

## 98a Critical Thinking Case Studies

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
	<b>Reminders</b> 10 minutes before class begins display the reminders slide.
5	<b>Attendance and Breath of Arrival</b>
15	Case Studies
10	Discuss
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30m	<b>Total Class Time</b>

### Learning Outcomes

- Class Level: Preparation for the licensing exam.

### Class Schedule – Student Preparation

- .5-hour class.

### Class Schedule – Assignments and Exams

- Case studies
- There are **TWO OPTIONS** for doing the case studies

### Materials, Equipment, and Supplies

- Case study forms and clipboards- Print 1 for each student (all 5 scenarios, stapled and/or hole-punched, and 2-sided)
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser

### Thoughts, Advice, or Warnings

#### OPTION 1

- During roll, instruct students to divide up into five groups (groups should consist of at least three students, so there may be fewer than five groups).
- Assign each group and case study number 1 through 5.
- Students should read the selected case study for their group and use the prompts on the case study handout to brainstorm the most optimal treatment plan for this client.

- Interview questions should be unique to this client, not generic.
- Treatments can include hydrotherapy, stretches, BMTS, ortho, DT, DM, side-lying, referring out, etc.
- Students will have about 15 minutes to design an appropriate treatment plan.
- Once time is up, the instructor can go around to each group and quickly debrief each case study during the remaining time. The PowerPoint can help guide the discussion.
- The case study summaries listed **below** contain discussion starters to aid the instructor in leading the discussion. These are not for the students.
- Each student should receive the class 98a case study handout that contains all of the case studies for their binder. The handouts are on the faculty page under class outlines and in the Teacher's office in the Teacher Resources folder for the instructor to print.

## OPTION 2

- During roll, each student should receive the class 98a case study handout that contains all of the case studies for their binder. The handouts are on the faculty page under class outlines and in the Teacher's office in the Teacher Resources folder for the instructor to print.
- The instructor and the class should pick one or two case studies to discuss during the remaining time. The case studies are number from 1-5.
- The class reads the selected case study and uses the prompts on the case study handout and in the PowerPoint to brainstorm the most optimal treatment plan for this client.
- Interview questions should be unique to this client, not generic.
- Treatments can include hydrotherapy, stretches, BMTS, ortho, DT, DM, side-lying, referring out, etc.
- Students will have about 15 minutes design an appropriate treatment plan.
- Once time is up, a second case study may be selected to discuss.
- The case study summaries listed **below** contain discussion starters to aid the instructor in leading the discussion. These are not for the students.

## 98a Critical Thinking Case Study #1

### Case Study

Jorge Is a football player who has recently noticed a loss of shoulder abduction. He is wanting a massage to help address what he thinks are adhesions or scar tissue that are limiting his movement.

### General Interview Questions

What brings them in:

Where to focus:

Where to avoid:

Pressure:

Preferences (pressure, lubricant, etc.):

Diagnosis/Allergies:

Other:

### Client specific questions to ask during the interview

1. **Medical History:** Are you currently under medical care for your shoulder issue? Have you been diagnosed with any specific conditions or injuries related to your shoulder?
2. **Previous Treatments:** Have you undergone any treatments or therapies for your limited shoulder abduction? This could include physical therapy, chiropractic care, or other interventions.
3. **Range of Motion:** Can you describe the extent of your shoulder's limited abduction? How far can you comfortably lift your arm sideways?
4. **Triggers:** Are there specific movements or activities that worsen your shoulder condition? Are there any positions that alleviate or aggravate the discomfort?
5. **Sensations:** Are there any areas of your shoulder that are particularly sensitive or painful to the touch?
6. **Medications and treatments:** Inquire about any medications the client is taking or treatments they have tried for the pain. This includes both over-the-counter and prescription medications.

## **Considerations**

**Assessment:** Muscle testing, ROM, palpation

**Helpful stretches/BMTs:** Lats, Pec Major, Deltoids and Triceps Coarse Vibration, Scapular Mobilization with Trap and Deltoid Compressions, Shoulder Mobilization with Trapezius Compressions

**Other:** Supraspinatus stripping, Rotator Cuff orthopedic protocol

**Create a treatment plan for this client. List the position, time on area, techniques used or avoided, critical points for client communication and check-in, etc.**

**Plan for future care**

**Expected outcomes**

## 98a Critical Thinking Case Study #2

### Case Study

Sam is a construction worker Is complaining of muscle tension in his lower left leg. He is wanting a massage to promote some tissue relaxation.

### General Interview Questions

What brings them in:

Where to focus:

Where to avoid:

Pressure:

Preferences (pressure, lubricant, etc.):

Diagnosis/Allergies:

Other:

### Client specific questions to ask during the interview

1. **Description of the pain:** Ask the client to describe the pain in detail. Is it aching, sharp, dull, throbbing, or shooting? Is the pain constant or intermittent?
2. **Location of the pain:** Ask the client to point to or describe the exact location of the pain in the lower leg. This can help identify specific muscles or areas that may need attention.
3. **Frequency and intensity:** Ask how often the pain occurs and how intense it is. This helps assess the impact of the pain on their daily life.
4. **Triggers and aggravating factors:** Determine if certain activities, positions, or movements worsen the pain. This can help avoid exacerbating the issue during the massage.
5. **Alleviating factors:** Find out if there are any activities, positions, or interventions that provide relief from the pain. This can guide the massage therapist in selecting appropriate techniques.

6. **Medications and treatments:** Inquire about any medications the client is taking or treatments they have tried for the pain. This includes both over-the-counter and prescription medications.
7. **Range of motion:** Assess the client's range of motion in the affected leg. This can help identify any limitations or restrictions.

### **Considerations**

**Assessment:** Muscle testing, ROM, palpation

**Helpful stretches/BMTs:** Gastroc and Soleus, Tibialis Anterior, Ankle Mobilization with Gastroc Compressions, Ankle and Knee Mobilization with Plantar Compressions

**Other:** Tapotement to aid In relaxation and desensitize nerve endings

**Create a treatment plan for this client. List the position, time on area, techniques used or avoided, critical points for client communication and check-in, etc.**

**Plan for future care**

**Expected Outcomes**

## 98a Critical Thinking Case Study #3

### Case Study

Tyler Is an industrial worker who has sustained a significant ankle Injury of his right leg. He has been resting and elevating his leg, and putting ion it, along with a compression bandage. After eight days he wants relief from the significant swelling in his ankle.

### General Interview Questions

What brings them in:

Where to focus:

Where to avoid:

Pressure:

Preferences (pressure, lubricant, etc.):

Diagnosis/Allergies:

Other:

### Client specific questions to ask during the interview

1. **Medical History:** Are you currently under the care of a healthcare professional for your ankle injury? Have you had any recent X-rays, MRI, or other diagnostic tests done? What was the diagnosis provided by your healthcare provider?
2. **Mobility and Range of Motion:** How has the injury affected your ankle's mobility and range of motion? Are there any movements or positions that cause more discomfort or pain?
3. **Swelling and Inflammation:** Have you noticed any swelling or inflammation around the
4. **Previous Massage Experience:** Have you had a massage before, and did it help or exacerbate your ankle condition? Were there any specific techniques that worked well or caused discomfort?
5. **Medications and Treatments:** Are you currently taking any medications or undergoing any other treatments for your ankle injury? This includes pain relievers, anti-inflammatory drugs, physical therapy, or other therapies.
6. **Doctor's Clearance:** Have you received clearance from your doctor or healthcare provider to undergo massage therapy for your ankle injury?

## **Considerations**

**Assessment:** Muscle testing, ROM, palpation

**Helpful stretches/BMTs:** Gastroc and Soleus, Tibialis Anterior, Ankle Mobilization with Gastroc Compressions, Ankle and Knee Mobilization with Plantar Compressions, One Handed Gastro and Soleus Jostling, Pulsing Hip Traction from the Ankle

**Other:** Deep effleurage strokes, thumb compressions medially around ankle towards the heart to drain edema

**Create a treatment plan for this client. List the position, time on area, techniques used or avoided, critical points for client communication and check-in, etc.**

**Plan for future care**

**Expected outcomes**



## 98a Critical Thinking Case Study #4

### Case Study

Nickee is a swimmer who is complaining of low back pain. They would like to regain their normal flexibility.

### General Interview Questions

What brings them in:

Where to focus:

Where to avoid:

Pressure:

Preferences (pressure, lubricant, etc.):

Diagnosis/Allergies:

Other:

### Client specific questions to ask during the interview

1. **Nature of the pain:** Ask the client to describe the pain they are experiencing. Is it a dull ache, sharp pain, or throbbing sensation? Understanding the nature of the pain can help tailor the massage approach accordingly.
2. **Intensity and location of pain:** Have the client show you precisely where they feel the pain and ask about the intensity level on a scale from 1 to 10. This information will assist you in targeting the affected area effectively.
3. **Range of motion:** Ask about any limitations in their wrist's range of motion; include circumduction, adduction, abduction. This can provide insights into the extent of the issue and help you plan appropriate massage techniques.
4. **Occupation and daily activities:** Learn about the client's profession and daily activities to understand potential repetitive motions or stressors that may be aggravating the wrist pain.
5. **Medical treatment:** Find out if the client has sought medical advice or treatment for the wrist pain and if they have received any diagnoses or recommendations from healthcare professionals.

## **Considerations**

**Assessment:** Muscle testing, ROM, palpation

**Helpful stretches/BMTs:** Low Back, Gluteals, Quadriceps Femoris, Pulsing Hip  
Traction from the Ankle

**Other:** Low back kneading and skin rolling techniques, orthopedic low back  
protocol (incl. myofascial assessment and release)

**Create a treatment plan for this client. List the position, time on area, techniques used  
or avoided, critical points for client communication and check-in, etc.**

**Plan for future care**

**Expected outcomes**

## 98a Critical Thinking Case Study #5

### Case Study

Mary is a biker who suffered a broken radius about one year ago. She recently began suffering from localized pain and loss of wrist extension and pronation/supination. She is looking forward to riding comfortably soon.

### General Interview Questions

What brings them in:

Where to focus:

Where to avoid:

Pressure:

Preferences (pressure, lubricant, etc.):

Diagnosis/Allergies:

Other:

### Client specific questions to ask during the interview

1. **Nature of the pain:** Ask the client to describe the pain they are experiencing. Is it a dull ache, sharp pain, or throbbing sensation? Understanding the nature of the pain can help tailor the massage approach accordingly.
2. **Intensity and location of pain:** Have the client show you precisely where they feel the pain and ask about the intensity level on a scale from 1 to 10. This information will assist you in targeting the affected area effectively.
3. **Range of motion:** Ask about any limitations in their wrist's range of motion; include circumduction, adduction, abduction. This can provide insights into the extent of the issue and help you plan appropriate massage techniques.
4. **Occupation and daily activities:** Learn about the client's profession and daily activities to understand potential repetitive motions or stressors that may be aggravating the wrist pain.
5. **Medical treatment:** Find out if the client has sought medical advice or treatment for the wrist pain and if they have received any diagnoses or recommendations from healthcare professionals.

## **Considerations**

**Assessment:** Muscle testing, ROM, palpation

**Helpful stretches/BMTs:** Wrist, elbow, and shoulder mobilization

**Other:** Use thumbs to locate scar tissue and then begin light strokes parallel to the radial muscles, gradually making the strokes deeper

**Create a treatment plan for this client. List the position, time on area, techniques used or avoided, critical points for client communication and check-in, etc.**

**Plan for future care**

**Expected outcomes**