

Case study format :

- Case study will include 6 sessions with one client (logbook client)
- Client confidentiality must be maintained; use fictitious names, addresses, telephone numbers.

Overview of client to include :

- Medical history / past injuries
- Past treatments / therapies
- Sport, training regimes, Use FITT principles to describe; Frequency, intensity, time and type
- Lifestyle factors that may impact upon the client i.e stress, children, dependants, diet, job, etc

Reasons for seeking treatment :

- Examples: Pain relief, preventative, corrective, competition
- Any presenting symptoms

Contra-indications :

Record any contra-indications.

Client expectations :

- What does client hope to achieve from sports massage treatments?
- Consider if their expectations are realistic?

Assessments undertaken & findings :

- This may include: Muscle tone, size, posture, gait, range of movement, pain assessment
- You may wish to include diagrams, pictures of client, completed postural assessment forms etc to back up your study. (Please ensure that faces are blacked out to maintain anonymity).

Treatment plan (six sessions) :

- Discuss plan you have devised from the consultation & physical findings.
- State short, medium and long term goals.

Record of Treatments.**Include :**

- Please record each treatment individually as the treatment plan may change to suit your client's needs and response to treatment.

Each treatment record should include :

- Techniques used & reasons for choice
- Areas treated
- Note any abnormalities, Pain scales, Areas of dysfunction, Any other factors of relevance
- Evaluation of the treatment: Client feedback, reassessment of range, pain reduction, increased mobility, Effect on client etc
- Any Changes/revisions made to treatment plan
- Aftercare / preventative care / Rehabilitation strategies
- Any contra-actions the client may have experienced

Conclusion of study :

Evaluate your case study. Consider your treatment strategies, effectiveness of the treatments, attitude of client, what would you change?