



INSTRUCTOR RESOURCE

Applied Anatomy & Physiology for Manual Therapists, 2nd edition

Case Studies

Chapter 2

The Body and Its Terminology

Case Study 1

A new client brings in a physician's prescription for massage. It says: Once a week massage for relief of tension and pain due to pectoral and brachial strain. Reviewing the client's health history form, you notice they have listed a couple of unfamiliar medications and checked the box as having rheumatoid arthritis.

- 1) According to the prescription, what body regions must be addressed? What other regions might be important to integrate into the session for more complete relief of pain and tension. Why?
- 2) If the client cannot clearly explain what the medications are for (which is pretty common), what resources can you use to find out about them? What other questions beyond "what it this medication for" do you think might be important to ask?
- 3) What information about rheumatoid arthritis does its name already tell you? What cautions, contraindications, or adjustments might you consider making in order to work safely with this client today?