

Michelle Wellington

DOB 15 Feb 1975
Occupation Nurse

Appointments

Date	Time	Type	Practitioner
25 Jul 2025	4:00PM – 5:00PM	Sauna & Massage	Christine Jarvis
20 Jun 2024	9:30AM – 10:30AM	Sauna & Massage	Christine Jarvis
10 May 2023	12:45PM – 1:45PM	60 minute Massage	Christine Jarvis
12 Mar 2023	2:30PM – 3:30PM	60 minute Massage	Christine Jarvis
24 Nov 2022	11:15AM – 12:15PM	60 minute Massage	Christine Jarvis
6 Dec 2021	10:00AM – 11:00AM	REBOOKING - 60 minute Massage	Christine Jarvis
1 May 2019	4:00PM – 5:00PM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jarvis
Appointment: 25 Jul 2025, 4:00PM
Created: 25 Jul 2025, 6:04PM
Last updated: 25 Jul 2025, 6:07PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - Legs been sore with work and running lately.

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm shoulders, 2 legs

	Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Kenny G at last mix Aromatherapy Massage oil -h2o lavender Spritzer - joyful FB (plus stomach) with remedial techniques on upper body especially. Tight and vasodilated - rhomboids up traps v tight but didn't work as hard today, gentle.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	ITBs sore and feeling good after mSsave
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed ITB tightness
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	25
Feedback after treatment -	Enjoyed the heat

Standard Consultation - Remedial Massage	
Practitioner: Christine Jervis Appointment: 20 Jun 2024, 9:30AM Created: 20 Jun 2024, 10:53AM Last updated: 20 Jun 2024, 12:08PM	
Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - Legs keep having problems with running so she's had to ease off running 3-4km they hurt
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 - no red flags. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2-3 firm shoulders, 2 legs Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Ian Cam Smith Aromatherapy Massage oil - h2o lavender Spritzer - joyful FB (-stom) with remedial techniques on upper body especially. Tight and vasodilated - rhomboids up traps v tight but didn't work as hard today, gentle.
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt much more relaxed with this massage . ITBs sore
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed getting some regular massage when increases running load
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis
Appointment: 10 May 2023, 12:45PM
Created: 10 May 2023, 1:52PM
Last updated: 10 May 2023, 2:21PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info) What's going on now - soreness in R shoulder has subsided. Legs keep having problems with running so she's had to ease off running

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

Treatment details - what was done today to help the client

Pressure used - 2-3 firm shoulders, 2 legs
Hot Stones - 2 x Hips and 2 x Back/Shoulders
Hot Wet Towels - Feet / Face
Hot Pack - Lower Body
Topical Treatment - Fisiocrem upper body
Music - Yanni if there
Aromatherapy Massage oil - h2o sports
Spritzer - joyful

FB (-stom) with remedial techniques on upper body especially. Very tight shoulders - rhomboids v. vasodilated, up traps v tight. Esp RHS. Crunchy and restricted up traps and pecs plus A/C very tender and tight when stripped biceps

What parts of the body were massaged?

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

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart

Feedback after treatment -

Felt much more relaxed with this massage .

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

Discussed getting some running technique checks with running club

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 12 Mar 2023, 2:30PM

Created: 12 Mar 2023, 4:05PM

Last updated: 12 Mar 2023, 4:07PM

Standard Consultation - Remedial Massage	
Presenting complaint (relevant medical history or client info)	What's going on now - sore in shoulders especially R. Hard to turn head to breathe in RHS
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 - no red flags. Anything specific to massage (E.g. no foot massage) - no.
Treatment details - what was done today to help the client	Pressure used - 2-3 firm shoulders, 2 legs Hot Stones - 2 x Hips and 2 x Back/Shoulders Hot Wet Towels - Feet / Face Hot Pack - Lower Body Topical Treatment - Fisiocrem upper body Music - Yanni if there Aromatherapy Massage oil -Euc/Pepp Spritzer - none FB (-stom) with remedial techniques on upper body especially. Very tight shoulders - rhomboids v. vasodilated, up traps v tight. Esp RHS. Crunchy and restricted up traps and pecs plus A/C very tender and tight when stripped biceps
What parts of the body were massaged?	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone - quick stretch/massage; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
Where any specific trigger points used?	Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids
Body Chart	
Feedback after treatment -	Felt sore. Even R hip hurt - discussed how it would be good to get some treatment
Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)	Discussed stretching pecs to help tightness in her shoulders.
Infra-Red Sauna (if applicable - info is below)	
Time in Sauna (minutes) -	
Feedback after treatment -	

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 24 Nov 2022, 11:15AM

Created: 24 Nov 2022, 11:12AM

Last updated: 15 Oct 2023, 3:04PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - sore in shoulders/mid back

Feedback from previous treatment - been a long time since last massage.

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 - no red flags.

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

Treatment details - what was done today to help the client

Pressure used - 2 firm

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

Hot Wet Towels - Feet / Face

Hot Pack - Lower Body

Topical Treatment - Fisiocrem upper body

Music - Ian Cam Smith

Aromatherapy Massage oil -Relax blend

Spritzer - none

FB (-stom) with remedial techniques on upper body especially. Very tight shoulders - rhomboids v. vasodilated, up traps v 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; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart

Feedback after treatment -

Felt good following her massage.

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

Discussed active recovery and keeping moving as she ages.

Infra-Red Sauna (if applicable - info is below)**Time in Sauna (minutes) -****Feedback after treatment -****Standard Consultation - Remedial Massage****Practitioner:** Christine Jervis**Appointment:** 6 Dec 2021, 10:00AM**Created:** 6 Dec 2021, 2:21PM**Last updated:** 6 Dec 2021, 2:23PM**Standard Consultation - Remedial Massage****Presenting complaint (relevant medical history or client info)**

What's going on now - sore in shoulders/mid back
 Feedback from previous treatment - been a long time since last massage.

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

Treatment details - what was done today to help the client

Pressure used - 2 firm
 Hot Stones - 2 x Hips and 2 x Back/Shoulders
 Hot Wet Towels - Feet / Face
 Hot Pack - Lower Body
 Topical Treatment - Fisiocrem upper body
 Music - Ian Cam Smith
 Aromatherapy Massage oil -Euc/Pepp
 Spritzer - none

FB (-stom) with remedial techniques on upper body especially. Very tight shoulders - rhomboids v. vasodilated, up traps v 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; Legs - Supine; Feet; Head / scalp; Face / sinuses

Where any specific trigger points used?

Rhomboids; Upper Traps; Lev Scaps; Pecs; Deltoids

Body Chart**Feedback after treatment -**

Felt good after massage.

Plan for future results / treatment /

Discussed stretching pecs to help tightness in her shoulders.

progress / homework (including
discussion with client, advice, stretches)

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

Time in Sauna (minutes) -

Feedback after treatment -

Standard Consultation - Remedial Massage

Practitioner: Marina Franke

Appointment: 1 May 2019, 4:00PM

Created: 1 May 2019, 4:00PM

Last updated: 1 May 2019, 5:04PM

Standard Consultation - Remedial Massage

**Presenting complaint (relevant medical
history or client info)**

What's going on now - arthritis hands and feet. Gift from Christine
Feedback from previous treatment -

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

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

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

**Assessment / Testing done (including
ROM) / Observations**

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

**Treatment details - what was done today
to help the client**

Pressure used -hands and feet gentle, med firm combo
Hot Stones -4
Hot Wet Towels -2
Cupping area -
Topical Treatment -fisio on hands and feet
Music -Sacred Mix
Aromatherapy -rosemary/pep euc

What parts of the body were massaged?

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

Where any specific trigger points used?

Body Chart

Feedback after treatment -

relaxed

Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)
Infra-Red Sauna	
Time in Sauna (minutes) -	
Feedback after treatment -	

Patient Forms

There are no patient forms for Michelle Wellington.

Personal Information				
Full Name <i>Michelle Wellington</i>		Occupation <i>Nurse</i>		
Postal Address <i>37 Amethyst St.</i>				
Home Phone <i>40545105</i>	Work Phone		Mobile	
Email Address <i>shell 4 pm @ bigpond.com</i>				
Please circle: what is the fastest / best way to get a response from you (e.g. when confirming a massage)				
<input type="radio"/> Text Message	<input type="radio"/> Home Telephone	<input type="radio"/> Work Telephone	<input type="radio"/> Email	<input type="radio"/> Facebook Message
Emergency Contact Details: Name and Number <i>Paul Majeri 0409162768</i>			Relationship to you (e.g. Partner).	
Is it ok to email you massage tax invoices? Please circle: Yes (please email) / No (please print) <input checked="" type="radio"/> No		Please circle if you use any of the following: Facebook / Twitter / Instagram / Pinterest / Linked In		
Anything new about your health / medical history? (Allergies / injuries / accidents / surgery / medications)				
Client Signature <i>m. Wellington</i>			Date <i>7/6/17</i>	

☐ Office - Please tick after updated information is electronically entered

Full Name Michelle Louise Wellington D.O.B 15/2/75 Gender _____

Address Gramphon Road, Georgetown

Home Phone ~~0621972~~ Work _____ Mobile ~~0428451533~~

Email Address 40545105

Emergency Contact Details - Name and Number _____

Current Doctor Chris Haug Referred By _____

Occupation and How long Registered Nurse - 10 years

Physical Activities/Hobbies/Exercise _____

Past Medical History (major operations/conditions) _____

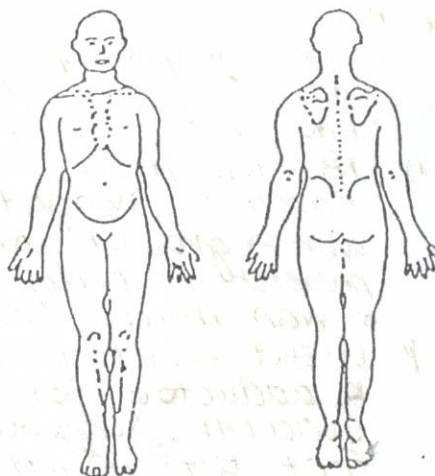
Medications - Prescribed or Natural: Nil

Tick any of the conditions below that apply to you **NOW**:

- | | |
|---|--|
| <input type="checkbox"/> Allergies / Asthma | <input type="checkbox"/> Fractured bones |
| <input type="checkbox"/> Any Contagious Disease | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Any Skin Problem | <input type="checkbox"/> Heart / Blood Problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Numbness / Tingling |
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Pregnant or Breastfeeding |
| <input checked="" type="checkbox"/> Bruising | <input type="checkbox"/> Recent Illness / Surgery |
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Spinal / Back Problems |
| <input type="checkbox"/> Cold / Flu | <input type="checkbox"/> Sprained/strained muscles |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Varicose Veins |

Details regarding above selections:

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



Amount of Pain (1-10): _____

Massage may include several areas of the body, if you wish an area NOT to be massaged please circle it from the following list;

Face Head Chest Stomach Back Buttocks Arms Legs Feet

I understand that

- This session includes a brief consultation and Massage treatment.
- Information regarding personal details will not be provided to any other person or organization, without consent.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.
- Massage does not take the place of medical treatment where needed. If in doubt, please consult your doctor.

I agree to the Massage of: Michelle Wellington (insert name of person being Massaged)

Signature: Michelle Wellington Date: 25/9/05

Client Record

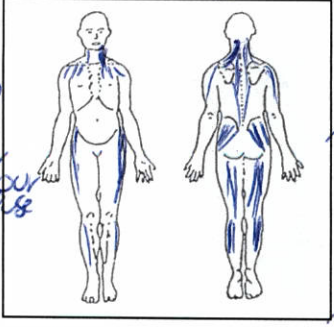
SOAP = SUBJECTIVE: clients states, **OBJECTIVE:** = therapists' observations, treatment, **ANALYSIS:** what worked, didn't, **PLAN:** what client will work on, plans for next session

Date	Treatment Given
25.09.05 \$30 FAMILY RATE this is Miss Modern Girls 10am Sunday 15mins free (Bought GV for friend) Pep in face	S - Client just been on 570 km bike ride - fell off in last 30kms + badly bruised for L quads, some bruising on R leg also. Feeling good up until that point. Will look @ doing regular running now. Client doesn't stretch muscles usually. O - Client's R side tighter. Bruising over L ITBs/lateral quads in 1st stages - still having bruise appear, tender with some repair going on. Client's traps v congested esp R. Rhomboids a little knotted. Gluteals tight esp L (strained leg). R ITB tight Pecs v tight A - Bruising appear ⁹ on R leg (posterior calves region) - client \neq know - there neu A - FB (-stomach). Heat on back. Used v light pressure / lymph drainage on bruising. Arms feeling better for client especially congestion in traps cleared, client feeling v skinny frame - everything tiny + kid size. P - Recom. Pec Stretch to help with posture. Check form next time
28.07.06 \$30 Family Inv. Yanni - tribu Relax led / lavi Pettl.	S - client's @ achilles sore after 17km run. Compet ⁹ in 1/2 marathon next Sun 6th Aug. Hayfever play ⁹ up today, v knotted esp RFS O - LEGS - hamstrings wrong / tight esp R. Quad - adher ⁹ thought BACK - ES taut / some cong. Rhomboids tight / adhered NECK - traps esp R cong. Pecs tight esp R. R side higher HIPS - Qls taut, gluteals taut. Sacrum not in middle SKIN - v varicoculated skin. Tib ant's tender esp @ toe att A - FB (-stom) Heat. triggers rhomboids / scap / gluteals / ITBs / hamstrings. Winged scap + lat + hip + ankle + arm \rightarrow ground stretches. Glap + TMT release. Heat present in body except feet cool. Client felt better & was much looser - body responded well. P - Client went to physio - who said hips uneven & R adductor not activat ⁹ properly, put ⁹ strain on L quad / HF. Suggested seeing chiro for adjust ⁹ on hips. Foot test ⁹ @ athlete's foot did not show any discrepancies in stand ⁹ on feet. Also suggested running form be checked. Advised self-manage @ quad / back
13.12.06 GNL	
05.12.06 \$30 EFT FAMILY Imperial Pepp Inv REC #812 Enya I Pepp face	S - client's feet been sore. Minimal run ⁹ but lots of work - wear ⁹ shoes @ work O - LEGS - Hams taut esp R. Calves taut BACK - ES cong + tight, Rhombs v tight esp R NECK - Traps esp upper v cong, lev scaps tight HIPS - Qls / glutes tight esp Med. Client's feet are SKIN - v varicoculated med. Yellow callused A - FB (-stom) Heat. TP rhomb / glute / ITB / pin / tender esp med lev scaps / traps - ant v tender. winged scaps on arms prone managed + stretched. Sealed / Gd Rhombs P - Client looked relaxed & was surprised to hear P - Discussed foot probs - made some suggest ⁹ such as wear ⁹ right footwear + rest ⁹ + water scan ⁹ she had some "tight" muscles (even though her breathing showed otherwise)

TREATMENT NO. 4

DATE: 27.07.07
TIME: 5:55 hr
PAID: 2048
REC.No: Noah Jones
AIR TEMP: 23°C
MUSIC: No CHARGE
FACE CREST: ble brother
OIL BLEND: did work + pepp
NEXT APPT: miss gam

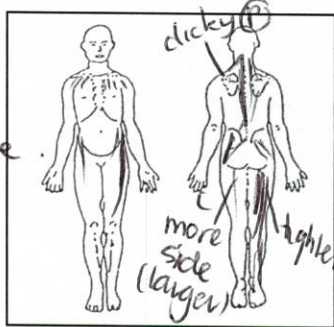
S = Client been feeling good - no major sore spots
& nothing bothering her



O/A: Neck short + tight. SCM start esp L
L traps short + tight
Rhombus tight. Upper traps tight
Latiss laterally tight. Hams esp R right
Skin - dry, vasod rhomb region
FB (stom) Heat. TP rhomb/g med Fx / sinus / trap
Fx ES / rhomb / ITBS / sacrum
Winged scaps bed ok. Arms @ ms + S
ITBS @ client quiet throughout
Body tense for some - responded well
softer + more relaxed

TREATMENT NO. 5

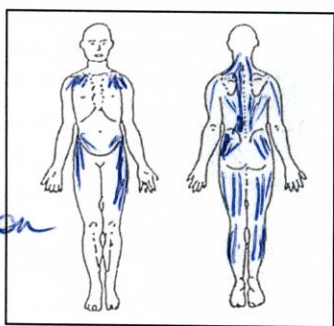
DATE: 02.08.07
TIME: 9am - 5 early
PAID: \$55 inv
REC.No: 2053 ERROS
AIR TEMP: 23°C
MUSIC: Yanni - if there
FACE CREST: lav
OIL BLEND: lopha + pepp
NEXT APPT:



O/A: Upper traps esp L tight glutes tight
L g med tight + pectorals tight
L traps short + tight - ITBS tight esp L
ES tight esp L. Qls tight esp L
Hams / ITBS tight esp R. Pels short
Skin - v. vasod rhomb region
FB (stom) Heat. TP rhomb/g med / ham / ITBS / trap
Fx ES / rhomb / sacrum / ITBS / L traps
Winged scaps bed ok. Arms @ S + ms
ITBS @ client quiet for most

TREATMENT NO. 6

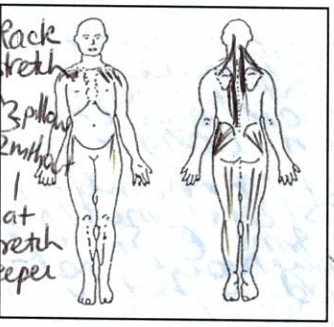
DATE: 08.08.07
TIME: Weds 10am
PAID: \$55 CASH
REC.No: 2073
AIR TEMP: 23°C
MUSIC: Don Mcg II
FACE CREST: lav
OIL BLEND: rain
Euc / May / Lemon
NEXT APPT:



O/A: L traps short + tight. Boas tight. Hams tight
Hams tight + cone. HFS tight. ITBS tight
Rhombus cong + adhered. Pels v short / adhe
shoulders both clicky / lat right
Skin - v. vasod rhomb region
FB (stom) Heat. TP rhomb / ham / ITBS / g med / sac
Fx ES / rhomb / sacrum / ITBS / L traps
Winged scaps bed ok. Arms @ ms + S
ITBS @ client quiet throughout
kept head to side @ for most
Relaxed after, still sore / stiff

TREATMENT NO. 7

DATE: 25.07.08
TIME: 030 FR
PAID: Inv \$60 + Tr
REC.No: 1546 CASH
AIR TEMP: 23°C
MUSIC: Mixed Mod Curls
FACE CREST: Pepp. Kolang
OIL BLEND: spauls
Ger / Bane /
NEXT APPT:



O/A: Pectorals tight esp R. R A/C more cong
Traps up short + bulky esp R. TMJ tight
L traps short + tight esp R. Pels short esp R
Qls tight. Lat @ tight
ES tight + cone esp mid tr region
Rhomb region R cong. vasod + adhered
FB (stom) Heat. TP rhomb / g med / ham / ITBS / traps
Fx same + ES / tr / L traps
Winged scaps bed ok. Arms @ + S ms + S + K
ITBS @ client quiet throughout. R/L head
when @ - next time SL ms
Relaxed after

P = Review client stretch pels out + watch hyperkyphosis
posture esp during sitting + work

S = Client is pregnant - few weeks to go. Feet & sore

TREATMENT NO. 9

TREATMENT NO. 10

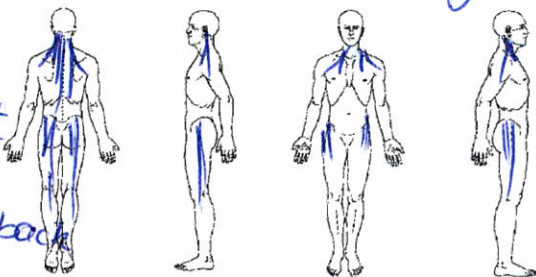
REATMENT NO. 11

TREATMENT NO. 13

DATE: 4.02.13
 TIME: 1030
 PAID: \$15 hr.
 REC.No: 23 refer notes
 AIR TEMP: 25
 MUSIC: Kenny G + last
 FACE CREST: jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi + tang
 HT: 2 x Lx + 2 x back
 CST: (A) Face
 HST: Feet + Face

EXTRA
 NEXT APPT:

S = Client been feeling tightness in body + soreness in joints



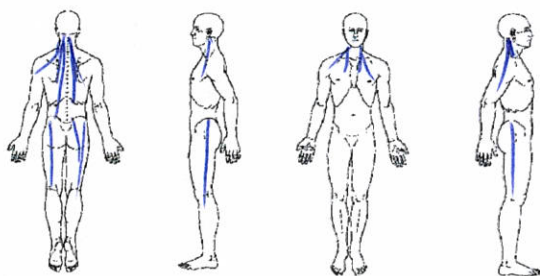
O/A: Tighter r leg
 Gentle Ms
 HST + Heat
 V tired after - barely moving
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/ig med/ham/MS
 Fx
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK V tired

TREATMENT NO. 14

DATE: 13.03.14
 TIME: 330 Thurs
 PAID: \$85 hr.
 REC.No: 3193
 MP: 25
 M: Kenny G
 FACE CREST: jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi + tang
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x Lx
 2 x back

EXTRA
 NEXT APPT:

S = Client been feeling v. sore all over - including feet but energy feels better. Taken a year to get recovered



O/A: Als fast.
 Pectorals tight
 ES tight traps up tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/traps/ig med/MS
 Fx od/scap/mtv
☐ Talked ☐ Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

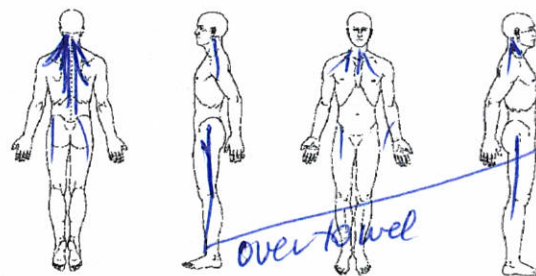
P = Perom client keep on health this year

TREATMENT NO. 15

DATE: 01.04.14
 TIME: 1150 TUES
 PAID: \$85 hr.
 REC.No: Short Tr
 AIR TEMP: 25
 MUSIC: Norah D
 FACE CREST: jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x Lx
 2 x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body in her neck esp - stiffed up. woke up with it



O/A: SCMS locked. Pecs locked
 ES tight. Scap v. tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/traps/ld scap
 Fx occ/scms/traps/ES
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet better > ms

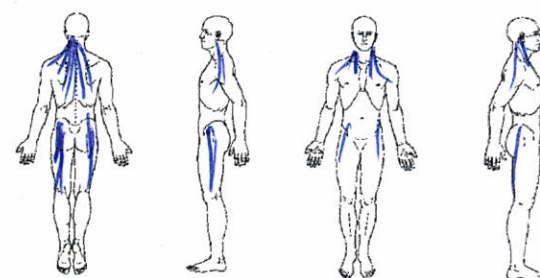
P = Perom client use heat on neck + discussed how gradually things release

TREATMENT NO. 16

DATE: 28.10.15
 TIME: 1030
 PAID: \$85 hr.
 REC.No: 1-15
 AIR TEMP: 25
 MUSIC: Nirvana
 FACE CREST: jaw
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 Mandi + tang
 HT: Feet + Face
 CST: (A) Face
 HST: 2 x Lx
 2 x back

EXTRA
 NEXT APPT:

S = Client been feeling tightness in her body all over up RHTS (this holding it up yesterday) plus feet aching



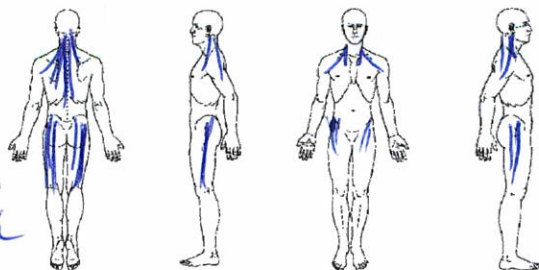
O/A: SCMS + traps tight
 Pecs tight. RHTS restricted
 better off tight esp RHTS
 Rhomb v. cong
 ES tight + feeling stiff
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/ig med/ham/traps
 Fx occ/traps/scap
☐ Talked ☐ Quiet Quiet Breathing
 ROM Used > ms
 FBACK feet v. stiff - tired > ms

P = Perom client get some mg to lighter pressure next time to help body

TREATMENT NO. 17

DATE: 12.10.15
 TIME: \$88
 PAID: 1hr.
 REC.No:
 AIR TEMP: 25
 MUSIC: Lav
 FACE CREST: Lem
 SUPINE SCENT: Kelong
 OIL BLEND: mandarin
 HT: Feet 1 tail
 CST: 2x in + 2x back
 HST: 1 tail
 EXTRA:
 NEXT APPT:

S = Client been feeling tightness in her R shoulder



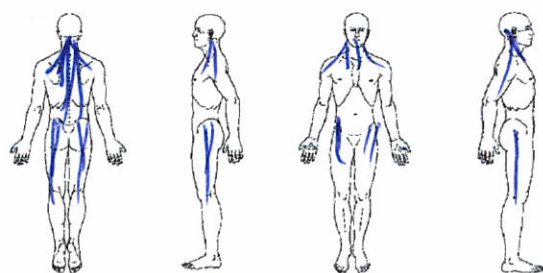
O/A: R ES + rhombs + peys
 v. local of right
 TBs, tender
 Es tight
 Rhomb region cong
☒ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med
 Fx occ/traps/d traps
☐ Talked ☐ Quiet Breathing
 ROM Used 2 ms
 FBACK felt better than last time

P = felt better > Ms - discussed posture wall check

TREATMENT NO. 18

DATE: 27.11.15
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25
 MUSIC: Ms Music 1-5
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Kelong
 HT: Feet 1 tail
 CST: 1 tail
 HST: 2x in
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body of the same - minimal improvement



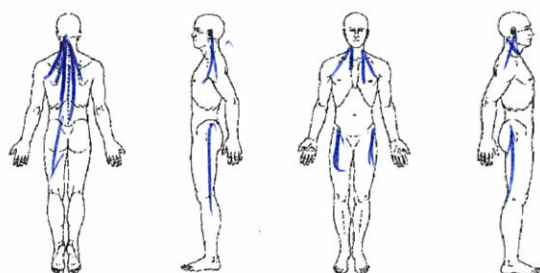
O/A: Traps up tight
 Peys tender
 Deloids tight
 Es tight
 Traps tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/traps/d traps
☐ Talked ☐ Quiet Breathing
 ROM Used 2 ms
 FBACK felt better with Ms

P = Revom client stretch out with body

TREATMENT NO. 19

DATE: 25.02.16
 TIME: \$88
 PAID: 1hr.
 REC.No:
 AIR TEMP: 25°C
 MUSIC: Ms Music 1-30
 FACE CREST: Lav
 SUPINE SCENT: Lem
 OIL BLEND: Relax
 HT: Feet 1 tail
 CST: 1 tail
 HST: 2x in
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body in her shoulders/hips



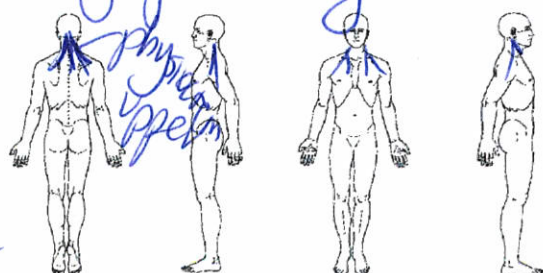
O/A: Peys taur
 Deloids tight
 Es tight
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb/g med/ham/traps
 Fx occ/traps/d traps
☐ Talked ☐ Quiet Breathing
 ROM Used 2 ms
 FBACK felt better > ms

P = Revom client stretch out > ms

TREATMENT NO. 20

DATE: 09.08.16
 TIME: \$88
 PAID: 1hr
 REC.No:
 AIR TEMP: 25°C
 MUSIC: Lav
 FACE CREST: Lem
 SUPINE SCENT: Relax
 OIL BLEND: Manu Pepp/
 HT: Feet 1 tail
 CST: 1 tail
 HST: 2x in
 EXTRA: 2x back
 NEXT APPT:

S = Client been feeling tightness in her body in her neck esp turning to R stiff white sugar + Trapp Wash



O/A: Traps up tight
 Peys taur
 Deloids tight
 Es tight + short
 Rhomb region cong
☐ Full Body ☐ STOMACH
 ARMS ☐ Prone ☐ Supine LEGS
 TP rhomb region cong
 Fx occ/traps/d traps
☐ Talked ☐ Quiet Breathing
 ROM Used
 FBACK Text better > ms

P = Revom heat + physiotherm.

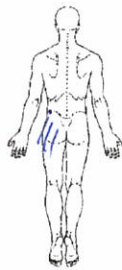
TREATMENT NO: 21

S = Arthritis feeling o.k. relax massage G-V-

Michelle G-V-

DATE: 2/3/18
TIME: 2:20
PAID: G-V
REC.No:
AIR TEMP: 23
MUSIC: guitar sax
FACE CREST:
SUPINE SCENT: lemon
OIL BLEND:
HT: hand / tang
CST: feet chest
HST: glutes v. back

EXTRA
NEXT APPT:

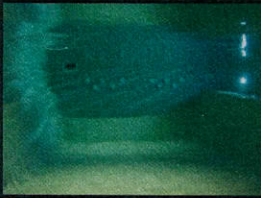


O/A: ② glutes ↑ med/broad pressure.

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

P = Bruising? arthritis gentle → Med

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