**SAMPLE CASE STUDY**

**Indian Head Massage**

**Client Consultation Form**

**Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**College name: College of Holistic Therapies**

**College number: 22074**

**Client name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CLIENT CONSULTATION FORM**

**Name:** Mary Smith**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:** 1 Main Street\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tel.: (H)** 01-6790415\_\_\_\_\_ **(W)** 01-6710813\_\_\_ **(M)** 086-1231234\_\_\_\_\_\_\_

**Date of Birth** 02 **/**02**\_/**1970

**Medical History:**

Do you have any of the following conditions? Please indicate Yes **(✓)** or No **(X)**

**Contraindications That Require Medical Permission**

|  |  |  |  |
| --- | --- | --- | --- |
| Asthma | **X** | Trapped/Pinched nerve e.g. Sciatica | **X** |
| Any condition already being treated by GP or Complementary Therapist | **X** | Inflamed nerve | **X** |
| Blood Clot - Thrombosis | **X** | Motor Neurone Disease | **X** |
| Blood Pressure High (hypertension) | **X** | Medical Oedema | **X** |
| Blood Pressure Low (hypotension) | **X** | Muscular Sclerosis (MS) | **X** |
| Inflamed Vein - Phlebitis | **X** | Parkinson’s Disease | **X** |
| Heart Condition | **X** | Nervous / Psychotic conditions | **X** |
| Cancer | **X** | Osteoporosis | **X** |
| Skin cancer | **X** | Prescribed medications | **X** |
| Diabetes | **X** | Postural deformities | **X** |
| Epilepsy | **X** | Slipped disc | **X** |
| Haemophilia | **X** | Spastic conditions | **X** |
| Joint disorders (Arthritis) | **X** | Undiagnosed Pain | **X** |
| Acute Rheumatism | **X** | Whiplash | **X** |

**Contra-indications That Restrict Treatment**

|  |  |  |  |
| --- | --- | --- | --- |
| After a Heavy Meal | **X** | Localised pain / Inflammation | **X** |
| Abrasions | **X** | Localised Swellings | **X** |
| Adhesive Capsulitis | **X** | Migraine | **X** |
| Anaphylaxis | **X** | Myalgic Encephalomyelitis (M.E.) | **X** |
| Bells Palsy | **X** | Psoriasis | **X** |
| Bruising | **X** | Pediculosis Capitis | **X** |
| Cervical Spondylitis  | **X** | Recent Fracture | **X** |
| Contagious or Infectious Diseases | **X** | Sycosis Barbae | **X** |
| Conjunctivitis | **X** | Tinnitus | **X** |
| Cuts / Open Wounds | **X** | Scar Tissue / Keloid Tissue  | **X** |
| Diarrhoea and Vomiting | **X** | Skin Diseases/Disorders | **X** |
| Earache | **X** | Sunburn | **⎫** |
| Fever | **X** | Under Influence of Alcohol or Drugs | **X** |
| Hormone implants | **X** | Undiagnosed lumps/bumps | **X** |
| Headaches | **⎫** | Vertigo | **X** |

**Other Conditions**

|  |  |  |  |
| --- | --- | --- | --- |
| Allergies | **X** | Depression | **X** |
| Alopoecia | **X** | Digestive Problems (bloating)  | **X** |
| Cold Hands or Feet | **⎫** | Irregular Menstrual Cycle | **X** |
| Constipation | **X** | Stress | **⎫** |
| Dandruff (Pityriasis Capitis) | **⎫** | TMJ Syndrome | **X** |

**If you have answered yes to any of the conditions, give details:**

Mary got sun burnt on her forearms yesterday and it is still a little bit sensitive. She has cold hands and feet all year round. Mary has a strong tendency towards headaches when she is stressed. She gets shooting pain in her right shoulder at times and has recently developed dandruff.

**Current medication?**

None\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Doctors Name: Dr. May\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No: 01 8461335\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lifestyle**

**Do you exercise?\_**Yes**\_\_\_\_\_\_\_\_\_\_\_\_\_ How frequently?\_**Every day\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What type of exercise/sport?\_**Walking 20-30 minutes**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you get fresh air?\_**Yes**\_\_\_\_\_\_\_\_\_ Hours per day?\_\_** Walking 20-30 minutes **\_\_\_\_\_\_\_**

**Do you have a healthy diet? \_**OK**\_\_\_\_ Example of breakfast?\_**Banana or toast\_\_\_\_\_\_**\_\_\_**

**Lunch?\_**Ham and cheese roll\_\_\_\_\_\_\_\_\_\_ **Dinner?\_**Chips and burger\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How much of the following does your diet contain?**

**Water\_**1/2 litre**\_\_\_\_Tea \_**6 cups**\_\_\_\_\_ Coffee\_**3 cups**\_\_ Alcohol (per week) \_**14 units**\_\_\_\_\_**

**Sweet things** \_Yes**\_\_\_\_\_\_\_\_\_\_\_\_\_ Added salt \_**Yes**\_\_\_\_\_\_\_ Added Sugar \_**No**\_\_\_\_\_\_\_\_\_**

**Do you smoke\_**Yes**\_\_\_\_ If yes, how many per week \_**100 per week**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Is your sleep, very good, good, fair, or poor \_**Good**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What do you do to relax (Yoga, Meditation, etc.)** Walking, occasionally get a\_\_\_\_\_\_\_\_\_\_\_ massage**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you have other hobbies or interests** Reading and watching T.V.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**On a scale of 1 to 10, (1 being the lowest) how do you rate your stress levels at**

**work \_**8**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and at home \_\_**3**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Client Profile**

Mary is a mature student with a 2 year old girl. She is also working 3 days a week. Mary is very busy looking after her daughter and husband, completing her studies and looking after their home. Despite her busy schedule, she does find time to go out for a walk every day. Physically, Mary is fit and healthy with no medical conditions. However she does sometimes feel stressed out because of the pressure of her studies and running a home. She finds her neck and shoulders are often tight, in particular her right shoulder and this causes her some discomfort. She also gets headaches due to long hours at a computer and she suffers bouts of constipation. Mary has recently noticed a problem with dandruff and she is hoping some of the oils may help this condition.

**Treatment plan:**

It was agreed with Mary that a course of three treatments would be given at weekly intervals. Mary had never experienced Indian Head Massage before so the effects and benefits of the treatment were explained to her: to help relieve muscular tension particularly in her right shoulder, to aid general relaxation and reduce tension, to reduce stress levels and the tendency toward headaches, to improve the condition of her hair and scalp.

Overall Mary would like to feel calm and more relaxed. To begin with, I will ensure that the room is warm and inviting, with soft lighting and music as I think this will help Mary to feel comfortable and promote a calm and relaxed atmosphere. I will give a soothing treatment by using effleurage and petrissage techniques and reduce the amount of vigorous percussion techniques to achieve this outcome. I will use knuckling on the trapezius and erector spinae muscles to reduce tension in Mary’s shoulders, and both friction and finger petrissage on the temporalis muscle to help reduce her headaches. I will place a towel over Mary’s shoulder when I work on the scalp to catch any dry flakes which may be shed. And I will use evening primrose oil for the scalp massage as it is very beneficial for dandruff.

**Treatment No. \_**1**\_**

**Date of treatment** 07**/**07**/**07

**Treatment plan:**

Mary appeared flustered as she had rushed to the treatment from College, she was out of breath and her shoulders were elevated. I asked Mary to take her time getting ready for the treatment, to sit down on the chair in the room for a few minutes and take a few slow, deep breaths before we begin. I plan to do a relaxing treatment for Mary today as she seems stressed and under pressure. I will concentrate on effleurage and petrissage on the shoulders and head and reduce the amount of vigorous percussion strokes to help achieve this outcome

**Client’s response during treatment**

Mary commented that at the beginning of the treatment she found it difficult to relax because her mind was still racing. However by the time I worked on her head and face, she felt completely relaxed and started to drift off to sleep. She said that she felt very comfortable and that she was aware of a tingling sensation at the back of her head where she normally gets headaches.

**Client’s response after treatment**

After the treatment, Mary said that she felt calm and extremely relaxed but at the same time energised. She said she was aware of a dull ache in her right shoulder which was different to the shooting pain she experiences at times. Mary also reported a sensation of pins and needles in her right hand

**Home care advice**

I advised Mary to go home and rest after the treatment. I explained that it was important to avoid eating a heavy meal immediately after the treatment to allow the body to use its energy for healing and repair. I recommended an increase in water to help Mary’s body to detoxify and because her intake of water is normally quite low, I suggested she should aim for a litre to a litre and a half of water per day on a regular basis. I explained to Mary that she may experience aching in her right shoulder over the next few days due to a release of toxins/waste from the muscles in the area and to note if this occurred and let me know at the next treatment. I gave Mary some Evening Primrose oil to use each night between treatments.

**Reflective Practice**

On reflection, I feel the treatment went well, however I felt a little unsure of the sequence of strokes at times and I had to refer to the manual. As this disrupted the flow of the treatment I will ensure I know the full sequence in future.

**Treatment No. \_**2**\_**

**Date of treatment** 14**/**07**/**07

**Treatment plan:**

Mary is on a mid-term break from College and she appears much more relaxed than the previous week. Mary said her right shoulder ached for three days after the last treatment but feels a little freer than before. Her scalp appears less flaky and she feels her hair is in better condition. I plan to do an invigorating treatment for Mary to release tension in her right shoulder. I will use additional petrissage and percussion to focus on this area.

**Client’s response during treatment**

Mary said that she relaxed straight away as soon as she walked into the room and she commented that the soft lighting and music really promoted a feeling of pure relaxation. She felt her right shoulder was still very tense, even though she tried to relax it

**Client’s response after treatment**

Mary said that she felt a little light headed after the treatment and that she had not taken any water during the day. I opened the door to let in some air and got Mary to sip a cool glass of water. Mary commented that the pins and needles in her right arm had come back.

**Home care advice**

I asked Mary to clench her fist a number of times and swing her right arm gently to get her circulation going. I advised her to see a nutritionist as I feel some Vitamin E and Vitamin B would greatly help her circulation. I recommended that she continue with massaging the evening primrose oil into her scalp each night as her dandruff is certainly improving. I suggested that she could do some breathing exercises while she is out for her walk, which would help to reduce stress levels.

**Reflective practice**

I felt much more confident with the sequence of strokes during this treatment and I noticed how much this improved the flow of the treatment. I have learned that the more relaxed I am while giving the treatment, the more my client will relax and will benefit much more from the treatment.

**Treatment No. \_**3**\_**

**Date of treatment** 21**/**07**/**07

**Treatment plan:**

Mary appears pressured again as she is back to College and has a number of assignments to work on. However she does report that she feels she can cope better with the demands on her time and isn’t worrying the way she use to. Mary’s hair looks healthy, with a nice shine and very little signs of dandruff. I plan to do a relaxing treatment as Mary seems stressed again. I will include more effleurage and petrissage to achieve this outcome.

**Client’s response during treatment**

Mary said it took her a while to get into the treatment but eventually her mind settled down and became still. She had a wonderful feeling of peace within herself. At the same time she felt a tingling along her spine and a brightness around her head.

**Client’s response after treatment**

Mary reported a feeling of complete relaxation. She said she felt like she had 3/4 hours of deep sleep. Mary said her shoulder wasn’t aching and she hadn’t any pins and needles in her right arm. She said she “adored” the treatment and would love to continue with Indian Head Massage.

**Home care advice**

Mary commented on needing to go to the toilet more often since increasing her daily intake of water. I suggested to her that she sip the water throughout the day rather than taking it all in one go. Mary has started a vitamin and mineral tonic and feels this has increased her energy levels. I advised her to do some swimming to help keep her joints mobile and to take up yoga or pilates for exercise and relaxation.

**Reflective practice**

I think that I gave Mary too many things to do after the first treatment and as a result she forgot to do some of them. In future, I will highlight the most important things first and gradually introduce other recommendations as the treatments progress. I find that my understanding of the use of pressure has really developed over the course of these treatments: because I was very keen to get an improvement in Mary’s shoulder tension I spent a lot of time in this area. However, as she was sore for 3 days afterwards, I realised that I had one too much in one treatment. In future I will do the initial treatment more gently so that I can gauge the client’s response to the treatment and adjust the pressure I use based on their response.

**Overall conclusion:**

Mary has made a noticeable improvement in 3 weeks. Her level of tension has reduced significantly in both her physical condition and state of mind. We discussed the factors affecting her stress levels and she agreed that she had not been looking after herself in terms of her diet and she did not give herself any time to relax. Mary mentioned that she carried her laptop everywhere on her right shoulder. I suggested that she keep an eye on her water intake, increase fruit and vegetables in her diet and reduce her tea and coffee intake. I also recommended her to carry her laptop in a back pack which would distribute the weight evenly over both shoulders. Mary switched to a medicated shampoo, which has greatly improved the dandruff, and I advised Mary to continue with the evening primrose oil once a week for the next six weeks. Mary has commented that she was not aware of her level of stress until she began to relax during the Indian Head Massage. She feels her expectations were more than met and that she has a renewed interest in pursuing meditation and relaxation therapies.

**Client’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**