



Client Consultation Form – *Indian Head Massage*

College Name: Indian Head Massage School

College Number: 0002

Student Name: Mary Panton

Student Number: A12345

Date: 15 October 2007

Client Name: Tim

Address: On file

Profession: IT

Tel. No: Day On file
Eve On file

PERSONAL DETAILS

Age group: Under 20 20–30 30–40 40–50 50–60 60+

Lifestyle: Active Sedentary

Last visit to the doctor: September 07

GP Address: On file

No. of children (if applicable): 0

Date of last period (if applicable): n/a

CONTRAINDICATIONS REQUIRING MEDICAL PERMISSION – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment. (select if/where appropriate):

Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)

Haemophilia

Any condition already being treated by a GP or another complementary practitioner

Medical oedema

Osteoporosis

Arthritis

Nervous/Psychotic conditions

Epilepsy

Recent operations

Diabetes

Asthma

Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease)

Trapped/Pinched nerve (e.g. sciatica)

Inflamed nerve

Cancer

Postural deformities

Spastic conditions

Whiplash

Slipped disc

Undiagnosed pain

When taking prescribed medication

Acute rheumatism

CONTRAINDICATIONS THAT RESTRICT TREATMENT (select if/where appropriate):

Fever

Contagious or infectious diseases

Under the influence of recreational drugs or alcohol

Diarrhoea and vomiting

Pediculosis Capitis (head lice)

Conjunctivitis

Sycosis barbae

Skin diseases

Undiagnosed lumps and bumps

Localised swelling

Inflammation

Cuts

Bruises

Abrasions

Myalgic Encephalomyelitis (chronic fatigue syndrome)

Psoriasis

Scar tissues (2 years for major operation and 6 months for a small scar)

Sunburn

Hormonal implants

Recent fractures (minimum 3 months)

Cervical spondylitis

After a heavy meal

Anaphylaxis

Vertigo

Adhesive capsulitis

Bells Palsy

Tinnitus

Migraine

Earache

Headaches

WRITTEN PERMISSION REQUIRED BY:

GP/Specialist Informed consent

Either of which should be attached to the consultation form.

PERSONAL INFORMATION (select if/where appropriate):

Muscular/Skeletal problems: Back Aches/Pain Stiff joints Headaches
Digestive problems: Constipation Bloating Liver/Gall bladder Stomach
Circulation: Heart Blood pressure Fluid retention Tired legs Varicose veins
Cellulite Kidney problems Cold hands and feet
Gynaecological: Irregular periods P.M.T Menopause H.R.T Pill Coil
Other
Nervous system: Migraine Tension Stress Depression
Immune system: Prone to infections Sore throats Colds Chest Sinuses
Regular antibiotic/medication taken? Yes No If yes, which ones
Herbal remedies taken? Yes No If yes, which ones
Ability to relax: Good Moderate Poor
Sleep patterns: Good Poor Average No. of hours 8
Do you see natural daylight in your workplace? Yes No
Do you work at a computer? Yes No If yes how many hours 10
Do you eat regular meals? Yes No
Do you eat in a hurry? Yes No
Do you take any food/vitamin supplements? Yes No If yes, which ones
How many portions of each of these items does your diet contain per day?
Fresh fruit: 2 Fresh vegetables: 3 Protein: 3 source? Meat, chicken
Dairy produce: 3 Sweet things: 3 Added salt: 1 Added sugar: 3
How many units of these drinks do you consume per day?
Tea: 3 Coffee: 0 Fruit juice: 2 Water: 4 Soft drinks: 0 Others: 0
Do you suffer from food allergies? Yes No Bingeing? Yes No
Overeating? Yes No
Do you smoke? No Yes How many per day? 1-5
Do you drink alcohol? No Yes How many units per day? 1
Do you exercise? None Occasional Irregular Regular Types
What is your skin type? Dry Oil Combination Sensitive Dehydrated
Do you suffer/have you suffered from: Dermatitis Acne Eczema Psoriasis
Allergies Hay Fever Asthma Skin cancer
Stress level: 1–10 (10 being the highest)
At work 4 At home 3

Reason for treatment: To help alleviate back and neck pain due to poor posture and frequent head aches

Client profile: Tim is a 45 year old divorced man who is self employed working in IT. He works from home which often means he can go for a couple of days without going out. He loves his job but sometimes finds it stressful when he is unsure where his next account is coming from. He meets friends in the pub three times a week when he drinks beer. He cooks his own food but has a sweet tooth and often eats too much of the wrong things and he always eats in a hurry and often feels bloated. He is very tall and suffers from kyphosis through bad posture which leads to ongoing back and neck pain with headaches almost daily. He rarely exercises and sometime feels depressed

Treatment plan: To give Tim a course of three Indian Head Massages at weekly intervals concentrating on back, neck, shoulders and scalp. He was happy for me to use olive oil on his scalp for its anti-inflammatory properties

Details of how the client felt during the treatment: As expected Tim held a huge amount of tension in his neck and shoulders and at the beginning of the massage his back felt stiff and rigid. Because of this I added extra effleurage, kneading and champissage over his upper back and shoulders. He wanted to talk but I suggested that he thought about slowing and deepening his breathing to aid his relaxation. I could tell he was finding it hard to relax but when I began massaging his scalp using a small amount of olive oil I felt him suddenly relax. He stayed relaxed until the end of the massage

Details of how the client felt after the treatment: Tim commented that initially he found it hard to relax even though he was enjoying the massage but once I began to massage his scalp he absolutely adored it and wished he had discovered Indian Head massage years ago. He could not believe how different his neck and head now felt

Details of home care advice given: I advised Tim to go home and relax, drink plenty of water and have a light evening meal. As Tim had not had an Indian Head massage before I explained the possible side effects to the treatment and told him not to worry if he did feel a little under the weather and if that happened he should drink more water and that it shouldn't last longer than 24 hours
I recommended that Tim should go out for a walk at least once a day as day light and exercise help with mood and aid relaxation.
I said he should be aware of his posture while sitting at the computer. He said he knew he sat very badly but had never bothered to do anything about it
I told him that if he ate his food slowly he might find the bloating goes away

Reflective practice: I found Tim hard to massage as the tension in his back and neck was so great he found it difficult to sit up correctly and I found I was leaning forward to compensate. I also need a slightly larger support for his head during the face massage

Student's/therapist's Signature.....Mary Panton.....

Client's Signature...Tim.....

INDIAN HEAD MASSAGE FOLLOW UP SHEET

Treatment plan: Treatment 2. Tim had a bad headache after his first treatment which lasted until he woke the next morning. He asked if he was likely to have another bad headache after today's treatment which I said was less likely. Tim said his shoulders felt so much better but his neck was still tight and stiff and he had still be getting headaches though they were not as bad. He was really looking forward to today's massage where again I will concentrate on his back, neck, shoulders and scalp.

Details of how the client felt during the treatment: Tim still had a lot of tension in his upper back but today he closed his eyes, focused on his breathing and relaxed straight away. I used deeper effleurage, kneading and frictions than last week to try and alleviate as much tension as I could. I used olive oil again in the scalp massage as Tim commented on how nice his hair felt after he had washed it

Details of how the client felt after the treatment: Again Tim was very relaxed and he commented that this time he relaxed right from the start of the massage

Details of home care advice given: Tim remembered the previous aftercare advice and said his will drink more water for the rest of the day.
During the week he had gone for a short walk almost every morning and said he felt happier than he had for a while
Tim was also trying to improve his posture while at the computer but finding it hard
He was forgetting to eat slower. I asked him where he ate his meals and he said in front of his computer. So I suggested he sat at a table while he ate and then he might remember to eat slowly.

Reflective practice: I still found it hard to maintain good posture while massaging Tim but the larger support helped when I was massaging his face. I was happy with the pressure I was using and felt that my champissage had improved since the last treatment

Date of treatment.....22 October 2007.....

INDIAN HEAD MASSAGE FOLLOW UP SHEET

Treatment plan: Treatment 3. Tim did not have a headache after last weeks massage and said he felt wonderful for at least four days afterwards but he is still getting headaches most days. Tim is looking forward to today's Indian Head massage. I will again focus on the problem areas.

Details of how the client felt during the treatment: I used a deeper pressure again this week as it seemed to make such a difference to how Tim felt during the week. Although there was still a lot of tension in his upper back and neck it did seem a little more pliable than the previous weeks.

Details of how the client felt after the treatment: Tim again felt wonderful and was very complimentary about my massage. He felt the pressure was firmer than the week before which he really liked.

Details of home care advice given: Tim was still walking almost every day and he said again how much better he felt for it.

He was still trying to improve his posture while sitting in front of the computer. He was thinking about investing in a better chair.

He was still eating in front of the computer and still in a hurry

I recommended that because of the headaches and neck pain that it might be a good idea to go and see a chiropractor or osteopath as it was possible his neck might need an adjustment

Reflective practice: Tim was so happy with his Indian Head massages he has done a lot for my confidence and I think that helped me give him a firmer massage this week. I am also finding the routine much easier to remember now and because of that I think my massage and posture has improved nicely

Overall conclusion of the case study: Tim was very pleased with the outcome. His neck and back felt better than it had in years and although he was still getting headaches they were not as bad as before. He felt going out every day had made such a difference to the way he felt mentally. He also said he will bear in mind that he should be eating his food slower and if he does remember to do that he will see if that makes a difference to his bloating. Tim said he will go and see the chiropractor I recommended and he also would like to continue having Indian Head massages at least fortnightly.

Date of treatment.....29 October 2007.....