

Rehabilitation Science Department
Physical Therapy Program
Lab Activities-Sheet -RHS

Student name:-----

Student number:-----

Description:-----

Benefit: -----

<i>Indications</i>	<i>Contraindications</i>
1-----	1-----
2-----	2-----
3-----	3-----
4-----	4-----
5-----	5-----
6-----	6-----
7-----	7-----
8-----	8-----
9-----	9-----
10-----	10-----

No	PROCEDURES	Evaluation		
		2	1	0
A-	Check Supplies			
	1-Obtain sheet or towels for draping			
	2-Obtain lubricant as indicated			
B-	Question Patient			
	1-Verify identity of patient			
	2-Verify absence or presence of contraindications			
	3-Ask about previous massage therapy, check treatment notes (if available)			
C	Position Patient			
	1-Place patient in a well-supported, comfortable position,			
	2-Exposed body part to be treated			
	3-Drape patients to preserve patient's modesty, protect clothing, but allow access to body part			
D	Inspect Body Part to be Treated			
	1-Check light touch perception			
	2-Check circulatory status(pulse, capillary refill)			
	3-verify that there are no open wound or skin rashes			
	4-Assess function of body part(e.g. ROM, Irritability)			
Apply Massage Therapy				
E	Effleurage Massage			
	1-After applying lubricant, effleurage is applied with a stroking motion from distal to proximal with light to moderate pressure: the deeper tissue is not moved. The initial stroke serve to disturbed the lubricant over the treatment area			
	2- longitudinal effleurage application			
	3- circular effleurage application			
	4- fanning, pulling effleurage application			
	5- nerve stroke, V-draining			
F	Complete Treatment			
	1-On completion of the massage, remove any lubricant with a towel.			
	2-Remove materil used for draping.			
	3-Have the patient perform therapeutic exercises indicated			
	4-Clean the treatment are and equipment according to normal protocol			
G	Assess Treatment Efficacy			
	1-Ask the patient who the treated area feels			
	2-Visually inspect the treated area for any adverse reactions			
	3-Perfrom Functional tests as indicated			
Comments & scores				

DR. REHAB-KSU