MS 0016
The Lauterstein-Conway
Massage School & Clinic
www.TLCschool.com

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

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