CASE STUDY

Demographic Information

Set No:        4

NAME:    DC

D.O.B:    29/11/2003

OCCUPATION: Student

PRESENTING CONDITION: Skin Issues and Bowel Issues

First Treatment See SOAP

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| Treatment **SOAP** Notes - Study Client ID: DC | | | | | | | | |
| Date: | 7/10/2020 | Start time: | 11:15 | Finish time: | 12:15 | Treatment number: | 1 |
| Preferences:  Depth of Touch: Light Medium Deep Varies  Music: Piano Music For Relaxation  Reclining position / postural support: Client was sitting in the chair and I used a foot stool to support his feet, with a bolster and clinical roll.  Infection prevention / Allergies : No known allergies  Psychological & relevant information between treatments:  Not Applicable.  Client is asymptomatic with no contact with COVID 19 individuals/or no foreign travel. | | | | | Measurements:  MYCAW  Skin Issues : 1 2 3 4 5 6 Detail: Client is suffering from acne and psoriasis both started when he became a teenager.  Bowel Disorder -Constipation: 1 2 3 4 5 6 Detail: Client gets intermittent constipation and diarrhoea.  Need for referral: Y/N | | | |
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**Subjective:** (why they came for a treatment, what they say, what are they experiencing, what makes things better / worse)

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| Study Client symptoms and goals:  To help with his skin condition and bowel issues. |

**Objective:** (what I see / observe / find)

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| Visual:  Client Looks Healthy and walks normally.  Feet are a healthy pink colour.  Some rough skin on heels on head and digestive system.  Hard Skin on in around the trapezius in Zone 1&2.  Feet are relaxed and open. |
| Tactile:  Feet are warm and clammy.  Some Rough Skin.  Hard Skin on trapezius on Zone 1 and 2 on the left foot. |
| Areas of Focus:   Full foot treatment as this is the first session-Immune System for skin.  Digestive System for Constipation and Diarrhoea. |
| System/s focus:  Digestive  Circulation  Limbic  Respiratory  Musculo-skeletal  Endo/exocrine  Lymphatic  Integumentary/special senses |
| Other: |

**Assessment:** (what happened / what changed)

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| Preparatory Techniques:  Prepared Stool/Got Client adequately supported with pillows and bolsters / took medical history from parent/ got signed consent / client choose Flying wild rose reflexology balm/started with opening relaxation techniques |
| Treatment Responses + interpretation/relevance:  Diaphragm Line Slightly tight- could be evidence of stress-Not taking enough ‘life breaths’-going too fast.  The Oesophagus was a bit stiff- Could be issues with swallowing or holding in what he needs to say..?  The Solar Plexus (Right Foot) was tight - released on knuckling it- Client found this ticklish. (Some residual stress)  The Shoulders are both crunchy- Could be stress/over stretched with playing basketball.  Trapezius- Firm Flexed it Client felt this release…  Some Congestion in the groin- Elimination Issues ? Connection to Skin issues?  The Thyroids on R&L were tight could be an immune issue.  The Stomach was a bit tight-Could be digestive issues.  Spleen was firm- Immune Issues could be related to constipation and Skin Irritation.  Adrenals both quite firm- Stress.  Ascending Colon- Congested.  Transverse Colon- Congested.  Descending Colon- Crunchy.  Lumbar Spine tender- Linked to Bowel Issues.  Thoracic Spine T6-9 were tight- Indicates issues with stomach and spleen..immune issues.  Brain Stem- Tender  Pituitary/Hypothalamus- Very reactive- Due to age of client.  Links with Prostate-Testes Buzzing ..again hormonal activation. |
| Study Client Responses:  Client Enjoyed the session, he said he felt his shoulders felt better not as tight, he also felt more relaxed. |
| Other: |

**Plan:** (future treatments / techniques / focus / self-care suggestions)

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| Number of Treatments recommended: 3 | Date of next treatment: 14/10/2020 |
| Techniques for next treatment and reasons:  Lots of relaxation.  Work Longer on the Digestive System-Aids Elimination..  Also work Spleen- Immunity and for skin issues.  Hormonal Balancing -HPA axis.  Limbic- Stress Management. | |
| Plan for Self-Care/support between treatments:  Drink More water  Eat More Fibre- fruit and Veg  Decrease intake of high carbohydrate snacks.  Steam Skin to help ease inflammation. | |
| Other: | |

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| Treatment **SOAP** Notes - Study Client ID: DC | | | | | | | |
| Date: | 14/10/2020 | Start time: | 12:00 | Finish time: | 12:45 | Treatment number: | 2 |
| Preferences:  Depth of Touch: Light Medium Deep Varies  Music: Buddha Music For relaxation  Reclining position / postural support: Seated in a chair used stool and bolster covered in clinic roll and fresh towels  Infection prevention / Allergies : No  No COVID Symptoms nor contact with a positive case and no foreign travel.  Psychological & relevant information between treatments: None | | | | | Measurements: | | |

**Subjective:** (why they came for a treatment, what they say, what are they experiencing, what makes things better / worse)

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| Study Client symptoms and goals:  Client wants to help with constipation, he feels his skin is improving less inflamed. |

**Objective:** (what I see / observe / find)

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| Visual:  Feet are a healthy pink colour.  Some rough skin on heels on head and digestive system.  Hard Skin is less pronounced.  Feet are relaxed and open. |
| Tactile  Feet are warm.  Some Rough Skin. |
| Areas of Focus:  Digestive System  Integumentary -Skin  Immune System |
| System/s focus:  Respiratory  Musculo-skeletal  Endo/exocrine  Limbic  Digestive  Integumentary |
| Other: Lots of relaxation Vagus Nerve & Busy Brain technique for stress |

**Assessment:** (what happened / what changed)

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| Preparatory Techniques:  Wiped Stool/Covered with Clinical Roll/Put on Diffuser with Neals Yard Calming Balance/Buddha Music For Positive Thinking/Set Out my wipes and Balms-Choose Rose Balm Flying wild/Washed my hands put on mask/ Welcomed Client/Updated Medical History-Confirmed the previous evening message that COVID -ve. |
| Treatment Responses + interpretation/relevance:  Opening Relaxation.  Worked the Vagus Nerve- relaxation.  Diaphragm Line- Slightly Firm.  The Oesophagus- Slightly Tight-Swallowing things holding back.  The Shoulders-Still Crunchy-Knuckled it slightly.  The Lymph/Groin Still Congested- But improved from previously.  Spleen- Immune Response still elevated- Skin Issue.  Adrenals- Tight.  Colon Still a bit crackly more in the Transverse than in other areas- Bowels are improved, but still some issues-Knuckled them gently.  The Thoracic Spine was problematic in T11-12 issues with digestion and skin.  Pituitary/Hypothalamus tight. I gently circled it anti clockwise, to ease it.  Sinuses tight- ? |
| Study Client Responses: Client felt very relaxed, following the sensation.  Some toe flicks when I was working the vagus nerve. |
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**Plan:** (future treatments / techniques / focus / self-care suggestions)

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| Number of Treatments recommended: 2 | Date of next treatment: 21/10/2020 |
| Techniques for next treatment and reasons:  Continue working the Intestines to help relax them, and also to try and do some more work on the intercostals for releasing toxins and help elimination. | |
| Plan for Self-Care/support between treatments:  Client needs to continue drinking water.  Sleep needs to be more regulated.  Needs to increase dietary fibre.  Take time to relax. | |
| Other: showed client areas to work on hands for intestines. | |

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| Treatment **SOAP** Notes - Study Client ID: DC | | | | | | | |
| Date: | 21/10/2020 | Start time: | 10:00 | Finish time: | 11:15 | Treatment number: | 3 |
| Preferences:  Depth of Touch: Light Medium Deep Varies  Music: Piano Music For Relaxation  Reclining position / postural support: Utilised a Stool to support the feet, with a bolster, client in a chair supported by pillows, covered with his own blanket.  Infection prevention / Allergies None  No Covid Symptoms/Foreign travel and no known positive COVID contacts.  Psychological & relevant information between treatments: None | | | | | Measurements:  Not recorded at this session. | | |

**Subjective:** (why they came for a treatment, what they say, what are they experiencing, what makes things better / worse)

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| Study Client symptoms and goals:  To help the Client deal with their Skin Issues and Constipation, which he advised has improved from previously. |

**Objective:** (what I see / observe / find)

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| Visual:  Client quite relaxed.  Client’s Skin looks less inflamed.  Feet are Still a Healthy Pink. |
| Tactile:  Feet are warm.  Feel Soft.  Still Some hard skin on heels. |
| Areas of Focus:  Digestive-Intestine  Integumentary- Skin  Immune- To help Inflammation. |
| System/s focus:  Digestive  Integumentary  Immune  Musculo-skeletal-Shoulder and Knee Issues previously |
| Other: |

**Assessment:** (what happened / what changed)

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| Preparatory Techniques:  Cleaned down Stool/Put out Clinical Roll/Put on my diffuser with Neals Yard Calming Balance/Youtube Relaxing / Set out my reflexology balms-Choose Rose Balm and wet wipes/Washed my hands/Put on my mask and had mask for client |
| Treatment Responses + interpretation/relevance:  Opening Relaxation.  Shoulder Still a bit firm- Could be posture.  Intercostals -A bit stiff- Needs to relax and breath to get rid of Carbon Dioxide.  Trapezius- Tight Shoulder Strain  Spleen still a bit tight- Immune System Require Support.  Transverse Colon and Descending Colon- Slightly congested- Client felt gurgling..  Adrenals- softer.  Brain Stem- tight Client Still a bit uptight/stressed.  Pituitary/Hypothalamus- Tender. Gently Knuckled it anti clockwise.  Pineal- Crunchy- Bedtime routine needs improved.  Sciatic Reflex was slightly tight used sciatica protocol with good effect. |
| Study Client Responses: Client enjoyed the sessions, feels his bowels and skin are both improving. |
| Other:Some tightness and musculoskeletal issues. |

**Plan:** (future treatments / techniques / focus / self-care suggestions)

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| Number of Treatments recommended: 1 | Date of next treatment: 28/10/2020 |
| Techniques for next treatment and reasons:  Will Continue working the digestive system and immune system.  Also Limbic system and musculoskeletal system. | |
| Plan for Self-Care/support between treatments:  Continue drinking water.  Use a fresh clean cloth for cleaning and drying his skin not to be shared with siblings.  Continue with increasing his fibre uptake.  Better Sleep pattern hopefully when returns to studies | |
| Other: showed client areas to work on hands-for digestive system, also finger pulls and tapping meridians.  Plan to review client following completion of the course. | |