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Aug 2025, 11:00AM
Created: 7 Aug 2025, 12:24PM
Last updated: 7 Aug 2025, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore and did travel all over country this past couple of weeks
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Enya Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment. Shoulders /mid back were tender.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about plane travel - using skins and swelling
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Jul 2025, 11:00AM
Created: 24 Jul 2025, 11:05AM
Last updated: 24 Jul 2025, 12:29PM

Standard Consultation - Remedial Massage

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

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.
 Anything noteworthy - Clicking L shoulder especially when not warmed up

	Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Paul Marc tunes Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - pain mix Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about keeping moving well
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 16 Jul 2025, 11:00AM
Created: 16 Jul 2025, 12:31PM
Last updated: 18 Jul 2025, 12:41PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client calf issue improved, feeling ok.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there mix Aromatherapy Massage oil - balm relax and Lav Pepp blend Spritzer - lav pepp mix Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about term ahead
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 10 Jul 2025, 2:00PM**Created:** 10 Jul 2025, 3:28PM**Last updated:** 10 Jul 2025, 3:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client had calf issue Monday, limping and sore.

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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music - Yanni if there mix

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - lav pepp and balm

Remedial techniques - shoulders, back and hips.

side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about holidays - flying out on Sat so recon get compression garment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Jul 2025, 1:30PM
Created: 3 Jul 2025, 3:00PM
Last updated: 5 Jul 2025, 9:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client has new personal trainer going well. L ham been improving 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Kenny G Mix Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about holidays and keeping exercise strong
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 25 Jun 2025, 11:00AM

Created: 25 Jun 2025, 12:28PM

Last updated: 29 Jun 2025, 12:06PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client has new personal trainer going well. L ham been improving 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. Anything noteworthy - Clicking L shoulder especially when not warmed up

	Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Kenny G Mix Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about holidays and keeping exercise strong
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 19 Jun 2025, 11:00AM
Created: 19 Jun 2025, 11:08AM
Last updated: 20 Jun 2025, 12:49PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client has new personal trainer. L ham been tight.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Kenny G Mix Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about adjusting to a new PT
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 5 Jun 2025, 11:00AM**Created:** 5 Jun 2025, 12:22PM**Last updated:** 6 Jun 2025, 9:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling improvement 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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music - Steve helpern

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - lav pepp and balm

Remedial techniques - shoulders, back and hips.

side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about stretching out
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 May 2025, 11:00AM
Created: 29 May 2025, 11:04AM
Last updated: 29 May 2025, 12:27PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian Cam Smith Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels.

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about stressful week at work and balancing this next week.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 22 May 2025, 11:00AM
Created: 22 May 2025, 11:04AM
Last updated: 22 May 2025, 9:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness still.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up

	Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Indian Mix Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels. Lots of elbow work on glutes and hand lower back today.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about glutes and stretching. Icing to help.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 15 May 2025, 11:00AM
Created: 15 May 2025, 12:26PM
Last updated: 16 May 2025, 8:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness still.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ken Davis and Miyagi Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about recovery with exercise
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 8 May 2025, 11:00AM**Created:** 8 May 2025, 11:05AM**Last updated:** 5 Jul 2025, 9:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling improvement with tightness and soreness still.
Progressing well

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.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm
Music - Yanni of there
Aromatherapy Massage oil - balm relax and Lav Peppt blend
Spritzer - lav pepp and balm

Remedial techniques - shoulders, back and hips.
side laying today as well. Plenty of time in legs - prone, side lying and supine. Stomach massage with hip stretch over towels

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about goals.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 1 May 2025, 11:00AM
Created: 1 May 2025, 12:23PM
Last updated: 2 May 2025, 12:36PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness still. Progressing with harder weights
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni of there Aromatherapy Massage oil - balm relax and Lav Pepp blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Psoas and

	stomach release
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still going well. Talked about gradually loading increases and adding some stable weeks in too.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Apr 2025, 11:00AM

Created: 24 Apr 2025, 11:01AM

Last updated: 5 Jul 2025, 9:05PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling improvement with tightness and soreness.

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.

	Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian can smith and Ken Davis Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Psoas and stomach release
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still Travelling well.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 Apr 2025, 9:00AM
Created: 10 Apr 2025, 10:53AM
Last updated: 10 Apr 2025, 2:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness. Going well this 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian can smith Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine. Pisa's and stomach release
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 -	Fely good. Sweat a lot with sauna
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Travelling well.
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -	23
Feedback after treatment -	Sweat a lot. Enjoyed it.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Apr 2025, 11:00AM
Created: 3 Apr 2025, 12:23PM
Last updated: 3 Apr 2025, 12:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling improvement with tightness and soreness. Going well this 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.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client Pressure used - 3-4 firm
Music - Yanni if there 2
Aromatherapy Massage oil - balm relax and Lav Peppt blend
Spritzer - lav pepp and balm

Remedial techniques - shoulders, back and hips.
side laying today as well. Plenty of time in legs - prone, side lying and supine

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

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp legs. Tight R HFs and hams/ITBs especially
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Travelling well still. No holiday plans.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Mar 2025, 12:30PM
Created: 27 Mar 2025, 12:29PM
Last updated: 27 Mar 2025, 5:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness. Going well this 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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there 2 Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp legs. Tight R HFs and hams/ITBs especially
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Travelling well.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 20 Mar 2025, 11:00AM
Created: 20 Mar 2025, 12:31PM
Last updated: 20 Mar 2025, 12:32PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness. Going well but legs been sore and L hip flexors weakening and been sore intermittently. Lower back still twinge and needs stretching.
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.

	Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian can and Yanni if there Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp legs. Tight HFs and hams/ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still managing from when had back flare up Monday - stretching managed it, may need to see physio if hip doesn't feel better soon
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 13 Mar 2025, 11:00AM
Created: 13 Mar 2025, 11:03AM
Last updated: 13 Mar 2025, 12:25PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness. Going well but legs been sore and L hip flexors weakening and been sore intermittently.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. side laying today as well. Plenty of time in legs - prone, side lying and supine
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp legs. Tight HFs and hams/ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Had back flare up Monday - stretching managed it, may need to see physio if hip doesn't feel better soon
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Mar 2025, 11:00AM
Created: 6 Mar 2025, 12:26PM
Last updated: 6 Mar 2025, 12:27PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling improvement with tightness and soreness. Going well but legs been sore.

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.
 Anything noteworthy - Clicking L shoulder especially when not warmed up
 Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client Pressure used - 3-4 firm
 Music - Ian cam smith
 Aromatherapy Massage oil - balm relax and Lav Peppt blend
 Spritzer - lav pepp and balm
 Remedial techniques - shoulders, back and hips.
 side laying today as well. Plenty of time in legs. R shoulder clicked - needed to work on shoulders more

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

What parts of the body were massaged? Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Still struggling with legs, needing to stretch out in day. Discussed fitness app and diet tracking, listening to his body
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 27 Feb 2025, 11:00AM
Created: 27 Feb 2025, 12:19PM
Last updated: 27 Feb 2025, 1:39PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tightness and soreness. Going well.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian cam smith Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. No side laying today. R shoulder clicked - needed to work on shoulders more

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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp ITBs and Rhomboids
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See weekly, next visit do more time to work over whole body.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 20 Feb 2025, 9:00AM

Created: 20 Feb 2025, 10:13AM

Last updated: 20 Feb 2025, 10:14AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling improvement with tightness and soreness. Going well.

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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

	Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian cam smith Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. Side lying on hips and back.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See weekly for the next month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 13 Feb 2025, 11:00AM
Created: 13 Feb 2025, 11:06AM
Last updated: 18 Mar 2025, 9:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now - client feeling improvement with tightness and soreness

history or client info)	
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Mod Girls KD lang Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. Side lying on hips and back.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See for more treatment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 29 Jan 2025, 1:00PM**Created:** 29 Jan 2025, 2:14PM**Last updated:** 29 Jan 2025, 10:44PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling improvement with tight feeling - still dropped from 10 to 2 times needing to stretch out, r was on travelling well

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.

Anything noteworthy - Clicking L shoulder especially when not warmed up

Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music - Yanni if there and after that

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - lav pepp and balm

Remedial techniques - shoulders, back and hips.

Side lying on hips and back.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See in 2 weeks
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 16 Jan 2025, 11:00AM Created: 16 Jan 2025, 12:09PM Last updated: 16 Jan 2025, 12:10PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling improvement with tight feeling - dropped from 10 to 2 times needing to stretch out
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ken Davis and Ian Cam Aromatherapy Massage oil - balm relax and Lav Peppt blend Spritzer - lav pepp and balm Remedial techniques - shoulders, back and hips. Hot towels on legs to help remove balm. Feeling better than last week! Side lying on hips and back.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Keep using pool in the arvy to move around and stretch. Stretchonh and working out in the gym
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Jan 2025, 11:00AM
Created: 2 Jan 2025, 12:10PM
Last updated: 2 Jan 2025, 12:16PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling very tight like an ironing board, harder weights being lifted, some hip and leg tightness still RHS. Trainer injured and just returned to gym - 1st session tmrw.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec

2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm

Music - Yanni if thrrr

Aromatherapy Massage oil - balm relax and Lav Peppt blend

Spritzer - lav pepp

Remedial techniques - shoulders, back and hips.

Hot towels on legs to help remove balm. Feeling better than last week! Side lying on hips and back.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Prone - quick stretch/massage; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp side lying in ITBs v tight and QLs

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

Keep using pool in the arvy to move around and stretch. Stretching twice a day at the moment. encouraged some ice with recovery tmrw after returning to PT

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 19 Dec 2024, 11:00AM**Created:** 19 Dec 2024, 11:04AM**Last updated:** 19 Dec 2024, 12:36PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical**

What's going on now - client feeling better since back twinged after lifting 60L paint

history or client info)	drums. harder weights being lifted, some hip and leg tightness still RHS. Trainer injured so doing training via zoom
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian Cam Smith Aromatherapy Massage oil - balm relax and extreme sports Spritzer - lab pepp Remedial techniques - shoulders, back and hips. Hot towels on legs to help remove balm. Feeling better than last week! Side lying on hips and back.
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
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp side lying in ITBs v tight
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Keep using pool in the arvy to move around and stretch. Stretching twice a day at the moment.
Infra-Red Sauna (if applicable - info is below)	

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 4 Dec 2024, 11:00AM**Created:** 4 Dec 2024, 12:13PM**Last updated:** 4 Dec 2024, 12:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling better since back twinged after lifting 60L paint drums. harder weights being lifted, some hip and leg tightness still. Trainer injured so doing training via zoom

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.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back, shaved start of Dec 2024

Treatment details - what was done today to help the client

Pressure used - 3-4 firm
Music - Tanni if there
Aromatherapy Massage oil - balm relax and extreme sports
Spritzer - tea tree peppermint

Remedial techniques - shoulders, back and hips.
Hot towels on legs to help remove balm. Feeling better than last week! Slept throughout probe massage. Side lying on hips and back.

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

What parts of the body were massaged?

Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone;

Arms - Supine; Legs - Prone; Legs - Supine; Legs - side-lying; 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 tender spots esp side lying in hand and ITs v tight

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Keep using pool in the arvy to move around and stretch. Stretching twice a day at the moment. Discussed stretching for legs

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

Time in Sauna (minutes) - 22

Feedback after treatment - Sweat lots

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 28 Nov 2024, 11:00AM

Created: 28 Nov 2024, 1:24PM

Last updated: 28 Nov 2024, 1:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling better since back twinged after lifting 60L paint drums. harder weights being lifted, some hip and leg tightness still.

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.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back

Treatment details - what was done today to help the client Pressure used - 3-4 firm
Music - Ian Cam Smith
Aromatherapy Massage oil - balm relax
Spritzer - tea tree peppermint

Remedial techniques - shoulders, back and hips.
Hot towels on legs to help remove balm. Feeling better than last week! Slept throughout

	probe massage. Side lying on hips and back.
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
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 tender spots esp side lying
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Keep using pool in the arvy to move around and stretch. Stretching twice a day at the moment
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 21 Nov 2024, 11:00AM Created: 21 Nov 2024, 12:19PM Last updated: 21 Nov 2024, 12:57PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling stiff still esp back twinged 2 days ago after lifting 60L paint drums. harder weights being lifted, some hip and leg tightness still. Seen physio yesterday.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Ian Cam Smith Aromatherapy Massage oil - balm relax Spritzer - tea tree peppermint Remedial techniques - shoulders, back and hips. Hot towels on legs to help remove balm. Feeling better than last week!
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
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 tender spots. See physio in 2 weeks
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Keep using pool in the arvy to move around and stretch. Work on side lying massage 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: 14 Nov 2024, 9:00AM
Created: 14 Nov 2024, 10:14AM
Last updated: 14 Nov 2024, 11:02AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling stiff still, harder weights being lifted, some hip and leg tightness still but improving. 2nd week after major flare.
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. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Mod girls kd lang Aromatherapy Massage oil - relax pepper lavender Spritzer - balm on legs and oil on body lavender peppermint Remedial techniques - shoulders, back and hips. Hot towels on legs to help remove balm. Feeling better than last week!
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 tender spots but overall improving.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Keep using pool in the arvy to move around and stretch.
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, 11:00AM
Created: 7 Nov 2024, 11:10AM
Last updated: 7 Nov 2024, 2:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling stiff still, harder weights being lifted, some hip and leg tightness still. Last week major flare up and had physio x 2 + chiro - no bone problems, all soft tissue related.

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.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back

Treatment details - what was done today to help the client Pressure used - 3-4 firm
Music - Ian Cam 2
Aromatherapy Massage oil - relax pepper lavender
Spritzer - balm on legs and oil on body lavender peppermint

Remedial techniques - shoulders, back and hips.
Hot towels on legs to help remove balm. Last were really tight and QLs still guarding

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 tender spots - quads and ItBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed gradual return with lots of stretching and hear, using pool to move around and stretch.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 24 Oct 2024, 11:00AM Created: 24 Oct 2024, 12:14PM Last updated: 24 Oct 2024, 12:52PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling good, harder weights being lifted, some hip and leg tightness still. Shoulders feel great, legs sore. Yesterday very stiff, took a while to warm up.
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Steve Helpen Aromatherapy Massage oil - relax pepper lavender Spritzer - balm on legs and oil on body lavender peppermint Remedial techniques - shoulders, back and hips. Hot towels on legs to help remove balm.
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 tender spots still esp ITBs but overall feeling good.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching and using pool to stretch out and move in once a week.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 17 Oct 2024, 11:00AM

Created: 17 Oct 2024, 12:15PM

Last updated: 17 Oct 2024, 5:29PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling good, harder weights being lifted, some hip and leg tightness still. Shoulders feel great, legs bit sore after heavy sessions with weights but managing well
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back

Treatment details - what was done today to help the client	Pressure used - 3-4 firm Music - Yanni if there Aromatherapy Massage oil - relax pepper lavender Spritzer - clove oil h20 extreme Remedial techniques - shoulders, back and hips.
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 tender spots still esp ITBs but overall feeling good. Liked quad release
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching and using water
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 10 Oct 2024, 11:00AM Created: 10 Oct 2024, 12:14PM Last updated: 10 Oct 2024, 7:27PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling good, harder weights being lifted, some hip and leg tightness still. Shoulders feel great,
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Carl Chang Aromatherapy Massage oil - relax pepper lavender Spritzer - clove oil h2o extreme Remedial techniques - shoulders, back and hips.
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 tender spots still esp ITBs but overall feeling good. Liked quad release
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed this next term's goals with weights and fitness stretching more on weekends as load increases
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 3 Oct 2024, 11:00AM
Created: 3 Oct 2024, 12:16PM

Last updated: 3 Oct 2024, 12:17PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling good, harder weights being lifted, some hip and leg tightness

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 - Checked. Improved.
Anything noteworthy - Clicking L shoulder especially when not warmed up
Anything specific to massage (E.g. no foot massage) - hairy back

Treatment details - what was done today to help the client Pressure used - 3-4 fir
Music - Ken Davis Ian Cam
Aromatherapy Massage oil - relax pepper lavender
Spritzer - clove oil h20 extreme

Remedial techniques - shoulders, back and hips.

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 tender spots still esp ITBs but overall feeling good

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed this next term's goals with weights and fitness

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis**Appointment:** 26 Sep 2024, 11:00AM**Created:** 26 Sep 2024, 12:27PM**Last updated:** 2 Oct 2024, 5:31AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling good, nothing to report

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 - Checked. Improved.

Anything noteworthy - Clicking L shoulder especially when not warmed up

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

Treatment details - what was done today to help the client

Pressure used - 3-4 fir

Music - Ken Davis Ian Cam

Aromatherapy Massage oil - relax pepper lavender

Spritzer - clove oil h20 extreme

Remedial techniques - shoulders, back and hips.

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 tender spots still esp ITBs but overall feeling a big difference.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed continuing with using roller or towel to stretch.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Sep 2024, 11:00AM
Created: 12 Sep 2024, 12:11PM
Last updated: 12 Sep 2024, 12:13PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved and currently has no sore leg R quad and ITB. Back pain settled last week within 48 hours
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - enya and Yanni Aromatherapy Massage oil - relax pepper lavender Spritzer - clove oil h20 extreme Remedial techniques - shoulders, back and hips.
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 tender spots still esp ITBs and psoas.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed continuing with using roller or towel to stretch out back - currently doing nightly
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 5 Sep 2024, 12:45PM
Created: 5 Sep 2024, 1:52PM
Last updated: 5 Sep 2024, 1:54PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved and currently has sore leg R quad and Itb. Numb after sitting and limping when starts walking, then loosens up. Sharp stabbing mid thoracic pain this week after doing 6 hour computer conference
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir

	Music - Ken Davis Aromatherapy Massage oil - relax pepper lavender Spritzer - euc peppermint tea tree Remedial techniques - shoulders, back and hips
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 tender spots still esp ITBs and psoas and mid thoracic.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed using roller or towel to stretch out back
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	Lots of sweat

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 29 Aug 2024, 11:00AM
Created: 29 Aug 2024, 12:27PM
Last updated: 29 Aug 2024, 12:31PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved and currently has sore leg R quad and ltb. Numb after sitting and limping when starts walking, then settles. Improved a little bit still happening.
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Kenny G Aromatherapy Massage oil - relax Spritzer - euc peppermint tea tree Remedial techniques - shoulders, back and hips
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 tender spots still esp ITBs and psoas
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed hip flexor stretch this week to help. Maybe leg pain coming from lx. Neural pain. Showed glute stretching
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 21 Aug 2024, 11:00AM

Created: 21 Aug 2024, 12:18PM

Last updated: 21 Aug 2024, 12:24PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved and currently has sore leg R quad and Itb. Numb after sitting and limping when starts walking, then settles
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Kenny G Aromatherapy Massage oil - relax Spritzer - euc peppermint tea tree Remedial techniques - shoulders and back and hips
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 tender spots still esp ITBs and psoas
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Moving house stuff still this weekend. Discussed hip flexor stretch this week to help. Maybe leg pain coming from lx

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis**Appointment:** 14 Aug 2024, 12:45PM**Created:** 14 Aug 2024, 1:55PM**Last updated:** 14 Aug 2024, 1:56PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling soreness in shoulders improved, nothing new to report

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 - Checked. Improved.

Anything noteworthy - Clicking L shoulder especially when not warmed up

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

Treatment details - what was done today to help the client

Pressure used - 3-4 fir

Music - Piano

Aromatherapy Massage oil - relax

Spritzer - peppermint lavender

Remedial techniques - shoulders and back

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; ITBs; TFLs

Body Chart	
Feedback after treatment -	Felt tender spots still esp ITBs
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on getting to gym and stretching. Moving house this weekend
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 31 Jul 2024, 11:00AM
Created: 31 Jul 2024, 12:20PM
Last updated: 31 Jul 2024, 12:26PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved, noticed pain in L hip and back when lifting paint Feedback from previous treatment - legs 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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Piano Aromatherapy Massage oil - Sports Spritzer - peppermint Remedial techniques - shoulders and back
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; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt tender spots still esp traps and hips
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on getting to gym and stretching - pelvic rocking for spine
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Jul 2024, 9:30AM
Created: 24 Jul 2024, 10:38AM
Last updated: 24 Jul 2024, 10:40AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling soreness in shoulders improved and felt great on camping trip Feedback from previous treatment - legs better, noticed shoulder pain better, forearms ok
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back

Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Piano Aromatherapy Massage oil - Sports Spritzer - peppermint Remedial techniques - shoulders and back
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; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt tender spots still
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Work on getting to gym and stretching
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 17 Jul 2024, 9:30AM
Created: 17 Jul 2024, 9:41AM
Last updated: 17 Jul 2024, 10:55AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in shoulders improved
 Feedback from previous treatment - legs better, noticed shoulder pain better, and had dental treatment for root canal

Medication or relevant procedures / info Injury

identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Yanni if there 1 Aromatherapy Massage oil - Lavender Oil Spritzer - Joyful Remedial techniques - shoulders and back
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; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt tender spots especially with ITBs and traps
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting balance right
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	All good. Sweat lots

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 10 Jul 2024, 9:30AM
Created: 10 Jul 2024, 9:30AM
Last updated: 10 Jul 2024, 10:45AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in shoulders - cramping Feedback from previous treatment - legs better, noticed shoulder pain and had dental treatment for root canal
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Yanni if there 1 Aromatherapy Massage oil - Lavender Oil Spritzer - Joyful Remedial techniques - shoulders and back
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; ITBs; TFLs
Body Chart	
Feedback after treatment -	Felt tender spots especially with ITBs and traps very short and toght
Plan for future results / treatment / progress / homework (including	Teapot stretch

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: 13 Jun 2024, 12:45PM Created: 13 Jun 2024, 2:03PM Last updated: 14 Jun 2024, 6:08AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - client feeling sore in leg especially Feedback from previous treatment - Leg pain on that night, felt better the next day
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 - Checked. Improved. Anything noteworthy - Clicking L shoulder especially when not warmed up Anything specific to massage (E.g. no foot massage) - hairy back
Treatment details - what was done today to help the client	Pressure used - 3-4 fir Music - Ian Cam 1 Aromatherapy Massage oil - Lavender Oil Spritzer - Joyful Remedial techniques - shoulders and back
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 - Supine;

Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

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

Body Chart

Feedback after treatment - Felt tender spots especially with ITBs.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed side lying massage.

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

Time in Sauna (minutes) -

Feedback after treatment -

Initial Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 29 May 2024, 12:45PM

Created: 31 May 2024, 3:27PM

Last updated: 31 May 2024, 9:11PM

Initial Consultation - Remedial Massage Appointment

Presenting complaint (relevant medical history or client info) What's going on now - client feeling sore in body, lost 13 kilograms. PT said need regular treatment.

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.

ROM - Limited.

Anything noteworthy - stiff body.

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

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 - 3 firm

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

Hot Wet Towels - Feet / Face / Arms & Hands / Back

Hot Pack - Lower Body

Topical Treatment - Fisiocrem

Music - Saxophone tunes

Aromatherapy Massage oil - Lavender

Spritzer - Joyful

Remedial techniques on shoulders, back, hips and legs. Quick psoas massage.

What parts of the body were massaged? Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - quick prone stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

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

Body Chart

Feedback after treatment - Lots of sore bits, especially ITBs tender.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed how regular massage can help. Client looking to lose more weight and wants body to feel good (not sore)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 11 Sep 2019, 1:00PM

Created: 11 Sep 2019, 1:01PM

Last updated: 11 Sep 2019, 4:59PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - today feeling good but see below
L lev scap, mid/upper trap P into neck=headaches)
Going to the gym. some low back P,
(tight leg from lower back? driving lots/new job, R heel P from achillies- on/off)
Feedback from previous treatment - ROM increased greatly in neck.
Sore day 2 and 3 post treatment

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

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

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

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

	Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -very hard, MFR Hot Stones -4 Hot Wet Towels -2 Cupping area -glutes, L QL Topical Treatment - fisio post cupping Music - Enya mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	felt a lot looser,
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 4 weeks. Stretch (pecs and scap shown), water, magnesium, cont gym
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 14 Aug 2019, 1:00PM
Created: 14 Aug 2019, 12:59PM
Last updated: 14 Aug 2019, 5:19PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -L lev scap, mid/upper trap P into neck=headaches)
 Going to the gym. some low back P,
 (tight leg from lower back? driving lots/new job, R heel P from achillies- on/off)
 Feedback from previous treatment - great, doing psoas stretches.
 didn't notice any difference with the sauna

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

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

Details of Medications / Red Flags etc (i.e.

conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -very hard, MFR Hot Stones -4 Hot Wet Towels -2 Cupping area -glutes, L QL Topical Treatment - fisio post cupping Music - Guy mix Aromatherapy -rosemary/pep euc Dry Needling - left scapula area, rhomboids/traps main area of pain (x5)
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	felt a lot looser, noticed pain subside after 10 minutes where rhomboid needle was placed
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 4 weeks. Stretch (pecs and scap shown), water, magnesium, cont gym
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 17 Jul 2019, 1:00PM
Created: 17 Jul 2019, 12:33PM
Last updated: 17 Jul 2019, 5:00PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -feeling good. Going to the gym. some low back P, (tight leg from lower back? driving lots/new job, R heel P from achillies- comes and goes)
 Feedback from previous treatment - great, doing psoas stretches

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

Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -very hard, MFR Hot Stones -4 Hot Wet Towels -2 Cupping area -glutes, L QL Topical Treatment - fisio post cupping Music - Guy mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	felt a lot looser, Mostly massaged legs, Low back. Brief upper back and neck, pecs, arms
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 4 weeks. Stretch (psoas shown), water, magnesium, cont gym
Infra-Red Sauna	
Time in Sauna (minutes) -	20
Feedback after treatment -	enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 19 Jun 2019, 1:00PM
Created: 19 Jun 2019, 12:58PM
Last updated: 19 Jun 2019, 3:42PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -feeling good. Going to the gym. some low back P, (tight leg from lower back? driving lots/new job, R heel P from achillies- comes and goes)
 Feedback from previous treatment - great, doing psoas stretches

Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -very hard, MFR Hot Stones -4 Hot Wet Towels -2 Cupping area -glutes, L QL Topical Treatment - fisio post cupping Music - Ian CS mix Aromatherapy - rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	felt a lot looser, Mostly massaged legs, Low back. Brief upper back and neck, pecs, arms
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 4 weeks. Stretch (psoas shown), water, magnesium, cont gym
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 15 May 2019, 4:00PM
Created: 15 May 2019, 4:00PM
Last updated: 20 May 2019, 12:12PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical What's going on now -feeling good. Going to the gym. past=low back P on L,

history or client info)	(tight leg from lower back? driving lots/new job, R heel P from achillies- comes and goes) Feedback from previous treatment - great, doing psoas stretches
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - Anything noteworthy - Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
Treatment details - what was done today to help the client	Pressure used -very hard, MFR Hot Stones -4 Hot Wet Towels -2 Cupping area -glutes, L QL Topical Treatment - fisio post cupping Music - songs for guy mix Aromatherapy -rosemary/pep euc
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp
Where any specific trigger points used?	Upper Traps; Lev Scaps; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	felt a lot looser, achillies felt good Mostly massaged legs, Low back. Brief upper back and neck, pecs, arms
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 4 weeks. Stretch (psoas shown), water, magnesium, cont gym
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 24 Apr 2019, 11:00AM

Created: 24 Apr 2019, 10:58AM

Last updated: 24 Apr 2019, 12:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -low back P on L, heel feeling good-Easter break (tight leg from lower back? driving lots/new job, R heel P from achillies- comes and goes)
Feedback from previous treatment - great, doing psoas stretches

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client Pressure used -very hard, MFR
Hot Stones -4
Hot Wet Towels -2
Cupping area -glutes, L QL
Topical Treatment - fisio post cupping
Music - Sacred Earth mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged? Gluteals / Lower Back; Legs - Prone; Legs - Supine; Feet; Head / scalp

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

Body Chart

Feedback after treatment - felt a lot looser, achillies felt good
Mostly massaged legs, Low back, psoas. Brief upper back and neck, pecs

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) massage in 2.5 weeks. Stretch psoas shown, water, magnesium

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 1 Apr 2019, 11:00AM
Created: 1 Apr 2019, 10:59AM

Last updated: 1 Apr 2019, 12:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -tight leg from lower back? driving lots/new job, R heel P from achillies- comes and goes
Feedback from previous treatment - great, doing psoas stretches

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

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

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client

Pressure used -very hard, MFR
Hot Stones -4
Hot Wet Towels -2
Cupping area -glutes, L QL
Topical Treatment - fisio post cupping
Music - Sacred Earth mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

Gluteals / Lower Back; Legs - Prone; Legs - Supine; Feet

Where any specific trigger points used?

QLs; ITBs; TFLs; Glutes; Psoas

Body Chart

Feedback after treatment -

felt a lot looser, achillies felt good
Mostly massaged legs, Low back, psoas. Brief upper back and neck

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

massage in 2.5 weeks. Stretch psoas shown, water, magnesium

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 18 Mar 2019, 11:00AM**Created:** 18 Mar 2019, 11:02AM**Last updated:** 18 Mar 2019, 1:38PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -tight leg from lower back? driving lots/new job
Feedback from previous treatment - great up until now

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

Verbal consent obtained.
ROM -
Anything noteworthy -
Any precautions / Red Flags -
Anything specific to massage - E.g. no foot massage

Treatment details - what was done today to help the client

Pressure used -very hard, MFR
Hot Stones -4
Hot Wet Towels -2
Cupping area -glutes
Topical Treatment -
Music -instrumental
Aromatherapy -sports

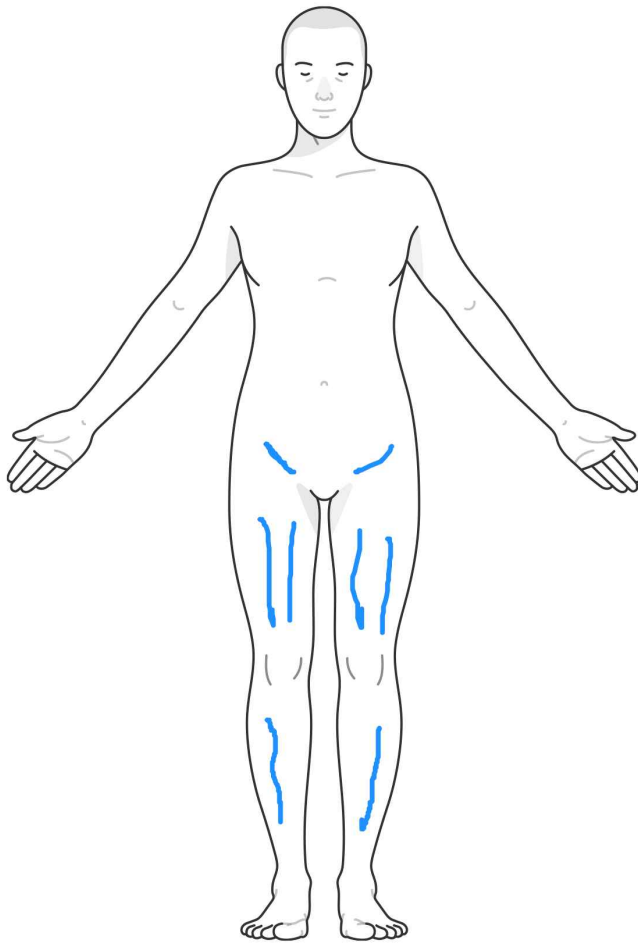
What parts of the body were massaged?

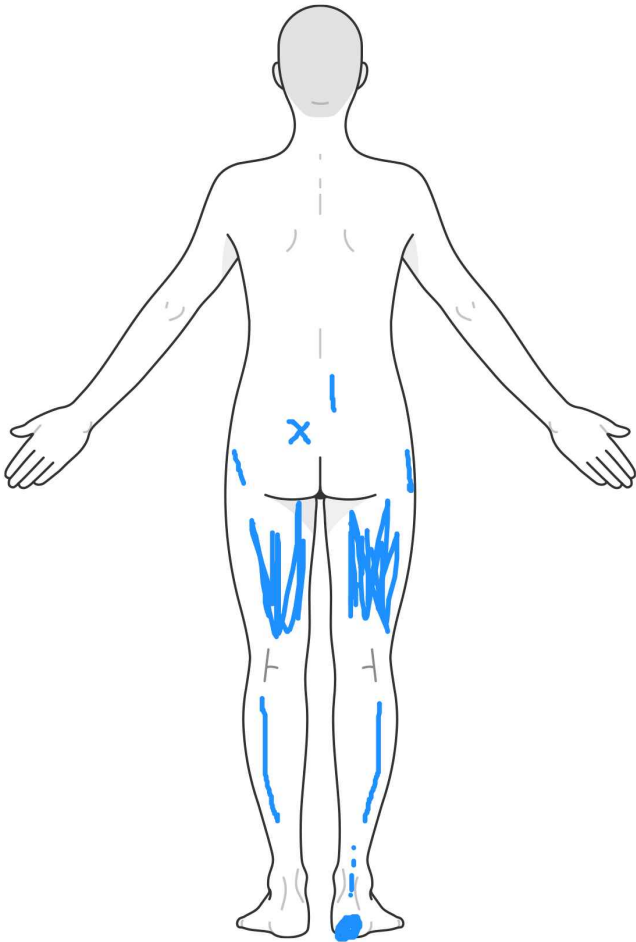
Gluteals / Lower Back; Legs - Prone; Legs - Supine; Feet

Where any specific trigger points used?

QLs; ITBs; TFLs; Glutes; Psoas

Body Chart





Feedback after treatment -	felt a lot looser
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	massage in 2 weeks. Stretch psoas shown, water, magnesium
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

New Client Record	
Practitioner: Christine Jervis	
Appointment: 29 May 2024, 12:45PM	
Completed: 27 May 2024, 12:45PM	
About you...	
What's your health fund?	None

Occupation - how long?	Paint sales rep
List your physical activities, hobbies, exercise or sport.	Been going to gym at least 4 days a week
Do you sit/stand for long hours? (E.g. car/desk)	Can sit in car for long periods
Medications - prescribed or natural	None
Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.	None
About Massage...	
How did you find out about our massage clinic?	☐ 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?	
What are your goals or reasons for getting massage?	Have lost about 13kg in weight and have noticed since being more active i have started to have some hamstring issues and low back
Type of massage pressure you prefer?	☐ Gentle ☐ Firm ☒ Hard ☐ Very Hard ☐ Not sure? (We'll check at your massage)
Any areas you DON'T want massaged?	☐ Face ☐ Head ☐ Stomach ☐ Back ☐ Buttocks ☐ Arms ☐ Legs ☐ Feet ☒ I am ok with all the above areas being massaged ☐ Not sure? (We will discuss reasons for massaging different areas at your appointment)
Do you experience headaches?	☐ No ☒ Mild ☐ Severe ☐ Persistent ☐ Migraines
Abdominal Massage helps digestive problems. Do you suffer any digestive complaints?	☐ Discomfort with a whole mix of things happening ☐ Abdominal pain ☐ Bloating ☐ Constipation (going less than once per day) ☐ Hard bowel movements ☐ Loose bowel movements ☐ Diarrhoea ☐ Food allergies ☐ Occasionally experience problems ☐ Struggling most of the time ☒ No problems - everything is working well
Any falls or injuries to your sacrum, tailbone, head, ankles, feet, abdomen or lower back? These are important body balance areas.	None
Do you have any pain?	☐ No pain - nothing hurts ☐ Morning soreness ☐ Night time pain ☐ Happens randomly - can be any time ☐ Pain doing something specific. E.g. Bending over to touch toes. ☐ All the time ☐ Tender to touch ☐ Dull pain ☐ Aching or throbbing ☐ Sharp pain ☒ Stiffness ☒ Muscle tightness ☐ Restricted movement
If your body hurts, what relieves it?	☐ I have no pain to manage ☐ Ice ☒ Heat ☐ Rest ☐ Exercise

☒ Stretching ☐ Medication ☒ Topical Cream (E.g. Tiger Balm)

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

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

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

Your consent...

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

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

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

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

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

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

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

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

