



Personal Information			
Full Name		Occupation	
Sarah Coleman		Teacher	
Postal Address			
11 Senate St Bentley Park			
Home Phone	Work Phone	Mobile	
—	—	0402324297	
Email Address			
asyoulightit@gmail.com			
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a message)			
☒ Text Message	☐ Home Telephone	☐ Work Telephone	☒ Facebook Message
Emergency Contact Details: Name and Number		Relationship to you (e.g. Partner).	
IAN COLEMAN 0437921625		HUSBAND	
Is it ok to email you massage tax invoices?		Please circle if you use any of the following:	
Please circle: ☒ Yes (please email) / No (please print)		☒ Facebook / ☒ Twitter / ☒ Instagram / ☒ Pinterest / ☒ Linked In	
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)			
NONE			
Client Signature		Date	
Sarah Coleman		8/12/16	

☐ Office - Please tick after updated information is electronically entered

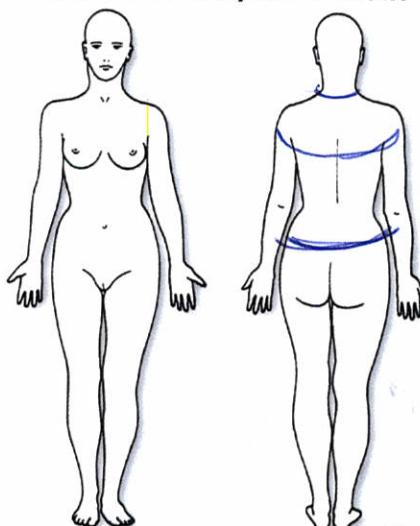
Full Name Sarah Coleman Date of Birth 18/04/84
 Postal Address 11 Senate St, Bentley Park
 Home Phone _____ Work _____ Mobile 0402324297
 Email Address asyoulightit@gmail.com Health Fund Medibank
 Emergency Contact Details - Name and Number Ian Coleman -0437921625
 Current Doctor Dr Susan McDonald Referred By _____
 Occupation and how long Teacher -10 years
 Physical Activities/Hobbies/Exercise Toddler, gym, walking, yoga
 Medical History (operations/illnesses/accidents/injuries/# of children) 1 child (2)
 Medications - Prescribed or Natural: metformin

Some conditions require your massage to be modified.
 Please tick all conditions below that apply to you NOW.

- ☐ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruise Easily / Blood clotting problems / Varicose Veins
- ☐ Cancer
- ☐ Chronic Pain
- ☐ Constipation ☐ NOW ☐ SOMETIMES ☐ MOST OF THE TIME
- ☐ Diabetes ☐ TYPE 1 ☐ TYPE 2
- ☐ Dizziness
- ☐ Fractured bones
- ☒ Headache ☐ NOW ☐ SOMETIMES ☒ MOST OF THE TIME
- ☒ Numbness / Tingling
- ☒ Period Problems / Diagnosed female condition
- ☐ Pregnant / Trying to get pregnant / Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems or ☐ Sprained/strained muscles

Details _____

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



Amount of Pain (1-10): 5-8

Type (sharp, dull, aching etc) aching

When is the pain worst? end of day

What relieves the pain? stretching

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 Hard Very Hard



All the information a client provides helps determine an appropriate massage treatment.
 Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

CLIENTS - if you develop any further complications/symptoms/problems or your details change, PLEASE ADVISE ASAP.

Signature: _____

Date: 16/6/15

PLEASE READ THIS INFORMATION CAREFULLY

Every massage treatment has potential risks; such as causing pain, bruising, infection, burns (from heat therapy), feeling sleepy, fainting, aggravating existing conditions, or creating an aromatic response (irritating/photo-sensitising skin, cause blood thinning, euphoria or interact with medications or homeopathic remedies).

To minimise possible risk, you must:

Be honest about the information you provide regarding your health: especially for heart/kidney/immune/health problems, if you're pregnant/breastfeeding

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 at any stage.

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.



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**



Please tick the boxes below - after you read and agree with each statement:

- ☒ 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.



Your
Signature:

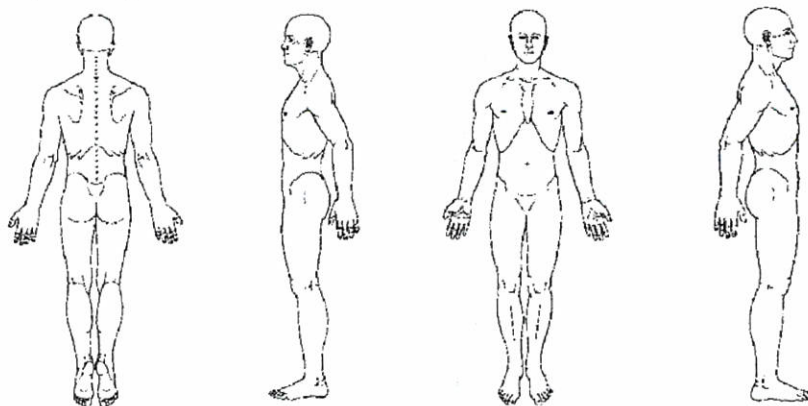
Your Name:

Sarah Coleman

Date:

16/6/15

SOAP = SUBJECTIVE (clients states) **OBJECTIVE** (therapist observations, treatment) **ANALYSIS** (what worked, didn't) **PLAN** (plans for next session, advice, goals)
TOTAPS = TALK (history/area/symptoms) **OBSERVE** (signs) **TOUCH** (Palpate) **ACTIVE** Movement (Client's ROM) **PASSIVE** Movement **SKILLS** Test (client co-ordination)
Head (chin/ears) **Trunk** (spine) **Shoulder** (height/pro-retract) **Arms** (elbows/forearms/wrist/fingers) **Hips** (tilt) **Knees** (level) **Ankles** (toes/in-evert).
Movement Check: Flexion/Extension/Lateral Flexion/Rotation (internal/external)/Abduction/Adduction/Supination/Pronation/Eversion/Inversion

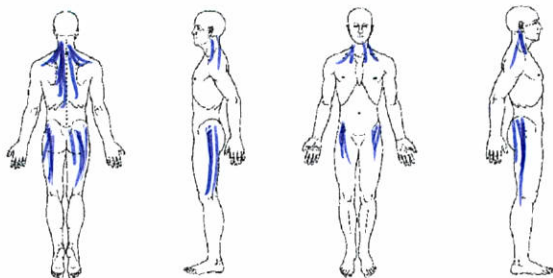


OBSERVATION/PALPATION/ASSESSMENT Major areas of asymmetry/pain/tension/tone, quality/quantity ROM, gait analysis, special tests performed:

V-time poor - running English program @ TAS

TREATMENT NO. 1 S = Client been feeling tightness in her body
 & feeling v. in used of me

DATE: 17.06.15
 TIME: \$88
 PAID: 1hr
 REC.No: 1256
 AIR TEMP: 23.5C
 MUSIC: Jav
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND: Mandarin
 2xln + 2xback
 HT: 1.70m
 CST: (A) Face
 HST: 2xln
 2xback
 EXTRA:
 NEXT APPT:

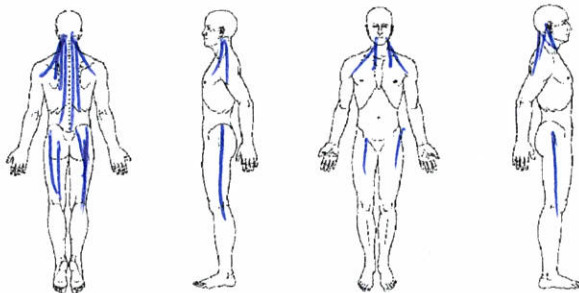


O/A:
 Perv tight
 Deltoids tight + tender
 as tight traps up tight
 Rhomb region comp
☒ Full Body ☒ STOMACH/MS
 ARMS ☐ Prone ☐ Supine MS LEGS
 TP rhomb/med/ham/traps
 Fx occ/traps/l/scaps
☐ Talked ☐ Quiet
 ROM Perv > ms
 FBACK felt better > ms

P = Perom client stretch out by lifting sternum for posture
 New brochures given by

TREATMENT NO. 2 S = Client been feeling in her body on her upper
 trouble with chest like reflex feeling heavy in region

DATE: 31.05.16
 TIME: \$88
 PAID: 1hr
 REC.No: 1257
 AIR TEMP: 25
 MUSIC: Jav
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND: Mandarin
 2xln + 2xback
 HT: 1.70m
 CST: (A) Face
 HST: 2xln
 2xback
 EXTRA:
 NEXT APPT:

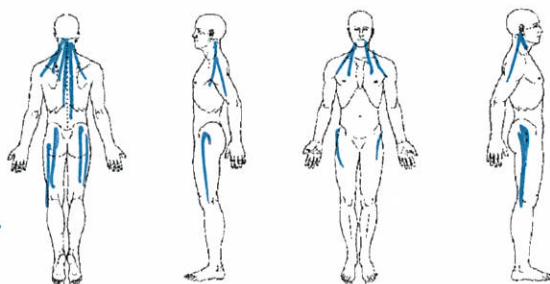


O/A:
 Perv tight
 Deltoids tight/tender
 as tight traps up tight
 Rhomb region comp
☒ Full Body ☒ STOMACH Focussed on pector
 ARMS ☐ Prone ☐ Supine LEGS of 7kg
 TP rhomb/med/ham/traps
 Fx occ/traps/l/scaps
☐ Talked ☐ Quiet
 ROM Perv > ms
 FBACK felt better > ms

P = Felt improvement with breathing - 4, 6, 7

TREATMENT NO. 3 S = Client been feeling tightness in her body in her
 r hip / scate region pinch.

DATE: 08.12.16
 TIME: 1hr: \$88
 PAID: /
 REC.No: 1258
 AIR TEMP: 25.0C
 MUSIC: Massage Mix
 FACE CREST: Jav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 2xln + 2xback
 HT: 1.70m
 CST: (A) Face
 HST: 2xln
 2xback
 EXTRA:
 NEXT APPT:



O/A:
 Trap up tight
 Deltoids tight. Perv tight
 as tight + short ms fun
 Rhomb region comp
☒ Full Body ☒ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP act/traps/l/scaps
 Fx rhomb/med/ham/traps
☐ Talked ☐ Quiet
 ROM Perv > ms
 FBACK felt better > ms

P = been working at @ gym to help strengthen body

4. 10.01.17 Client been feeling tightness in
her body in her hips
2xln + 2xback. Feet / Fore HT.

FB(-stom) Heat. TP rhomb / g'med / ham / traps /
Incaps.

Feet better > Ms - some stiffness
but 'could move'

Chiro is away now - rejoin some mg Tx
to help with body. started boot camp
today

5.2 1.18. Client been feeling tightness
in her body in her hips / shoulders
Physio working on her hips to help
get body right

FB(-stom) Heat. TP rhomb / g'med / ham /
traps / Incaps

Feet better > Ms. Vrelaxed +
moving freer with movement

Rejoin client continue with physio exercises

☐ 2 3.17. Client been feeling tightness in
her body in her shoulders / hips

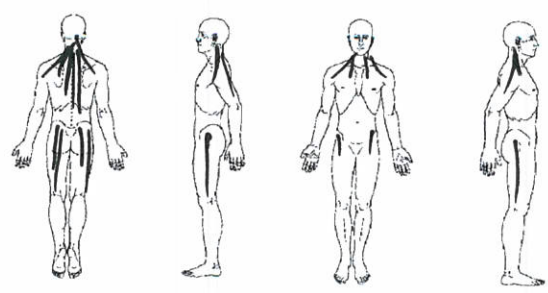
FB(+stom) Heat. TP rhomb / g'med / ham / traps / Incaps
TP rhomb + tender + v. sore upper body.
Feet better > Ms
Rejoin client stretch out with body
to help body in water

SARAH COLEMAN

TREATMENT NO. 7
Office: ☐ Scanned & filed

DATE: 24/08/17
TIME: 3:30PM
AIR TEMP: THURS
MUSIC: IanLam
FACE CREST: Jan
SUPINE SCENT: Dom
OIL BLEND: Relax
Manditane
Hot Towel: Feet / Face
Cold Stones: (A) Face
Hot Stones: 2 x In
2 x back

S = client feeling tightness in shoulders / neck
lots of exercise @ mo



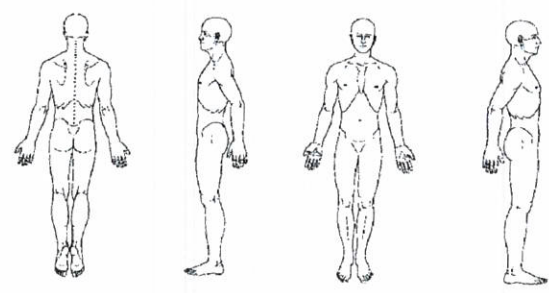
O/A: Slowed down MS to help PNS
Pers taut / traps up tight
rhombos tight / scap + abs tight
☒ Full Body ☒ STOMACH
ARMS ☒ Prone ☒ Supine MS LEGS
TP rhombos region tight
Fx occ / traps / scap
☐ Talked ☐ Quiet Quiet Breathing
ROM Tied > ms
FBACK feet big diff > ms

P = Discussed slowing down to help body

TREATMENT NO. _____

TREATMENT NO. _____
Office: ☐ Scanned & filed

DATE: _____
TIME: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
Hot Towel _____
Cold Stones _____
Hot Stones _____



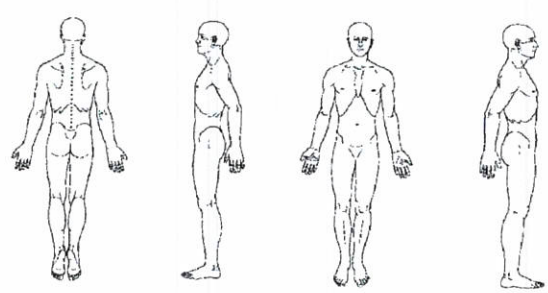
O/A: _____
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

TREATMENT NO. _____
Office: ☐ Scanned & filed

DATE: _____
TIME: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
Hot Towel _____
Cold Stones _____
Hot Stones _____



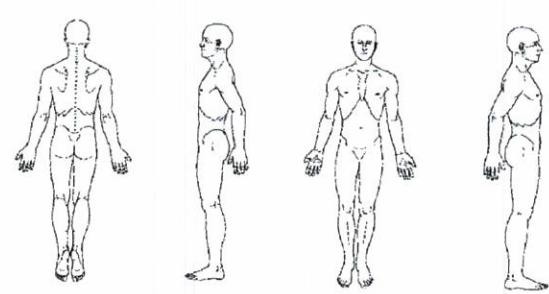
O/A: _____
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

TREATMENT NO. _____
Office: ☐ Scanned & filed

DATE: _____
TIME: _____
AIR TEMP: _____
MUSIC: _____
FACE CREST: _____
SUPINE SCENT: _____
OIL BLEND: _____
Hot Towel _____
Cold Stones _____
Hot Stones _____



O/A: _____
☐ Full Body ☐ STOMACH
ARMS ☐ Prone ☐ Supine LEGS
TP _____
Fx _____
☐ Talked ☐ Quiet Breathing
ROM _____
FBACK _____

P = _____

TREATMENT NO. _____

S = client been tense with upper body. Exercising so body tight.

SARAH COLEMAN

TREATMENT NO. 8

Office: ☐ Scanned & filed

DATE: 7.9.17

TIME: 3.30pm

AIR TEMP: 25

MUSIC: Don Mcgr

FACE CREST: Jay

SUPINE SCENT: Lem

OIL BLEND: Peloni

Hot Towel: Feet / Face

Cold Stones: 1 x Face

Hot Stones: 2 x back



O/A:

legs tight - hamstrings up.
Thoracic tightness.

ES cong
rhomb region cong / varada

☒ Full Body

☒ STOMACH

ARMS ☒ Prone ☒ Supine MS LEGS

TP rhomb / traps / pels / deltoids

Fx es / occ

☐ Talked ☐ Quiet

Fast Breathing

ROM 1 x 2 x ms

FBACK felt better with Tr

P = Discussed DOMS

TREATMENT NO.



S = tension headaches. & (L) arm.!

DATE: 6/4/18

TIME: 3:40

PAID: \$44 1hr

REC.No:

AIR TEMP: 23

MUSIC: Dido

FACE CREST:

SUPINE SCENT:

OIL BLEND: lemon

MIT

HT: 5'2"

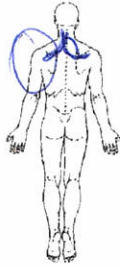
CST

HST: 4'11"

EXTRA: cupping

NEXT APPT:

Sarah C



O/A:

tight generally calves
v-back ↑

slide & brief stat cups v-back

☐ Full Body ☐ STOMACH

ARMS ☒ Prone ☐ Supine

LEGS

TP v-back

Fx mid traps.

☐ Talked ☒ Quiet

Breathing

ROM

FBACK

P = firm

Sarah Coleman

DOB18 Apr 1984
OccupationTeacher

Appointments

Date	Time	Type	Practitioner
4 Oct 2025	3:00PM – 4:00PM	Sauna & Massage	Christine Jervis
23 Aug 2025	3:00PM – 4:00PM	Sauna & Massage	Christine Jervis
14 Jul 2025	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
18 May 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
23 Mar 2025	2:15PM – 3:15PM	Sauna & Massage	Christine Jervis
9 Mar 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jervis
9 Feb 2025	1:00PM – 2:00PM	Sauna & Massage	Christine Jervis
15 Jan 2025	3:45PM – 4:45PM	Sauna & Massage	Christine Jervis
5 Dec 2024	4:30PM – 5:30PM	Sauna & Massage	Christine Jervis
25 Aug 2024	2:30PM – 3:30PM	Sauna & Massage	Christine Jervis
27 Jul 2024	3:00PM – 4:00PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 May 2024	3:00PM – 4:00PM	Sauna & Massage	Christine Jervis
24 Mar 2024	2:30PM – 3:30PM	Sauna & Massage - for clients with a FREE Sauna offer/voucher	Christine Jervis
18 Feb 2024	4:30PM – 5:30PM	HOLIDAY SPECIAL - February 2024 - Rebooking Clients	Christine Jervis
7 Dec 2022	12:45PM – 1:45PM	Sauna & Massage	Christine Jervis
12 Aug 2022	11:00AM – 12:00PM	60 minute Massage	Christine Jervis
24 Mar 2022	9:30AM – 10:30AM	60 minute Massage	Christine Jervis

Date	Time	Type	Practitioner
22 Jan 2022	10:20AM – 11:20AM	60 minute Massage	Christine Jervis
13 Mar 2021	10:30AM – 11:30AM	Massage COMPREHENSIVE Consultation REBOOK	Christine Jervis
11 Mar 2020	10:20AM – 11:20AM	60 minute Massage	Christine Jervis
2 Dec 2019	3:00PM – 4:00PM	60 minute Massage	Christine Jervis
6 Nov 2019	9:00AM – 10:00AM	60 minute Massage	Christine Jervis
18 Feb 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke
26 Nov 2018	4:30PM – 5:30PM	60 minute Massage	Marina Franke
8 Mar 2017	4:00PM – 5:00PM	60 minute Massage	Christine Jervis

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 4 Oct 2025, 3:00PM

Created: 4 Oct 2025, 4:14PM

Last updated: 4 Oct 2025, 4:51PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - good holidays, 18K daily walks plus 22 k weekly ride, sore.

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

Pressure used - Firm 2-3.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Hips
Topical Treatment - Fisiocrem shoulders
Music - Ian Cam Smith

	Aromatherapy Massage oil - lav peppermint
	Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great afterwards. tender but in a good way
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Heading away 6 week road trip at Xmas hold to South Australia.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	24
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Aug 2025, 3:00PM
Created: 23 Aug 2025, 3:13PM
Last updated: 24 Aug 2025, 3:32PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - into the middle of term

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

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

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

Treatment details - what was done today to help the client Pressure used - Firm 2-3.
Hot Stones - 2 x Hips and 2 x Back/Shoulders

	Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith Aromatherapy Massage oil - lav peppermint Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	discussed seeing again later this term
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	22
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 14 Jul 2025, 4:30PM Created: 14 Jul 2025, 5:37PM Last updated: 14 Jul 2025, 5:39PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been on hols - easing back into school. LHS still tight
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily

	Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith 2 and Len Savis Aromatherapy Massage oil - sports extreme Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	discussed seeing again later this term
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 18 May 2025, 4:00PM Created: 18 May 2025, 4:59PM Last updated: 18 May 2025, 5:00PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired from resuming exercise - LHS still pulled and injured so adjusting gym exercise still. Been really tight with thoracic region
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions	

listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith 2 Aromatherapy Massage oil - sports extreme Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed maybe seeing physio if thoracic tightness continues
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 23 Mar 2025, 2:15PM
Created: 23 Mar 2025, 3:31PM
Last updated: 23 Mar 2025, 3:32PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired from resuming exercise - LHS still pulled and injured so adjusting gym exercise
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Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith 2 Aromatherapy Massage oil - sports extreme Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment. Much better.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Away for holidays to Melbourne to visit family, grandma is 94. See after holidays.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	24
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 Mar 2025, 4:00PM
Created: 9 Mar 2025, 5:09PM
Last updated: 9 Mar 2025, 5:37PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - been sore and tired from resuming exercise - LHS has pulled on Friday

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

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

Assessment / Testing done (including ROM) / Observations

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

Treatment details - what was done today to help the client

Pressure used - Firm 2-3.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Hips
Topical Treatment - Fisiocrem shoulders
Music - Kenny G saxophone
Aromatherapy Massage oil - sports extreme

Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck

What parts of the body were massaged?

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

Where any specific trigger points used?

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

Body Chart

Feedback after treatment -

Felt great after treatment

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

see in 2 weeks if pain persists, away for holidays to Melbourne to visit family, grandma is 94.

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

Time in Sauna (minutes) -

24

Feedback after treatment -

Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 9 Feb 2025, 1:00PM
Created: 9 Feb 2025, 2:08PM
Last updated: 9 Feb 2025, 2:23PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - been sore and tired from resuming exercise - feeling a LHS niggle esp with at pull downs assisted at gym

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

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

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

Treatment details - what was done today to help the client Pressure used - Firm 2-3.
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Hips
Topical Treatment - Fisiocrem shoulders
Music - Yanni if there
Aromatherapy Massage oil - relax pepper euc

Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck

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

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

Body Chart

Feedback after treatment - Felt great after treatment

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Enjoying less work stress, see in 2 weeks if pain persists

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

Time in Sauna (minutes) - 24

Feedback after treatment -	Lots of sweat, enjoyed the sauna
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Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 15 Jan 2025, 3:45PM

Created: 15 Jan 2025, 4:57PM

Last updated: 15 Jan 2025, 5:16PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired from resuming exercise after holiday break away.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ackerman Bilk oldies Aromatherapy Massage oil - relax pepper euc Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	ready for the new year ahead, switching to a lower stress position at school not leadership anymore

Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	24
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 25 Aug 2024, 2:30PM Created: 25 Aug 2024, 3:37PM Last updated: 25 Aug 2024, 3:38PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired. Back to Italy in September for school trip. Migraine for 2 weeks
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam 2 Aromatherapy Massage oil - pain H20 Very tight shoulders, last and back (especially LHS) and ITBS. Very vasodilated shoulders.some tightness in neck
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See once more before trip overseas
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	22
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 27 Jul 2024, 3:00PM Created: 27 Jul 2024, 4:34PM Last updated: 27 Jul 2024, 4:36PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - been sore and tired. Back to Italy in September for school trip.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Piano tunes Aromatherapy Massage oil - pain H2O Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes

Body Chart	
Feedback after treatment -	Felt great after
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	See once more before trip overseas
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	22
Feedback after treatment -	Lots of sweat, enjoyed the sauna

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 18 May 2024, 3:00PM Created: 18 May 2024, 4:12PM Last updated: 18 May 2024, 4:38PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - l side sore from exercise. Back to Italy in September for school trip.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Carl Chang Aromatherapy Massage oil - lavender Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses

Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed how massage can help - see before school term ends
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Lots of sweat, enjoyed the sauna. Wished she had one at home.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 24 Mar 2024, 2:30PM Created: 24 Mar 2024, 2:16PM Last updated: 24 Mar 2024, 8:34PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - Holidays soon for birthday. L side been very sore. Done 4 weeks consistent weights and exercise. Back to Italy in September for school trip. Week away at beach for birthday
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Carl Chang Aromatherapy Massage oil - lavender

Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.	
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great afterwards
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Heading away for birthday in next holidays for 1 week to the beach. discussed getting some treatment next month
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	23
Feedback after treatment -	Lots of sweat, enjoyed the sauna.

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 18 Feb 2024, 4:30PM Created: 18 Feb 2024, 5:45PM Last updated: 19 Feb 2024, 8:53AM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - all of her body is sore esp hips, back and shoulders. Holiday away went well, death of friend on return. Back to Italy in September for school trip
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders

	Music - Ian Cam Smith Aromatherapy Massage oil - Massage h20 oil lavender
	Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment. Really felt a difference
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Doing running in gym with cloud runners - see how she goes. Suggested free sauna with massage on her next visit. Heading away for birthday in next holidays for 1 week to the beach
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 7 Dec 2022, 12:45PM
Created: 7 Dec 2022, 2:26PM
Last updated: 7 Dec 2022, 2:28PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - all of her body is sore esp hips, back and shoulders. Holidays start tomorrow.

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

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

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

Treatment details - what was done today to help the client Pressure used - Firm 2-3.

	Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith Aromatherapy Massage oil - Massage h2o oil lavender Very tight shoulders and back (especially LHS) and ITBS. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt great after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Next time - still need to talk about using Epsom salts to help soak feet and help with soreness.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	20
Feedback after treatment -	Felt great after Sauna - enjoyed the shower too.

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 12 Aug 2022, 11:00AM
Created: 12 Aug 2022, 12:05PM
Last updated: 12 Aug 2022, 12:15PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - all of her body is sore esp hips, back and shoulders. Very stressed at Work.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today.

	Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Yanni if there Aromatherapy Massage oil - Massage Cream Very tight shoulders and back - plus legs were tender and tight through ITBs and hamstrings. Felt very tight all over. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Deltoids; QLs; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after treatment.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about getting a free sauna with her next massage. Next time - still need to talk about using epsom salts to help soak feet and help with soreness.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 24 Mar 2022, 9:30AM
Created: 25 Mar 2022, 10:57AM
Last updated: 25 Mar 2022, 10:58AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - all of her body is sore esp hips, back and shoulders. Client is heading away for school holidays.
Medication or relevant procedures / info identified that may affect the massage.	
Details of Medications / Red Flags / Precautions needed etc (i.e. conditions)	

listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fisiocrem shoulders Music - Ian Cam Smith Aromatherapy Massage oil - Massage Cream Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very tight all over. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after treatment. Working on getting more regular treatment...
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Next time - still need to talk about using epsom salts to help soak feet and help with soreness.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 22 Jan 2022, 10:20AM

Created: 22 Jan 2022, 11:35AM

Last updated: 22 Jan 2022, 11:57AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - all of her body is sore esp hips, legs, quads and feet aching. Away for 4 weeks in Tasmania - hiked lots. R shoulder blade - rhombs sore.

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

Details of Medications / Red Flags /

Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Hips Topical Treatment - Fiisocrem Music - Ian Cam Smith Aromatherapy Massage oil - Mental Clarity Spritzer - Jasmine Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very tight all over. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt good after treatment. Would like to get monthly massage this term
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Next time - talk about using epsom salts to help soak feet and help with soreness.
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 2021, 10:30AM
Created: 14 Mar 2021, 8:25AM
Last updated: 14 Mar 2021, 8:27AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - all of her body is sore esp hips and shoulders/back. Started new exercise regime and nutrition advice. Has put on weight. Lots of stress at work.

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

Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-	
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 2-3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Shoulders Topical Treatment - Zen hips Music - Yanni Aromatherapy Massage oil - Mand/Tang Spritzer - Neroli Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very knotted especially in the upper body. Very vasodilated shoulders. Felt very tired and tight.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Enjoyed the massage. Felt calmer.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how regular massage can help. Going away for 1st week of the holidays to Mission Beach and Sydney for a show.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 11 Mar 2020, 10:20AM
Created: 11 Mar 2020, 8:31PM
Last updated: 11 Mar 2020, 8:34PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - all of her body is sore esp hips and shoulders/back.

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)-	Injury.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Norah Jones Aromatherapy Massage oil - Rosemary/Pepp/Euc Spritzer - Lavender Very tight shoulders and back - even legs were tender through ITBs and hamstrings. Felt very knotted especially in the upper body. Very vasodilated shoulders.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	So many tender spots. Enjoyed the massage. Felt calmer leaving. Discussed seeing her again soon for some treatment to help.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Talked about how regular massage can help. Going away for 1st week of the holidays. Home for the 2nd week. Off to Brisbane today for 4 day conference.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 2 Dec 2019, 3:00PM
Created: 2 Dec 2019, 4:05PM
Last updated: 2 Dec 2019, 4:20PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)	What's going on now - not much time to talk before. Late from school drama - arrived very stressed. Hit by one of the students. Feedback from previous treatment -
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)-	Injury.
Assessment / Testing done (including ROM) / Observations	Verbal consent obtained. ROM - not checked today. Short on time. Anything noteworthy - sensitive skin. Vasodilates easily Anything specific to massage (E.g. no foot massage) - No.
Treatment details - what was done today to help the client	Pressure used - Firm 3. Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem shoulders Music - Norah Jones Aromatherapy Massage oil - Rosemary/Pepp/Euc Spritzer - Lavender Lots to still address - client very stiffly held with passive ROM. She had lots of tender spots today. Enjoyed stomach treatment - didn't know psoas was tender.
What parts of the body were massaged?	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; ITBs; TFLs; Glutes
Body Chart	
Feedback after treatment -	Felt many tender spots. Enjoyed the massage. Felt calmer leaving. Discussed seeing her in the New Year.
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Sent running resource sheet via email - Romanov Technique. Discussed more abdominal work and side lying massage for leg tension in ITB region.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 6 Nov 2019, 9:00AM
Created: 6 Nov 2019, 10:02AM

Last updated: 6 Nov 2019, 10:09AM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - client's R shoulder and legs really sore from running. Seeing chiro and seeing physio for Tx. Legs constantly aching - physio said LHS weaker and R doing more. Working on unilateral exercises.

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

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

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

Assessment / Testing done (including ROM) / Observations Verbal consent obtained. Yes.
ROM - checked.
Anything noteworthy - lots of congestion and tightness. Very vasodilated.
Any precautions / Red Flags - no

Anything specific to massage - No.

Treatment details - what was done today to help the client Pressure used - Firm 3.
Hot Stones - 2 x Lx and 2 x back
Hot Wet Towels - Arms/hands and feet

Topical Treatment - Fisiocrem on hips
Music - Yanni if there
Aromatherapy - Mand/Tang because oil bottle ran out half way. Used Pepp/Rosemary (pain) for half of the massage.

Lots to address - client very stiffly held with passive ROM.

What parts of the body were massaged? Full Body Treatment

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

Body Chart

Feedback after treatment - Felt like it was needed. Enjoyed the treatment.

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) Discussed working on abdominals next time. Recommended ICE after running and also for feet at night to help with aching.

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke
Appointment: 18 Feb 2019, 4:00PM
Created: 18 Feb 2019, 5:05PM
Last updated: 18 Feb 2019, 5:09PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now -ocipital area sore, mid Tx Been on holidays so haven't been back to chiro yet
 Feedback from previous treatment - :)

Details of Medications / Red Flags etc (i.e. conditions listed above)- seeing chiro who sug. massage

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 -quite firm/hard
 Hot Stones -4
 Hot Wet Towels -2
 Cupping area- err spin, mid to upper back, ribs prone
 Topical Treatment -
 Music -nature
 Aromatherapy -pep eucalyptus/rosemary

What parts of the body were massaged? Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used? Rhomboids; Upper Traps; Lev Scaps; SCMs; TMJ

Body Chart

Feedback after treatment - great

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches) massage and chiro combo
 offer tummy massage

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke**Appointment:** 26 Nov 2018, 4:30PM**Created:** 26 Nov 2018, 4:28PM**Last updated:** 26 Nov 2018, 5:44PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now -ocipital area sore, mid Tx also. Legs feel very heavy mid afternoon onward. Chiro also working lateral ribs
Feedback from previous treatment -

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

seeing chiro who sug. massage

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 -quite firm/hard
Hot Stones -4
Hot Wet Towels -2
Cupping area- next time please
Topical Treatment -
Music -relax
Aromatherapy -tangerine

What parts of the body were massaged?

Head / scalp; Face / sinuses

Full Body Treatment; Neck / Shoulders; Arms - Prone; Legs - Prone; Legs - Supine; Feet;

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; SCMs; TMJ

Body Chart**Feedback after treatment -**

great

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

massage and chiro combo
offer tummy massage

Infra-Red Sauna

Time in Sauna (minutes) -

Feedback after treatment -

Patient Forms

Client Health Check

Practitioner: Christine Jervis**Appointment:** 22 Jan 2022, 10:20AM**Completed:** 18 Jan 2022, 3:48PM

Travel History

Have you been out of the country in the past 2 months? If so, where.

No

Symptoms

Have you experienced any of the following symptoms in the past 2 weeks?

☐ Cough☐ Fever☐ Shortness of breath☒ None of the above

How severe are your symptoms?

☐ Not severe☐ Mildly severe☐ Very severe☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

☐ Yes☒ No

COVID-19

Have you been in contact with anyone known to have COVID-19 in the last two weeks?

☐ Yes☒ No☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

☐ Yes☒ No

Client Health Check

Practitioner: Christine Jervis**Appointment:** 13 Mar 2021, 10:30AM**Completed:** 13 Mar 2021, 9:22AM

Travel History

Have you been out of the country in the past 2 months? If so, where.

No

Symptoms

Have you experienced any of the following

☐ Cough☐ Fever☐ Shortness of breath☒ None of the above

symptoms in the past 2 weeks?**How severe are your symptoms?**

- ☐ Not severe ☐ Mildly severe ☐ Very severe
☒ I didn't have any symptoms

Have you been to a doctor's clinic or hospital in the last two weeks?

- ☐ Yes ☒ No

COVID-19**Have you been in contact with anyone known to have COVID-19 in the last two weeks?**

- ☐ Yes ☒ No ☐ I don't know

Have you had to self-isolate any time within the last month due to COVID-19 symptoms?

- ☐ Yes ☒ No