

Jessie Jones

DOB14 Aug 1959  
OccupationCleaner

Appointments

Date	Time	Type	Practitioner
5 May 2024	10:30AM – 11:30AM	60 minute Massage	Christine Jervis
19 May 2021	10:00AM – 11:00AM	60 minute Massage	Christine Jervis
27 Sep 2019	1:00PM – 2:00PM	60 minute Massage	Marina Franke
17 Jun 2019	9:30AM – 10:30AM	60 minute Massage	Marina Franke
12 Dec 2018	4:00PM – 5:00PM	60 minute Massage	Marina Franke
2 Nov 2018	9:30AM – 10:30AM	60 minute Massage	Marina Franke

Treatment Notes

Standard Consultation - Remedial Massage

Practitioner: Christine Jervis

Appointment: 5 May 2024, 10:30AM

Created: 5 May 2024, 12:11PM

Last updated: 5 May 2024, 12:16PM

Standard Consultation - Remedial Massage

Presenting complaint (relevant medical history or client info)

What's going on now - client has bone missing in her foot. Feedback from previous treatment - new job on checkout at his, ok but hours fluctuating. Gave up job at Coles but only 3 hours.

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

Injury

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

Missing a bone in her foot. NDIS coverage for that

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - not checked.  
Anything noteworthy - walking limited.  
Anything specific to massage (E.g. no foot massage) - ROM limited on feet

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 hips

	Music - Ian Cam Aromatherapy Massage oil - Relax Mand/Tang Spritzer - Neroli  FB Remedial Massage - general massage all over. Tension and tightness felt in back, legs and hips.
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage. Enjoyed it.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Discussed getting a sauna next time
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Christine Jervis  
**Appointment:** 19 May 2021, 10:00AM  
**Created:** 20 May 2021, 7:12AM  
**Last updated:** 23 May 2021, 5:36AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now - client has bone missing in her foot Feedback from previous treatment - client's body is sore from working. New Job in aged care home and hates it.
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags / Precautions needed etc (i.e. conditions listed above)-</b>	
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - not checked. Anything noteworthy - walking limited. Anything specific to massage (E.g. no foot massage) - ROM limited on feet
<b>Treatment details - what was done today</b>	Pressure used - 2 firm

<b>to help the client</b>	<p>Hot Stones - 2 x Hips and 2 x Back/Shoulders</p> <p>Hot Wet Towels - Feet / Face</p> <p>Hot Pack - Lower Body</p> <p>Topical Treatment - Fisiocrem hips</p> <p>Music - Ian Cam</p> <p>Aromatherapy Massage oil - Relax Mand/Tang</p> <p>Spritzer - Neroli</p> <p>FB Remedial Massage - general massage all over. Tension and tightness felt in back, legs and hips.</p>
<b>What parts of the body were massaged?</b>	Full Body Treatment; Stomach; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Face / sinuses
<b>Where any specific trigger points used?</b>	Rhomboids; Upper Traps; Lev Scaps; Pecs; SITS; Deltoids
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	Felt good after massage.
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	Seeing Dr for feet - may need an operation. Looking for new work. Discussed dealing with stress at work.
<b>Infra-Red Sauna (if applicable - info is below)</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 27 Sep 2019, 1:00PM  
**Created:** 27 Sep 2019, 12:57PM  
**Last updated:** 27 Sep 2019, 2:08PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now -R foot P-bone missing in foot,(L has high bone on top) Feedback from previous treatment - :)
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	physio for 5 treatment, didn't help. orthotics don't help
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Xray & ultra sound = R rot cuff , supra spin calcification, bursa narrowing, ac joint narrowing, glenohumeral joint narrowing June 2019
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - reduced in feet, & generally

	Anything noteworthy -R upper leg muscles not formed properly-premature birth=R foot P & bone issue (R foot) Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisio R scap etc Music -tribal mix Aromatherapy -tang/mand
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; SCMs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	enjoyed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	hydro, massage, physio exercises
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 17 Jun 2019, 9:30AM  
**Created:** 17 Jun 2019, 10:34AM  
**Last updated:** 17 Jun 2019, 10:35AM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now -R foot P, L has high bone on top, R shoulder P Feedback from previous treatment - :)
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	physio for 5 treatment, didn't help. orthotics don't help
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	Xray & ultra sound = R rot cuff , supra spin calcification, bursa narrowing, ac joint narrowing, glenohumeral joint narrowing

<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - reduced in feet, & generally Anything noteworthy -R upper leg muscles not formed properly-premature birth=R foot P & bone issue (R foot) Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisio R scap etc Music -modern mix Aromatherapy -pep ecc/rosemary
<b>What parts of the body were massaged?</b>	Full Body Treatment; Gluteals / Lower Back; Neck / Shoulders; Arms - Prone; Arms - Supine; Legs - Prone; Legs - Supine; Feet; Head / scalp; Face / sinuses
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; SCMs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	enjoyed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	hydro, massage, physio exercises
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 12 Dec 2018, 4:00PM  
**Created:** 12 Dec 2018, 4:00PM  
**Last updated:** 12 Dec 2018, 5:10PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now -R foot P Feedback from previous treatment - :)
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	physio for 5 treatment, didn't help. orthotics don't help
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	
<b>Details of Medications / Red Flags etc (i.e.</b>	Xray & ultra sound = R rot cuff , supra spin calcification, bursa narrowing, ac joint

<b>conditions listed above)-</b>	narrowing, glenohumeral joint narrowing
<b>Assessment / Testing done (including ROM) / Observations</b>	Verbal consent obtained. ROM - reduced in feet, & generally Anything noteworthy -R upper leg muscles not formed properly-premature birth=R foot P & bone issue (R foot) Any precautions / Red Flags - Anything specific to massage - E.g. no foot massage
<b>Treatment details - what was done today to help the client</b>	Pressure used -firm Hot Stones -4 Hot Wet Towels -2 Cupping area - Topical Treatment -fisio R scap etc Music -nature Aromatherapy -tangerine
<b>What parts of the body were massaged?</b>	Full Body Treatment
<b>Where any specific trigger points used?</b>	Upper Traps; Lev Scaps; SCMs
<b>Body Chart</b>	
<b>Feedback after treatment -</b>	enjoyed
<b>Plan for future results / treatment / progress / homework (including discussion with client, advice, stretches)</b>	hydro, massage, physio exercises
<b>Infra-Red Sauna</b>	
<b>Time in Sauna (minutes) -</b>	
<b>Feedback after treatment -</b>	

### Standard Consultation - Remedial Massage

**Practitioner:** Marina Franke  
**Appointment:** 2 Nov 2018, 9:30AM  
**Created:** 2 Nov 2018, 10:30AM  
**Last updated:** 12 Dec 2018, 3:49PM

### Standard Consultation - Remedial Massage

<b>Presenting complaint (relevant medical history or client info)</b>	What's going on now -R foot P Feedback from previous treatment - :)
<b>Details of Medications / Red Flags etc (i.e. conditions listed above)-</b>	physio for 5 treatment, didn't help. orthotics don't help
<b>Medication or relevant procedures / info identified that may affect the massage.</b>	

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

Assessment / Testing done (including ROM) / Observations

Verbal consent obtained.  
ROM - reduced in feet, & generally  
Anything noteworthy -R upper leg muscles not formed properly-premature birth=R foot P & bone issue (R foot)  
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 -firm  
Hot Stones -4  
Hot Wet Towels -2  
Cupping area -  
Topical Treatment -fisio R foot  
Music -uplifting  
Aromatherapy -tangerine

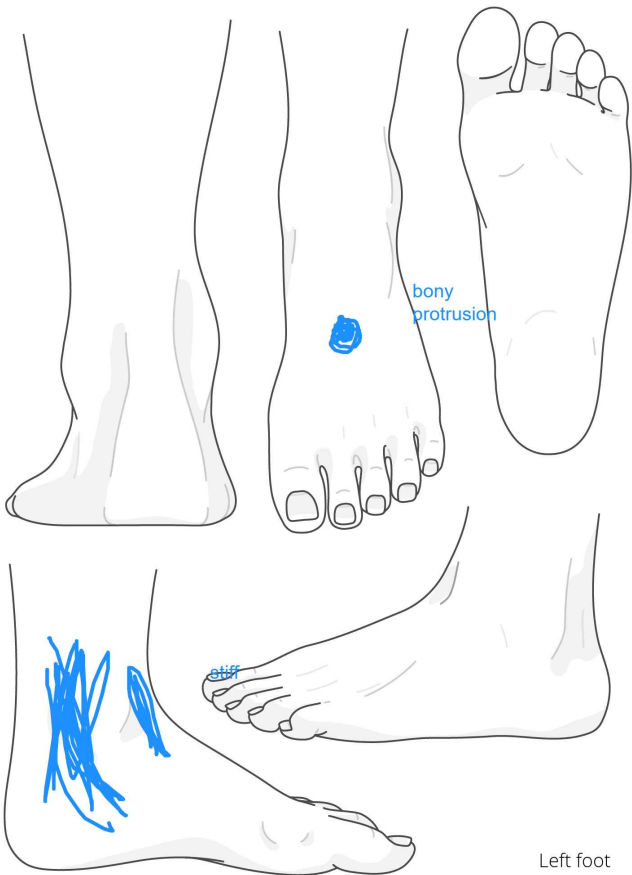
What parts of the body were massaged?

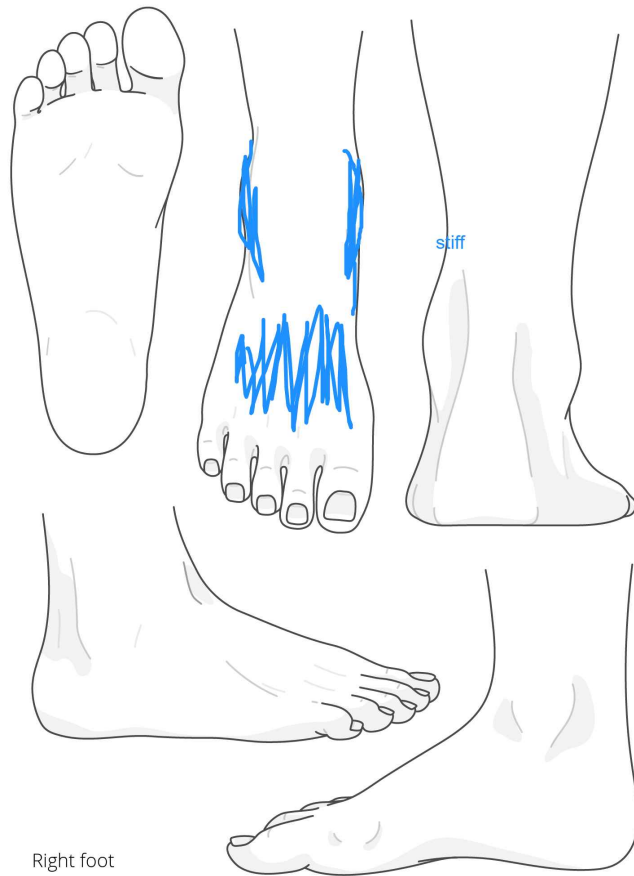
Full Body Treatment

Where any specific trigger points used?

Upper Traps

Body Chart





**Feedback after treatment -**

enjoyed

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

hydro, massage

### Infra-Red Sauna

**Time in Sauna (minutes) -**

**Feedback after treatment -**

## Patient Forms

### Client Health Check

**Practitioner:** Christine Jervis

**Appointment:** 19 May 2021, 10:00AM

**Completed:** 6 May 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 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

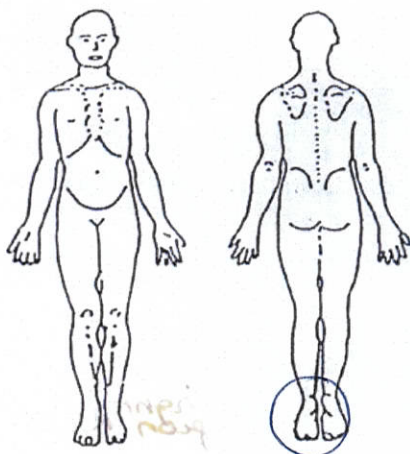
Have you had to self-isolate any time within the last month due to COVID-19 symptoms? ☐ Yes ☒ No



Bayview Heights  
3 Pheasant Street  
Client Record

Full Name Jessie Selina Jones Date of Birth 14/8/19  
Postal Address ~~1 Kestrel St Bayview Heights~~  
Home Phone 40331512 Work — Mobile 0408331512  
Email Address — 0432140285 Health Fund MBF  
Emergency Contact Details - Name and Number Rex Jones  
Current Doctor Tony Turner Referred By —  
Occupation and how long was Night filler, now Cleaner  
Physical Activities/Hobbies/Exercise Walking  
Past Medical History (operations/illnesses/accidents/injuries) Stroke  
Medications - Prescribed or Natural: —

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



Amount of Pain (1-10): —  
Type (sharp, dull, aching etc) —  
When is the pain worst? —  
What relieves the pain? —

Some conditions require your massage treatment to be modified. Please tick all conditions below that apply to you NOW. Write the letter P next to any past conditions.

- ☒ Allergies / Asthma
- ☐ Any Contagious Disease / Skin Problem
- ☐ Arthritis
- ☐ Blood Pressure / Heart Problems
- ☐ Bruising
- ☐ Chronic Pain
- ☐ Cold / Flu
- ☐ Diabetes
- ☐ Dizziness
- ☐ Fractured bones
- ☐ Headache
- ☐ Numbness / Tingling
- ☐ Pregnant or Breastfeeding
- ☐ Recent Illness / Surgery
- ☐ Spinal / Back Problems
- ☐ Sprained/strained muscles
- ☐ Varicose Veins

Details regarding above selections: —

Massage may include several areas of the body. Please circle any areas you do NOT want massaged from the list below:

Face Head Chest Stomach Back Buttocks Arms Legs Feet

Please circle what type of massage pressure you prefer: Gentle Firm Hard Very Hard

#### CLIENT AUTHORISATION

##### I understand that

- The information provided above is used to help determine an appropriate massage treatment for me.
- It is my (the client's) responsibility to notify the clinic if changes occur regarding any details listed above.
- Massage practitioners are not qualified to diagnose or treat illness or disease or to perform thrust manipulation.

Signature: J Jones

Date: 28/7/07





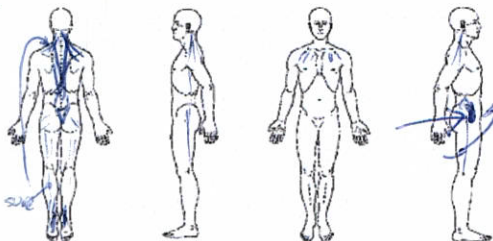
lots of moles (raised)

Client had lots of treatment - inserts/podiatrist + help

TREATMENT NO.

S = client been v. sore with feet. No other issues  
just feet v. sore. NO timent for long time

DATE: 28 07 07  
TIME: Sat 1130 - INITIAL  
PAID: \$75 + SAT  
REC.No: 2047 RATE  
AIR TEMP: 23°C CASH  
MUSIC: Ian cam sm th  
FACE CREST: Bar  
OIL BLEND: 4/4/2/1/1/1/1/1  
Gen - Relax



O/A: esp R shoulder v. stiff. Rom  
Upper traps v. hypertonic  
Pls tight. Rhombus tight  
Ext lat - esp R raised. L short  
Pit to Lat. Unbalanced. Pecs short  
v. poor skin quality - pores

FB (shown) Heat TP rhombic med / hum / lto  
fr es / rhombic sinus / lto / FBs  
wings - sharp red etc. Anterior Mst + S;  
Jugular @ - v. full - client quiet  
throat - throat, body v. tense + supple  
head - gentle - firm pressure used  
on aching feet + rom ankles  
S. Hydro or H<sub>2</sub>O m'ment > painful

NEXT APPT: Discussed  
monthly

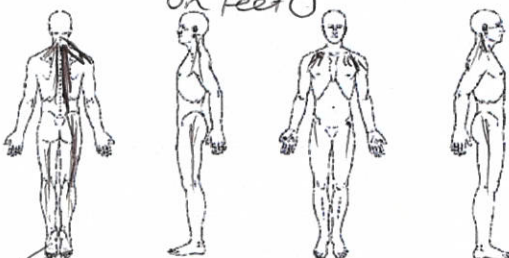
FCNL 10/12/07

PCNL 6/2/07

TREATMENT NO. 2

BDAY CARD

DATE: 14.06.09  
TIME: 5:15 TUES  
PAID: \$600 INH  
REC.No: CASH  
AIR TEMP: 23°C  
MUSIC: Miyagi I  
FACE CREST: Papp  
OIL BLEND: Relax  
71411 Reese Gen



O/A: Feet - yellow - some tight  
 Detroids tight. Lungs cong.  
 Traps up short + bulky  
 Cils tight. limited Rom makes  
 CS Resp v. tight. Feet v. tight  
 Rhomb region R cong floor

to (stom) Heat to rhomboid med  
Bham is nus traps. Is same  
+ Es / els occu + mixed on  
arms (S + Ms. Feet esp Ms (S +  
S) + mth pep cream - focused  
there. Responded well - vnl

NEXT APPT:

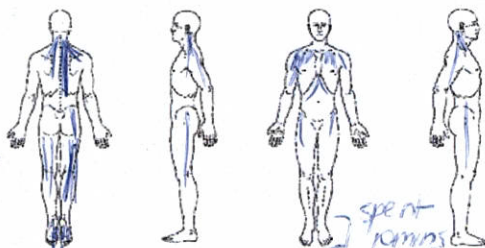
pepp cream

Recom ex in  $H_2O$  occas b/c feet v sore + client walks every day. Recom see physio for exercises to help feet

TREATMENT NO

S = Client been feeling tight in chest, trouble breath<sup>9</sup>.  
+ client's feet <sup>help feet</sup> sore. trouble get<sup>9</sup> breath<sup>9</sup> right

DATE: 30 07 07  
TIME: Thurs 11am  
PAID: 1hr \$60  
REC.No: 329 EASH  
AIR TEMP: 23°C  
MUSIC: Indian II  
FACE CREST: Pepp  
OIL BLEND: Relax  
Beig / Pepp / Lav



O/A: Feet short. TBS Resp tight  
Traps up right + cong  
Deltoids right  
Ext. right + cong. - up odd  
Rhomb region cong + tight  
- int arms of  
Tb (+ stom) Heat; TP rhombic me  
ham/mb / traps / C / scap - same  
+ scapels quiet + in motion  
body responded well - no forced  
- arms 5 + 10 - quiet through  
felt better

NEXT APPT:

P = <sup>right/left up R.</sup> determine on feet daily 2 mins + self ms feet daily. Discussed how monthly Tx could help (breathing exercises)

N/L 10/09

BDAY 2010  
2MAS 09



TREATMENT NO. 4

DATE: 02.10.10  
TIME: 10:30  
PAID: \$65  
REC.No: 784  
AIR TEMP: 23°C  
MUSIC: Mod Guitars  
FACE CREST: Lav  
SUPINE SCENT: Demon  
OIL BLEND: Peppermint  
HT: Feet + hands  
EXTRA: 20 shingles healing - no Ms

S = Client been feeling tightness in her feet -  
v sore

O/A: L scaps tight. Achilles tight  
Pecs short. Traps tense  
Deltoids tight. Traps tight  
ES tight + short + feeling vapors  
Rhomb region long + tight  
FB (stom) Heat. TP rhomb/med  
ham/hips/traps/1 scap. Fr same +  
ES/als winged ok. Arms (P) S +  
Sms + S + JL. Jugs (P). Quiet  
Relaxed - ms tired after Ms  
gnt neck Ms

P = Discussed how Ms helps feet + leg muscles straining  
from incorrect walking

TREATMENT NO. 5

DATE: 04.05.10  
TIME: 1pm Tues  
PAID: \$65  
REC.No: 784  
AIR TEMP: 23°C  
MUSIC: Frya I  
FACE CREST: Lav  
SUPINE SCENT: Demon  
OIL BLEND: Peppermint  
HT: Face + feet  
EXTRA: Peppermint - feet

S = Client been feeling v. tired + sore from working  
4pm - 12am or so skin dry. Been smoking  
Mango Butter 5th

O/A: Shoulders tight with husband  
Hams tight both v. a lot  
Rhombos long esp R  
ES tight esp Tr. Q's esp R v. h  
Deltoids tight  
Pin R esp v. tight  
FB (stom) Heat. TP rhomb/med  
ham/hips/traps/1 scap. Fr same +  
ES/als winged ok. Arms (P) S +  
Sms + S + JL. Jugs (P). Quiet  
Relaxed + relaxed 7 Ms

P = Recom client stretch out + look after feet  
+ herself. wants reg ms

TREATMENT NO. 6

DATE: 16.06.10  
TIME: Weds 4pm  
PAID: \$65  
REC.No: 844  
AIR TEMP: 23°C  
MUSIC: Yanni Dore  
FACE CREST: Lav  
SUPINE SCENT: Demon  
OIL BLEND: Peppermint  
HT: Feet + face  
EXTRA: 20 shingles healing - no Ms

S = Client been feeling tightness in her feet  
v sore

O/A: Poor skin quality - worse  
Deltoids tight  
MS tight + short  
ES tight + short  
Rhomb region cong + tight  
FB (stom) Heat. TP rhomb/med  
ham/hips/traps/1 scap. Fr same +  
ES/als winged ok. Arms (P) S +  
Sms + S + JL. Jugs (P). Quiet  
Relaxed + relaxed 7 Ms

P = Recom client see physio Julie for anen<sup>+</sup>

TREATMENT NO. 7

DATE: 02.08.10  
TIME: Mon 10:30  
PAID: \$65  
REC.No: 910  
AIR TEMP: 23°C  
MUSIC: Guitars  
FACE CREST: Lav  
SUPINE SCENT: Demon  
OIL BLEND: Peppermint  
HT: Feet + Arms/hands  
EXTRA: 20 shingles healing - no Ms

S = Client sore as usual. Nothing new - v tired + sore

O/A: Feet - R arch v. cong  
feet esp balls hard on L  
Deltoids tight  
Traps up tight Resp  
Q's tight. Pecs tight  
Rhombos cong + tight + v. a lot  
FB (stom) Heat. TP rhomb/med  
ham/hips/traps/1 scap. Fr same +  
ES/als winged ok. Arms (P) S +  
Sms + S + JL. Jugs (P). Quiet  
Relaxed + relaxed 7 Ms

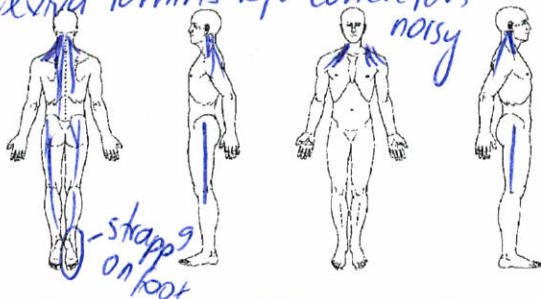
P = Recom hydrate + discussed how Ms help body



# TREATMENT NO. 8

DATE: 28.10.10  
TIME: 9am-10am  
PAID: \$65 Inv  
REC.No: 1056 embs  
AIR TEMP: 23°C  
MUSIC: Midnight Muz13  
FACE CREST: dau  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: Pepp

Nothing to / Ms every month @ month 10 end  
S= client been feeling tightness in body - v. tired  
Podiatrist strapped foot yesterday  
extra lumps b/c concretions noisy



O/A: Pecs tight. Trp tense  
Traps up tight / short  
Deltoids tight  
ES tight + trapezoid  
Rhomb region cong + tight  
TB(-stom) Heat. TP rhomb / g'neal / ham / traps  
same + ES. unged on. Traps  
@ ST + @ MS + @ ST + @ MS  
Quiet throughout mostly  
Relaxed after MS +  
Feeling better

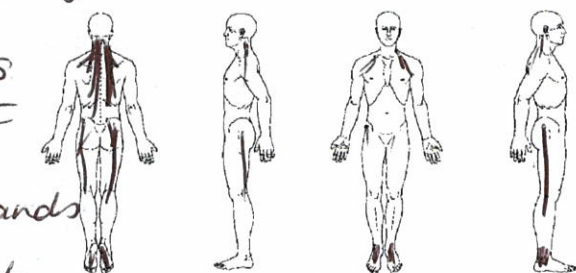
NEXT APPT: Xmas 2010

# TREATMENT NO. 9

DATE: 10.03.10  
TIME: THURS 230  
PAID: 1hr \$65  
REC.No: 1168 CFBS  
AIR TEMP: 23°C  
MUSIC: Noian Jones I  
FACE CREST: dau  
SUPINE SCENT: Lemon  
OIL BLEND: Relax  
HT: Feet + Hands  
EXTRA: Pepp + Mint

P= Perom client relax after MS. Discussed her unhappy Marriage + how to look

S= client been feet tight + sore in feet - "as usual"  
cyclone went on (ep of foot limited Rom)  
Just been to Dentist - tooth on



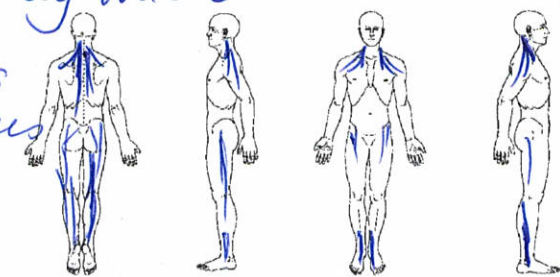
Pecs tight / tired / taut. Traps taut  
Deltoids tight  
ES tight Feet esp prestidial  
Rhomb cong + tighter  
TB(-stom) Heat. TP rhomb / g'neal / ham / traps  
same + ES. unged on. Traps  
@ ST + @ MS + @ ST + @ MS  
Quiet throughout mostly  
Relaxed after MS +  
Feeling better

NEXT APPT: Cream \$15000 of dental work needing to be done  
Aiming to continue monthly MS

# TREATMENT NO. 10

DATE: 30.06.11  
TIME: THURS \$65  
PAID: 230 1hr  
REC.No: 1360 embs  
AIR TEMP: 25°C  
MUSIC: New Kendalls  
FACE CREST: dau  
SUPINE SCENT: Lem  
OIL BLEND: Relax 1/1  
HT: Feet + Face  
EXTRA: Pepp

S= Feet v. sore. Collapsed 1mth ago - legs gave way  
scans ok. Feet v. sore still all the time - no improvement  
Body wash + stiff



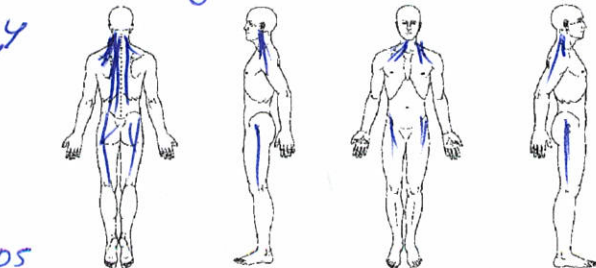
O/A: Pecs upper tight  
Trp tense. Traps taut  
Traps up tight + short  
Rhomb taut  
TB(-stom) Heat. TP rhomb / g'neal / ham / traps  
unged on. Traps @ ST + @ MS + @ ST + @ MS  
Quiet throughout mostly  
Relaxed after MS +  
Feeling better

NEXT APPT: Perom see physio for aners

# TREATMENT NO. 11

DATE: 19.08.11  
TIME: 350 FRI  
PAID: 850 Inv. BDAY  
REC.No: 1446 CASH  
AIR TEMP: 26°C  
MUSIC: African I  
FACE CREST: dau  
SUPINE SCENT: Lem  
OIL BLEND: Relax  
HT: Feet + Face  
EXTRA: MS - 2x hips

S= client been feeling 'as usual' - sore feet  
+ v. tired from working jobs.  
Had to change last 2 appts



O/A: Traps up tight  
Pecs taut  
Traps up tight  
Deltoids tight  
ES tight. Pecs tight  
Rhomb region cong  
TB(-stom) Heat. TP rhomb / g'neal / ham / traps  
same + ES. unged on. Traps @ ST + @ MS + @ ST + @ MS  
Quiet throughout mostly  
Relaxed after MS +  
Feeling better

NEXT APPT: 2x back  
Perom client look after self - discussed

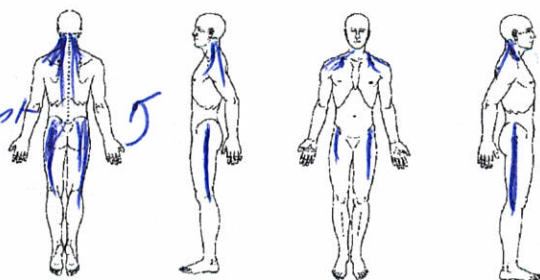
BDM 2012  
Xmas 2011  
11/09/11



## TREATMENT NO. 12

DATE: 02.02.12  
 TIME: THURS 1145  
 PAID: 100  
 REC.No: 1010 @  
 AIR TEMP: 25°C  
 MUSIC: Remya At last  
 FACE CREST: 2x  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 20v / Frank  
 HT: Feet + Face  
 CST: (A) Tigle  
 HST: 2x Lx  
 2x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her feet esp  
 V. 20R at the time



O/A: R feet esp V. comp  
 175 V. comp. Traps up solid +  
 Dextoid tight. Traps up short  
 es tight. Plant Fascia comp  
 Rhomb region comp + tense

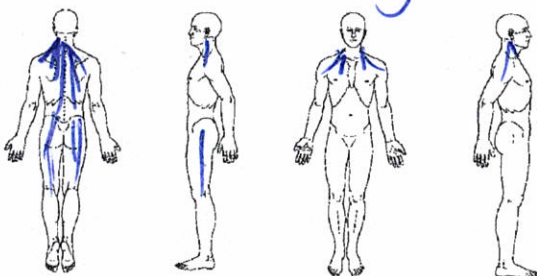
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/med/ham/175  
 Fx 20v/15v/175  
☐ Talked ☒ Quiet Quiet Breathing  
 ROM 175 > Ms  
 FBAC Relaxed > Ms

P = Reom client get in the br feet + get neg Tx

## TREATMENT NO. 13

DATE: 02.05.12  
 TIME: 875 Inv.  
 PAID: 1875  
 REC.No: 1875  
 A: 230  
 MUSIC: Don McSI  
 FACE CREST: 2x  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 HT: 2x Lx  
 CST: 2x back  
 HST: (A) Face  
 Feet + AH  
 EXTRA  
 NEXT APPT:

S = Client been feeling sore in feet & cyst  
 on R foot Busy working lots



O/A: Traps up tight. Dextoid  
 Reo tight. Traps up  
 Dis tight. Calves tight  
 Rhomb's comp + tense

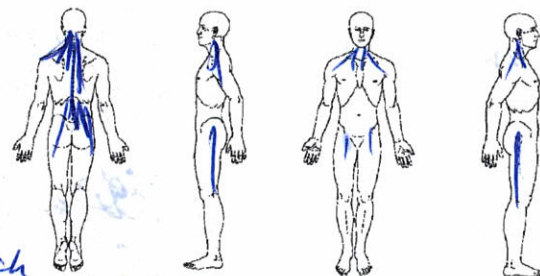
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/175/15v/175  
 Fx 20v/15v/175/175  
☐ Talked ☒ Quiet Quiet Breathing  
 ROM Feet around cyst  
 FBAC

P = See Dr for foot cyst re: injection?

## TREATMENT NO. 14

DATE: 16/01/12  
 TIME: Waps 330  
 PAID: 175  
 REC.No: 175  
 AIR TEMP: 25  
 MUSIC: mtigag, I  
 FACE CREST: 2x  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 Hand it up  
 Feet + Face  
 CST: 2x Lx + 2x back  
 HST: (A) Face  
 EXTRA Foot Balm  
 NEXT APPT:

S = Client been feeling tightness in feet  
 Back sore from feet



O/A: 20v tight - Reo tight  
 Reo short. My tense  
 20v tight - Dextoid tight  
 Rhomb region comp

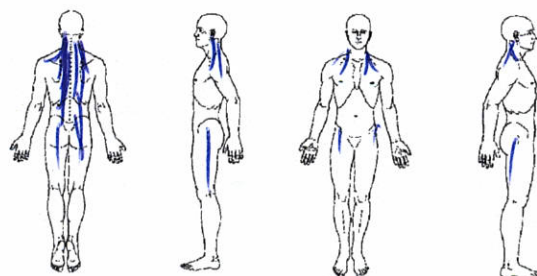
☒ Full Body ☐ STOMACH  
 ARMS ☐ Prone ☐ Supine Ms LEGS  
 TP rhomb/175/med/ham  
 Fx traps/175/175  
☐ Talked ☒ Quiet Quiet Breathing  
 ROM Feet better 7ms  
 FBAC

P = I like podiatrist. but reom Dr/Physio  
 ice / epsom salt bath for feet look

## TREATMENT NO. 15

DATE: 07.02.12  
 TIME: Thurs 1hr  
 PAID: 330  
 REC.No: Gift Voucher  
 AIR TEMP: 25  
 MUSIC: Ken Davis  
 FACE CREST: 2x  
 SUPINE SCENT: Lem  
 OIL BLEND: Relax  
 2x  
 HT: Feet + Face  
 CST: (A) Face  
 HST: 2x Lx  
 2x back  
 EXTRA  
 NEXT APPT:

S = Client been feeling tightness in her whole  
 body - v. tired @ the moment



O/A: Dextoid tight. Traps comp  
 Es tight Reo tight  
 Rhomb region comp

☒ Full Body ☐ STOMACH for relax  
 ARMS ☐ Prone ☐ Supine LEGS  
 TP rhomb/175/med/ham/175  
 Fx 20v/15v/175  
☐ Talked ☒ Quiet Quiet Breathing  
 ROM Feet better 7ms  
 FBAC Reo rom

P = Reom look after self  
 Discussed the strategies & small steps



TREATMENT NO. 16

DATE: 21.08.13 B'DAY

TIME: 11:55 AM

PAID: \$75 Inv

REC.No: PAID CFI/CASH

AIR TEMP: 85

MUSIC: Acher Bili

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: (A) Face

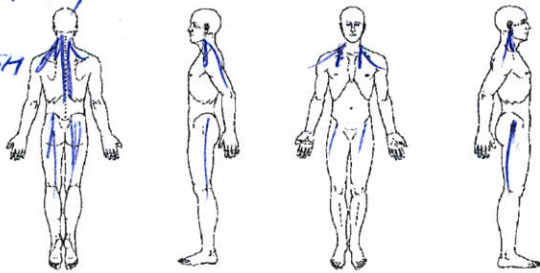
CST: 2 x Lx

HST: 2 x back

EXTRA

NEXT APPT:

S = client been feeling tightness in feet - esp RMS swollen after fall  
O/A: Deltoids tight  
ES tight Pecs tight  
Rhomb region cong



☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ LEGS  
TP rhomb/med/ham/IBS  
Fx scalp/IBS/feet flushed  
☐ Talked ☐ Quiet ☐ Breathing  
ROM Tied > Ms  
FBACK felt better > Ms

P = Perom client see Dr re: feet pain

TREATMENT NO. 17

DATE: 11.07.14

TIME: 11:00 AM

PAID: \$85 Inv

REC.No: Inv

AIR TEMP: 25

MUSIC: Peace Ment

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet/Face

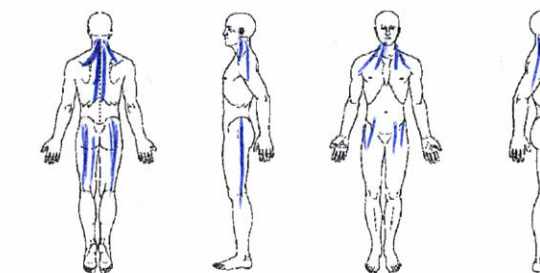
CST: (A) Face

HST: 2 x Lx

EXTRA

NEXT APPT:

S = client been feeling tightness in her body  
V. emotional - crying about hubby + life



O/A: Smoking lots - coughing with  
Trapp up red  
Deltoids tight  
ES tight Pecs tight  
Rhomb region cong  
☐ Full Body ☐ STOMACH Sat elevated (S)  
ARMS ☐ Prone ☐ Supine ☐ LEGS  
TP rhomb/med/ham/IBS  
Fx scalp/IBS/feet flushed  
☐ Talked ☐ Quiet ☐ Breathing  
ROM Tied > Ms  
FBACK felt relaxed > Ms

P = Discussed doing +ve things in life + having support

TREATMENT NO. 18

DATE: 30.06.15

TIME: 3:30

PAID: Inv

REC.No: Inv

AIR TEMP: 25

MUSIC: Mix Ms Tues

FACE CREST: Low

SUPINE SCENT: Lem

OIL BLEND: Relax

HT: Feet/Face

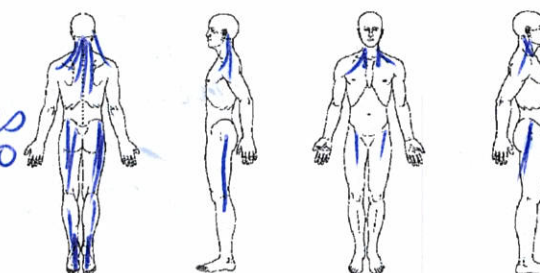
CST: (A) Face

HST: 2 x Lx

EXTRA

NEXT APPT:

S = client been feeling soreness in her feet. R ankle  
has pain when 1st beginning walking - sharp pain



O/A: Deltoids tight. Trapp up tight  
ES tight  
Rhomb region cong  
☐ Full Body ☐ STOMACH  
ARMS ☐ Prone ☐ Supine ☐ LEGS  
TP rhomb/med/ham/IBS  
Fx scalp/IBS/feet flushed  
☐ Talked ☐ Quiet ☐ Breathing  
ROM Tied > Ms  
FBACK Extra work on feet

P = client been seeing a fortune teller to help  
guide her - talked about that + being +ve

TREATMENT NO. 19

DATE:

TIME:

PAID:

REC.No:

AIR TEMP:

MUSIC:

FACE CREST:

SUPINE SCENT:

OIL BLEND:

HT

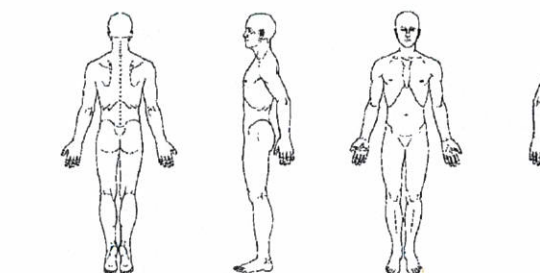
CST

HST

EXTRA

NEXT APPT:

S =



O/A:

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

P =



MERRY CHRISTMAS!



To: Mum



Your Gift is a 60 minute Remedial Massage  
with Aromatherapy and Hot Towels

From: Jessie-Lee and  
Brendan



Merry Christmas  
xoxo.



PHONE: 0439 775 003  
CLINIC: 51 Lyndel Drive Woree 4868  
WEB: [www.focusonmovement.com.au](http://www.focusonmovement.com.au)



Aromatherapy

Remedial

Pregnancy  
And Infants

Sports

focus on movement



Contact

Phone 0439 775 003

Clinic 51 Lyndel Drive Woree Qld 4868

Web [www.focusonmovement.com.au](http://www.focusonmovement.com.au)

Massage

Aquatics



# A Gift of Healthy Movement

To: Dearest mother ♡♡♡

From: Your loving daughter - Jessie Dee Jones

Your Gift: One hour Remedial Hot Stone Treatment Date: 14-08-11

Valid for three months from the date of issue