

## 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)

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**O: Objective** or findings made by the therapist

(client posture, client movement, palpation of client during interview, details of focus area treatment)

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**Prone:**

**Supine:**

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**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:**

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**P: Plan** or a strategy for further care

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

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

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# Technique Check List

## BMTs - Prone

- ☐ Spinal Rotation & Release with Erector Compressions
- ☐ Shoulder Mobilization with Trapezius Compressions
- ☐ Scapular Mobilization with Trapezius & Deltoid Compressions
- ☐ Deltoid & Triceps Brachii Coarse Vibration
- ☐ Gluteal & Hamstring Compression with Knee & Hip Mob.
- ☐ Ankle Mobilization with Gastrocnemius Compressions
- ☐ One Handed Gastrocnemius & Soleus Jostling
- ☐ Ankle & Knee Mobilization with Plantar Compressions
- ☐ Prone Full Body Rocking Compressions

## BMTs - Supine

- ☐ Supine Hip Rotation with Leg Compressions
- ☐ Pulsing Hip Traction from the Ankle
- ☐ Hip Medial Rotation & Release from the Ankle
- ☐ Unilateral Ribcage Compression and Mobilization
- ☐ Bilateral Upper Ribcage Compressions
- ☐ Shoulder Mobilization with Pectoral Compressions
- ☐ Supine Deep Lateral Friction & Release on the Rhomboids
- ☐ Wrist, Elbow & Shoulder Mobilization
- ☐ Head & Neck Rotation with Post. Cervical Comp. & Release
- ☐ Alternating Scapular Depression with Trapezius Comp.

## Deep Tissue - Prone

- ☐ Infraspinatus and teres major: deep effleurage
- ☐ Triceps brachii: deep effleurage
- ☐ Upper traps, supraspinatus, levator scapula: deep effleurage
- ☐ Rhomboids: deep effleurage
- ☐ Erector spinae: deep effleurage
- ☐ Quadratus lumborum: deep effleurage
- ☐ Lats, erectors, and gluteals: broad cross fiber
- ☐ Gluteus maximus: deep effleurage
- ☐ Hamstrings: deep effleurage
- ☐ Hamstrings: deep transverse friction and melting
- ☐ Gastrocnemius and soleus: deep effleurage
- ☐ Gastrocnemius and soleus: stripping

## Deep Tissue - Supine

- ☐ Tensor fasciae latae: BMT fiber spreading
- ☐ Sartorius and vastus medialis: deep effleurage
- ☐ Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- ☐ Distal quadriceps: petrissage / wringing / fiber spreading
- ☐ Tibialis anterior & ankle / toe extensors: deep stripping
- ☐ Pectoralis major: compressive effleurage
- ☐ Pectoralis major: superficial and deep friction
- ☐ Anterior deltoid, biceps, brachialis: BMT fiber spreading
- ☐ Forearm flexors and extensors: superficial and deep friction
- ☐ Forearm flexors and extensors: Stripping with traction
- ☐ Thenar and hypothenar eminences: cross fiber friction

## Passive Stretches - Prone

- ☐ Quadriceps femoris

## Passive Stretches - Supine

- ☐ Low back
- ☐ Gluteals
- ☐ Adductors
- ☐ Tibialis anterior
- ☐ Gastrocnemius and soleus
- ☐ Pectoralis major
- ☐ Latissimus dorsi
- ☐ Rhomboids
- ☐ Neck lateral flexion
- ☐ Neck rotation

## Orthopedic - Piriformis & Sacroiliac

- ☐ S.I. ligament: deep transverse friction
- ☐ Piriformis: deep longitudinal stripping
- ☐ Piriformis: pin and stretch
- ☐ Piriformis: PIR deep longitudinal stripping
- ☐ Piriformis: passive stretching after PIR

## Orthopedic - Low Back Pain

- ☐ Lumbar & lamina groove: deep stripping
- ☐ QL: deep longitudinal stripping
- ☐ QL: pin and stretch with active engagement
- ☐ QL: active assisted stretch after PIR
- ☐ Iliopsoas: active-assisted stretch after PIR

## Orthopedic - Rotator Cuff & Carpal Tunnel

- ☐ Transverse carpal ligament: myofascial release
- ☐ Supraspinatus tendon: deep transverse friction
- ☐ GH rotators: stripping w / active engagement
- ☐ GH rotators: passive stretch
- ☐ Subscapularis: deep friction and melting

## Orthopedic: Thoracic Outlet

- ☐ Vertebrobasilar sufficiency test (VBI test)
- ☐ Pectoralis minor: pin and stretch
- ☐ Scalenes: stripping after PIR
- ☐ Scalenes: stripping with active lengthening
- ☐ Brachial plexus: nerve mobilization

## Orthopedic: Neck Pain

- ☐ Posterolateral neck: deep stripping
- ☐ Cervical lamina groove: deep stripping
- ☐ Cervical extensors: PIR deep stripping
- ☐ Cervical lateral flexors: PIR deep stripping
- ☐ Passive Stretches: lateral flexion and rotation