

# BODY MASSAGE TREATMENT (20 x 1)

Example

Please complete using CAPITAL LETTERS		Date:	00/00/00
Name:	E.M	Birthdate:	*/*/81
Address:			
Tel No:			
Occupation:	Senior Manager		
GP Name:		Tel No:	
Address:			

## Do you suffer from/or have any of the following?

Question		No	Yes	Comments
CARDIOVASCULAR	Chest Pain?	X		
	Shortness of Breath?	X		
	Persistent Coughing?	X		
	Palpitations?	X		
DIGESTIVE	Constipation?	X		
	Diarrhoea?	X		
	Nausea?	X		
URINARY	Problems passing water (urination)?	X		
	Burning sensation on urination?	X		
	Changes in frequency of urination?	X		
REPRODUCTION	Changes in menstrual cycle?	X		
	Pregnant?	X		
	Menopausal?	X		
GENERAL HEALTH	Are you on any prescribed medication?	X		
	Any major illnesses?	X		
	Any major accidents?	X		
	Any major operations?		X	Had hernia operation 2-years ago
	Anything else not mentioned?	X		

EATING HABITS:	Try to eat healthily but have a sweet tooth, could eat more greens
FLUID INTAKE:	Usually drink approximately 1-litre a day
EXERCISE:	None, other than walking to work and up/down stairs at home
WELL-BEING:	Feel great in myself, looking forward to feeling better after the massage

REASON FOR VISIT	Relax with the intention of improving my shoulders and lower back
AREAS OF TIGHTNESS/TENSION	Shoulders / Lower Back

CONTRAINDICATIONS:	X None _____ Localised to: _____ Medical Approval Obtained _____
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CLIENTS INITIALS (Not Signature) To confirm details are true.	EM.
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**[Minimum 200 words]**

Give a description of the client **Age, Gender, Occupation** – has been working as a car mechanic for the last three years as an apprentice. The work is enjoyable, but heavy on occasions etc.

**Hobbies, Weekend activity**, what do they do for fun or to relax?

**Relationship status** – has been married for 2 years and has one year old daughter etc.

**Personality** – bubbly character, very positive, reserved, self-concerned, stressed unhappy etc.

**General Health** – generally good, but has been run down this year due to hectic life style and new job promotion which has meant ..... Include any other aspects of the clients make up which can give the examiner a good impression of the patient.

**Body type** - Large body frame, but not overweight, slim and petite figure etc. You may wish to include observations around whether their body type is mesomorph, ectomorph or endomorph (refer to your coursework folder for 'body types').

**Skin Type** – mature, young, combination, dry, oily, dehydrated

This is not about prying or asking deep probing questions, but trying to build a simple, very general picture of the client, to help you understand them a little more. Their responses in this section can help provide insight into potential causes of stress, tension or aches and pains. This can then help you provide more general suggestions in the Home Care Advice section.

Some Clients are reluctant to provide answers to questions, this is fine – it takes time to build trust and rapport – just try your best.

<b>Home</b> Stress Levels: 1 (Low) to 10 (High)	<b>4</b>
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<b>Work</b> Stress Levels: 1 (Low) to 10 (High)	<b>7</b>
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**Treatment Plan:****[Minimum 150 words]**

Think of the treatment plan in 3 ways ...

- 1) What you are planning to do for your first treatment
- 2) What you actually did during your first treatment, based on your discoveries as you massaged your client.
- 3) How many subsequent treatments you wish the Client to consider taking to maximise the effects of treatment

Always use anatomical names and descriptions to demonstrate and help improve your knowledge of A&P.

Use the technical terms for massage strokes.

Discuss any relevant local / GP approval contra-indications and how you will adapt the treatment.

You may wish to include any observations/details given by the client with regards to postural faults/issues, for example, any signs of poor muscle tone, kyphosis, lordosis, scoliosis (please refer to your coursework folder for 'postural issues/faults').

**Example:** *After consulting with the client, we decided for the first treatment we would work on the upper shoulders; trapezius and deltoids, but focusing on cervical erector and splenius capitus. During the treatment I noticed that the erector spinae was quite tight, with several knots – so provided some additional petrissage. For the future it was decided that the treatment would consist of 1 massage every five days and that the emphasis would be on the same areas which have become prone to stress e.g. tightness across the posterior shoulder and across the upper fibres of the trapezius as well as the cervical erector spinae.*

## Home Care Advice:

**[Minimum 150 words]**

It's important to know that you are not qualified to give specific advice for health and well-being, unless of course you do have a formal qualification in that area. Think of this in 2 x ways ....

You must give **generic suggestions or general considerations** on;

- Good diet, 5/6-a-day, plenty of veggies, ease back on processed foods and sugars, saturated fats etc. This information is readily available on the internet, in health food shops, at your local gym or even the Doctor's surgery.
- Drinking enough water, easing back on caffeinated or fizzy drinks, reducing alcohol intake,
- Moderate or general exercise.
- Sleep patterns, getting rest periods.
- Relaxation techniques.
- More frequent massages.
- Self-massage techniques.
- Generally helping clients to identify options to improve their health and wellbeing.

You **must** advise your client to:

- Drink water after the treatment to help encourage hydration and to assist in flushing out waste/toxins;
- Sit up slowly and carefully after the treatment in order to prevent light headedness;
- Avoid stimulants – alcohol, non-prescription drugs, tea and coffee for at least 12 hours

Consider giving **specific suggestions** to your client based on their lifestyle and everything you have learned about them in their Client Profile. For example:

- Mr Smith works in an office all day, 6-days a week, sitting at a desk. This suggests that the largest proportion of his week is very sedentary. You may suggest that he finds opportunities to stretch his legs, walk around, take stairs not elevators, and get off the tube/bus stop earlier so he can walk further. Alternatively you could suggest desk-based exercises to help him stretch etc.
- Mrs Jones is a stay-at-home mom with 3 x kids... encourage her to try and find 15-mins whilst the kids are napping, at playschool etc., to meditate or simply deep breath whilst disengaging the cogs. Or maybe she could take 15-mins for a soak in bath with her favourite bubble bath. Sometimes it's just reminding people they are allowed 'me time'.

Longer term plans for further sessions/rebooking. Or other professional input - you could refer them to a specialist, such as a fitness coach, dietician, motivational coach, psychotherapist, osteopath etc. should the client wish to get more help in a particular area. You may also consider referrals to other statutory and voluntary services such as citizen's advice bureau. This is why understanding the referral process is an advantage, and also having the contact details of these specialists handy. Or, alternatively asking your Client if you can refer them to a specialist, to have the specialist contact them.

**Keep your advice simple and never diagnose, always refer to a specialist when in doubt.**

## Client Feedback:

**Minimum 100 words**

Sometimes your clients simply say "that was really nice" or "very relaxing, and they don't know what else to say."

Try to ask them how a particular move felt, or what a 'named' area felt like when massaged (eg. Shoulders or lower leg). Did they feel any immediate relief from any previously mentioned aches or pains? How was the pressure throughout the massage, could it have been more or less in a particular area? Did they feel warm enough or did they feel secure enough with the draping. Did they feel drowsy, light-headed, or thirsty, need the toilet etc. Please

refer to the **Contra-actions** section in your coursework folder for more conditions your client may experience during the treatment.

You could also ask them about the temperature/lighting of the room during massage. Were they disturbed by any ambient noises? Did they like the music you played during the massage, would they have preferred a different choice of music?

You could make it more metaphysical if your client is so inclined, ask them if they experienced any dreams or day dreams whilst they slept or dozed. Did they see any colours or could they feel the heat/energy emanating from your hands. Did they notice any cold spots or energy dips during the massage?

Encourage them to be honest and open about their experience. Positive, negative and challenging feedback should always be recorded.

This is a learning exercise and can really help to fine-tune your practice, identify CPD areas and what your clients will want from treatments once you are qualified.