TOOLS OF ASSESSMENT & TREATMENT
SESSION REPORT #3

NAME_____ DATE_____

A. Use one of the Worksheets in the appendix for a region you have already learned in class.

B. Take a "client" through AROM, PROM and MLT's for the region.

C. Note your findings on the charts. Circle any findings that fall outside of the normal parameters.

D. Based on your findings which muscles do you assume are shortened or overlengthened? Use your findings from AROM, PROM and MLT's to support your assumptions. Summarize your findings here:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

E. Write a treatment plan for the region which includes, but is not limited to, BMT's, Tense and Relax, muscle stripping and friction:

Which muscles & structures will you address?	What will you try to accomplish in working on the muscle or structure?	What strokes, stretches, PNF or other techniques will you use to try to achieve the preceding goal?
1.		
2.		
3.		
4.		
5.		

(treatment plan cont'd)

6.		
7.		
8.		
9.		
10*.		

*You may work more or less than 10 muscles & structures.

F. Massage region.

G. Re-check AROM, PROM and MLT's for the muscles you have worked. Note any changes below: