

# Holistic & Therapeutic Massage Diploma

## Case Studies - Scheme of Work

Learning Outcome	Core Curriculum
<b><i>Understand and explain your background and why you want to practice massage</i></b>	Personal stories What made you want to study massage
<b><i>Understand and explain the importance of client and GP consent</i></b>	Client consent to massage form Letter to GP
<b><i>Understand and explain the importance of client care</i></b>	Explaining the treatment Client modesty Appropriate support methods Helping the client on and off the couch
<b><i>Understand and explain how to complete a client profile</i></b>	Brief case history Why they are seeking treatment Character observations
<b><i>Understand and explain how to complete a consultation and treatment form</i></b>	What needs to be included Contraindications, Consent Lifestyle, Health questionnaire
<b><i>Understand and explain how to write and update a treatment plan</i></b>	Client's expectations, Special needs Treatment objectives, Medium used Treatment method, Frequency Client feedback on previous treatment Has the client's health changed New reactions/contraindications Changes necessary?
<b><i>Understand and explain the importance of adapting treatment to suit the client</i></b>	Oedema, Elderly, Obese clients, Male clients, Pregnant clients, Disabled clients
<b><i>Understand and explain the conditions being treated</i></b>	In depth knowledge of the particular conditions being treated, eg. MS IBS etc.

<p><b><i>Understand and explain how to write up a summary of each treatment</i></b></p>	<p>Type of treatment given  Observatons during treatment  Feedback from client  Reactions/contraindications  How could the treatment be improved</p>
<p><b><i>Understand and explain the advice to be given to the client after treatment</i></b></p>	<p>Breathing, relaxation and mobility exercises,</p>
<p><b><i>Understand and explain the importance of observations made during treatment</i></b></p>	<p>Posture, Skin complaints, Knots  Areas of heat/cold, Stiffness</p>
<p><b><i>Understand and explain how to complete a conclusive summary of all treatments given</i></b></p>	<p>Summary of all treatments given  Effectiveness of all treatments  Problems faced and solutions given  How do you feel the treatments went  How do you feel you have developed</p>