

Initial Treatment Plan (Station # 5)

(Introduce yourself and wash your hands)
The reason I am here,2

After your case history interview, assessment and giving you my clinical impression, I would like to explain the treatment plan that I have prepared for you.

I believe massage therapy can be beneficial for your pain and discomfort.

Contraindication: As per your health history there is no contraindication for your treatment.

Duration and cost: I would like to tell you today's treatment last for placed ON Reception desk.

Area to be treated: For today's treatment, I will work on your whole body,
Focus of treatment: I will focus specifically on your Shoulder area.
And I will apply light and deep massage techniques with oil by using my fingers, hands, knuckles and forearm.

Hydrotherapy: I will use hydrotherapy in the form of heat pack or cold pack.

Goal of the treatment: will be relieve the pain symptoms and increase the range of motion.□

Clothing: For treatment you have to remove your clothes as per your comfort level once I leave the room.

Draping: For your Security and Safety, I would like to tell you, you will be covered by draping(sheets) all the time except for area I am working on.

Positing: After removing the clothes you have to lie down on the table between the sheets face Up or Face down. (Explain accordingly client symptoms).

Pillow: For your comfort I will provide a pillow under your ankles when you are face down and a pillow under your head and one under your knees while you are face up.

Get on and off the table: If you need any assistance to get on or Off the table please let me know.

Pressure and Communication: For your safety I will maintain communication with you at all times by asking how my pressure is and if you are comfortable.

Or We can maintain pressure according to your comfort level.

Stop the treatment: At any time during your treatment, you may stop me if

you feeling uncomfortable or I can modify the treatment plan according to your comfort.

Ask question: while during the treatment if any question comes to your mind, you can ask me, I will happily answer you right away.

BENEFITS: Benefit of the massage treatment it will increase Range of motion decrease pain and increase Blood circulation and Provides Relaxation.

Side effects: After the massage You might can feel some Soreness around the area I will work, to relieve the Soreness you can take warm shower and drink some water.

Ongoing treatment: For follow up treatment you need to come once a week for 4 weeks. Then I will reassess you after 4 weeks again. I will inform you about any changes may happen in your treatment plan, and explain for you prior to treatment and will record it.

Referral: If I will see treatment plan is not getting the results or pain remain same, I can refer you to my other colleague Physiotherapist or Chiropractor.

Remedial exercise for home care: After done with all the treatment and when you will be dressed up, I will show you some stretching or strengthening exercise for home care for faster recovery.

Do you understand ?

Do you have any question?

May I have your consent for the treatment?

As you have some pain and restriction over your chest area or any sensitive area, I need your written consent.

Please read the consent Infront of client as well and ask him or her to do initial Infront of particular area and then sign and date.

Again, ask Do you have any question?

Thanks for your time.

Wash your hands before you leave the room.

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