



**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:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**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)

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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