

# BODY MASSAGE TREATMENT (8 x 2)

Example

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

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

Question		No	Yes	Comments / Notes
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 <input type="checkbox"/> Localised to: <input type="checkbox"/> Medical Approval Obtained
CLIENTS INITIALS (Not Signature) To confirm details are true.	EM.

## Client Profile (Brief):

### [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.

**Home** Stress Levels: 1 (Low) to 10 (High)

Choose 1 to 10 4

**Work** Stress Levels: 1 (Low) to 10 (High)

Choose 1 to 10 7

## Overall 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.

## Self Reflection (for 8 x 2 case studies only):

### [Minimum 120 words]

Be self-critical – talk about ...

- All the good things you did, which parts of the treatment did you enjoy, which parts you didn't
- Areas of the massage routine where you can improve during the treatment and in the future.
- Could you improve the ambience of the treatment room?
- Did you handle the draping ok, were there any mistakes?
- Did you remember your client care?
- Did you feel hot or cold, were you wearing the right shoes, uniform?
- A critique on your techniques of the different massage strokes.
- Were you able to succinctly articulate the benefits of the treatment, why conditions are contraindicated, advise on the best course of action for the treatment plan and your home-care advice and the importance of specialist input where necessary?
- Your observations of your client's psychological and physiological reactions i.e. contra-actions during and after their treatment (please refer to your course folder for 'contra-actions').
- Client treatment progression.

Don't rely on this list, express yourself and share your own experience. This is a reflective, learning task.

## CPD Identified: (Continual Professional Development – for 8 x 2 case studies only)

### [Minimum 120 words]

This section is about you only, not your client. CPD is about you investing in your professional development, this can be considered as the following ...

**Formal CPD** – this is financial and/or time investment in additional training to extend or refresh your existing skills. Formal CPD tends to earn more CPD points.

**Informal CPD** – this can be researching a condition or contraindication that you have no knowledge of. It can also be writing articles or white papers on services, treatments, conditions or anything else. It could also be Case Studies for your treatments. Informal CPD activity tends to earn less CPD points.

You will discover the need for formal or informal CPD as you engage with and provide treatments for your clients. For example ...

- Many of your clients will want more, or deeper pressure – but your Level 3 course doesn't provide this training, so you would want to *“invest in a deep tissue or BTEC Level 5 training course, to give you the skills to provide deep tissue massage” (This would be formal CPD)*
- Some of your clients may have cellulite, oedema or other conditions which have impaired the lymphatic system, therefore you may want to invest in a Manual Lymphatic Drainage course (This would be formal CPD)
- It could be that your Clients arrive straight from work or the gym, and they've not had time to shower, so you may want to *“learn how to create an oil blended with essential oils to help combat body odour or bacteria on the skin, so investing in an Aromatherapy course would be beneficial” (This would be CPD)*
- Your client may tell you that they have a condition that you are unaware of, in which case you would *“research the condition to find out all that you can, and then write a report on it – for future reference” (This would be informal CPD)*

There are many other variations and reasons why you would want to re-invest or refresh your training. For many companies or associations keeping an up-to-date CPD log is essential.

## TREATMENT 2

### Case Study 1

### How was the Client after the last treatment?

Client comments following last treatment – e.g.: Felt very tired after last treatment when client got home but had a very good nights sleep. For almost three days after felt extremely relaxed and felt as if he was able to cope with stresses a lot better, especially at work.

Noticed they urinated more, felt less tense in particular muscles/areas.

Please note any contra-actions that clients noticed up 72 hours after treatment. Refer to your coursework folder for more information on contra-actions.

### **Home Care Advice:**

This is based on your previous advice. Ask them, have they had chance to adopt any of your suggestions? If yes, how was it, do they feel any benefits? If not, not a problem either but remind them of the HCA goals or suggestions you discussed previously. It could be that you repeat yourself in this area, or you may have additional suggestions based on your latest discussion/treatment.

### **Client Feedback:**

Follow the same information and prompts as the Client Feedback for Treatment 1.

### **Self Reflection:**

Follow the same information and prompts as the Self-reflection for Treatment 1

### **CPD Identified: (Continual Professional Development)**

Follow the same information and prompts as the CPD for Treatment 1. This may be repeated or you may have discovered new reasons for CPD.