

## Case Studies

25b (hydro) Dave is a 53 year old architect of information. He usually receives 5 or 6 massages a year but he hasn't had one since the start of the pandemic. He works for long periods in front of his computer. He has pain in his back and neck. Additionally, he feels very stressed. He is looking for relief from his back, neck, and stress. He would also love a nice scrub for his rough hands due to frequent washing and hand sanitizer.

26b (hydro) Joyce is a 63 year old woman with joint stiffness and soreness around the shoulder, ankles and knees. She is on no medications and has had no significant previous injuries. She loves hot treatments but is cold averse. She has no skin allergies and loves essential oils in her treatment. She wants focused work around her shoulders, knees, ankles.

27b (hydro) Client is a 36 year old woman experiencing low back pain on the right side. She works a retail job that involves lots of standing and walking. Her pain is frequently worse at the end of a work day and is severe enough to limit exercise and sleep. She feels that a surgical repair of her left ACL 10 years ago and a severe car wreck that broke her left ankle 20 years ago could be factors that contribute to her current condition. Her goals for massage therapy are to move better and with less pain so that she can begin an exercise program.

28b (hydro) Melva has kyphosis at the base of the neck on the posterior side. During previous palpations it was mentioned that she has tension in the posterior and lateral sides of her neck. She would love to feel better. She has been experiencing Raynaud's syndrome and took ibuprofen this morning for the pain.

30b (Stretches upper) Kenya is an avid bowler and has experimented with the varying weights of the bowling balls. She recently switched to a heavier ball combined with a special one handed spin technique, which has upped her bowling average greatly but also caused her to feel restricted in her shoulders and neck. She is hoping massage will help loosen her up before her next competition.

31b (Stretches lower) Rodney is a high school freshman and is planning on joining the basketball team. Tryouts are in a few weeks and he has been running hill sprints and stairs in preparation. He feels like his ankle and hip mobility has decreased since he started to lift weights to increase his power. He isn't in pain but doesn't want to be injured before tryouts.

32b (All stretches) Maryann is training for a half marathon in 2 months. She receives regular massage and expects stretches blended with Swedish techniques. No Deep tissue. Feels restricted in her low back and ankles.

33b (Chair massage) Jorge presents with lower back pain on the right side of his ilium from overstretching last Thursday. He's 28 years old, gets little exercise due to his full time desk job and online school.

34b (Chair review) Samson complains of neck and shoulder pain. He is nervous and hesitant to take off his clothes because he has never had a massage before. He just started a new job at the grocery store bagging groceries and is required to bend over quite a bit at work.

35b (Int Swedish and stretches) Maria is a professional cheerleader for a state football team. She is in charge of making sure all of the gals are getting their routines down and that sometimes requires her to do more sitting than she wishes. She has been feeling tight in her hips and upper body. She is quite limber but doesn't necessarily want to be stretched to the max.

38b (BMTs prone) Karla is an 80 year old retired gymnast who loves receiving body mobilizations in her massages. She gets one every week and has few issues in her tissues. She did get her left hip replaced in the last 6 months and occasionally receives physical therapy for it.

39b (BMTs supine) Rufus is a 43 year old car mechanic who suffers with carpal tunnel syndrome in his right hand. He is married and has 2 young kids that wear him out after his long arduous day at the shop.

40b (BMTs all) Jetson is an astrophysicist who recently returned from the Moon! He is almost retired and would like a nice relaxing but invigorating massage to help with the effects that limited gravity may have had on his bone density.

43b (Int Swedish, BMTs, and stretches) Client is a 21 year old computer science college student taking all his courses online due to the COVID-19 pandemic. He enjoys playing frisbee golf and played this past weekend and now his right arm and shoulder are sore. He also has a lot of neck and shoulder pain and tightness in his legs from sitting so many hours for class. His goal is to relieve some of the soreness in his arm and shoulder, as well as, alleviate the chronic pain in his neck and upper back.

46b A 60-year old woman reported experiencing symptoms of Raynaud's syndrome for the past 15 years. Her doctor has her on aspirin therapy (2years) for better circulation. She has been experiencing ecchymosis (bruising's/black & blue marks) on all parts of body (especially limbs) due to the aspirin therapy. Client is interested in a massage for relaxation and to decrease stress.

47b (side-lying) An established, very athletic client of yours comes in for her quarterly massage and happily announces she is 13 weeks pregnant! She usually enjoys a very deep, cleansing Swedish and deep tissue massage, particularly addressing her tendency toward constipation and extreme lumbar lordosis. She has also recently increased her preparation for a 5K race next month that she still intends to run, as long as her fairly intense nausea eases up by then. This is the third pregnancy for this 28 year old woman. She has no high risk factors and has had no problems with her previous pregnancies. Her midwife expects this to also be a low risk, uncomplicated pregnancy.

48b (side-lying) Allie is a 24 year old pregnant client. This is her first pregnancy. She is currently 28 weeks along. Allie is presenting with low back pain, swelling in her ankles, and post nasal drip. She is a little nervous because this is her first massage.

49b (side-lying) Suzy sought out pregnancy massage to relieve discomforts during her third trimester. She is 33 years old, with a 4 year old little girl to care for at home. Suzy has a history of chronic upper back stiffness and soreness. With the additional stress of the weight of her belly, her upper and lower back was in a lot of pain. She was struggling to lift her 4 year old without causing pain in her low back. She also is finding that her feet and fingers are swollen by the end of the day. She has no high risk factors and had no problems with her previous pregnancy.

52b (Int Deep Swedish) An established client calls to make an appointment after finding out from her doctor she is experiencing a condition called Bell Palsy. She is a healthy 44 year old woman who works at an accounting firm. She woke up the day before and the right side of her face was drooping and felt paralyzed. She is interested in having work especially to address her condition, as well as relax.

53b (DT post upper) Aki started hiking long trails when he was a small boy with his father. He loved the outdoors so much that he bought some land near a lake and recently began to construct a log cabin. Although he has a contractor and workers, he has insisted on carrying some of the logs and tools himself. Once the frame was raised, Aki realized, his back was not happy with him. It's been 2 weeks from the initial pain and inflammation has gone down but he still feels the residual tension.

54b (DT post lower) Yoshi recently started bodybuilding to enter the fall competition for amateurs. She has been slowly increasing her squat, deadlift, and hip thrust weight. She is starting to feel tired and more sore after her workouts and could use a nice pick me up. She is concerned that deep tissue might cause her pain if the therapist goes too deep or too fast and set her back in her training.

55b (DT post review) Sasha loves her meat and potatoes. She has been training hard in parkour stunts especially from high places. While her parents think what she does is dangerous, her only concern is the muscle tension in her body from the powerful launches she makes and bruising she feels when she hits a roof or the ground too hard when she lands.

57b (DT ant lower) Coni is an avid gardener and a loving grandmother of 2. She spends her quiet time reading in her chair or out with her plants and flowers. Her not so quiet time is spent entertaining and cleaning up after her curious and mischievous grandchildren. While she retired a few years ago and her fibromyalgia flares up monthly, she could really use a massage.

58b (DT Chest and Arms) Andrea is a 36 year old tennis player who is complaining of tight pecs, shoulders, and arms. She has been experiencing pain and tenderness in her lateral epicondyle for a few weeks now since her last tournament. She receives regular deep tissue massage.

59b (DT ant review) Client is a young college student home for the winter holiday. While home, he played the violin for Christmas Midnight Mass, however, he had not played his violin since last year. Between practice and the performance, his arms, especially his right forearm and hand, are extremely sore. He has psoriasis, but only a mild case on his back and knees with no open sores. He hopes to relieve some of the pain in his arm and hand. He prefers deep pressure.

60b Santos works in post secondary education and is feeling the stress of midterms, maybe more than his students. He has been seeing a chiropractor over the last year but his head and low back are still bothering him. He's up for anything this session, chair massage, side-lying, BMTs and/or stretches. He wants to relax but also feel engaged.

61b (FB deep tissue) Jonas is coming in for a 2 hour deep tissue session. He has had many massages from all over the world and really enjoys each therapist's unique style and techniques. He can handle quite a bit of pressure but assures you that he doesn't want you to burn out or injure yourself. He doesn't have any complaints or focus areas but would love for a full body session.

63b (integration) Chloe is also getting the same Swedish massage for many years. Her friends recently told her that she could request stretches and BMTs. Even deep tissue! She is very new to all of this and a little nervous and excited for the change. She will require more explanation and guidance throughout the massage.

66b (side-lying) Sarah is a loving mom of 3 with a 4<sup>th</sup> on the way. She is currently 6 months pregnant and expecting no complications. Like her last 3 pregnancies, she is experiencing pain and swelling in her wrists and has a deep ache in her lower back. The only difference with this pregnancy is that she feels the need to use the restroom almost every hour. She usually gets a massage every other month during all of her pregnancies.

68b (integration massage) A 60-year-old man with chronic back pain received four massages over a month. Client reported on his level of pain and difficulty with daily activities and quality of life reporting extremely tight lower back muscles (erectors, trapezius). This chronic muscle pain is due to repetitive stress from weight lifting.

71b (sports massage) A 34-year-old female triathlon athlete complaining of pain in glutes, calves, and deltoids. Last event was 2 months ago and her next event is in 6 weeks. She receives massage almost once a week. Her last massage therapist retired. She's feeling more anxious about her upcoming event and is hoping to feel engaged but relaxed.

73b (Piri/SI) Claire is a 27 year old professional soccer player who went dancing over the weekend. The day after dancing, she noticed her low back hurt and she had inflammation at the SI joint. Claire saw her chiropractor for an adjustment and he suggested that she get a massage in the next week to address it. It's been almost a week since her visit.

74b (Piri/SI) Enrique is a retired professional soccer who had a greenstick fracture in his early years. His old injury still bothers him especially when it rains or is cold outside. It's been a while since his last massage. He tends to overcompensate leading to SI pain.

75b (Piri/SI) Paula has a low back injury and herniated disk from the army resulting in chronic pain in the back, specifically the lumbar region. She sees a chiropractor and receives massage regularly. She is interested in trying some stretches and myofascial release. Recently she noticed to pain has been more focused in the back of her hips.

76b (LBP) Akeem is a nurse who works 4 12-hour shifts a week. He's noticed that his back has been aching with paresthesia more lately. He also complains of foot and calf tension. He works overnights and during his time off, he wants to try something to alleviate his pain.

77b (LBP) Keysha has 2 young kids that love to rough house. During one of their play sessions, Keysha strained her back. She's been using hot and cold packs with NSAIDS to help with the pain. Even though the area is still tender, Keysha would love a massage.

78b (LBP) Jonathon is an older gentleman who plays cards at a retirement center 4 days a week. Lately, his left shoulder and upper back have been bothering him more frequently. He noticed that when he is losing he tends to clench his fists under the table and stiffen his body which causes pain in his low back after time. Overall, Jonathon would like relief from the pain and to de-stress.

79b (RC/CT) Kayla is a new massage therapist who loves giving all of her friends massages. She is so enthusiastic that she has overworked her shoulders, wrists, and thumbs. She is about to start clinic and is in need of tension relief from a fellow student who is further in the program.

80b (RC/CT) Jack is a new baseball player and has been training to become the backup pitcher. He reports soreness and stiffness in his left shoulder (pitching arm). He is seeking pain relief and an improvement in his range of motion. Jack's Mother has signed the written consent form with him, as Jack is 16.

81b (RC/CT) Lee is an amateur tennis player with tension in his right shoulder, arm, and hand. He feels pain in his wrist as well. He hasn't seen a Dr yet and is hoping massage will take the edge off before he schedules the appointment.

82b (TOS) Jerome started taking online cooking classes during quarantine and has amassed a variety of skills. Some on those skills require strong hand-eye coordination and Jerome sometimes loses his mindfulness around his posture and muscle tension. Lately, his hands have been feeling cold and tingly while his neck ache has increased over the last few weeks. He wants to start an online cooking show soon, HELP!

83b (TOS) Jess is a student massage therapist who loves giving her all in every massage. She had a massage in clinic where the therapist squeezed with firm pressure on their return stroke during the effleurage of the back. Jess has been doing this multiple times during every massage. Months later, she's noticing that her arms feel heavy and her fingers get cold easily.

84b (TOS) Matt is a PC game designer with constant work behind a desk and keyboard for over 6 years. The last 3 months, he has been working mandatory overtime to get the game released on time. Matt reports stiffness in his neck and constantly cold hands. He is seeking relief and relaxation.

85b (Neck pain) Darryl is 29 years old who works in a lab studying microorganisms. He is constantly looking down and at the end of the day when he's driving home, he notices a deep aching strain in his posterior neck that lasts for hours. He has never had a massage before and is unsure what to expect.

86b (Neck pain) Kevin Malone is a 42 year old working in a modern American office. He is an accountant and is constantly working on his computer. He complains of neck pain and says he's struggling to work due to the pain. There's a chair massage therapist that visits twice a month but it just isn't cutting it anymore.

89b (Mock MBLEx) Tai is a librarian at one of the largest libraries in the world. She frequently uses the stairs and walks over 10k steps a day. She loves her job but as she approaches 50 she realized that she needs to do more self care. She wants to start by receiving more regular body work. Doesn't matter what kind, she wants to try it all!

90b (DM Back) Scott Calvin is a toy deliverer who works holidays at around 150 hours per week. He's noticed that his right shoulder has been aching more lately. He also complains of low back and gluteal tension. He works night and day and needs his pain to be alleviated as best as possible before December 24th.

91b (DM Legs) Sara is a runner who is complaining of low back tightness and pain in her TFL. She is seeking relief from the tightness and pain as well as relaxation from a full body massage.

92b (DM Prone) Sandra is a working mom of 3 and is seeking a massage for deep relaxation. She is complaining of leg tension specifically in her knees and lower leg. She is used to massage and would like deep pressure with a strong relaxation focus.

93b (DM abs, chest, arms) Dwight is a 42 y/o man who works as a distributing coordinator for a paper company. He works long hours in a warehouse moving boxes and supplies and is seeking ultimate relaxation to get his mind off of work. He complains of consistent neck pain along with upper back stiffness from constantly leaning forward. He rarely gets massage but is open to techniques that will get him into a deeper state of relaxation.

94b (DM neck, face, scalp) Savannah is suffering from mild allergies, a low grade headache, sinus pressure, and neck pain from sneezing so much. She is feeling better today than she has the entire week. She has received Deep Massage before and is hoping that today's session will help her reconnect her body and mind.

95b (DM supine) Chad is a college student who is obsessed with getting a perfect set of abs. He has been doing sit-ups and crunches twice per day, everyday for a couple of weeks and he is complaining of abdominal soreness and stiffness. He is seeking massage to relieve himself of his abdominal soreness. He is also seeking a relaxing full body massage.

96b (DM full body) Connor is a mixed martial artist who just fought 3 weeks ago and is planning taking a 2 month break. His swelling is gone from his last fight but he still is experiencing soreness on his face, abdominals, and upper and lower legs. He is seeking a deeper sense of relaxation to escape from his vigorous training.

98b (Mock MBLEx) Earl is a burn out who recently decided to make a positive change in his life after getting hit by a car. He spends most of his time helping others and not taking care of himself. He has been experiencing low back pain for a while and is having trouble picking things up off the ground.

99b Selena is celebrating the completion of and her graduation from Massage Therapy School! It's been a long 9 months and she is looking for someone to help her relax but not too much before she takes her MBLEx. She's noticed some tension in her upper traps and hands from poor body mechanics in clinic. She realizes that she is also more sensitive to pressure than most clients.