



## 98a Critical Thinking Case Studies

\*\*\*Refer to class outline for details. Print the  
case study handouts before class.\*\*\*



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## Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	Case Studies
<u>15 minutes</u>	Discuss
60 minutes	Total



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## Class Reminders

- **Preparation for upcoming classes:**
  - 98b 90-minute Receiver's Choice Trades
  - 99a Completion
  - 99b Exit Interview (15 mins; scheduled once you get completion email from Tila)



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*



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- Decide if the case studies will be discussed as a class or by splitting up into groups.
- Select one of the 5 case studies.
- Follow the prompts on the case study handout to design a treatment plan for the client.



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### **GROUP DISCUSSION**

Process each scenario as a class, or  
share the answers from each group for each scenario.



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## **Case Study #1**

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.





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## Case Study #1 Discussion

- General interview questions
- Client specific questions to ask during the interview
- Considerations
  - ✓ Assessment
  - ✓ Helpful stretches/BMTs
  - ✓ Other
- 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



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## **Case Study #2**

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.



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## Case Study #2 Discussion

- General Interview Questions
- Client specific questions to ask during the interview
- Considerations
  - ✓ Assessment
  - ✓ Helpful stretches/BMTs
  - ✓ Other
- 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



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## **Case Study #3**

Tyler is an industrial worker who has sustained a significant ankle injury of his right leg. He has been resting and elevating his leg, putting ice on it, and wrapping it with a compression bandage.

After eight days he wants relief from the significant swelling in his ankle.



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## Case Study #3 Discussion

- General Interview Questions
- Client specific questions to ask during the interview
- Considerations
  - ✓ Assessment
  - ✓ Helpful stretches/BMTs
  - ✓ Other
- 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



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## **Case Study #4**

Nickee is a swimmer who is complaining of low back pain.

They would like to regain their normal flexibility.



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## Case Study #4 Discussion

- General Interview Questions
- Client specific questions to ask during the interview
- Considerations
  - ✓ Assessment
  - ✓ Helpful stretches/BMTs
  - ✓ Other
- 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



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## **Case Study #5**

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.





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## Case Study #5 Discussion

- General Interview Questions
- Client specific questions to ask during the interview
- Considerations
  - ✓ Assessment
  - ✓ Helpful stretches/BMTs
  - ✓ Other
- 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



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