SPORTS MASSAGE ASSOCIATION
CASE STUDY ASSESSMENT DOCUMENT

CANDIDATE	ASSESSOR	DATE	COMPETENT / NOT YET COMPETENT

1. EVALUATE PATIENT IN PREPARATION FOR SPORTS MASSAGE

a) SUBJECTIVE ASSESSMENT (Available marks total is 16)

	Comp	NYC	N/A	Comments
History taken elicits sufficient information (max 5)				
Patient's objectives for treatment are clarified (max 2)				
Contra-indications or red flags are Identified and appropriate action is determined (max 3)				
Appropriate hypothesis about the nature of condition is made to inform selection of objective tests (max 6)				

b) OBJECTIVE ASSESSMENT (Available marks total is 24)

	Comp	NYC	N/A	Comments
Accurately carried out a visual assessment (posture, asymmetry, gait, area of concern) (max 5)				
Evaluated tissue condition and bony landmarks using palpation skills (max 3)				
Carried out and interpreted appropriate active and passive range of movement tests (max 4)				
Carried out and interpreted appropriate resisted muscle tests correctly (max 4)				

Carried out and interpreted appropriate specials tests (max 4)				
Interpreted information gathered from subjective and objective assessment to create a hypothesis about the likely nature of the pathology (max 4)				

2. DEVISE MASSAGE STRATEGY FOR CLIENT (Available marks total is 20)

	Comp	NYC	N/A	Comments
Selected appropriate baseline markers (max 6)				
Devised a treatment plan (short and long term) to meet patients aims and objectives (max 12)				

Effleurage	Petrissage	Tapotement	Compressions
Vibrations	Passive Stretching	Frictions	
STR	Connective Tissue	Corrective frictions	
Trigger points/Neuromuscular	MET (PIR, RI)	PNF	
Active Isolated stretching	PNF - CRAC	Myofascial release	Positional release

Obtained consent for treatment (max 2)				

3. APPLY SOFT TISSUE TECHNIQUES IN SPORTS MASSAGE CONTEXT (Available marks total is 20)

	Comp	NYC	N/A	Comments
Records how patient's comfort and dignity were maintained (max 2)				
Discussed modification of techniques for patient needs (max 5)				
Discussed therapist posture, use of body weight and support of joints during treatment (max 5)				

	Comp	NYC	N/A	Comments
Discussed soft tissue response throughout treatment (max 5)				
Discussed feedback from patient throughout treatment and adapted techniques as required (max 3)				

4. POST MASSAGE EVALUATION AND CLIENT CARE (Available marks total is 20)				
	Comp	NYC	N/A	Comments
Evaluated the effectiveness of each treatment and overall course of treatments (max 6)				
Summarised treatment findings and outcome (max 6)				
Provide appropriate aftercare advice (max 6)				
Includes witness testimony from patient detailing feedback of treatment and outcome (max 2)				

MARK ALLOCATION:

- Lower end of available marks will be allocated if student addresses the learning outcome but in a simple manner with low competency level and basic understanding

- Mid mark allocation indicates student addresses the learning outcome with a good level of skill, shows sound knowledge of key concepts and theories

- Higher mark allocation indicates student shows expertise in practical skills, is logical and demonstrates evaluative and analytical skills

- Failure to address contra-indications or red flags will result in an overall failure (unsafe)

- If a learning outcome is not applicable, scoring will be adjusted accordingly.

SECTION	AVAILABLE MARKS		MARKS ACHIEVED IN TOTAL FOR EACH SECTION
1. Evaluate patient in preparation for sports massage	a) Subjective	16	
	b) Objective	24	
2. Devise massage strategy for client	20		
3. Apply soft tissue techniques in sports massage context	20		
4. Post massage evaluation and client care	20		
TOTAL: (Pass mark 60%)	100		%

Overall tutor feedback:

Tutor Signature: