Learning Module Two
Creating Evidence‐based Treatment Plan
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MSTH 210
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Learning Module Two
**Jo-Anne***MT Diagnosis*- Patient has limited range of motion and is experiencing pain in the left arm due to a Ganglion present in the wrist joint.
*Impairments-* Limited range of motion in left wrist, hypotonic flexor (especially flexor carpi ulnaris) and extensor muscles (extensor digitorum).
*Functional limitations (short-term) -* Pain and discomfort and inability to carry heavy weight when performing work related tasks such as carrying trays of food.
*(Long-term)-* Increase movement and decrease pain in wrist joint in order to perform work tasks.

**Treatment Plan***Supine-* 35 minute head, neck, shoulder and arms treatment.
*General techniques -* Effleurage, muscle squeezing on traps and wringing on arms. Reasoning-prepare tissues, feeling for texture, , tone and temperature.
*Specific techniques*- Muscle stripping- looking for trigger points. Joint mobilizations – anterior and posterior glides, traction (grade 1-2) to relieve pain and increase grade in later rehab. PNF in flexion and extension .

**Rossie**
*MT Diagnosis*- Chronic neck pain do to postural malaligment (head forward posture).
*Impairments-* Hypertonic traps and lavator scapula, Trigger points in SCM, Middle and Anterior Scalenes. Trigger point in Rectus Capitis Posterior Major and Minor, compression of posterior vertebral discs.
*Functional limitations (short term)-* Increased discomfort when trying to do work such as grading papers or writing. *(Long term)-* Constant discomfort with everyday tasks.

**Treatment Plan**
*Prone*- 20 minutes on back
General techniques- effleurage, c-scooping, muscle squeezing (traps). Reasoning- to prepare tissues, observe tone, texture, temperature and tenderness.
Specific Techniques -Muscle stripping- lavator scapula, erector spinae muscles. Reasoning – decreasing tone, looking for trigger points.
*Supine*-15 minutes on head neck and shoulders
General Techniques- effleurage. Reasoning - to prepare tissues, observe tone, texture, temperature and tenderness.
Specific Techniques- Muscle stripping. Reasoning- looking for trigger points and decreasing tension. Specific compression- Minimizing or releasing trigger point. Passive stretch- helping lengthen out muscle fibres of muscle with previous trigger point. Joint mobilizations (grade 2 oscillations) – improve joint mobility in cervical spine.