CRITICAL THINKING:
TREATMENT PLANNING

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OBJECTIVES

1. REVIEW THE TREATMENT PLANNING PROCESS FOR MASSAGE THERAPISTS.
2. USING THE DECISION TREE MODEL, BE ABLE TO ESTABLISH AND MODIFY TREATMENTS BASED ON:
   A. NEW MEDICAL INFORMATION
   B. ADDITIONAL INFORMATION FROM THE CLIENT
   C. PRINCIPLES OF CONTRAINDICATION
3. STATE THE RATIONALE FOR TREATMENT MODIFICATIONS.
CRITICAL THINKING: TREATMENT PLANNING

PROCESS

1. GATHER ALL INFORMATION
   - MEDICAL
   - CLIENT INFORMATION
   - RESOURCES

2. CLIENT ASSESSMENT
   - OBSERVATION
   - PHYSICAL EVALUATION

PROCESS CONTINUED

3. SET OUTCOME OBJECTIVES
   - SHORT AND LONG TERM
   - REALISTIC
   - MEASUREABLE

4. SELECT TREATMENT MODALITIES
   - APPROPRIATE FOR IDENTIFIED PROBLEMS
   - TO ACCOMPLISH THE OBJECTIVES
CRITICAL THINKING: TREATMENT PLANNING

PROCESS CONTINUED
5. IMPLEMENT TREATMENT MODALITIES
   ▪ SKILLFULLY AND EFFECTIVELY
6. REASSESS CLIENT AFTER TREATMENT
7. REVISE OBJECTIVES
   ▪ BASED ON NEW FINDINGS

CRITICAL THINKING: THE DECISION TREE

A DECISION TREE:
IS A VISUAL DISPLAY OF A MEDICAL CONDITION WITH GUIDELINES FOR MASSAGE SAFETY BASED ON MEDICAL INFORMATION AND MASSAGE THERAPY GUIDELINES.
   ▪ SHOWS PROBLEMS
   ▪ SHOWS ACTION(S) TAKEN
CRITICAL THINKING: THE DECISION TREE

Medical Conditions and Massage Therapy: A Decision Tree Approach, Tracy Walton, 2011
CRITICAL THINKING: THE DECISION TREE

MEDICAL ESSENTIALS

- DISEASE / CONDITION PATHOLOGY
- SIGNS AND SYMPTOMS
- FINDINGS OF TESTS AND EXAMS

COMPLICATIONS

- ADDITIONAL DIAGNOSES
- SECONDARY CONDITIONS
  - Metastasis
  - Depression
  - Pneumonia
  - Infections
  - Heart Disease
  - Age
CRITICAL THINKING: THE DECISION TREE

MEDICAL TREATMENT AND EFFECTS
- MEDICATIONS
- MEDICAL PROCEDURES
- PREVIOUS TREATMENTS
- EFFECTS OF MEDICAL TREATMENTS
  - Side Effects and Response
  - Complications

CRITICAL THINKING: THE DECISION TREE

MASSAGE THERAPY GUIDELINES
- Describes appropriate massage therapy responses to each medical condition
- Shows the flow of thought required to apply massage indications or contraindications
- Shows massage modifications to a treatment session (Adjustments in Massage Elements)
CRITICAL THINKING: THE DECISION TREE
MASSAGE ELEMENTS

• Contact
• Lubricant
• Pressure
• Joint Movement
• Friction
• Site
• Position

• Draping
• Speed
• Rhythm
• Session Length
• Session Timing
• Session Intent

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SESSION INTENT
GOALS AND OBJECTIVES
— General Relaxation
— Muscle Relaxation
— Symptom Relief
  — Pain, Fatigue, Anxiety, etc
— Increased Circulation
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OTHER ACTIONS

• MEDICAL CONSULTATION

• MEDICAL REFERRAL

CRITICAL THINKING: THE DECISION TREE

PRESSURE

Level 1: Light Lotioning
  – Only skin is moved
  – To apply lotion or oil
  – Used with severely ill and frail

Level 2: Heavy Lotioning
  – Superficial adipose layers and muscles
  – To rub the lotion in
  – Used to introduce client to your touch
PRESSURE CONTINUED

Level 3: Medium Pressure
- Hands sink in more deeply and more tissue rolls ahead of the stroke
- Used for warming up tissue and for petrissage
- Believed to increase blood circulation
- Focus on deep tissues in problem area

PRESSURE CONTINUED

Level 4: Strong Pressure
- Moves deep layers of adipose, muscle, blood vessels and fascia
- Used for scar tissue
- Pressure for kneading
CRITICAL THINKING: 
THE DECISION TREE

PRESSURE CONTINUED

Level 5: Deep Pressure
– Addresses the deepest layer of muscle and fascia, compressing them against the bone
– Reserved for healthy clients
– Requires excellent body mechanics and strength

TREATMENT PROBLEM SOLVING

• Identify Possible Tissues Involved
• Determine Involved Tissue
• Possible Precautions/Contraindications
• Set Goals/Objectives
• 3 Massage Techniques To Use
• Massage Elements To Consider & Why
• Home Program
MUSCULOSKELETAL PAIN
Pain that is present due to pathology, disease, injury or deformity affecting the musculoskeletal system. This pain will change and/or vary with changes in the musculoskeletal system.

<table>
<thead>
<tr>
<th>Tissue</th>
<th>Pain Presentation</th>
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<tbody>
<tr>
<td><strong>Contractile</strong></td>
<td></td>
</tr>
<tr>
<td>• Muscles</td>
<td>Local, intermittent throbbing and/or aching pain</td>
</tr>
<tr>
<td>• Tendon</td>
<td>Increases in intensity with use and with passive stretch of the tissue</td>
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<tr>
<td><strong>Inert</strong></td>
<td></td>
</tr>
<tr>
<td>• Bones/Joints</td>
<td>Local, deep dull aching pain</td>
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<tr>
<td></td>
<td>May increase with weight bearing or approximation of the joint</td>
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<tr>
<td>• Ligaments</td>
<td>Local deep throbbing aching pain</td>
</tr>
<tr>
<td></td>
<td>Increases in intensity with sustained stretch</td>
</tr>
<tr>
<td>• Bursa</td>
<td>Throbbing/aching at rest</td>
</tr>
<tr>
<td></td>
<td>Increased with joint compression</td>
</tr>
<tr>
<td></td>
<td>May refer distally</td>
</tr>
<tr>
<td>• Fascia</td>
<td>Conducts superficial sensory stimuli</td>
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<tr>
<td></td>
<td>Pain may persist after stimuli disappears</td>
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<tr>
<td></td>
<td>Pain can be felt at a remote spot from initial stimuli</td>
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<tr>
<td>• Nerve</td>
<td>Sharp, burning, shooting radiating pain.</td>
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<tr>
<td></td>
<td>Presents with Paraesthesias and can lead to muscle weakness over time.</td>
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<td>Changes with movement of the spine</td>
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</tbody>
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CRITICAL THINKING:
THE DECISION TREE

PLANTER FASCITIS
Medical Essentials:
• Pain in arch of foot
• Plantar fascia is tight
• May caused by inflammation or degradation of tissue
• May be accompanied by a bone spur
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PLANTER FASCITIS
Medical Treatment:
• Rest
• Ice
• Stretching
• NSAIDs
• Corticosteroid Injections
• Physical Therapy

Questions:
• Where, when did it begin?
• What makes it worse or better?
• Seen a Doctor? Diagnosis? Bone Spur?
• Inflammation?
• Treatment? Effects of Treatment
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PLANTER FASCITIS

Massage Therapy Guidelines:
• Pressure level 2 at calcaneous
• Pressure on bottom of foot: level 4-5
• Passive dorsiflexion/stretching
• If inflammation or severe pain avoid:
  — Friction, circulatory intent

CRITICAL THINKING: THE DECISION TREE

PLANTER FASCITIS

Medical Consultation:
• PT, Chiropractor, Massage Therapist
• Medical References

Medical Referral:
• To Doctor if not improving
• Other medical professionals