

Case Study - Practice Scripts

Some of the presenting conditions at end of semester 4:

Lower back pain with referred pain into hips

Upper back pain

Shoulder problem, rotator cuff

Hamstring/ quadriceps/abductor/adductor/gastrocnemius strain

Hurt my shoulder/elbow/wrist /hip/knee/ankle/ back/ during sport

Neckpain

Myofascial tension

Whiplash from car accident

Headaches

Fluid retention/ oedema

Recovering from serious illness

Clearance after cancer

Stomach problems after long term medication

Smoker, chest problems, emphysema

High stress levels/ shortness of breath

Lyme's disease

Drink problem – liver/kidneys/stomach

2/3/6/7 months pregnant

Enfant /toddler/teenager

Suffers from fibromyalgia

Crohn's disease

Multiple sclerosis

Asthma

Possible case histories – design treatments

Postman Bobby has difficulty getting in and out of the post-van. He has a lot of lower back pain and pain sometimes goes down his leg. His feet are cold a lot of the time. He is also a bit chesty and sometimes his sinuses get blocked. At the moment he is very anxious about money/cutbacks/bills etc..

Susie is a single mam of two. She plays football three times a week and enjoys horse riding each morning. She says she is rushed off her feet but not stressed out. Susie came for a massage as she has tight quads, gluts and hips and thinks that all of that is related to a previous groin strain.

My doctor says I have swimmers shoulder and it hurts when I extend my arm. He recommended massage.

Jacinta is a personal assistant to the CEO of a large company and she is finding work stressful at the moment which is why she has come for massage. She has achy neck and shoulders. She also has epilepsy, though not severe (episodes over 6 months apart. She has a treated broken ankle bone (left).

Dee has one three year old daughter. She has headaches which she thinks are due to computer work. Her shoulders are raised and she has a stomach ulcer.

My elbow is hurting me. I think it is from golf. Sometimes on teeing off my lower back is hurting too.

Jerry is a job seeker. He is bipolar (see depression) and seems very angry and agitated at the moment. He has injured his shoulder and knee in a fall which prevents him from hill-walking. Hill-walkiing is one of his exercise strategies for combating his depressive state.

Lower back pain with referred pain into hips, smoker, chest problems, 40 years old, plumber, married with 4 kids, inactive. Got a bit of emphysema too...

Office worker, upper back pain, headaches, high stress levels, shortness of breath, single, 28, living at home with family.

Recovering from serious illness – bowel cancer – got clearance for massage. Some lower back problems due to long period of inactivity. Some stomach problems after long term medication.

I am in the middle of menopause. I get very flushed and hot at times which really stresses me out. I also seem to be retaining a lot of fluid and that makes me feel very fat and fed-up.

My wife just threw me out of the house, says I have a bit of a drink problem, lost my job a few weeks ago, she said having me sitting around the house all day moping was driving her mad... I suppose I'd better pull myself together. Getting another job at 50 isn't going to be easy... Don't really know what to do. I am living with my brother for a few weeks. Oh and by the way I have Lymes disease but the joints are OK at the moment.

7 months pregnant, 2 young kids at home, walks every day, feels great but would like some 'me time'. A bit of swelling at ankles, tired legs in the evenings but no varicose veins

Deirdre has knee pain following a match last month, a bit of back trouble with a long time, training twice a week and match on Sundays, 22 years old, living with partner and 1 child, student.

Victoria has whiplash from car accident three months ago, pain on turning head, lots of headaches, 25 years old, single, cashier in supermarket, usually attends aerobics classes two nights a week but hasn't felt like it or able to since accident

My exams start next week and I am totally stressed out over them. I'm grinding my teeth at night and biting my gums causing mouth ulcers. Feel run-down and awful....

I fell at home last week. The bruising is all gone but I feel stiff and sore all over and think I am bracing all my muscles.

Sean has a shoulder problem. His rotator cuff on right side has muscle damage causing pain to front and back of shoulder on that side. Also tight on legs from rugby, 27 years old,

Jim has had two hip replacements. His legs and back get tired and achy at the end of the day... he says he is probably bracing muscles. His blood pressure is high - 45 years old, family – wife and two children who are grown up and living away from home.

I have very painful periods and these are preceded by a week of bloatedness and pre-menstrual tension.

I play soccer professionally. My back muscles are constantly hypertonic and spasm easily. I have a knee injury too.

I just came for a maintenance massage. Work what you find. Life is good. I like to look after myself and massage forms part of that self-care regime.

Housewife, last child just gone off to college, feeling a bit lonely, divorced, might start looking for a job but not a great time for that with the recession. She suffers from fibromyalgia.

I am a long distant lorry driver, back and shoulders are killing me, it's the long hours in the cab, I'm getting a bit fed up with it but sure it's a job and I'd better hold onto to it. I'm 30 and have partner and two kids to support. I have Crohns disease too but it's under control through diet and medication.

I feel very angry at what is going on in Ireland. I have worked hard for 30 years as a public servant and now am being pointed

Hurt my elbow playing football about a month ago. I have some lower back pain too and the hamstrings are very tight. Very fit, 20 years old, student, living at home...

Fell off a horse and injured my ankle. It's a year on but the ankle still pains me. I have multiple sclerosis. Lots of stiffness and get very tired easily.

I'm a dancer and need to keep my body loose for my performances five nights a week with a touring group. My shoulders also get very stiff. 24 years old and single. I also have asthma and gets severe attacks a few times a month. 35 years old, mother of 4 and working