



Case Study - No. 2

Introduction and Presenting Condition

Mr T presented with neck spasm, pins and needles and hot spots (referred pain) into arm and hand and headaches due to nerve damage to Cervical Spine.

Treatment Plan

General and advanced Swedish Massage using Trigger Point Therapy and Muscle Energy Techniques. Due to Mr T's symptoms positioning was a problem as some position in which I was to work on Mr T reproduced neck spasm, pins and needles and referred pain into chest. Careful not to reproduce symptoms I modified the positions in which I worked on Mr T. The first few treatment a lot of soft tissue work was done using deep swedish massage and trigger point therapy of upper back neck and shoulder releasing upper trapezius rhomboids levator scapularis erector spinae muscles Prone (face down) and supine in a position which did not reproduce the pins and needles etc. releasing scalenes SCM sub occipitals muscles. Finishing the treatment with muscles energy techniques to correct the movement of the facet joints in the cervical spine.

Outcomes

Mr T's treatment improved over a period of time and neck movement improved with the absence of hot spots and pins and needles some neck position still give Mr T some problems which he tries to avoid during his course of work. Mr T has been receiving regular massage over a long period of time going from weekly treatments to fortnightly treatment down to maintenance massage once a month and is feeling much better and has been able to keep working in his business at full capacity. Mr T regularly does stretches to maintain his core stability and flexibility.