

Body Massage Sample - Case Study Overview

Client

James really enjoyed his three massages and has had much relief of the tension around his trapezius and Rhomboids. He also tells me he is sleeping much better and generally feels much more relaxed. He still has lower back pain although this has improved so we have discussed the possibility of him continuing his treatments once a month on a sort of MOT basis.

Therapist

I felt during these treatments that I gained an enormous amount of confidence. I have certainly learned my routine which has given me more flow and is much more enjoyable to perform. I still have problems with my percussion and will need to continue practicing in the evenings. I feel that from a CPD point of view I could do with knowing how to get deeper into the lower back buttocks shoulders and neck and will therefore book onto the Deep Tissue Course to learn more about this. All in all I feel very pleased with my progress.