

## Mapping a Case Report

Have you ever learned something new by working with a client?



By **documenting and sharing the outcomes** of your treatment plans, you can contribute to research and help other therapists whose clients have similar issues. Writing a case report involves writing about the work you already do in a few simple steps.

First look for **reliable research** about massage for your client's condition. Then, **create and implement a treatment plan** in accordance with the literature and the needs of the client.

**Ready?**  
Here's what you will  
need to write down:

### 📍 Abstract

A summary of each of the main points listed below.

### 📍 Introduction

- Background of research literature.
- How this case contributes to the literature.
- Purpose (including outcomes of interest).

### 📍 Methods

- Description of client and presenting condition.
- Treatment goals.
- Describe techniques and frequency of treatment.
- Any changes in client's condition over the course of treatment. Be as detailed as possible!

### 📍 Results

Numeric and descriptive findings of your outcomes of interest (graphs and charts may help tell the story).

### 📍 Discussion

- Summarize findings and how they relate to literature.
- What are the implications of the outcome of this case?
- What new questions arose as a result?
- Suggestions and recommendations for future study.

Learn more about case reports and how to submit yours to our peer-reviewed journal, *IJTMB*:  
<https://massagetherapyfoundation.org/education/case-report-hub/>

