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.

**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, *IJTM*:
https://massagetherapyfoundation.org/education/case-report-hub/