

**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?