



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #3: Deep Tissue: Posterior Upper and Lower Body Only

Client _____ Due Date _____ Class 60a _____

Student _____ Group _____ Date _____

Case Study #3:

Client is a 57-year-old recently diagnosed with Parkinson's disease (PD). Client ran track when they were in high school and recently began running again. Client has been feeling tension in posterior and lateral hip and on the lateral sides of their knees. They also mentioned pain and rigidity near their heel and in their neck and shoulders.

Write five client specific questions to ask during the interview:

1. _____

2. _____

3. _____

4. _____

5. _____

Treatment plan and modifications:

Expected Outcomes:



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist



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Outside Massage Form #4: Deep Tissue: Anterior Upper and Lower Body Only

Client _____ Due Date _____ Class 60a _____

Student _____ Group _____ Date _____

Case Study #4:

Client is a 39-year-old weightlifter complaining of tight hips, thighs and shins. Client frequently does weighted squats while gradually adding weight. Client complains of limited ROM at hips and ankles.

Write five client specific questions to ask during the interview:

1. _____

2. _____

3. _____

4. _____

5. _____

Treatment plan and modifications:

Expected Outcomes:



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist
