

Case Study: Session 1

Student name: _____

Session date and time: _____

Student birth date: _____

Is the student right-handed, left-handed, or ambidextrous? _____

Student height and weight: _____

Profession and regular activities:

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Medical history: Please list all diagnosed conditions; past injuries, surgeries, and major illnesses; and current medications.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up?

Which exercises did you teach the client in this session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

When is your next scheduled session with the client?

Case Study: Session 2

Session date and time: _____

How did the client feel after the last session?

How often and for how long did they practice the self-care exercises since the last session?

What was their experience with the self-care exercises?

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up? Simply note if there are any changes since the last session.

Which exercises did you teach the client in this second session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

When is your next scheduled session with the client?

Case Study: Session 3

Session date and time: _____

How did the client feel after the last session?

How often and for how long did they practice the self-care exercises since the last session?

What was their experience with the self-care exercises?

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up? Simply note if there are any changes since the last session.

Which exercises did you teach the client in this third session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

When is your next scheduled session with the client?

Case Study: Session 4

Session date and time: _____

How did the client feel after the last session?

How often and for how long did they practice the self-care exercises since the last session?

What was their experience with the self-care exercises?

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up? Simply note if there are any changes since the last session.

Which exercises did you teach the client in this fourth session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

When is your next scheduled session with the client?

Case Study: Session 5

Session date and time: _____

How did the client feel after the last session?

How often and for how long did they practice the self-care exercises since the last session?

What was their experience with the self-care exercises?

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up? Simply note if there are any changes since the last session.

Which exercises did you teach the client in this fifth session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

When is your next scheduled session with the client?

Case Study: Session 6

Session date and time: _____

How did the client feel after the last session?

How often and for how long did they practice the self-care exercises since the last session?

What was their experience with the self-care exercises?

Current pain or symptoms: Please list all, and ask the client to rate the severity of each symptom on a scale of 0-10 (10 being the most painful or severe) based on how they feel today.

Assessment: What do you observe about the student from the front, back, and both sides when they are standing up? Simply note if there are any changes since the last session.

Which exercises did you teach the client in this sixth session? Please list in order.

Did you encounter any challenges in this session? If so, please describe how you handled them.

Which exercises did you instruct your client to practice at home? Did you give them written exercise handouts?

Overall, how do you feel the session went?

Will this be your last session with your client?

If this is your last session, are both you and your client happy with their learning process so far?
Will your client continue to practice the exercises on their own?

If this is not your last session, how do you plan to move forward with this client? What issues will you address in future sessions?