

Instructions for Case Studies

(due 15 minutes before the end of class)

How to complete and turn in your case study:

1. Go to <https://www.tlcmassageschool.com/students/current-students/> and find Outside Massage Forms, Case Studies, and SOAP notes near the bottom of the page under **Password Protected Resources**. Click it.
2. Select Case Studies and it will take you to these instructions, a blank case study (editable PDF), starter case studies for classes 4-19, a PDF list of case studies for classes 25-99, and a treatment record/SOAP notes instructions and sample.
3. Click the link to open the blank case study or the starter case study 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, trying right clicking the file and choose 'Open with' and select google chrome or safari.
4. Open the document from your desktop or download folder. Type in your name and give your client a name as well. Also enter your group name (May 2021, etc) and the day's date. Use the class case study list to find the case study for that class. Go to File, Save As, and save this case study as the class number, for example 32b Case Study.
5. Using the information provided, come up with 5 unique 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. We want you to think outside of the box.
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 would 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 case 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.** So please be sure to double-check your work.
9. The assignment is complete when you fill out both the case study and SOAP notes. Make sure to save your work as you go. When you are satisfied with it's completion, email that file to your instructor. In the subject line type the class number, case study, and your name, for example, 32b Case Study Cristel McCarthy. Case studies must be turned in at least 15 minutes before the end of class to be accepted.
10. Any questions or concerns can be sent to: Cristelm@tlcschool.com