Massage Case Study

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| *Overview of patients presenting problem:*Patient complained of tightness and soreness in rectus femoris, vastus lateralis, vastus medialis, semitendinosus, semimembranosus, biceps femoris, gastrocnemius and soleus |
| *Treatments provided:*Massage by using effleurage and petrissage as a way to release some of tightness in the quadriceps, hamstrings and calf muscles. |
| *Justification for use of massage on this patient:*From what he was describing to me I could tell he was suffering from Delayed onset muscle soreness (DOMS). Upon assessment I also notice a lack of active range of motion in ankle joint and knee joint due to doms in the patient’s legs |
| *Effectiveness of application of massage* Post treatment the client showed signs of improved active range of motion in the knee and ankle joint |
| *Critical review of your massage skills* During the massage I performed effleurage and petrissage at a high level I aided my patient’s recovery as well as improving his range of motion as his knee and ankle post treatment.  |