



## Level 4 Case Study

**You have been asked to complete this case study because the qualification you have achieved unfortunately falls short of our minimum requirements on teaching, but we would still like to offer you the opportunity to demonstrate your competence. Successful completion of the case study will allow us to accept an application for membership from you.**

**Your case study is completed over 6 sessions on an injured client engaged in some form of sporting activity.**

These six treatments should include:

- One initial consultation and treatment (75-90mins, including time spent on subjective/objective testing)
- Five follow-up treatments (60mins each)

Over the course of these treatments you will be expected to demonstrate use of all the techniques contained within your qualification as appropriate to the presenting condition, including the different forms of:

- Soft Tissue Release (STR)
- Muscle Energy Techniques (METs), including Post-Isometric Relaxation (PIR) and Reciprocal Inhibition (RI)
- Proprioceptive Neuromuscular Facilitation (PNF), including Contract-Relax-Antagonist-Relax (CRAC)
- Active Isolated Stretching (AIS)
- Myofascial Release (MFR)
- Positional Release (PR)
- General Massage techniques, including effleurage, petrissage, tapotement, compressions, vibrations, simple frictions, and passive stretching.

The write-up of the **initial session** should include:

- **A FULL subjective assessment** prior to the first session – including client medical history, presenting condition, reason for seeking treatment, client expectations, etc, and what the implications are for treatment
- **An objective assessment** prior to the first session – including palpation, any ARoM, PRoM and strength testing, orthopaedic tests, visual observation, pain scale, etc, and what the implications are for treatment
- **Baseline markers** – which markers you intend to use to demonstrate the efficacy of your treatment, e.g. pain scale or RoM

- **Hypothesis about the pathology** – what you think is the cause of the presenting condition along with an overview of this, based on the results from your subjective and objective assessments
- **Treatment planning** – how you will progress your treatment over the next 6 sessions to achieve yours and the client's goals, including justification for proposed use of techniques
- **Treatment delivery** – gaining informed consent, other details on client preparation, what you as a practitioner did during treatment
- **Aftercare given** – what did you advise the client to do at home to help them continue progressing outside of treatment including rehabilitation exercises?
- **Post-massage evaluation** – to take place after each session, including client feedback and what your thoughts on the session were as a practitioner

The write-up of the **maintenance sessions** should include:

- **Updates to subjective/objective assessment** – if anything has changed since the first assessment was completed
- **Treatment delivery** – gaining informed consent, other details on client preparation, what you as a practitioner did during treatment and why
- **Aftercare given** – what did you advise the client to do at home to help them continue progressing outside of treatment? Did you refer onwards?
- **Post-massage evaluation** – to take place after each session, including client feedback and what your thoughts on the session were as a practitioner

After all 6 treatments have been completed, we also expect you to include a **reflective discussion** on how effective the treatment plan was. Consider questions like:

- Did you stick to what you originally planned to do?
- What factors caused you to change?
- Was the client happy with the treatment?
- How would you address this, if not?
- Would you do anything differently in the future?
- How would you assess your own performance here?

As appendices to your case study, you should also include:

- All consultation notes\*, anonymised to protect the client's identity
- A witness testimony from the client confirming details of the treatment

*\*You can use whatever consultation form you prefer although the SMA has a document you can use.*

We expect that the write-up of the case study will be 5000-6000 words in length, not including the appendices. We know that this is a significant undertaking, but we fully believe in the benefits of thinking about your practice in this way.

Please contact Yvonne Blake – [yvonne@thesma.org](mailto:yvonne@thesma.org) – if you have any questions.

**Good luck!**

*\*\*There is a £50 charge for the assessment of the case study. You will receive an invoice for this when you submit your initial write-up. You will receive full feedback on your submission and there is a pass mark of 60%. The marking parameters are available on our website. You are allowed one attempt at resubmission if you do not pass. The charge for marking the resubmission is £25.*