

Client Consultation Form

Therapist Details

Course:	REFLEXOLOGY TREATMENT (FEET)
Centre name:	BRIGHTON SCHOOL OF MASSAGE
Learner (Therapist) name:	Joanna Winson

Client Consultation Form

Client name/code	Mrs Gilt	
Address	On record	
Profession	Care Assistant	
Telephone Number	Mobile	On record
	Other	On record
Emergency Contact	Name	On record
	Contact number	On record
Date of initial consultation	18 February 2021	

Personal details:						
Age group	Under 18 <input type="checkbox"/>	18 – 29 <input type="checkbox"/>	30 – 39 <input type="checkbox"/>	40 – 49 <input type="checkbox"/>	50 – 59 <input checked="" type="checkbox"/>	60+ <input type="checkbox"/>
Gender	Female					
GP Surgery and Address	Details held on file.					
Last visit to the doctor	January					

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Contra-indications requiring medical permission *where medical permission cannot be obtained, clients must give their informed consent in writing prior to treatment (Select if/where appropriate)* **None**

Currently being treated by a GP or another complementary practitioner for any condition?

Notes: *Consulted GP about psoriasis – recommending further treatment / medication*

Taking prescribed medication?

Pregnant? How many weeks? ____ If first trimester (0 – 12 weeks) massage is contraindicated due to risk of miscarriage. (2nd/3rd trimester (gentle massage, abdomen avoided)

Recent operations? Major Minor Date: _____ Notes:

Has a hormonal implant?

Any dysfunction of the nervous system? (e.g. multiple sclerosis, Parkinson’s disease, motor neurone disease)

Any skeletal/muscular conditions? (e.g. cervical spondylitis, osteoporosis, arthritis, whiplash, slipped disc)

Any conditions causing muscular spasticity? (e.g. cerebral palsy)

Any cardiovascular conditions? (e.g. thrombosis, phlebitis, hypertension, hypotension, heart conditions)

Any mental health / psychotic conditions?

Any undiagnosed pain? Notes:

Any of the following conditions:	Asthma <input type="checkbox"/>	Diabetes <input type="checkbox"/>
Epilepsy <input type="checkbox"/>	Kidney infection <input type="checkbox"/>	Cancer <input type="checkbox"/>
Haemophilia <input type="checkbox"/>	Bell’s palsy <input type="checkbox"/>	Medical oedema <input type="checkbox"/>
Trapped/pinched nerve (e.g. sciatica) <input type="checkbox"/>	Inflamed nerve <input type="checkbox"/>	Rheumatoid arthritis <input type="checkbox"/>

Contra-indications that restrict treatment *(Select if/where appropriate)* **None**

Fever <input type="checkbox"/>	Contagious or infectious diseases <input type="checkbox"/>	Diarrhoea and vomiting <input type="checkbox"/>
Under the influence of alcohol or recreational drugs <input type="checkbox"/>	Undiagnosed lumps and bumps <input type="checkbox"/>	Recent heavy meal (<2hr) <input type="checkbox"/>
Cuts / Bruises / Abrasions <input type="checkbox"/>	Sunburn <input type="checkbox"/>	Hypersensitive skin <input type="checkbox"/>
Scar tissue (avoid area - 2 years for major operation; 6 months for a small scar) <input type="checkbox"/>	Localised swelling <input type="checkbox"/>	Varicose veins <input type="checkbox"/>
Skin diseases <input type="checkbox"/>	Hernia <input type="checkbox"/>	Gastric ulcers <input type="checkbox"/>
Haematoma <input type="checkbox"/>	Inflammation <input checked="" type="checkbox"/>	Recent fractures (minimum 3 months) <input type="checkbox"/>
Any allergies? <input type="checkbox"/>		Menstruating (first few days of menstruation, avoid abdomen) <input type="checkbox"/>

Written permission required by: *(attached to the consultation form)*

GP/Specialist <input type="checkbox"/>	Informed consent <input checked="" type="checkbox"/>
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Medical History					
Reason for treatment	Psoriasis, sinus congestion, headaches, stress. Mrs Gilt feels that reflexology might help with all of these conditions.				
Muscular/Skeletal problems	Back <input checked="" type="checkbox"/> Aches/pain <input checked="" type="checkbox"/> Stiff joints <input type="checkbox"/> Headaches <input type="checkbox"/> Notes:				
Digestive problems	Constipation <input type="checkbox"/> Bloating <input type="checkbox"/> Liver/gall bladder <input type="checkbox"/> Stomach <input type="checkbox"/> Notes:				
Circulation	Heart <input type="checkbox"/> Blood pressure <input checked="" type="checkbox"/> Fluid retention <input type="checkbox"/> Tired Legs <input checked="" type="checkbox"/> Varicose veins <input type="checkbox"/> Cellulite <input type="checkbox"/> Kidney problems <input type="checkbox"/> Cold hands and feet <input type="checkbox"/> Notes: Has borderline low blood pressure 110/80.				
Gynaecological	Irregular periods <input type="checkbox"/> P.M.T <input type="checkbox"/> Menopause <input type="checkbox"/> H.R.T. <input type="checkbox"/> Pill <input type="checkbox"/> Coil <input type="checkbox"/> Notes: Has hormone implant.				
Nervous system	Migraine <input type="checkbox"/> Tension <input type="checkbox"/> Stress <input checked="" type="checkbox"/> Depression <input checked="" type="checkbox"/> Notes: Mild depression and took Valium 6 years ago after her mother's death.				
Respiratory	Allergies <input checked="" type="checkbox"/> Hay fever <input type="checkbox"/> Asthma <input type="checkbox"/> Notes:				
Skin	Dermatitis <input type="checkbox"/> Acne <input type="checkbox"/> Eczema <input type="checkbox"/> Psoriasis <input checked="" type="checkbox"/> Skin cancer <input type="checkbox"/> Notes: Psoriasis for a number of years, getting worse.				
Skin type	Dry <input checked="" type="checkbox"/> Oily <input type="checkbox"/> Combination <input type="checkbox"/> Sensitive <input type="checkbox"/> Dehydrated <input type="checkbox"/> Notes:				
Immune system	Prone to infections <input type="checkbox"/> Colds <input type="checkbox"/> Sore throats <input type="checkbox"/> Chest <input type="checkbox"/> Sinus issues <input checked="" type="checkbox"/> Notes: Constant sinus congestion may be due to unknown allergen.				
Medication taken	None				
Herbal remedies	None				
General health notes					
Lifestyle					
Do you have children?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Two children				
Ability to relax	<table border="0"> <tr> <td>Good <input type="checkbox"/></td> <td rowspan="3">Methods of relaxation:</td> </tr> <tr> <td>Moderate <input checked="" type="checkbox"/></td> </tr> <tr> <td>Poor <input type="checkbox"/></td> </tr> </table>	Good <input type="checkbox"/>	Methods of relaxation:	Moderate <input checked="" type="checkbox"/>	Poor <input type="checkbox"/>
Good <input type="checkbox"/>	Methods of relaxation:				
Moderate <input checked="" type="checkbox"/>					
Poor <input type="checkbox"/>					
Sleep patterns	<table border="0"> <tr> <td>Good <input type="checkbox"/></td> <td rowspan="3">Average no. of hours: 6</td> </tr> <tr> <td>Moderate <input type="checkbox"/></td> </tr> <tr> <td>Poor <input checked="" type="checkbox"/></td> </tr> </table>	Good <input type="checkbox"/>	Average no. of hours: 6	Moderate <input type="checkbox"/>	Poor <input checked="" type="checkbox"/>
Good <input type="checkbox"/>	Average no. of hours: 6				
Moderate <input type="checkbox"/>					
Poor <input checked="" type="checkbox"/>					
Natural daylight (e.g.in workplace)	<table border="0"> <tr> <td>Yes <input type="checkbox"/></td> <td rowspan="2">Work environment:</td> </tr> <tr> <td>No <input checked="" type="checkbox"/></td> </tr> </table>	Yes <input type="checkbox"/>	Work environment:	No <input checked="" type="checkbox"/>	
Yes <input type="checkbox"/>	Work environment:				
No <input checked="" type="checkbox"/>					
Work at a computer?	<table border="0"> <tr> <td>Yes <input type="checkbox"/></td> <td rowspan="2">If yes, for how many hours? 1</td> </tr> <tr> <td>No <input checked="" type="checkbox"/></td> </tr> </table>	Yes <input type="checkbox"/>	If yes, for how many hours? 1	No <input checked="" type="checkbox"/>	
Yes <input type="checkbox"/>	If yes, for how many hours? 1				
No <input checked="" type="checkbox"/>					

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

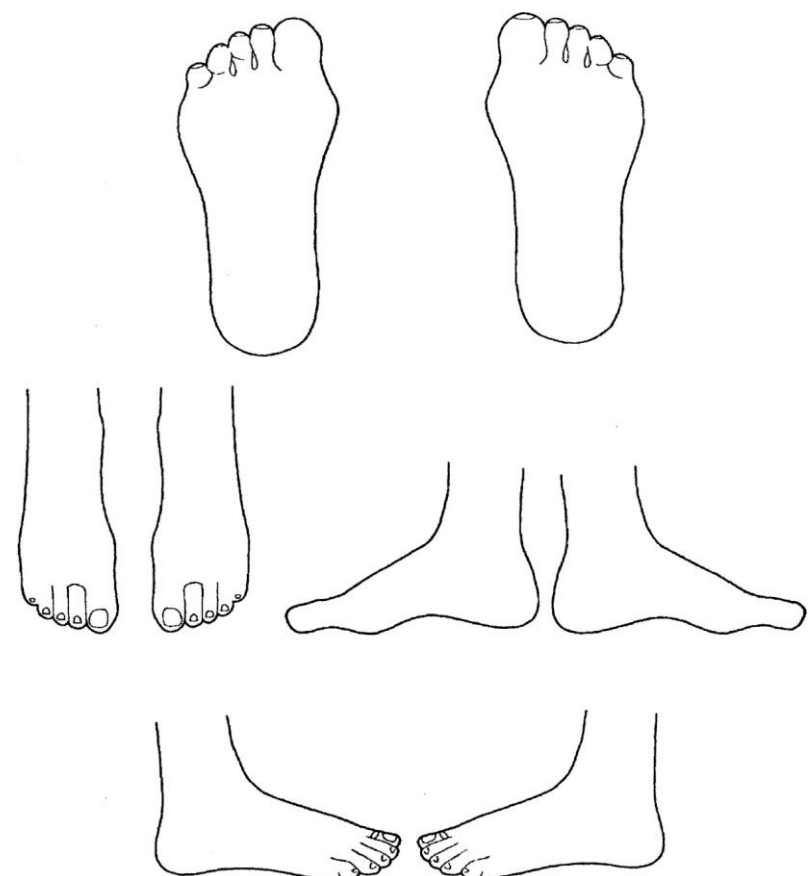
Do you smoke?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	No. per day: 10-15		
Do you drink alcohol?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Units per week: Average one per day		
Do you exercise?	None <input checked="" type="checkbox"/> Occasional <input type="checkbox"/> Irregular <input type="checkbox"/> Regular <input type="checkbox"/>	Type/s of exercise:		
Stress level (1-10 rating)	At work 7 At home 6	Notes:		
Reasons for stress				
Diet				
Do you eat regular meals?	Breakfast <input checked="" type="checkbox"/> Lunch <input checked="" type="checkbox"/> Dinner <input checked="" type="checkbox"/>			
Do you eat in a hurry?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>			
Do you take any food/vitamin supplements?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>			
How many portions of each of these items does your diet contain per day?	Fresh fruit 1	Fresh vegetables 3	Protein 2	Protein - source? Meat, fish, egg
	Dairy produce 2	Sweet things 1	Added salt 1	Added sugar 0
How many units of these drinks do you consume per day?	Tea 2	Coffee 5	Fruit juice 1	
	Water 0	Soft drinks 0	Other 0	
Do you suffer from food allergies?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Details: Unsure if sinus problems are due to food or other allergy.		
Do you experience disordered eating?	Bingeing <input type="checkbox"/> Overeating <input type="checkbox"/> Undereating <input type="checkbox"/>	Notes:		
Consultation Notes				
Client profile				
Additional Notes				

Treatment Record – Treatment 1	
Treatment Date and Location	8 February 2021
Treatment plan	Mrs GH arrived looking tired. Her skin is quite red where the psoriasis patches are. It is very flaky and dry and quite hot to the touch. She has trained herself not to scratch over the years and has learned to live with it. However, the unsightly appearance causes some stress. Mrs GH looked tired and stressed when she arrived for this treatment. She was looking forward to having some time to herself and relaxing. Full reflexology treatment, with emphasis on diaphragm, adrenals, pituitary.
Medium used	Cream
Client signature	Please sign here to agree and consent to the proposed treatment plan.
To be signed before treatment.	Sign: Client Signature Date: 08/02/2021
Treatment Notes	
Reading of the Hands/Feet	Texture: Dry, particularly the heels which have fissures in them; Temperature: Cool to touch; Colour: Pink on soles, normal on top of feet; Smell: No detectable odour; Tone: Good; Mobility: Good; Skeletal deformities: None; Condition of the nails: Good but some slight thickening in little toenails.
Key:	<p>X – sore/tender points - dry skin fissures</p>

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<p>Details of how treatment was conducted</p>	<p>I talked Mrs GH through the whole treatment before getting her onto the couch. I cleansed her feet and performed a full foot reading. I then worked through a whole reflexology routine to find out if her consultation/case history was mirrored in her feet. Working through a full treatment the sensitive areas were the sinuses and eyes on both feet, the neck, throat and teeth on both feet, the spine generally, the kidneys and adrenals both feet, the lymphatics on both feet, uterus both feet and the ovary on the left foot. The sciatic on both feet was also tender. The majority of the reflex points were sore and tender but with few crystalline deposits.</p>
<p>Details of how the client felt during and after the treatment</p>	<p>She was a little apprehensive to start, but soon got used to my touch. She was quite sensitive all over, registering pain on most of the identified reflex points. She did feel comfortable and warm throughout the treatment.</p> <p>She felt quite tired and sleepy at the end of the session but said that she found the treatment enjoyable. Mrs GH was given a glass of water and allowed to relax for a while before getting off the couch and putting her shoes back on.</p>
<p>Specific aftercare and home care advice / recommendations given</p>	<p>Mrs GH was given a sheet outlining general homecare advice. I suggested that she try to include some water in her daily fluid intake and apply some moisturiser to her feet before bed each night. An appointment was made for treatment in one week's time. Mrs GH was also advised of potential healing crisis - increased energy, increased bowel and bladder movements, coughing and sneezing, changes in sleep patterns, increased emotions, and increase in symptoms currently felt. I advised her that these would pass if experienced, and not to panic. Drinking more water and resting would help if any of these were experienced.</p> <p>Recommendations for self-treatment: I showed her the reflex points for the sinus and adrenal glands on her hands and details of how/when to home treat.</p>
<p>Reflective practice and action for next treatment</p>	<p>Mrs GH needed to be positioned slightly higher on the couch and with more support under her ankles. I found it difficult to reach the areas that I needed to work without lifting the foot up quite high. Her feet were quite dry, so I used a cream medium, which meant that I slipped over the points at times. I need to investigate using different mediums over the course of these treatments to find the most suitable</p>
<p>Therapist Signature</p>	<p>Please sign here to confirm information is correct.</p> <p>Sign: Therapist Signature Date: 08/02/2021</p>

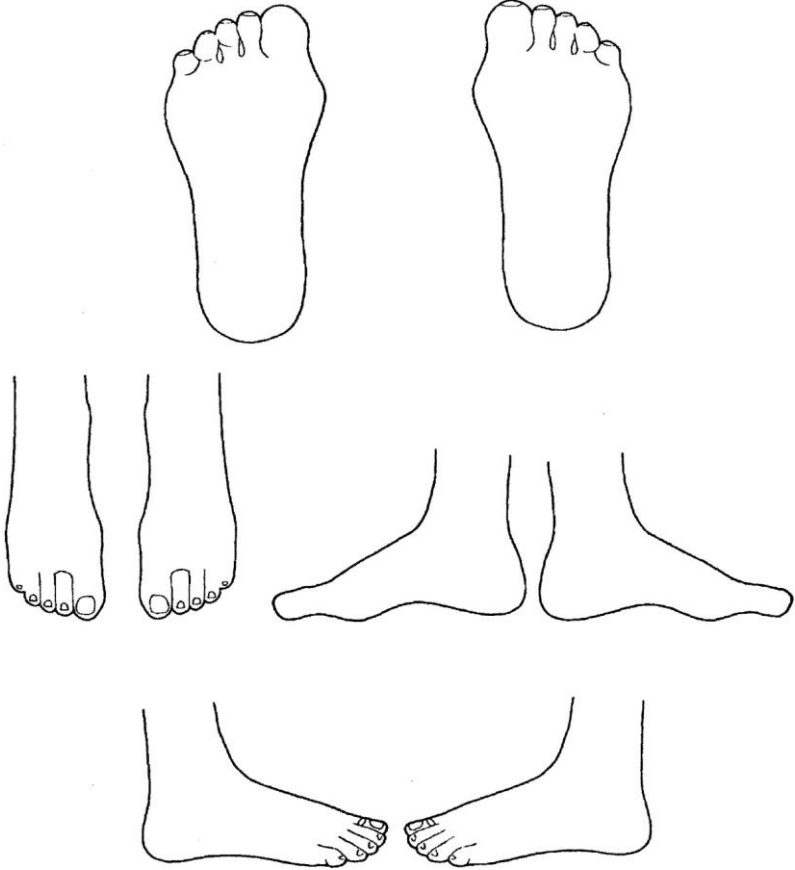
BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

Treatment Record – Treatment 2	
Treatment Date and Location	16/02/2021
Treatment plan	Full reflexology treatment, with emphasis on sinus, adrenal and lymphatic reflex points to help with drainage, detoxification and stress- approximately one hour treatment time.
Client comments following previous treatment	Between treatments Mrs GH felt more relaxed and felt that she slept a little better. Her ears seemed a little congested and she expelled a lot of mucus the morning after the last treatment. Sinus congestion still a problem and she had a mild headache after the last treatment. This did pass quite quickly though. Psoriasis patches still widespread, red and flaky. some tingling in her fingers this week but the weather has been cold, and she has not always remembered her gloves.
Medium used	Cream
Client signature	Please sign here to agree and consent to the proposed treatment plan.
To be signed before treatment.	Sign: Client Signature Date: 16/02/2021
Treatment Notes	
Reading of the Hands/Feet	Texture: Dry, heels slight improvement from last week- trying to use cream daily; Temperature: Cool to touch; Colour: Pink on soles, normal on top of feet; Smell: Slight odour today but wearing old shoes which smell slightly; Tone: Good; Mobility: Good; Skeletal deformities: None; Condition of the nails: Slight thickening in little toenails.
Key:	

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

<p>Details of how treatment was conducted</p>	<p>A full reflexology treatment was performed. Sensitivity felt in sinus and eye reflexes still. The thyroid helper was sensitive this week, together with the solar plexus and kidneys/adrenals. However, the liver and small intestine on the right foot was also sensitive this week. The lymphatics in the groin and the chest area, both feet, also sensitive. The sciatic and reproductive organs were also sensitive as were points on the spine. How the client felt before the treatment Mrs GH still appeared tired, but she has worked some extra shifts this week.</p>
<p>Details of how the client felt during and after the treatment</p>	<p>She quickly relaxed on the couch but was a little cold, so an extra blanket was provided. She did not fall asleep but relaxed with her eyes closed for most of the treatment. However, her facial expressions denoted that most of the reflex points found were still very painful. She felt thirsty afterwards and needed to go to the toilet. When she returned from the toilet she sat down and drank some water, whilst we went through the homecare advice.</p>
<p>Specific aftercare and home care advice / recommendations given</p>	<p>She has been trying to drink more water, but has not been very successful. She has been applying cream to her feet each night, and the fissures are much softer this week, although they will take a long time to heal. Appointment made for one week's time. I reminded Mrs GH of the hand reflexology points, and this week included the hip and back. Working the hands will also improve the circulation in them.</p>
<p>Reflective practice and action for next treatment</p>	<p>I applied less cream and more pressure this week. As a result I did not slip off points as much. I got quite hot during the treatment and had to drink plenty after the client left-I must try to stay hydrated myself this week.</p>
<p>Therapist Signature</p>	<p>Please sign here to confirm information is correct.</p> <p>Sign: Therapist Signature Date: 16/02/2021</p>

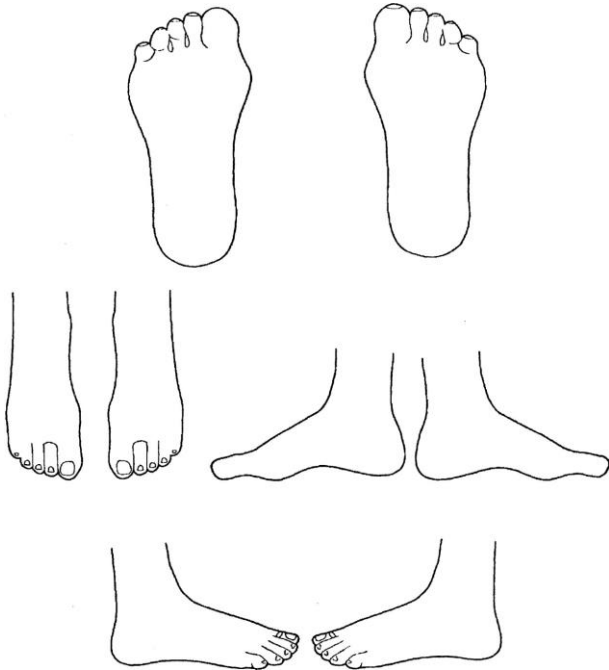
BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

Treatment Record – Treatment 3	
Treatment Date and Location	24/02/2021
Treatment plan	Full reflexology treatment, with emphasis on sinus points for drainage, adrenals for stress and anti-inflammatory effects and lymphatic system for drainage and detoxification - approximately one hour treatment time.
Client comments following previous treatment	Mrs GH reported that she had felt much more relaxed and felt that she slept much better. She has found it easier to get to sleep this week-"I can shut my brain off quicker". Sinus congestion has eased a little. Psoriasis patches are not as angry and red as they were and many appear to be healing.
Medium used	Cream
Client signature To be signed before treatment.	Please sign here to agree and consent to the proposed treatment plan. Sign: Client Signature Date: 24/02/2021
Treatment Notes	
Reading of the Hands/Feet	Texture: Dry, heels show improvement from last week - now using aqueous cream daily; Temperature: Cool to touch; Colour: Pale pink but toes slightly blue; Smell: No discernible odour; Tone: Good; Mobility: Good; Skeletal deformities: None; Condition of the nails: Slight thickening in little toenails
Key:	

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

<p>Details of how treatment was conducted</p>	<p>A full reflexology treatment was performed. Sensitivity was felt this week in the same areas as last treatment although there has been some movement. Some points appear to be shifting and getting less sensitive. The sinus and lymphatics are still apparent, as were the kidneys and adrenals. The thyroid helper is still also sensitive. The sciatic nerve this week seems fine on the right foot- so some progress is being made.</p>
<p>Details of how the client felt during and after the treatment</p>	<p>Mrs GH felt fine at the start of the treatment. She appeared more alert but still relaxed and calm. She was quite talkative at the start of the treatment asking and answering questions. She did relax as the treatment progressed and became quieter. Her toes were slightly blue at the start of the treatment but as I worked they regained their normal colour. She said that her hands and feet have felt cold this week but cannot explain why.</p> <p>After treatment, she felt relaxed but not tired. She said that she was pleased with the way things are progressing and feels that reflexology is having a positive effect on her. She had a glass of water and got off the couch slowly.</p>
<p>Specific aftercare and home care advice / recommendations given</p>	<p>Mrs GH has managed to drink more water this week, so we discussed the possibility of cutting down on her caffeine intake. She feels that she needs to drink caffeine to keep her going during a busy and stressful shift. I suggested possible alternatives such as Roibos tea, decaffeinated tea and coffee and herbal teas. She did not seem too impressed by these suggestions however but said that she might give the decaffeinated coffee a try. She is continuing to try and work on her own reflex points on her hands, but keeps forgetting! I suggested that she do them in the evening if she is watching television, rather than trying to fit them in between patients and tasks at work which is what she has been trying to do.</p>
<p>Reflective practice and action for next treatment</p>	<p>I feel more confident when working on Mrs GH now - I feel that I am getting know her feet and they type of to treatment that she requires. I can apply a good firm pressure, in fact, I need to She may be less sensitive in some areas. as she is standing all day at work. I think that this makes people less aware of what they are actually feeling, as they learn to override sensations of pain in the feet and legs. She also seems pleased that although the same areas are sensitive, there seem to be fewer points and a decrease in pain /sensitivity levels. Her overall levels of wellbeing are showing an improvement - she is sleeping well and is more relaxed. Her psoriasis is now showing definite signs of improvement.</p>
<p>Therapist Signature</p>	<p>Please sign here to confirm information is correct.</p> <p>Sign: Therapist Signature Date: 24/02/2021</p>

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

Treatment Record – Treatment 4	
Treatment Date and Location	08/03/2021
Treatment plan	Full reflexology treatment, as before- approximately one hour treatment time.
Client comments following previous treatment	Mrs GH seemed less tired today. She thinks her energy levels are improving. Her nose was running after the last treatment- and did so for the next day or so. She has not experienced any tingling in her fingers showing an improvement in her circulation and her hands and feet felt warmer this week. She had to reschedule the planned appointment and felt that she missed the treatment- almost as if her system was expecting it! She has latterly experienced sinus pain and an increase in congestion in her head. She had to take sinus tablets for this at the weekend as the pain became too intense. She had a perm on her hair three days ago and has been rubbing down her bathroom cabinets. As a result, she has been exposed to excessive dust and chemicals since her last treatment which might explain the sinus problems. She did not wear a mask for the DIY which I recommended for use in the future.
Medium used	Cream
Client signature	Please sign here to agree and consent to the proposed treatment plan.
To be signed before treatment.	Sign: Client Signature Date: 08/03/2021
Treatment Notes	
Reading of the Hands/Feet	Texture: Much better - skin well moisturised and fissures are beginning to heal and close up; Temperature: Cool to touch; Colour: Pink on soles, normal colour on top; Smell: Slight odour today but wearing old shoes again, which smell slightly; Tone: Good; Mobility: Good; Skeletal deformities: None; Condition of the nails: Slight thickening in little toenails
Key:	

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

<p>Details of how treatment was conducted</p>	<p>A full reflexology treatment was performed. The sinus, neck, hip and sciatic reflex points were particularly sensitive today. The knees were also sensitive, and the spine, adrenals, kidney and liver on the right hand side.</p>
<p>Details of how the client felt during and after the treatment</p>	<p>She relaxed into the treatment quickly and almost fell asleep. The sinus areas were very sensitive today. The sciatic and hip reflexes are now evident again - perhaps due to the bout of DIY? She felt relaxed throughout the treatment. Mrs GH was quite thirsty afterwards. She had two glasses of water immediately after treatment and took her time getting off the couch today.</p>
<p>Specific aftercare and home care advice / recommendations given</p>	<p>Mrs GH is now drinking more water albeit in the form of diluted lemon barley water- but at least this is an improvement on coffee. She should continue to apply cream to her feet on a daily basis and come for reflexology regularly. She has tried some hand reflexology but is finding it difficult to fit it into her daily routine. Mrs GH needs to get her wheat allergy checked professionally and avoid overexposure to chemical and dust, as these clearly aggravate her sinus problems.</p>
<p>Reflective Practice</p>	
<p>Reflection on treatment given</p>	<p>Her sinus reflexes this week were particularly painful. I applied the usual pressure that I work with but she found it too uncomfortable. I had to reduce the pressure considerably in these areas to stay within her tolerance levels. This surprised me, as Mrs GH normally likes a reasonable amount of pressure and is able to withstand it. Last treatment I was able to apply a good, firm pressure throughout the treatment. This reflects a direct correlation between client lifestyle and findings on the feet. Mrs GH's DIY and hair treatments appear to have made her sinus congestion worse. Her feet certainly seemed to show this. Her skin, however, continues to show signs of improvement although the chemical and dust ingestion could become apparent in her skin at a later date -the psoriasis could 'flare' up within a few days. I must note this on the next consultation and continue to monitor it.</p>
<p>Overall Summary of case study</p>	<p>Mrs GH's expectations of treatment were:</p> <ul style="list-style-type: none"> • To calm and heal her psoriasis • To improve her sleeping patterns and help her relaxation • To help stress levels • To ease sinus congestion. <p>Throughout the course of four treatments, Mrs GH has seen an improvement in all of the areas that she required. Her ability to relax has increased and she is now sleeping more deeply, and for longer. As a result, her stress levels have dropped as she does not feel as fatigued during the day. She is able to 'switch her brain off at the end of the day. Her psoriasis is improving - it often gets worse during times of stress, so this is a welcome effect of the reflexology treatments. Her sinus congestion has also improved, but this system is easily irritated as demonstrated during the last week of treatment. She has managed to drink more fluid which may also be helping ease sinus congestion. All of her problems are chronic, and as a result may take many months to improve dramatically. However, with the simple changes that have been made by the client and the regular reflexology treatments, improvements have been felt. This has also been noted by changes in the foot charts - with reflex points disappearing completely or less sensitivity being felt in certain points. A client with many health issues can seem daunting to an inexperienced therapist, but chronic conditions present great challenges. Both the client and therapist need to persevere, as changes in health and wellbeing may be slow to effect. Mrs GH is keen to continue with reflexology alongside orthodox medical practices She will now have a break as her GP starts a course of medicine and will recommence reflexology once her medicine levels have been ascertained. Mrs GH thoroughly enjoyed her reflexology treatments and felt that she benefited from time spent relaxing. She will try to work on her own hands to continue the benefits and will continue to use reflexology in the future.</p>

BRIGHTON SCHOOL OF MASSAGE – CLIENT CONSULTATION FORM

Therapist Signature	<p>Please sign here to confirm information is correct.</p> <p>Sign: <i>Therapist Signature</i> Date: <i>08/03/2021</i></p>
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