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 VariesMusic: Piano Music For RelaxationReclining 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 allergiesPsychological & 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: DigestiveCirculationLimbicRespiratoryMusculo-skeletalEndo/exocrineLymphaticIntegumentary/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- TenderPituitary/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 waterEat More Fibre- fruit and VegDecrease 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 VariesMusic: Buddha Music For relaxationReclining 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.  |
| TactileFeet are warm. Some Rough Skin. |
| Areas of Focus:  Digestive SystemIntegumentary -SkinImmune System |
| System/s focus: RespiratoryMusculo-skeletalEndo/exocrineLimbicDigestiveIntegumentary |
| 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 VariesMusic: Piano Music For RelaxationReclining 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 NoneNo 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- SkinImmune- To help Inflammation. |
| System/s focus: DigestiveIntegumentaryImmune 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 StrainSpleen 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. |