

Unit iUSP158 – L5 Conduct complex assessment for sports massage

Case Study No:

Treatment No:

Client Name:

Treatment Date:

CURRENT MEDICAL CONDITION/TREATMENT

INJURY LOCATION:

Subjective Assessment:

(Review changes since last treatment, new/changing symptoms; location of pain, neurological etc)

Pain Nature:

Onset:

Duration:

Daily Pain Pattern:

Aggravating:

Sitting Standing Walking Running

Easing factors:

SIN:



PHYSICAL EXAMINATION

Observations:

Head:

Shoulders:

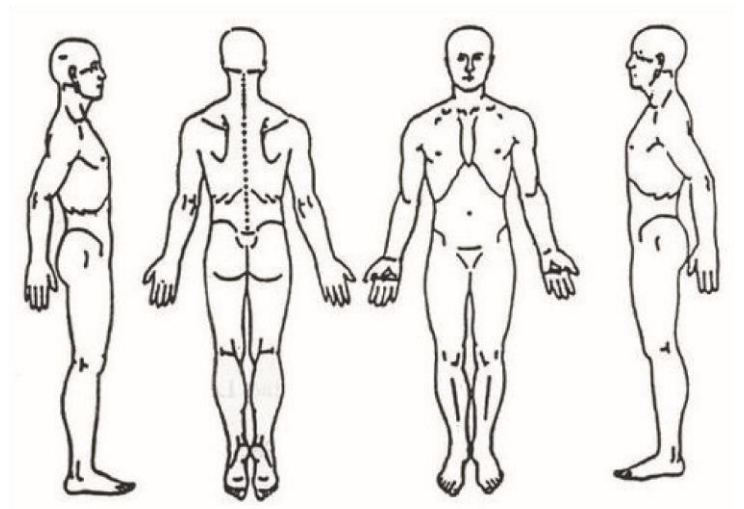
Back:

Pelvis:

Legs:

Feet:

Body Alignment/posture:



Assessment PLAN	
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Joint Movement Tested: to include spinal range and movement of the upper and lower limbs

Joint - Active / Passive ROM	Right	Left	Joint - Active / Passive ROM	Right	Left

Muscle Tests – Isometric Strength Testing – include any muscle length or bulk observations

Muscle Group	Right	Left
Muscle length tests		
Muscle Bulk		

Special Tests

Test	Right	Left	Comments

Functional tests:	
Full postural analysis of symmetry and examination:	
Gait analysis:	
Range of movement findings, identifying strengths and areas for improvement:	
Pre-existing conditions/disease processes: (therapeutic and remedial)	
Devise treatment plan and massage strategies of complex massage techniques:	
Rational for chosen massage strategies:	
Protocols to follow for the chosen complex massage techniques:	

TISSUE RESPONSE THROUGHOUT THE TREATMENT:

HOME CARE/AFTERCARE ADVICE:

EVALUATION OF THE PURPOSE AND BENEFITS OF EACH AFTERCARE METHOD GIVEN:

CLIENT FEEDBACK:

REFLECT ON FEEDBACK RECEIVED AND SELF-ANALYSIS OF TREATMENT:

ADAPT TREATMENT PLANS BASED ON THE EVALUATION OF THE TREATMENT:

Client's Signature

Learner's/Therapist Signature

Date