

Instructions for Outside Massage Forms

(due classes 43a, 60a, and 85a)

How to complete and turn in your OMFs for credit:

1. Go to <https://www.tlcmassageschool.com/students/current-students/> and find Outside Massage Forms and Intake/SOAP notes near the bottom of the page under **Password Protected Resources**. Click it. The password is: TLCstudent
2. Here you will find a link to these instructions, and PDF copies of these assignments and extra intake forms and SOAP notes.
3. Click the link to open the OMF that you need to complete. Download this document to your computer's desktop (or somewhere easy to remember). It may automatically download to your downloads folder. If you can't click and type on the lines of the document, try right clicking the file and choose 'Open with' and select google chrome or safari.
4. Open the document, I will be using OMF #1 as my example. Type in your name and give your client a name as well. For this exercise, you will not be working on a client, but we encourage to practice as much as you can safely and without exhausting yourself. Also enter your group name and the day's date. This case study says: Client is a 58-year-old disabled, morbidly obese person presenting with pain and stiffness in their right shoulder.
5. Using the information provided, come up with 5 relevant questions you might ask this client during the interview. Don't type the typical, 'What brings you in today? What is your focus area? What kind of pressure? Where to avoid?', kind of questions. You will be asking those questions every time regardless. If you are having trouble, ask your instructor for suggestions.
6. Treatment plan and modifications: As a massage therapist, how would you change and customize this session to fit your clients' needs? Which techniques are indicated and contraindicated? Would you start prone, supine, or side lying? How long should the session be? How often should the client get massage? Should the client be referred out to another professional?
7. Now imagine after interviewing this client and gathering all of this information, you formed a tailored treatment plan for your client's visit today, and now you just finished massaging them. How might you expect them to feel afterwards? What do you imagine are their post massage (immediate), 24-48 hours after, and one week later outcomes might be? Do you expect changes in their balance, musculature, level of stress, sleeping pattern, mobility, range of motion, etc?
8. Once the first OMF is complete, you'll need to complete a treatment record (SOAP notes) for this session. Using the information that you gathered, fill this page in entirely. **Any blank left on this page could result in an incomplete assignment and cost you 20 points.** So please be sure to double check your work.
9. The assignment is complete when you fill out both case studies and both SOAP notes. Make sure to save your work as you go. When you are satisfied with its completion, email that file to education director, Cristel McCarty, at Cristelm@tlcschool.com to be graded. She will email you back letting you know that it has been received, if you do not receive an email within 3 business days, it is your responsibility to send it again. Assignments turned in late will have 20 points deducted. Incomplete assignments will not be accepted, will result in a 0, and must be resubmitted.
10. Any questions or concerns can be sent to: Cristelm@tlcschool.com