

**SWEDISH MASSAGE II  
TREATMENT PLAN**

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

**Instructor:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**SUBJECTIVE (What the client tells you):**

**Client's name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Profession:** \_\_\_\_\_

Questions to ask client:

1. What are you hoping to have addressed during this massage session? Do you have any areas of tension or discomfort?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What type of exercise or physical activity do you do on a regular basis (generally and specifically to your chief concerns?)

\_\_\_\_\_  
\_\_\_\_\_

3. Are there any areas you would like omitted from the massage?

\_\_\_\_\_

4. Are you currently taking any medications? If so, which one(s) and for what condition(s)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Do you have any of the following?

- |   |  |                                    |
|---|--|------------------------------------|
| <input type="checkbox"/> Varicose Veins | <input type="checkbox"/> Blood Clots     | <input type="checkbox"/> Phlebitis |
| <input type="checkbox"/> Disc Injuries  | <input type="checkbox"/> Spinal Problems | <input type="checkbox"/> Scoliosis |

6. What injuries or surgeries have you had in your life? When did they happen?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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7. Was there any other pertinent health history or information that was revealed to you from the intake or during your follow up questions?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OBJECTIVE (What you can observe or measure):**

8. Gender:  M  F

Height: \_\_\_\_\_

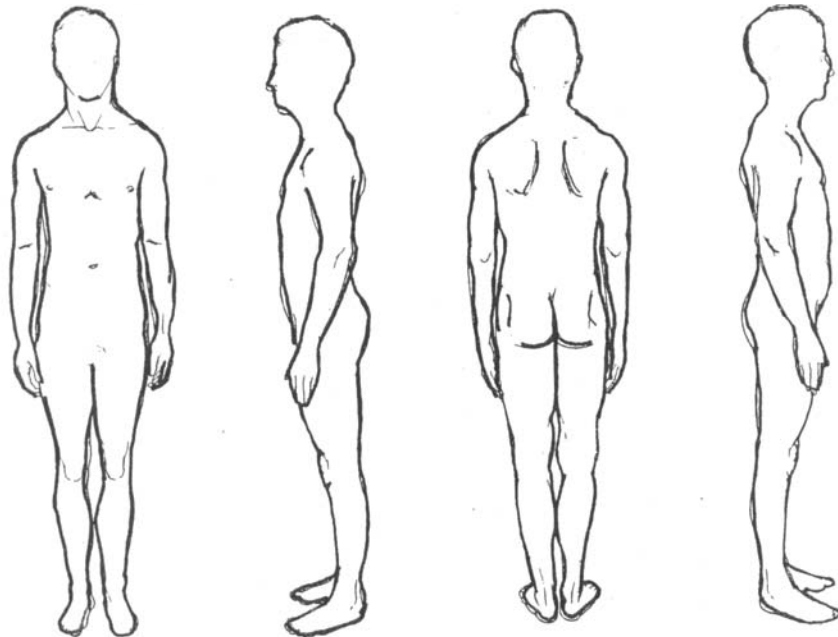
Weight: \_\_\_\_\_

9a. Postural Assessment:

	Frontal or Posterior View	Side View
Head		
Shoulder girdle		
Spine		
Hips/pelvis		
Upper extremities		
Lower extremities		

*\*Use another sheet of paper if there is not enough space in the chart to record your findings.*

9b. Charts to record postural & palpation findings:



10. List any other relevant observations other than from the postural assessment (movement patterns, way of walking or sitting, general manner, etc.) that may give more information on how to address your client's concerns:

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**ASSESSMENT (Your synthesis of information):**

11. Interpret the findings from the subjective and objective sections and explain what pathologies may be present and why your client may be experiencing their present complaint(s).

Tissue or structure	Assumption of the condition or state of the tissue or structure	How did you determine if your assumption may or may not be true?
a.		
b.		
c.		
d.		
e.		
f.		
g.		
h.		
i.		
j.		

*\*Use another sheet of paper if there is not enough space in the chart to record your findings.*

12a. Thinking of the body as a whole what other muscles or structure(s) will you want to target to help indirectly relieve the client's primary concern and why?

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12b. If you will only be doing detailed work to just one area (and doing very general work to the rest of the body), defend why you have made this treatment choice.

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**PLAN (an overview of your plan of treatment):**

13. According to your above assessment (synthesis) what detailed work will you add into your full-body one-hour session?

<i>Which muscles &amp; structures will you address?</i>	<i>What will you try to accomplish in working on the muscle or structure?</i>	<i>What strokes or techniques will you use to try to achieve the preceding goal?</i>
a.		
b.		
c.		
d.		
e.		
f.		
g.		
h.		
i.		
j.		

\*You may work more or less than 10 muscles & structures as is appropriate.

14. What has the client revealed to you that informs you about contraindications, cautions and/or the need for special bolstering or positioning:

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Student: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

## RUBRIC FOR SWEDISH II SOAP TREATMENT PLAN

\_\_\_\_\_ **Treatment Plan passed in on time.**

- 30 – Session Report arrived on due date at the beginning of class.
- 0 – Session Report arrived late.

\_\_\_\_\_ **Communicated clearly, neatly and concisely.**

- 10 – Notes are complete, clear, neat, concise, understandable and easy to read.
- 8 – Notes are complete and can be deciphered with minimal effort.
- 4 – At times notes are incomplete or impossible to understand.
- 0 – Most notes are impossible to decipher or messy.

\_\_\_\_\_ **Used professional language, anatomical terms and correct spelling.**

- 10 – Used all of the above throughout the session report.
- 8 – Used most of the above at a good level throughout the session report.
- 4 – Session report could have used more professional language and had some misspellings.
- 0 – Session report lacked professional language and had many misspellings.

\_\_\_\_\_ **Filled out the objective section thoughtfully and completely.**

- 10 – Made good choices of which tests to use & filled out the palpation chart in a way that helped illustrate problem areas and patterns.
- 7 – Filled out all sections and the palpation chart clearly but didn't use tests and palpation to further understanding of the client's condition.
- 0 – Objective section notes are incomplete or not clear.

\_\_\_\_\_ **Demonstrated clear, logical, clinical reasoning skills including good use of information from subjective and objective sections to formulate the treatment goals and treatment plan.**

- 10 – It was easy to follow the logic through from the beginning to the end. Student was very explicit in making connections.
- 8 – The session report makes sense but student did not explicitly explain their thought process.
- 4 – There were frequent gaps in the logic.
- 0 – Treatment did not match with client's goals and concerns.

\_\_\_\_\_ **Chose appropriate muscles & structures to work.**

- 10 – Muscles and structures chosen follow from subjective and objective sections.
- 7 – Muscles and structures chosen follow from subjective and objective sections with some oversights.
- 0 – Many oversights. Missing many important muscles or structures.

\_\_\_\_\_ **Chose appropriate techniques to positively impact tissues, region or condition.**

- 10 – Good choice of techniques for treatment goals. Works in a safe & effective way.
- 7 – Left out key parts that could have made a more effective treatment. But overall would be safe and provide some benefit to client.
- 0 – Many techniques chosen would not be effective or could be dangerous.

\_\_\_\_\_ **Used an appropriate level of clinical reasoning and techniques.**

- 10 – Uses many specific techniques taught in class this semester based on clinical reasoning.
- 7 – Uses some advanced level techniques, but misses some opportunities due to limited assessment.
- 5 – Treatment had some focus and specificity but uses mostly Swedish I level techniques.
- 0 – Treatment lacks specificity, mostly Swedish I level of work.

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\_\_\_\_\_ **Total Score**