

Reflexology Case Study

Client Consultation Form

Student name:

Student number:

College name:

Holistic College Dublin

Client name:

CLIENT CONSULTATION FORM

Name:

Tel.: (H) N/A

(W) N/A

(M)

Date of Birth 14/07/2009

Medical History:

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

Contraindications that require medical permission

Asthma	X	Inflamed nerve	X
Any Condition being treated by GP or other Complimentary Therapist		Motor Neurone Disease	X
Blood Clot - Thrombosis	X	Medical Oedema	X
Blood Pressure -High (hypertension)	X	Muscular Sclerosis (MS)	X
Blood Pressure -Low (hypotension)	X	Parkinson's Disease	X
Inflamed Vein - Phlebitis	X	Nervous / Psychotic conditions	X
Heart conditions	X	Osteoporosis	X
Cancer	X	Pregnancy	X
Skin cancer	X	Prescribed medication	
Diabetes	X	Recent operations	X
Epilepsy	X	Sciatica	X
Joint disorders (Arthritis)	X	Spastic conditions	X
Acute rheumatism	X	Trapped/Pinched nerve	X
Kidney infections	X	Undiagnosed pain	X

Contraindications that restrict treatment

Abrasions/broken skin	X	Recent fracture (min. 3 months)	X
Bruising (haematoma)	X	Scar tissue	X
Contagious or infectious diseases	X	Skin diseases	X
Cuts / Open wounds	X	Slipped disc	X
Diarrhoea	X	Sunburn	X
Fever	X	Under the influence of alcohol/drugs	X
Inflammation	X	Undiagnosed lumps/bumps	X
Localised swellings	X	Varicose veins	X
Pregnancy (1 st trimester)	X	Vomiting	X

Other Conditions

Allergies	X	Headaches / Migraines	X
Bloating	X	Irregular Menstrual Cycle	X
Cold Hands or Feet	X	Muscular Aches	X
Constipation	X	Sinus Congestion	X
Dandruff (Pityriasis Capitis)	X	Stiff Joints	X
Depression	X	Stress	X
Digestive Disorders	X	Tired Legs/Feet	X
Fluid Retention	X	Thread veins	X

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

N/A

Current Medication: Nil

Doctor's name: Dr. M. Morris

Tel: 045 22674

Lifestyle

Do you exercise: Yes **How frequently:** everyday

What type of exercise/sport: dancing, gymnastics, cycling her bike and swimming

Do you get fresh air: yes **Hours per day:** one hour in winter

Do you have a healthy diet: yes

How many portions do you eat per day of the following:

Fresh fruit: 3 **Fresh vegetables:** 1 **Protein:** 2 **Source?** Chicken and pork
Dairy produce: 4 **Sweet things:** 2 **Added salt:** 0 **Added sugar:** 0

How much of the following do you drink per day:

Water: 6 glasses **Tea:** 0 **Coffee:** 0 **Alcohol (per week):** N/A

Do you smoke: N/A **If yes, how many per week:** N/A

Is your sleep, very good, good, fair, or poor: very good

What do you do to relax (yoga, meditation etc.): watch her favourite Disney movies and story time.

Do you have other hobbies or interests: art, dressing up and loves playing games with her brother and her friends

Is your work active or sedentary: well balanced for a child

Do you work at a computer: N/A **If yes, how many hours per day:** N/A

On a scale of 1 to 10, (1 being lowest) how do you rate your stress levels at
work/ play school : 0 **and at home:** 0

Personal Information

Circulation	Tired Legs	X	Cold Hands/Feet	X	Cellulite	X
Immune System	Prone to Sore Throats	X	Colds	X	Chest Infections	✓
	Sinus Infection	X				
Gynaecological	Irregular Periods	X	PMT	X	Menopause	x
	HRT	X	Pill	X	Coil	X
Other						
Nervous System	Depression	X	Stress	X	Tension	X
Digestive System	Heartburn	X	Stomach Problems	X	Constipation	X
Skin Type	Normal	✓	Dry	X	Oily	X
	Combination	X	Sensitive	X	Dehydrated	X
Skin Condition	Dermatitis	X	Eczema	X	Psoriasis	X

Client Profile

Date of Birth: 14/07/2009

Nicole is a very happy little four year old. She lives with her mum, dad and older brother. She appears to very confident, content, bright little girl. She goes to preschool five mornings a week in preparation for junior infants next September, Nicole tells me that she loves play school and she has lots of friends. Nicole's health is generally good but she does suffer with croup and chest infections, antibiotic therapy is used successfully to treat this. Nicole has a great appetite and eats a well balanced diet, although her consumption of dairy is quite high. Nicole has a structured day, with an excellent balance of activities, free play time, relaxation time and a consistent bedtime routine.

Treatment plan:

Nicole's mother would regard Nicole's health as being reasonably good and she has no major health issues or contraindication to reflexology. On discussion with Nicole and her mother, I propose to give Nicole four full reflexology treatments, once a week for the next four weeks. I plan to visit Nicole in her home to do the sessions in the evening before bedtime as to help her unwind and maintain the consistency with her routine by having the reflexology at her relaxation time. I will aim to make the treatments as soothing as possible using relaxing music, a quiet, warm and dim lit environment.

As Nicole, suffers with croup and respiratory infections, I will concentrate on the solar plexus, diaphragm, spine, adrenal glands, lungs, bronchi, trachea, the lymphatic system and the shoulders. As she is prone to constipation, I will work the ileo-caecal valve, the large colon, especially focusing on the descending colon and the sigmoid colon.

Therapist's signature: _____

Client's/ Parents/Guardians signature: _____

Reflexology Treatment No: 1

Date: 09/01/2014

Reading the feet:

Texture: Skin is smooth to touch, healthy skin, skin doesn't feel damp, indicating that Nicole is calm and relaxed. No appearance of athlete's foot or abrasions.

Temperature: Feet are warm to touch but her toes were a little cooler.

Colour: Feet have a natural pinkish colour indicating good circulation. No presence of freckles or moles

Smell: there is no smell apparent indicating no apparent issue with renal impairment.

Tone: the feet feel firm yet pliable indicating a satisfactory level of tone in the rest of the body.

Flexibility: the feet appeared to be mobile, flexible and move with ease through the range of motion. This indicates that Nicole has good bone and joint health. .

Skeletal structure: Her feet are broad possibly indicating that she has a broad outlook on life. On observation low arches are present. Nicole's feet roll slightly outwards indicating that she is relaxed and that she is possibly open-minded.

Condition of nails: Nails appear healthy, no evidence of onychomycosis or onychocytosis.

How treatment was conducted and tender reflexes found:

I travelled to the client's home to do this treatment. Nicole's mum had prepared the living room and it was an appropriate temperature, conducive to relaxation. Relaxing music was playing and an aromatherapy was burning so as to optimise the relaxation. After doing the consultation with Nicole and her mother, I settled Nicole on a reclining armchair and covered her with her favourite blanket and teddy.

Left foot: solar plexus, shoulder, pituitary and the ileo-caecal valve was very tender. **Right foot:** shoulder, spleen and sigmoid colon reflex was again very tender. I found grittiness on the right foot on the lung and bronchi reflexes (zones 1-5) ,no tenderness expressed though. There was also grittiness in both shoulder reflexes and the sigmoid colon on the right foot. At the end of the appropriate sections, I reworked all the tender reflexes .

How client felt before the treatment:

Nicole appeared in good form, her mother informed me that she loves massage and has done since a baby, she has been eager all day in anticipation of the reflexology treatment. I could hear that she was mildly chesty but otherwise in good health.

Client's reaction during treatment:

Nicole was relatively relaxed and chilled out during the treatment listening to her relaxation music, she chatted a little at times and expressed discomfort when I was working on the tender reflexes, mentioned above. I asked Nicole in a child appropriate manner to relax her feet as I could feel tension and slight resistance when I was warming up the feet, she appeared to ease the muscle tension in her feet after this. She commented when I was doing the efflurage strokes that she really liked it and again when working the adrenal glands.

Client's reaction after treatment including after care advice:

Nicole was in great form, feeling relaxed. She was now ready for bedtime story and bed. I gave her a glass of water and explained to her in an age appropriate manner and her mother that it would help flush out any toxins that may have been released during the treatment. As Nicole was nearing bed time, it was not suitable for her to continue drinking any more. I also recommended that she drink plenty of water on waking in the morning.

Home care advice:

In my observation during the treatment and feeling how gritty and tender the sigmoid colon was, I was slightly concerned that Nicole was suffering from constipation. I asked her mother regarding Nicole's bowel movement regularity, she informed me that Nicole is slightly prone to mild constipation.

I gave her mum advise regarding management of constipation. I recommended the natural approach of increasing consumption of high soluble fibre diet i.e., citrus fruits, pears and prunes and encouraging extra fluids and regular exercise throughout the day. Avoid high consumption of insoluble fibre as these will only further bulk up the bowel. Her mother was happy with this advise and said was happy to follow through the advise.

Recommendations for self treatment:

I gave Nicole's mother a copy of the foot chart and marked on it the reflexes I felt would be beneficial for her to work on between treatments. I gave her a few reflexes to start with ileo-caecal valve, sigmoid colon, solar plexus and lungs. I explained that working the ileo-caecal valve, solar plexus and the sigmoid colon will help relieve the constipation.

Reflective practice:

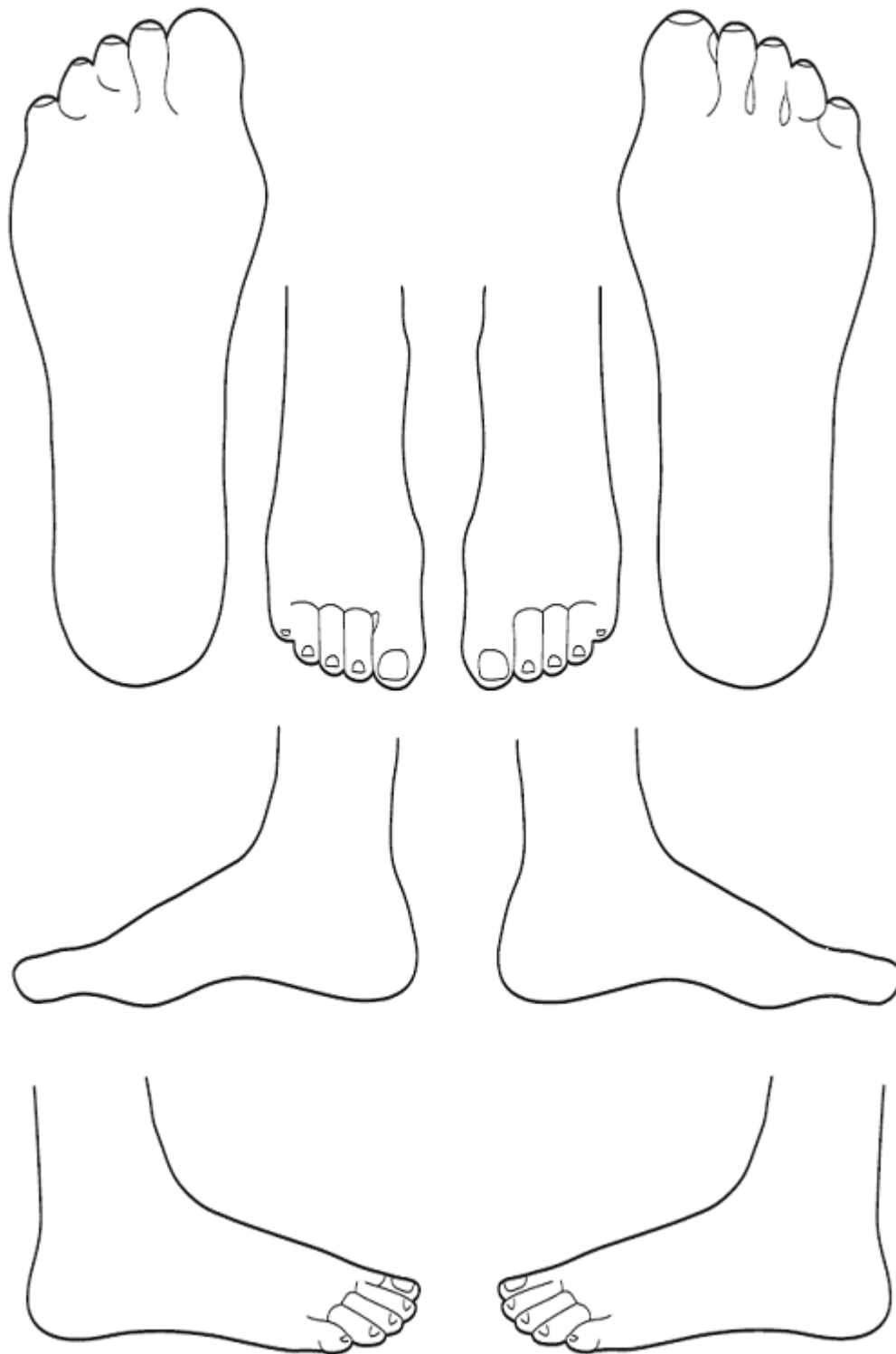
Between the consultation and the treatment time was 45 minutes was an improvement on my previous paediatric reflexology treatment, I was content with the reduction in my timing for this treatment. I feel confident that I will be able to further minimise the duration of the treatment to the appropriate time for children. I was surprised considering she is only 4 years of age, how gritty her shoulder reflex was. The grittiness in her shoulder reflex indicating to me how much muscular tension she is carrying or it could be her shoulder muscles are tense as a consequence of coughing.

Therapist's signature _____

Client's/Parent's/Guardian's signature _____

Foot Map – Treatment No: _____

Date: _____



Reflexes		Skin Texture		Skeletal Problems	
Slightly Tender	×	Hard skin	•••	High Arches	↑
Very Tender	*	Taut skin		Low Arches	↓
Hard	□	Dry/cracked skin		Skeletal Deformities	×
Gritty	•••••	Infections	◆		
Puffy	△	Damp	○		
		Freckles			

Reflexology Treatment No: 2

Date: 16/01/14

Reading the feet:

Texture: Skin is smooth to touch, healthy skin, skin doesn't feel damp, indicating that Nicole is calm and relaxed. No appearance of athlete's foot or abrasions.

Temperature: Feet are warm to touch but her toes were a little cooler.

Colour: Feet have a natural pinkish colour indicating good circulation. No presence of freckles or moles

Smell: there is no smell apparent indicating no apparent issue with renal impairment.

Tone: the feet feel firm yet pliable indicating a satisfactory level of tone in the rest of the body.

Flexibility: the feet appeared to be mobile, flexible and move with ease through the range of motion. This indicates that Nicole has good bone and joint health. .

Skeletal structure: Her feet are broad possibly indicating that she has a broad outlook on life. On observation low arches are present. Nicole's feet roll slightly outwards indicating that she is relaxed and that she is possibly open-minded.

Condition of nails: Nails appear healthy, no evidence of onychomycosis or onychocryptosis.

How treatment was conducted and tender reflexes found:

Again I travelled to the client's home to do this treatment. Nicole's mum had prepared the living room, conducive to relaxation as she had done previously. Relaxing music was playing and an aromatherapy candle was burning so as to optimise the relaxation. After chatting with Nicole and her mother regarding Nicole and her current well being, I settled Nicole on a reclining armchair and covered her with her favourite blanket and teddy.

Left foot: solar plexus, the sinus, brain and neck reflexes of the middle toe, kidney and the ileo-caecal valve were very tender.

Right foot: spleen and sigmoid colon reflex remained very tender.

I found grittiness on the left foot on the shoulder and the sciatic nerve. On the right foot the lung and bronchi reflexes (zones 1-5) were very gritty but no tenderness expressed though. While working the lung and bronchi reflexes, Nicole began to coughing. There was also

grittiness in both shoulder, sacrum, coccyx, the sigmoid colon and the rectum reflex on the right foot.

At the end of the appropriate sections, I reworked all the tender reflexes to promote balance in the body and general relaxation, finishing with the gentler relaxation techniques to soothe the feet after the treatment.

How client felt before the treatment:

From feedback from Nicole and her mum, Nicole really enjoyed the treatment last week and she slept particularly well after the treatment and she also had a two bowel motions the next after the treatment. She has taken my advice regarding the management of the constipation and it appears to be working effectively. Nicole has had a bowel motion alternate days since. Mum had stated that Nicole had begun coughing more frequently since yesterday but that she was in good form and looking forward to the treatment today.

Client's reaction during treatment:

Nicole appeared relaxed and comfortable on the recliner, she had her eyes closed while listening to her music. I watched her face carefully for any expression of pain or discomfort but she just grimaced a little when I worked the tender areas as mentioned above. When she did grimace, I asked her if she was all right and she stated she was fine.

Client's reaction after treatment including after care advice:

Nicole was in good form but she was coughing frequently. I gave her a glass of water and explained to her in an age appropriate manner and to her mother that it would help flush out any toxins that may have been released during the treatment. As Nicole was again nearing bed time therefore it was not suitable for her to continue drinking any more. I also recommended that she drink plenty of water on waking in the morning.

Home care advice:

I recommended that her mum could give her some honey and lemon syrup to help soothe her throat from the coughing and to have a bath before bed and let Nicole sit in the bath and the humidified air in the bathroom will help ease the coughing and help her sleep a little easier. I recommended that if this doesn't help and if the coughing is persistent to contact the general practitioner as treatment.

Also as the advice given last week regarding the constipation appears to be working effectively, I advised her mum continue with the recommendations and to monitor Nicole's bowel habits.

Recommendations for self treatment:

I took out my foot chart and recapped with her mother the reflexes that I had previously shown her to ensure that she was treating the correct points. Her mother was able to show me the

correct positioning of the reflexes and she appeared to feel empowered by the fact that she could help Nicole by working the points between treatments herself. Again, the solar plexus, the lungs, bronchi, sigmoid colon and ileo-caecal valve were the reflexes that I advised her to continue working on with Nicole.

Reflective practice:

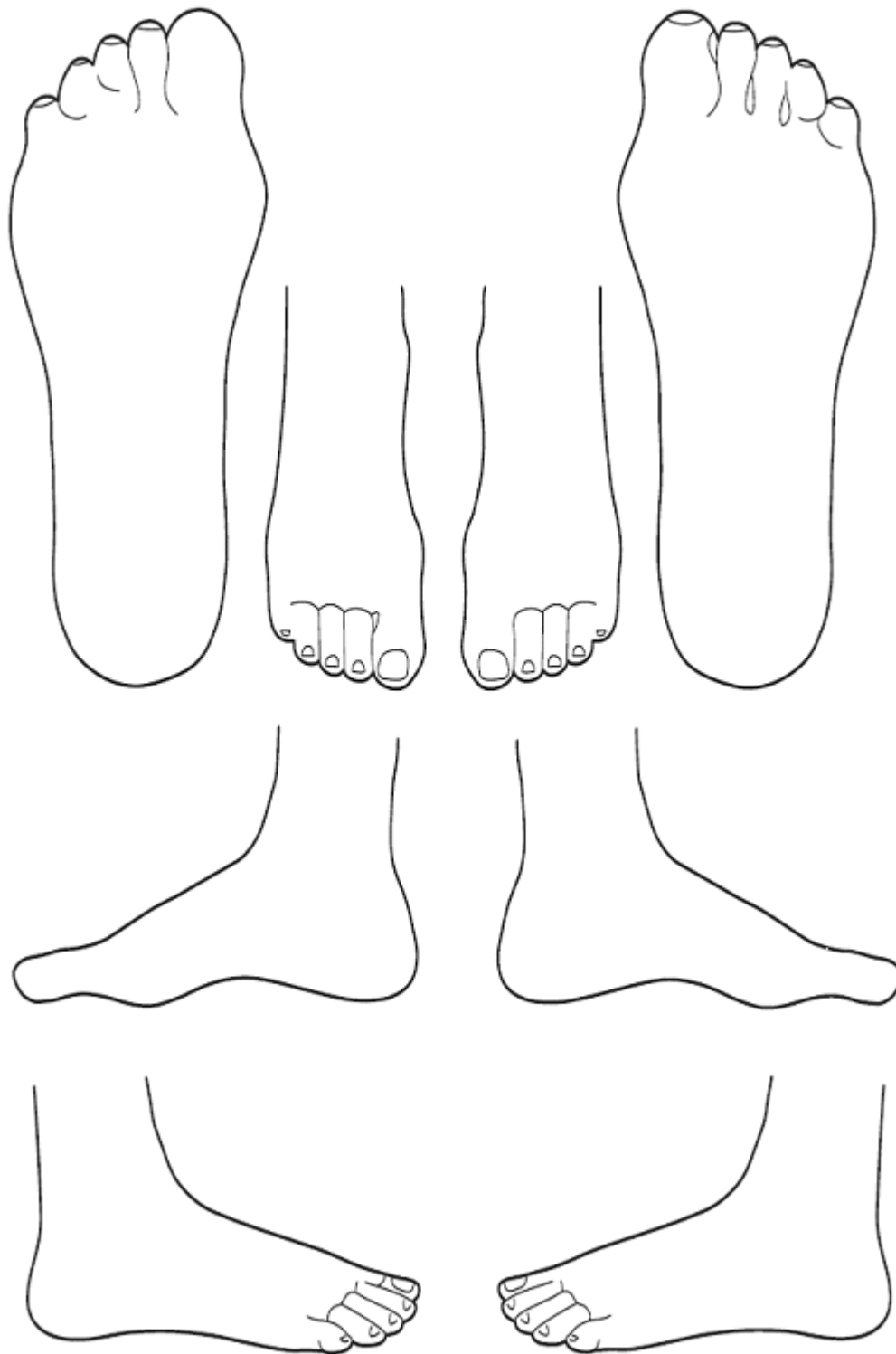
I was happy to see that Nicole had enjoyed the sessions and her mother had told me that she had slept very well following the reflexology and that the reflexology had stimulated the bowel the following day. My timing was excellent today as I completed the treatment in 35 minutes, I will aim to finish my next treatment in similar time. I was delighted to see that her mum appeared to be following my advise regarding the constipation management and that she was seeing results. When I was working on the lung and bronchi reflexes and Nicole began to cough a lot, I was concerned that I was going to induce bronchial spasm, therefore I didn't rework the lung and bronchi reflexes as I did not wish aggravate it further. In my remit as a nurse and trainee reflexologist I strongly recommended her to attend to G.P to have Nicole checked. I asked her mum to ensure that it was safe for Nicole to have reflexology treatment carried out.

Therapist's signature _____

Client's/ Parent's/Gaurdian's signature _____

Foot Map – Treatment No: _____

Date: _____



Reflexes		Skin Texture		Skeletal Problems	
Slightly Tender	×	Hard skin	•••	High Arches	↑
Very Tender	*	Taut skin		Low Arches	↓
Hard	□	Dry/cracked skin		Skeletal Deformities	×
Gritty	•••••	Infections	◆		
Puffy	△	Damp	○		
		Freckles	.		

Reflexology Treatment No: 3

Date: 25/01/2014

Reading the feet:

Texture: Skin is smooth to touch, healthy skin, skin doesn't feel damp, indicating that Nicole is calm and relaxed. No appearance of athlete's foot or abrasions.

Temperature: Feet are warm to touch as she has just had a bath.

Colour: Feet have a natural pinkish colour indicating good circulation. No presence of freckles or moles

Smell: there is no smell apparent indicating no apparent issue with renal impairment.

Tone: the feet feel firm yet pliable indicating a satisfactory level of tone in the rest of the body.

Flexibility: the feet appeared to be mobile, flexible and move with ease through the range of motion. This indicates that Nicole has good bone and joint health. .

Skeletal structure: Her feet are broad possibly indicating that she has a broad outlook on life. On observation low arches are present. Nicole's feet roll slightly outwards indicating that she is relaxed and that she is possibly open-minded. .

Condition of nails: Nails appear healthy, no evidence of onychomycosis or onychocryptosis.

How treatment was conducted and tender reflexes found:

I travelled to the client's home to do this treatment. Nicole's mum had prepared the living room and it was an appropriate temperature, conducive to relaxation. Relaxing music was playing and an aromatherapy burner was burning so as to optimise the relaxation. After doing the consultation with Nicole and her mother, I settled Nicole on a reclining armchair and covered her with her favourite blanket and teddy.

Left foot: adrenals, gall bladder, kidney, lumbar, the middle toe remains tender and the ileo-caecal valve now only a little tender. **Right foot:** T4/5, spleen and sacrum are notably very tender.

I found grittiness on both feet on the lung and bronchi reflexes (zones 1-5), no tenderness expressed though. There was also grittiness in both shoulder reflexes. The bowel appeared to have a lot of crystalline deposits, particularly at the start of the transverse colon on the left foot

, the descending colon, sigmoid and rectum on the right foot. At the end of the appropriate sections, I reworked all the tender reflexes to promote homeostasis.

How client felt before the treatment:

Nicole was in good form but she is quite pale today. Nicole attended the G.P on the 17/01/14 and she was diagnosed with a respiratory infection. She was commenced on distaclor 125mg/5L, 5mls tds. She was also commenced on Ventolin 2 puffs daily and becotide 2 puffs daily. She has to remain on the Becotide for a period of 3 months as recommended by her G.P. She has not been diagnosed an asthmatic. The G.P has given permission for Nicole to have reflexology treatment and her mum has signed the consent form for the reflexology.

Client's reaction during treatment:

She was generally relaxed as she had just had a bath and was being pampered by her mother as she has been unwell. At times she was a little restless as she was coughing a lot during the treatment. She appeared a little sensitive and she flinched on occasion and said it was sore when I was working the tender reflexes. I reassured her and told her that I would work even more gently. She was happy for me to continue.

Client's reaction after treatment including after care advice:

Nicole said that she really enjoyed the treatment but she was a little irritated by her frequent coughing. I gave her a glass of water and explained to her in an age appropriate manner and to her mother that it would help flush out any toxins that may have been released during the treatment. As it was early in the afternoon today when I was performing the treatment, it was suitable for Nicole to keep drinking the recommended water intake.

Home care advice:

As Nicole's bowel feels very congested with crystalline deposits today, I strongly recommended Nicole's mother to continue with the constipation management guidelines. Nicole being unwell and being on antibiotic may have affected the bowel this week. In my remit as a paediatric nurse, I recommended a course of acidophillis or a paediatric probiotic. to help rebalance any disturbance in the flora of the bowel caused by the antibiotic therapy. I also explained the importance of oral hygiene after using the inhalers as the steroid inhalers can also cause an imbalance in the natural bacteria and flora of the digestive system, resulting in a candidal infection.

I recommended referral to a colleague, a nutritionist as I am suspicious of a dairy intolerance. Nicole has a rather high intake of dairy consumption and she is regularly symptomatic of congestion in her respiratory and digestive tracts.

Recommendations for self treatment:

As the bowel was very congested I recommended her to focus on the transverse, descending and sigmoid sections of the bowel, I showed her these on the foot map. I also advised to continue working the lungs, bronchi were the reflexes that I advised her to continue working on with Nicole. I explained that working the solar plexus may help Nicole relax if she is restless from coughing. I spoke with her mother and asked her if she felt confident to pin point

the reflexes. She said she felt confident about it and showed me the correct positioning of the reflexes.

Reflective practice:

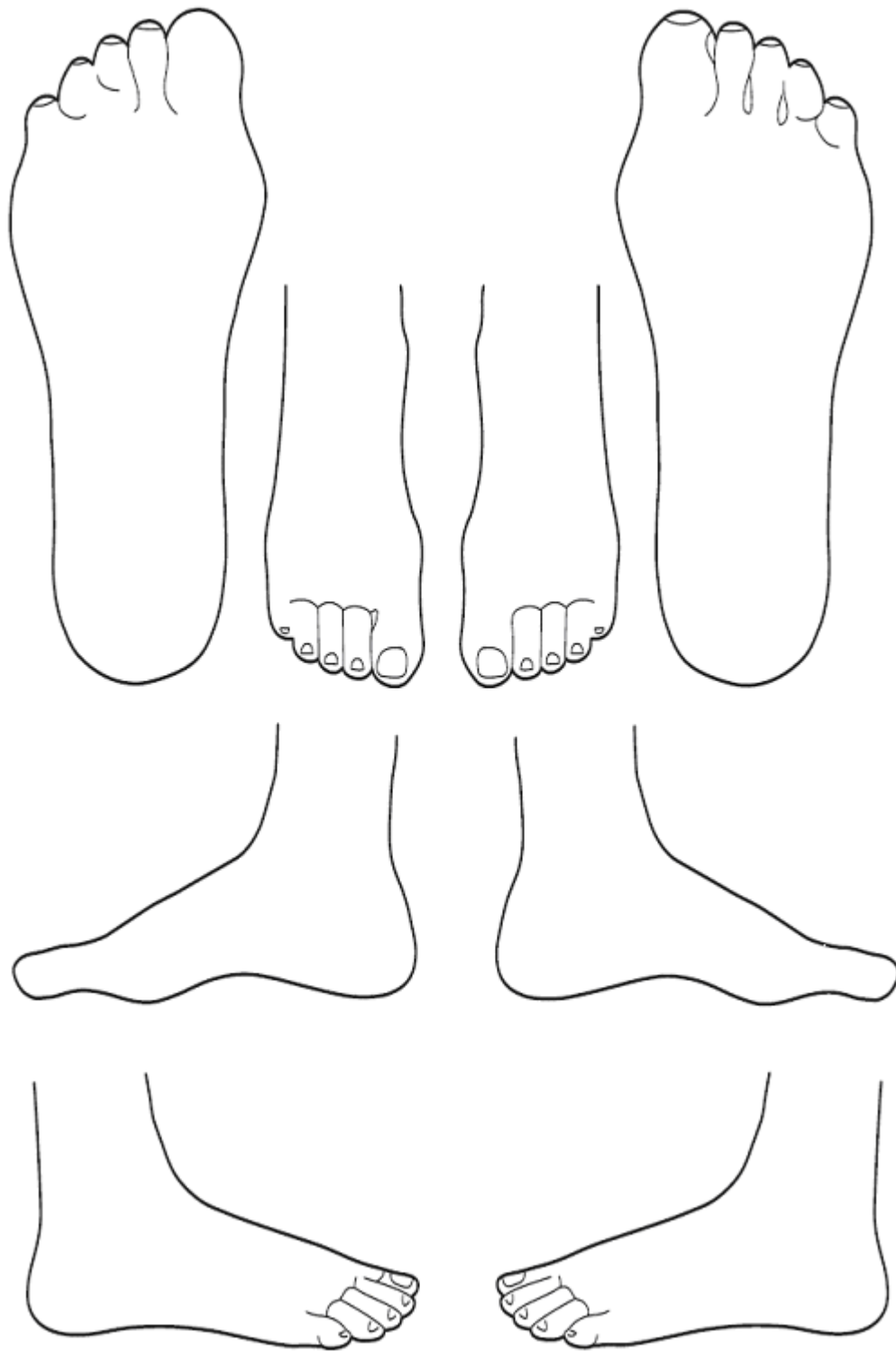
I was content to continue the course of treatments with the verbal consent from the G.P and the written consent from the mother. My treatment was delayed by two days as I waited till Nicole no longer had a fever. As Nicole appeared sensitive to touch probably due to that she was unwell to prevent overworking the reflexes today, I worked the reflexes very gently. In my observation of the tenderness of the different reflexes, I noted that her ileo-caecal valve was only mildly tender therefore the production of mucus was thus reducing, due the effectiveness of the antibiotics and possibly the reflexology treatments. My timing was not as efficient today as the previous session as Nicole had delayed the treatment by going to the toilet etc.

Therapist's signature _____

Client's/ Parent's/Guardian's signature _____

Foot Map – Treatment No: _____

Date: _____



Reflexes		Skin Texture		Skeletal Problems	
Slightly Tender	×	Hard skin	•••	High Arches	↑
Very Tender	*	Taut skin		Low Arches	↓
Hard	□	Dry/cracked skin		Skeletal Deformities	×
Gritty	•••••	Infections	◆		
Puffy	△	Damp	○		
		Freckles	.		

Overall conclusion of the case study:



Consent to a Reflexology treatment

I understand that I am receiving treatment from a student of the Holistic College Dublin and that they are not a qualified therapist.

I accept that these notes will be viewed by the course instructor and an independent examiner.

I declare that the information I have given is correct and that I have been fully informed about any contra-indications, and I am willing to proceed with the treatment.

I enter this agreement freely and will not hold the student or instructor responsible should the treatments fail to have a positive result.

Client's Name..... Signature

Student's Name Date



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