

Jessica Piercy

DOB29 Jun 1990

Appointments

Date	Time	Type	Practitioner
1 Nov 2025	9:30AM – 10:30AM	Pregnancy Massage	Christine Jervis
4 Oct 2025	9:30AM – 10:30AM	Pregnancy Massage	Christine Jervis
15 Dec 2024	3:00PM – 4:00PM	Sauna & Massage	Christine Jervis
2 Nov 2024	1:30PM – 2:30PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Pregnancy Massage

Practitioner: Christine Jervis

Appointment: 4 Oct 2025, 9:30AM

Created: 4 Oct 2025, 10:39AM

Last updated: 5 Oct 2025, 9:55PM

Standard Consultation - Pregnancy Massage Appointment

Presenting complaint (relevant medical history or client info)

What's going on now - client feeling sore and unsure of what she can do, very scared as had a couple of bleeds (and difficulty 1year in getting pregnant). Hips and shoulders been sore, fatigue a lot lately. Belly sleeper so struggling with the side-sleeping for pregnancy.  
Number of weeks' pregnant @ this visit - 15

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

Red Flags

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

Previous bleeds

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - checked, some quality restrictions esp neck  
Identify any precautions (Red Flags) - bleeding  
Anything noteworthy - fatigue and tiredness, low energy, sore back and hips from trying to learn to side sleep  
  
Anything specific to massage (E.g. no foot massage) - pregnancy

Treatment details - what was done today to help the client

Pressure used - 2 gentle firm  
Hot Stones - 2 x Hips and 2 x Back/Shoulders

	Hot Wet Towels - Feet / Arms/Hands Hot Pack - Upper Body / Lower Body Music - Ian Cam Smith Aromatherapy Massage oil - Pregnancy (no scent) Spritzer - Rose  Gentle techniques, lotion on stomach and showed how to gently massage. Pillow used to help stomach tilt.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Side-lying Treatment; Gluteals / Lower Back; Neck / Shoulders; Legs - Supine; Legs - side-lying; Feet; Head / scalp; Face / sinuses; Pregnancy Treatment - side-lying massage including legs, hips, back, shoulders, neck and arms
<b>Where any specific trigger points used?</b>	
<b>Pregnancy Techniques Used</b>	Visualizations (E.g. breathing, relaxing, releasing)
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt big improvement in shoulder tension and tiredness.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed gentle body work - warmth (not heat) with hot pack and using ice pack on feet (not strong foot massager). Discussed positioning in bed and some tips on using pillows and extra support with side-lying.
<b>Pregnancy Care</b>	
<b>Resources shared with client</b>	

<b>Standard Consultation - Remedial Massage</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 15 Dec 2024, 3:00PM <b>Created:</b> 15 Dec 2024, 2:57PM <b>Last updated:</b> 15 Dec 2024, 4:12PM	
<b>Standard Consultation - Remedial Massage</b>	
<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client had bleed last month so had to delay massage until now, L plantar fascia been sore.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury; Heart / Lung / Organ problem
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Bladder problem - thought it was endo for 15years, surgery a couple of years ago hasn't changed her life. Off the pill now.
<b>Assessment / Testing done (including</b>	

<b>ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - checked before</p> <p>Anything noteworthy -</p> <p>Anything specific to massage (E.g. no foot massage) - no, thin muscular build</p> <p>Gets monthly regular treatment from Colin and Kylie, prefers Kylie. Seeing Julie Hamyln.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2-3 firm</p> <p>Music - Ian Cam 2</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>Spritzer - Euc tea tree Peppermint</p> <p>Remedial techniques - shoulders, back, neck and legs. 7 mins on each leg plus some stomach massage</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders; Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, discussed getting regular treatment.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Showed stomach massage with circles and I love you strokes daily
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	22
<b>Feedback after treatment -</b>	Sweat a lot all over

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 2 Nov 2024, 1:30PM  
**Created:** 2 Nov 2024, 3:17PM

Last updated: 2 Nov 2024, 3:21PM

## Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client had massage 6 weeks ago, stiff neck this week.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	Injury; Heart / Lung / Organ problem
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	Bladder problem - thought it was endo for 15years, surgery a couple of years ago hasn't changed her life. Off the pill now.
<b>Assessment / Testing done (including ROM) / Observations</b>	<p>Verbal consent obtained.</p> <p>ROM - checked before</p> <p>Anything noteworthy -</p> <p>Anything specific to massage (E.g. no foot massage) - no, thin muscular build</p> <p>Gets monthly regular treatment from Colin and Kylie, prefers Kylie. Seeing Julie Hamyln.</p>
<b>Treatment details - what was done today to help the client</b>	<p>Pressure used - 2-3 firm</p> <p>Music - Enjya</p> <p>Aromatherapy Massage oil - Lav Peppermint</p> <p>Spritzer - Euc tea tree Peppermint</p> <p>Remedial techniques - shoulders, back, neck and legs. 8 mins on each leg.</p>
<b>Hot Pack</b>	Lower Body
<b>Hot Stones</b>	2 x Hips; 2 x Back/Shoulders; Cold stones on face
<b>Hot Wet Towels</b>	Feet; Face
<b>Topical Treatment</b>	Fisiocrem shoulders/neck
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Neck / Shoulders; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after treatment, discussed getting regular treatment and trying sauna
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Showed pec stretch

<b>Infra-Red Sauna (if applicable - info is below)</b>
<b>Time in Sauna (minutes) -</b>
<b>Feedback after treatment -</b>

Patient Forms

<b>New Client Record - Women's Health</b>	
<b>Practitioner:</b> Christine Jervis <b>Appointment:</b> 2 Nov 2024, 1:30PM <b>Completed:</b> 14 Oct 2024, 8:15PM	
<b>About you...</b>	
<b>What's your health fund?</b>	Qld Country
<b>Occupation - how long?</b>	Accountant 10 years
<b>List your physical activities, hobbies, exercise or sport.</b>	Triathlon / ultra running *currently recovering from stress reaction in femoral head
<b>Do you sit/stand for long hours? (E.g. car/desk)</b>	Yes - sit mainly
<b>Medications - prescribed or natural</b>	Magnesium, B complex, Iron, Hair skin and nails, collagen, fish oil
<b>Medical History - recent and past operations, illnesses, accidents, injuries or broken bones.</b>	Fracture interior acetabulum 2020 - hip left Stress reaction femoral head April 2024 - hip left
<b>About Massage...</b>	
<b>How did you find out about our massage clinic?</b>	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> Phonebook <input type="checkbox"/> Massage Association <input type="checkbox"/> Health Professional (Doctor, Physio, Midwife) <input checked="" type="checkbox"/> Referral - word of mouth <input type="checkbox"/> Current/Previous customer
<b>Who referred you? We use a client reward system - May we thank them?</b>	
<b>Type of massage pressure you prefer?</b>	<input type="checkbox"/> Gentle <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Not sure? (We'll check at your massage)
<b>What are your goals or reasons for getting massage?</b>	Aid recovery
<b>Any areas you DON'T want massaged?</b>	<input type="checkbox"/> Face <input type="checkbox"/> Head <input type="checkbox"/> Stomach <input type="checkbox"/> Back <input type="checkbox"/> Buttocks <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Feet <input checked="" type="checkbox"/> Ok with above areas being massaged <input type="checkbox"/> Not sure? (Our Massage Therapist can discuss reasons for massaging different areas at y
<b>Do you experience headaches?</b>	<input type="checkbox"/> No <input checked="" type="checkbox"/> Mild <input type="checkbox"/> Severe <input type="checkbox"/> Persistent <input type="checkbox"/> Migraines

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

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

**Do you have any pain?**

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

**If your body hurts, what relieves it?**

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

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

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

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

## Women's Health Check...

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

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

No

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

Endometriosis investigations- interstitial cystitis diagnosis

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

Diagnosed with interstitial cystitis

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

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

**Symptoms experienced prior to and during menstruation**

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

**Any female health details or info you'd like to share?****Pregnancy, Birth and Postnatal Recovery**

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

**Tick what applies to your birth experiences -**

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

**How many pregnancies have you had?**

0

**How many babies have you birthed?**

0

**Have you had any birth interventions or complications?**

Na

**How long were your birth hours for each delivery?**

Na

**Any other info you would like to share?**

Na

**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.

Piercy