

# Client Treatment Evidence Form

## Level 4 Certificate in Sports Massage Therapy

iUSP151

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

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

**College name:**           **Holistic College Dublin**

**College number:**       **22074**

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

## CLIENT CONSULTATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel.: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

### Medical History:

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

#### Contraindications That Require Medical Permission

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

#### Contraindications That Restrict Treatment

After a heavy meal		Hormone implants	
Abdomen (menstruation)		Inflammation	
Abrasions/broken skin		Localised swellings	
Bruising (haematoma)		Pregnancy (abdomen)	
Cervical spondylitis		Recent fracture (min. 3 months)	
Conditions affecting the neck		Scar tissue	
Contagious or infectious diseases		Skin diseases	
Cuts / Open wounds		Sunburn	

Diarrhoea		Under the influence of alcohol/drugs	
Fever		Undiagnosed lumps/bumps	
Gastric ulcer		Varicose veins	
Hernia		Vomiting	

**Other Conditions**

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

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

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**Current medication?** \_\_\_\_\_  
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**Doctors Name:** \_\_\_\_\_ **Tel. No:** \_\_\_\_\_

**Written permission required by:**

**GP or Specialist** \_\_\_\_\_

**Client Disclaimer** \_\_\_\_\_

## PHYSICAL EXAMINATION

Observations:

Head:

Shoulders:

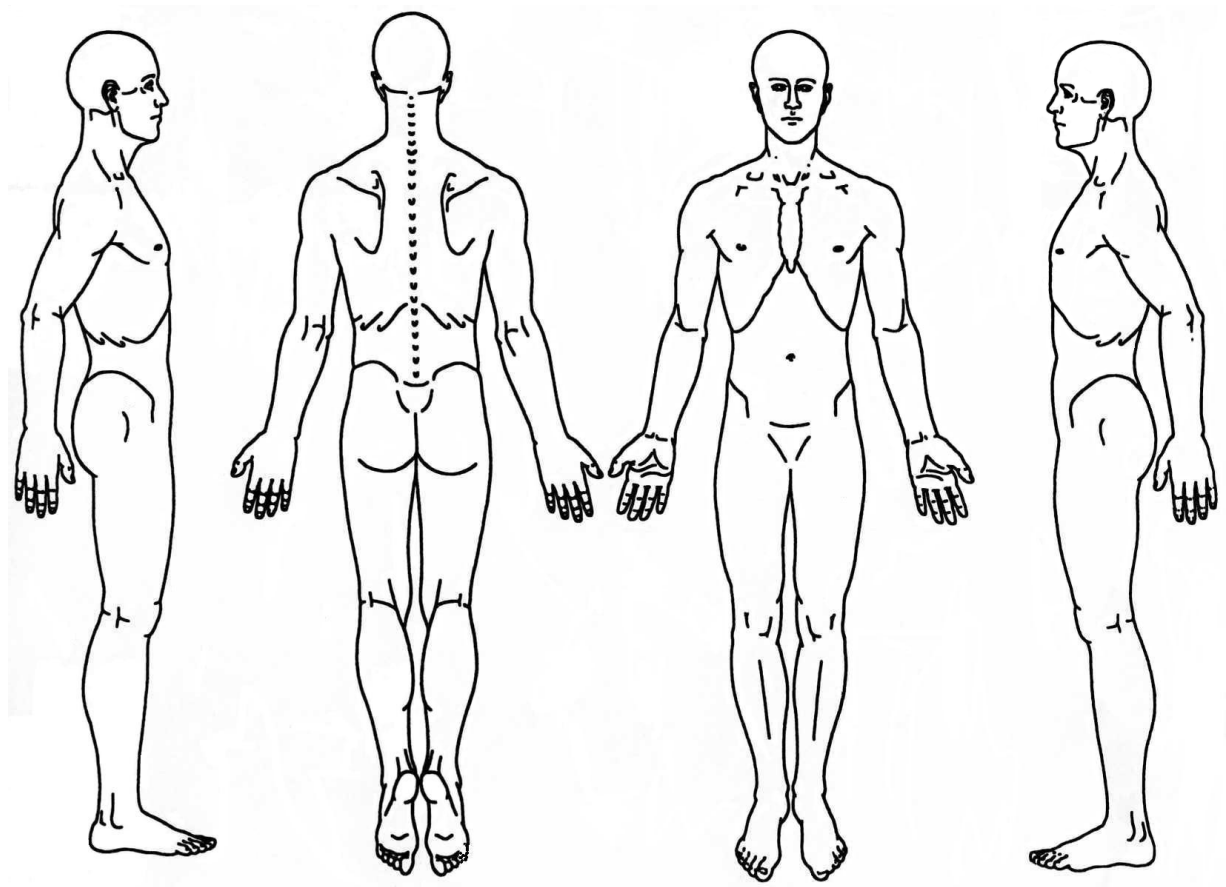
Back:

Pelvis:

Legs:

Feet:

Body alignment/posture:



**Findings of Palpation:**

Joint Movement Tested: to include spinal range and movement of the upper and lower limbs

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
L O W E R  L E G	A N K L E	Plantar flexion <i>Optimal ROM</i> 30-50°	Gastrocnemius, soleus, Post tibialis	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted			<i>Sprain, myofascial, neuromuscular</i>
				Special			<i>Achilles tendon – Thompson test</i>
				Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment if short or restricted passive ROM</i>
		Dorsiflexion <i>Optimal ROM</i> 20-30°	Tibialis anterior	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Comment if weak and inhibited</i>
		Inversion <i>Optimal ROM</i> 50°	Posterior tibialis	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Power- score out of 5</i>
		Eversion <i>Optimal ROM</i> 20-30°	Fibularis muscles	Muscle length			<i>Comment on resting, non-weight bearing position of foot</i>
				Active			<i>Reduced active ROM</i>
	Passive					<i>Comment on end feel</i>	
	Resisted*					<i>Sprain, myofascial, neuromuscular</i>	
	K N E E	Flexion <i>Optimal ROM</i> 160°	Hamstrings Gracilis Sartorius Gastrocnemius	Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment if short or restricted passive ROM</i>
Active						<i>Reduced active ROM</i>	
Passive						<i>Straight leg raise</i>	
Extension <i>Optimal ROM</i> 0°		Quadriceps	Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
			Strength			<i>Power- score out of 5</i>	
			Muscle length			<i>Comment on length during Thomas test (or heel to glute)</i>	
			Active			<i>Reduced active ROM</i>	
Special			Passive			<i>Comment on end feel</i>	
			Clark's test			<i>Chondromalacia patella</i>	
			Anterior & Posterior Drawer			<i>Anterior &amp; posterior cruciate ligament. Excessive tibial motion</i>	
			Collateral ligament			<i>Medial and collateral ligament. Stress the knee med/lat</i>	
			Patellar tap			<i>Assess for knee effusion (also called patella sweep)</i>	
Noble test				<i>IT band friction syndrome</i>			

\* Resisted test = isometric contraction

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
T H I G H	H I P	Flexion <i>Optimal ROM</i> 90° (120° knee flexed)	Iliacus Psoas Rectus Femoris TFL Sartorius	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Resisted Straight leg raise</i>
				Special			<i>Thomas Test, Ober test</i>
				Strength			<i>Client initiates contraction Then therapist provides resistance</i>
				Muscle length			<i>Look at position during Thomas test</i>
		Extension <i>Optimal ROM</i> 30°	3 Hamstrings Gluteus Maximus	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Power- score out of 5</i>
		Medial Rotation <i>Optimal ROM</i> 45°	Gluteus medius Gluteus minimus TFL Gracilis	Muscle length			<i>Straight leg raise</i>
				Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Special			<i>Stork or Trendelenburg test</i>
		Lateral Rotation <i>Optimal ROM</i> 60°	"Deep 6" Gluteus maximus Adductors Sartorius	Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment on resting position</i>
				Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
		Abduction <i>Optimal ROM</i> 30-50°	TFL Gluteus medius Gluteus minimus	Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment if short or restricted passive ROM</i>
				Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
		Adduction <i>Optimal ROM</i> 45°	Gracilis Adductor magnus, longus, brevis, minimus Pectineus	Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment if short or restricted passive ROM</i>
				Active			<i>Range of movement</i>
				Passive			<i>Comment on end feel</i>
		Special tests	Special tests	Thomas			<i>Hip flexors</i>
				Ober			<i>TFL</i>
				Faber			<i>Hip &amp; SI joint</i>
				Piriformis			
Leg length					<i>True or apparent discrepancy</i>		
Lateral pelvic tilt					<i>Compare levels of ASIS and PSIS in relation to the femur</i>		

\* Resisted test = isometric contraction

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
	Hip Flexors	Hip flexion	Iliacus Psoas				See section on thigh
B A C K	L O W  B A C K		Latissimus dorsi				See section on shoulder
		Flexion / 60-105° Extension 45-80°	Erectors	Active			Reduced active ROM
				Passive			"Sit and Reach"
				Resisted*			Resisted extension of trunk
				Strength			Power- score out of 5
		Lateral flexion (unilateral) 15-20° (Extension bilateral)	Quadratus lumborum	Active			Reduced active ROM
				Passive			Comment on end feel
				Resisted*			Resisted lateral flexion of trunk
				Strength			Power- score out of 5
		Deep spinal rotators 15-20°	Multifidus	Active			Reduced active ROM
				Passive			Comment on end feel
				Resisted*			Sprain, myofascial, neuromuscular
				Muscle length			Flat areas during 'sit and reach' due to tight multifidus
		Special tests	Adam's				Assess curvature scoliosis
			Straight leg raise				Test for sciatic nerve entrapment
			Slump				Test for sciatic nerve entrapment
Thomas					Hip flexors		
Ober					Contracture in TFL		
Hip rotators	Lateral rotation of hip	"Deep 6"				See section on thigh	

\* Resisted test = isometric contraction

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
T O R S O	A B D O M E N	Flexion 40-60°	Rectus abdominus	Active			Reduced active ROM
				Resisted*			Sprain, myofascial, neuromuscular
				Strength			
				Muscle length			Look at resting length between pubis and xiphisternum
		Lateral Flexion 15-20°	External and Internal Oblique	Active			Reduced active ROM
				Resisted*			Sprain, myofascial, neuromuscular
				Strength			Rotatory stability – See FMS
				Muscle length			Look at right - left symmetry
		Rotation 15-20°	External and Internal Oblique	Active			Reduced active ROM
				Resisted*			Sprain, myofascial, neuromuscular
				Strength			
				Muscle length			Look at right - left symmetry
	Deep abdo stabilisers	Transversus abdominus	Special				Rotary stability test – functional movement screen
	C H E S T	Superficial muscles	Pec major				See section on shoulder
Pec minor							
	Deep muscles	Intercostals				Elevated or depressed ribs	

\* Resisted test = isometric contraction



	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
H E A D & N E C K	N E C K	Flexion <i>Optimal ROM 80°</i>	Levator scapulae Both SCM 3 scalenes	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Special			<i>Eye dominance</i>
				Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Comment on resting position</i>
		Extension <i>Optimal ROM 60-70°</i>	Bilateral splenius capitus, Semispinalis capitis	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Power- score out of 5</i>
		Lateral flexion <i>Optimal ROM 45°</i>	Ipsilateral SCM Scalenes	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Strength			<i>Power- score out of 5</i>
		Rotation <i>Optimal ROM 80°</i>	Opposite SCM Ipsilateral splenius capitus Scalenes	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
	Resisted*					<i>Sprain, myofascial, neuromuscular</i>	
	Strength					<i>Power- score out of 5</i>	
	Special tests		Cervical compression			<i>Neurological sensations radiating into the shoulder / arm</i>	
			Forward head posture			<i>Opening of the ear should be level with the acromion. - See postural assessment</i>	
			Retracted head posture			<i>Reduced active ROM or neurological symptoms</i>	
	H E A D	Stabilisers Righting reflex	Sub-occipitals	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Special			<i>Eye dominance</i>
				Strength			<i>Power- score out of 5</i>
				Muscle length			<i>Chin tuck segment of wall angels or floor angels</i>
		Head flexion <i>Optimal ROM 80°</i>	SCM Deep cervical muscles	Active			<i>Reduced active ROM</i>
Passive						<i>Comment on end feel</i>	
Resisted*						<i>Sprain, myofascial, neuromuscular</i>	
Strength						<i>Power- score out of 5</i>	
Head extension <i>Optimal ROM 80°</i>		Trapezius Splenius capitis Semispinalis capitis	Active			<i>Reduced active ROM</i>	
			Passive			<i>Comment on end feel</i>	
	Resisted*				<i>Sprain, myofascial, neuromuscular</i>		
	Strength				<i>Power- score out of 5</i>		
			Muscle length			<i>Comment on resting position</i>	

\* Resisted test = isometric contraction

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...	
S H O U L D E R	G L E N O H U M E R A L  J O I N T	Flexion <i>Optimal ROM</i> 180°	Anterior deltoid Coracobrachialis Biceps	Active			<i>Reduced active ROM</i>	
				Passive			<i>Comment on end feel</i>	
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
				Strength			<i>Power- score out of 5</i>	
				Muscle length				
		Extension <i>Optimal ROM</i> 45°	Latissimus dorsi Posterior deltoid Triceps	Active				<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>	
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
				Strength			<i>Power- score out of 5</i>	
				Muscle length				
		Abduction <i>Optimal ROM</i> 180°	Supraspinatus Middle deltoid	Active				<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>	
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
				Strength			<i>Power- score out of 5</i>	
				Muscle length				<i>Comment on resting position</i>
		Adduction <i>Optimal ROM</i> 30-45°	Latissimus dorsi Pec Major Coracobrachialis Teres major	Active				<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>	
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
				Strength			<i>Power- score out of 5</i>	
				Muscle length				<i>Comment on resting position</i>
		Internal rotation <i>Optimal ROM</i> 100°	Latissimus dorsi Subscapularis Pec Major	Active				<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>	
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
				Strength			<i>Power- score out of 5</i>	
			Muscle length					
	External rotation <i>Optimal ROM</i> 80°	Infraspinatus Teres minor	Active				<i>Reduced active ROM</i>	
			Passive			<i>Comment on end feel</i>		
			Resisted*			<i>Sprain, myofascial, neuromuscular</i>		
Strength					<i>Power- score out of 5</i>			
		Muscle length						
S H O U L D E R  G I R D L E	Protraction	Serratus anterior	Active					
			Resisted*			<i>Possible</i>		
			Special			<i>Look for winging of scapula</i>		
	Retraction	Middle trapezius Rhomboids	Active					
			Passive			<i>When treating scapula</i>		
			Strength					
	Depression	Lower trapezius Pec minor	Active					
			Muscle length			<i>Look at resting position</i>		
	Elevation	Upper trapezius Levator scapulae	Active					
			Passive					
			Resisted*			<i>Possible</i>		
			Special					
		Muscle length				<i>Look at resting position</i>		
Rotation	Serratus anterior Pec minor Rhomboids	Active						
		Passive						

		<b>Special tests</b>	<b>Condition</b>	<b>Right</b>	<b>Left</b>	<b>Comment on...</b>
<b>S H O U L D E R</b>		Painful arc	Pain at 60-120° suggests labral tear			<i>Clicking or pain. Where in the arc symptoms occur</i>
		Empty Can	Labral tear			<i>Reproduces the clients recognized pain pattern</i>
		Resisted external rotation	Adhesive capsulitis			<i>Maybe painful or painless. Associated with bone-on-bone like end feel on passive ROM (45°)</i>
		Apley Scratch test	Shoulder mobility test			<i>See Functional Movement Screen; shoulder mobility test</i>
		Speed's test	Labral tears or biceps tendonitis			
		Neer's test	Sub-acromial impingement			
		Gerber's lift off sign	Subscapularis weakness			<i>Can the client lift the wrist/hand away from the low back</i>
		Hawkins Kennedy test	Sub-acromial impingement of supraspinatus			<i>Reproduces the clients recognized pain pattern</i>
		Drop test	Tests supraspinatus function			<i>Inability to resist sudden downward pressure on the arm</i>
		Crossover	Tests AC joint stability			<i>Pain at the AC joint ligaments</i>
	Squeeze test	Tests AC joint stability			<i>Pain at the AC joint ligaments</i>	

	Joint/ area	Movement	Muscles tested	Test	Right	Left	Comment on...
U P P E R  L I M B	E L B O W	Flexion <i>Optimal ROM 140-150°</i>	Biceps Brachialis Brachioradialis	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Special			
				Strength			<i>Power- score out of 5</i>
				Muscle length			
		Extension <i>Optimal ROM 0°</i>	Triceps Anconeus	Active			<i>Reduced active ROM</i>
				Passive			<i>Comment on end feel</i>
				Resisted*			<i>Sprain, myofascial, neuromuscular</i>
				Special			
				Strength			<i>Power- score out of 5</i>
				Muscle length			
	Pronation <i>Optimal ROM 85-90°</i>	Pronator teres	Active				
			Passive			<i>Comment on end feel</i>	
			Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
			Strength			<i>Power- score out of 5</i>	
			Muscle length			<i>Comment on resting position</i>	
	Supination <i>Optimal ROM 90°</i>	Supinator Biceps	Active				
			Passive			<i>Comment on end feel</i>	
Resisted*					<i>Sprain, myofascial, neuromuscular</i>		
Strength					<i>Power- score out of 5</i>		
Muscle length					<i>Comment on resting position</i>		
W R I S T	Flexion <i>Optimal ROM 80-90°</i>	Flexor Carpi Radialis Flexor Carpi Ulnaris Palmaris longus	Active			<i>Optimal ROM 85°</i>	
			Passive			<i>Comment on end feel</i>	
			Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
			Special			<i>Lateral epicondylitis- Tennis Elbow</i>	
			Strength			<i>Power- score out of 5</i>	
	Extension <i>Optimal ROM 70-90°</i>	Extensor Carpi Radialis Extensor Carpi Ulnaris	Active			<i>Optimal ROM 85°</i>	
			Passive			<i>Comment on end feel</i>	
			Resisted*			<i>Sprain, myofascial, neuromuscular</i>	
			Special			<i>Medical epicondylitis- Golfer's elbow</i>	
			Strength			<i>Power- score out of 5</i>	

\* Resisted test = isometric contraction

Functional Tests:				
Test	Right	Left	Total	Comments
Deep Squat				
Hurdle Step				
Inline lunge				
Shoulder Mobility				
Straight-leg Raise				
Trunk Stability Pushup				
Rotary Stability				

Full Postural analysis of symmetry and examination:

Range of movement findings, identifying strengths and areas for improvement:

Pre-existing conditions/disease processes (therapeutic and remedial)

Devise treatment plan and state rationale for chosen massage interventions

Learner's/Therapist Signature .....

Client's Signature .....