

Devon Academy Of Complementary Therapies

Student Name: Debbie Individual Treatment: 1/20 Date: 24 June 2019

Client Profile (to include lifestyle) Debbie is an active, elderly, lady still fit and healthy who enjoys the gym, swimming, and Pilates. Her job though is more sedentary these days so she has trouble finding the time to exercise as much as she would like although she does stretch on a daily basis. The computer work takes its toll on her back shoulders and neck so a back massage is going to be a very effective treatment to improve relaxation and release tension.

Treatment: I could see the client's shoulders were higher on the right side than the left and her neck was definitely reduced in length with very tight upper trapezius fibres. I warmed up the area with lots of effleurage to induce relaxation and well being, getting deeper into the Supraspinatus with petrissage which produced good erythema. I frictioned the tight crunchy Rhomboids to stimulate endorphins and produce an analgesic effect. Whilst trying to break down the Lactic acid crystals I could feel crunching in that area. The clients back relaxed enormously as the treatment progressed and their was a significant lowering of the shoulders and arm length improved. I completed my treatment with ample effleurage to assist in the drainage of toxins and waste products.

Client feedback: My client enjoyed my effleurage and the pressure I used consistently throughout. She would have liked a deeper treatment on shoulders which unfortunately holistic massage does not give us the tools to deliver

Homecare advice: I recommended my client should drink plenty of water today to flush out toxins and waste products. We discussed the possible reactions to treatment and in particular that she may be a little stiff and achy around the shoulders where I have worked more intensively.

Diet: I noticed that she has quite a lot of added salt on her meals and suggested that instead of shaking a salt seller on her food she go for a single to reduce salt at each meal.

Exercise: My client does irregularly exercise but we discussed the possibility of going to Pilates once a week and a swim once a week to start with

Relaxation: She has a daily long soak in the bath and has a meditation app which we discussed going back to a couple of times a week to reduce stress.

Self-reflection (any CPD requirements): I enjoyed this treatment today although I did feel my posture suffered, resulting in back ache

Client signature:

Student signature: _