



FREE CE RESEARCH WEBINAR *Case Reports*

Wednesday, March 22 3pm CT/1pm PT



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*Our thanks to Precision Neuromuscular Therapy (PNMT)
for their generous sponsorship of this webinar*



The Massage Therapy Foundation

- “ 501(c)3 non-profit organization founded in 1990
- “ Our mission: *Advancing the knowledge and practice of massage therapy by supporting scientific research, education, and community service.*
- “ Some of the many programs and opportunities MTF provides:
 - “ Research grants, research conferences, scientific journal;
 - “ Educational webinars, podcasts, and other materials;
 - “ Community service grants

For more information, visit www.massagetherapyfoundation.org



Today's Presenters



Adrienne F. Asta, LMT

- " MTF President
- " 20+ years practicing MT



Robin Miccio, MS, LMT, CPMT

- " MTF Case Report Contest Committee Chair
- " Manage Massage and the Integrative Health Program at Children's Hospital of Philadelphia



Susan Salvo, D.ED, LMT, BCTMB

- " 40+ years practicing MT
- " Author of *Massage Therapy: Principles and Practice* and *Mosby's Guide to Pathology for Massage Therapists*.



Ruth Werner, BCTMB

- " Author of *A Massage Therapist's Guide to Pathology*
- " Approved Continuing Education Provider



Disclaimer

There are no financial interests to be disclosed.



Objectives

Part I (35 minutes)

- “ Explain the MTF Case Report Contest
- “ Define “Case Report”
- “ Describe the components of a case report
- “ Review *MTF’s Case Report Guidelines*
- “ Explain the prizes

Part II (up to 25 minutes)

- “ Breakout Groups
 - #1: Educators with Susan Salvo
 - #2: Students with Robin Miccio
 - #3: Practitioners with Ruth Werner



MTF Case Report Contest



Why write a case report?

Case reports play an important role in scientific and professional literature. Writing a case report helps develop communication skills, critical thinking skills, and could contribute to future research and clinical practice.

Background

Since 2006, Massage Therapy Foundation has offered the Student Case Report Contest to provide an opportunity for students to develop research skills and enhance their ability to provide evidence-informed massage to the public. MTF is reopening the case report contest to practitioners starting in 2023.



MTF Case Report Contest



Student



Gold Award



Silver Award

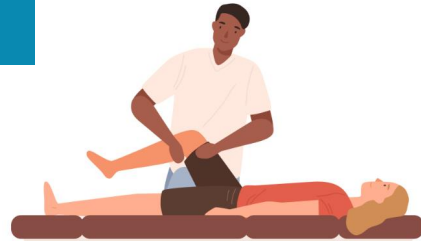


Bronze Award



Honorable
Mention

Due June 1st
Each Year



Practitioner



Gold Award



Silver Award



Bronze Award



Honorable
Mention



What is a Case Report?



A detailed report of a clinician's experience working with a single patient/client, including assessment, intervention and results.

Case reports usually describe an unusual or novel occurrence and as such, remain one of the cornerstones of ... progress and provide many new ideas..."

Guidelines To Writing A Clinical Case Report. *Heart Views*.
2017;18(3):104–105. doi: 10.4103/1995-705X.217857



Preparing to Write a Case Report



- “ Minimum of 5 sessions with a client/patient
- “ Recommended massage therapy be the only new intervention
- “ Must maintain confidentiality and the security of health information
- “ 2000-4000 words, excluding the cover page and references. The entire submitted document should not exceed 20 pages.



Preparing to Write a Case Report



- “ Implement evidence-informed practice – search to see if and how massage can help your patient reach their goal
- “ If you find gaps in written knowledge about a topic, technique, or element of your practice – write a case report!
- “ The case should add new knowledge
- “ Talk to your patient about your intention to write about the case and receive their informed consent. The informed consent document must be signed by the patient for the paper to be scored.



Components of a Case Report



Searching the Literature

Look for Published Articles in Peer Reviewed Journals

The screenshot shows a Google Scholar search results page. The search bar at the top contains the query 'massage AND adults AND hip dysplasia AND (pain OR function)'. Below the search bar, the results are listed. On the left side of the page, there is a sidebar for the National Library of Medicine (NIH) and PubMed.gov, which includes a search bar and a 'Search' button. The main content area displays several search results, each with a title, author, and a link to the full text (PDF). The results are as follows:

Title	Author	Link
Manual therapy, exercise, and education for the management of patients with hip dysplasia	M Kondratik, O D'SPT - keont.com	[PDF] keont.com
... and/or poor • Rectus femoris and sartorius often function in their secondary or tertiary role • during or before massage to reduce pain. Such treatments ...	
Imaging evaluation of developmental hip dysplasia in the young adult	AJR, 2013, 200(5) ...	
Physiotherapeutic treatments in infants with congenital hip dysplasia	E Piechocka, B Wrzesniński, P Wojcikzak ... - Journal of Education ... 2018 - apcz.umk.pl	[PDF] umk.pl
Conservative management of hip dysplasia	TAM Harper - Veterinary Clinics: Small Animal Practice, 2017 - vetemall.theclinics.com	
Experiences of living with developmental dysplasia of the hip in adults not eligible for surgical treatment: a qualitative study	MD Joergensen, SS Frederiksen, D Sørensen ... - BMJ ... 2021 - bmjopen.bmj.com	[HTML] bmj.com Free from Publisher



Searching the Literature

Look for Published Articles in Peer Reviewed Journals

PICO	Example
Population	Adults with hip dysplasia
Intervention	Massage
Comparison	Usual care
Outcome	Function, Pain

Google Scholar search results for: **massage AND adults AND hip dysplasia AND (pain OR function)**

Articles About 16,100 results (0.09 sec)

Any time
Since 2023
Since 2022
Since 2019
Custom range
2013 — 2023
Search

Sort by relevance
Sort by date

Any type
Review articles
include patents
include citations
Create alert

Manual therapy, exercise, and education for the management of patients with hip dysplasia
M Kondrak, O DSCPT - keont.com
... and/or poor • Rectus femoris and sartorius often function in their secondary or tertiary role. •
... Imaging evaluation of developmental hip dysplasia in the young adult. AJR, 2013, 200(5) ...
☆ Save Cite Related articles 00

Physiotherapeutic treatments in infants with congenital hip dysplasia
E Piechocka, B Wizesinski, P Wojcik - Journal of Education ... 2018 - apcz.umk.pl
... high slope of the acetabular ceiling in adults and adolescents do ... lying front (Buttock and back massage). Manual therapy and ... during or before massage to reduce pain. Such treatments ...
☆ Save Cite Cited by 1 Related articles All 3 versions 00

Conservative management of hip dysplasia
TAM Harper - Veterinary Clinics: Small Animal Practice, 2017 - vetsmall.theclinics.com
... The general goals of conservative treatment are to alleviate pain and discomfort, maintain function and range of motion (ROM) of the hip, and regain normal activity, thereby restoring ...
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Experiences of living with developmental dysplasia of the hip in adults not eligible for surgical treatment: a qualitative study
MD Jorgensen, SB Frederiksen, D Szostek - BMJ ... 2021 - bmjopen.bmj.com
... with pain is difficult when pain has its own life. Third, limitations imposed by hip problems ... identity, meaningfulness, control over pain and coping with pain were areas of the patients' ...
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[PDF] keont.com

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Components of a Case Report: Abstract

- Title
- Abstract**
- Introduction
- Methods
- Results
- Discussion
- References

- ☐ 300-word snapshot of your article
- ☐ What do you want people to know about your article?
- ☐ Sections

Background – brief summary of literature

Objectives – what is the purpose of your case report?

Case Presentation – quick review of your client demographics, health history

Assessment Measures – how did you measure change?

Treatment(s) and practitioner's background/training

Findings or Results – summary of data taken from assessment measures

Discussion – reflection of results, implications, final conclusions, & next steps



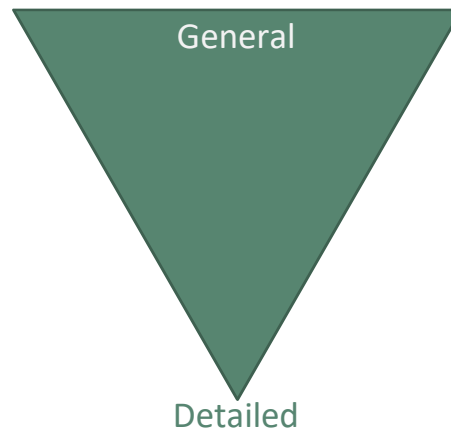
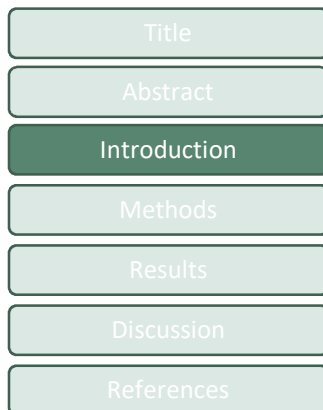
Components of a Case Report: Introduction



- ☐ Introduce the topic and background
- ☐ Why is this case is of scientific interest?
- ☐ Literature review should be thorough
- ☐ Purpose of the case report clearly stated
- ☐ Write Professionally



Components of a Case Report: Introduction





Components of a Case Report: Introduction

Title
Abstract
Introduction
Methods
Results
Discussion
References

Example outline

- I. Define the topic of interest broadly
 - a. What condition is it and why does it occur?
 - b. What are the symptoms?
 - c. What is the incidence/prevalence?
- II. Build the case for why this is important to write-up
 - a. Get more specific about the topic as it relates to your case
 - b. What are the current treatments and what is missing in clinical care?
 - c. Define the proposed treatment
 - d. Why is this treatment a viable option for this condition?
 - e. How will this add to what we already know?
- III. Purpose
 - a. What is the purpose of this case report?
 - b. What are your outcomes interest and how are you going to measure them?



Components of a Case Report: Introduction

Example outline from a published PT case report on dry needling for hip/thigh pain (Pavkovich, 2015)

I. a. What is it and why does it occur?

Lateral hip and thigh pain may be the result of... osteoarthritis of the hip joint, greater trochanteric bursitis, iliotibial band syndrome, muscle weakness/strength imbalances, flexibility deficits, spinal pathology, and leg length discrepancies.¹⁻¹⁵

1. b. What are the symptoms?

Persistent pain in the lateral hip radiating distally down the lateral thigh to the knee, and occasionally below the knee and/or buttock.¹³

1. c. What is the incidence/prevalence?

1.8 subjects per 1000 per year, with the prevalence being higher in women, and subjects with concomitant low back pain, osteoarthritis, ITB tenderness, and obesity.¹⁵

Pavkovich, R. (2015). The use of dry needling for a subject with chronic lateral hip and thigh pain: a case report. International Journal of Sports Physical Therapy, 10(2), 246.



Components of a Case Report: Introduction

II. a. Get more specific about the topic as it relates to the case

Iliotibial band (ITB) involvement, which is typically associated with lateral knee pain

II. b. What the treatments?

There is a paucity of evidence supporting the effectiveness of treatment strategies for ITBS, which include non-steroidal anti-inflammatory drug (NSAID) administration, phonophoresis, corticosteroid injections, deep friction massage, and correction of hip strength abnormalities.^{4,5}

II. c. Define proposed treatment

Dry needling involves a thin filiform needle. The needle penetrates the skin and stimulates underlying myofascial trigger points. This is commonly used by PTs reduce pain to improve range of motion/ motor control dysfunction.

[Pavlovich, R. \(2015\). The use of dry needling for a subject with chronic lateral hip and thigh pain: a case report. International Journal of Sports Physical Therapy, 10\(2\), 246.](#)



Components of a Case Report: Introduction

II. d. Why might this be this a viable treatment for hip pain?

Various continuous education programs teach DN techniques, and some of the programs focus on trigger points (TrPs) as the primary justification for using DN intervention.

II. e. Where the gap in the literature?

Currently, no randomized control trial (RCT) studies have looked at the effectiveness of DN to the lateral hip and thigh for pain reduction.

III. a. What is the purpose of this case report?

The purpose of this case report is to determine the effectiveness of DN as a primary treatment strategy in a subject with chronic lateral hip and thigh pain.

[Pavlovich, R. \(2015\). The use of dry needling for a subject with chronic lateral hip and thigh pain: a case report. International Journal of Sports Physical Therapy, 10\(2\), 246.](#)



Components of a Case Report: Methods

Title
Abstract
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Methods
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Client Information

- ☐ Demographics
- ☐ Medical/surgical history
- ☐ Prior treatments and experience with massage
- ☐ Massage contraindications
- ☐ Whether physician was consulted/informed
- ☐ Client's desired goals

Outcomes & Measures

- ☐ Assessments – how, when, and where were they taken
- ☐ Assessments must be measurable
- ☐ Measurements – what was measured and why the tool was chosen (cite validity evidence)
- ☐ Outcome of the measurements and how they informed the treatment plan and the client's goals



Components of a Case Report: Methods

Title
Abstract
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References

Intervention

- ☐ Practitioner education and experience
- ☐ Massage environment
- ☐ Outline intervention: duration, frequency, number of treatments, anatomical location(s) of intervention application
- ☐ Rationale for the intervention
- ☐ Concurrent therapies/home-care
- ☐ Applied techniques should be within your scope in your region, safe, involve critical thinking, and supported by the literature and/or clinical decision making
- ☐ Describe client consent was obtained



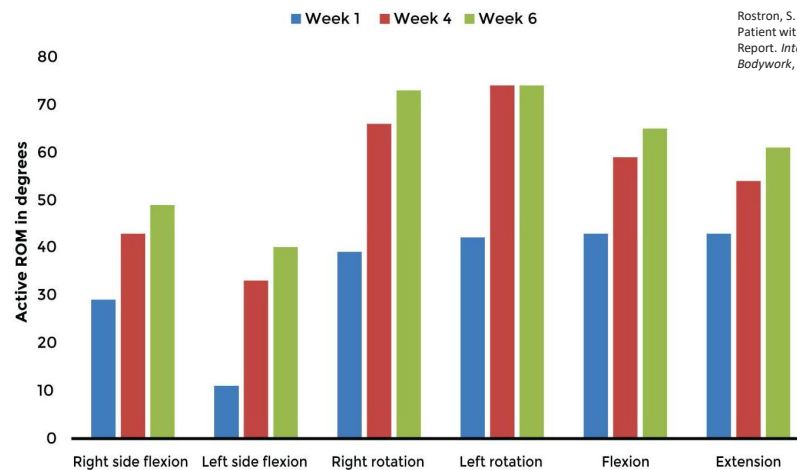
Components of a Case Report: Results

Title
Abstract
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Results
Discussion
References

- ☐ Present findings in an organized and easily understandable way such as table or chart
- ☐ Data should be presented only once
- ☐ No new data should be presented here
- ☐ Graphs should have appropriate labels
- ☐ Can include quotes or reactions from the client
- ☐ Present data in an analyzed format (not the "raw" data that's collected from the source)
- ☐ Do not interpret the meaning of the data (save that for discussion)
- ☐ Do not say "significant" as it relates to results
- ☐ Report adverse or unexpected events



Components of a Case Report: Results



Rostron, S. (2021). The Effects of Massage Therapy on a Patient with Migraines and Cervical Spondylosis: a Case Report. *International Journal of Therapeutic Massage & Bodywork*, 14(3), 15.



Components of a Case Report: Discussion

Title
Abstract
Introduction
Methods
Results
Discussion
References

- ☐ Summarizing results (previous section)
- ☐ Start narrowly and end broadly (reverse of the Introduction) about how it contributes to the current literature
- ☐ Refer to the client's goals, pre- and post-assessment measures and speculate why the intervention had an effect or not
- ☐ Discuss limitations
- ☐ Explain future implications for practice, education, research
- ☐ Make suggestions for future research (relate this to the limitations, if possible)



Components of a Case Report: Abstract

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- " 300-word snapshot of your article
- " What do you want people to know about your article?
- " Sections
 - Background** – brief summary of literature
 - Objectives** – what is the purpose of your case report?
 - Case Presentation** – quick review of your client demographics, health history
 - Assessment Measures** – how did you measure change?
 - Treatment(s)** and practitioner's background/training
 - Findings or Results** – summary of data taken from assessment measures
 - Discussion** – reflection of results, implications, final conclusions, & next steps



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- ☐ AMA Style – (check out Purdue Owl®)
- ☐ Articles from peer-reviewed journals (10+ articles)
- ☐ 10+ sources from the last 8 years
- ☐ Relevant references
- ☐ Order as referenced in the text
- ☐ Reference [Uniform Requirements for Manuscripts Submitted to Biomedical Journals](#)



Awards



Gold Award
\$2,500

- ❖ Must undergo peer review process for IJTM or another peer reviewed journal within one year.
- ❖ Up to \$1,000 stipend to AMTA Convention to present findings
- ❖ Invitation to submit a poster for Convention
- ❖ Local and national press releases announcing award
- ❖ Personal keepsake gold plaques



Silver Award
\$2,000

- ❖ Must undergo peer review process for IJTM or another peer reviewed journal within one year.
- ❖ Invitation to submit a poster for Convention
- ❖ Local and national press releases announcing award
- ❖ Personal keepsake silver plaque



Bronze Award
\$1,500

- ❖ Must undergo peer review process for IJTM or another peer reviewed journal within one year.
- ❖ Invitation to submit a poster for Convention
- ❖ Local and national press releases announcing award
- ❖ Personal keepsake silver plaque



Foundation Resources



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 - “ info@massagetherapyfoundation.org

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Breakout Rooms



Educators
with Susan Salvo



Students
with Robin Miccio



Practitioners
with Ruth Werner