FREE CE RESEARCH WEBINAR
Case Reports
Wednesday, March 22 3pm CT/1pm PT

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Robin Miccio, MS, LMT, CPMT, CEIM
Susan Salvo, EdD, BCTMB, LMT
Ruth Werner, BCTMB

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

The Massage Therapy Foundation

â‚¬ 501(c)3 non-profit organization founded in 1990

â‚¬ Our mission: Advancing the knowledge and practice of massage therapy by supporting scientific research, education, and community service.

â‚¬ Some of the many programs and opportunities MTF provides:
   â‚¬ Research grants, research conferences, scientific journal;
   â‚¬ Educational webinars, podcasts, and other materials;
   â‚¬ 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

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## 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

Due June 1st Each Year

Student

Practitioner

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...”

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

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

“Case Report”

- Overall
  - Writing is clear and concise
  - Smooth transitions and integration of research
  - The story of the case is apparent
  - Appropriate information is included in each section
  - Only relevant information is included
  - Proofread for grammatical errors

Look for Published Articles in Peer Reviewed Journals

Searching the Literature

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Look for Published Articles in Peer Reviewed Journals

<table>
<thead>
<tr>
<th>PICO</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>Adults with hip dysplasia</td>
</tr>
<tr>
<td>Intervention</td>
<td>Massage</td>
</tr>
<tr>
<td>Comparison</td>
<td>Usual care</td>
</tr>
<tr>
<td>Outcome</td>
<td>Function, Pain</td>
</tr>
</tbody>
</table>

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

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

- Introduce the topic and background
- Why is this case of scientific interest?
- Literature review should be thorough
- Purpose of the case report clearly stated
- Write Professionally
Components of a Case Report: Introduction

Three Sections

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?

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
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.


II. d. Why might this be 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.

## Components of a Case Report: Methods

### 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

### 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

- 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: Discussion

- Summarizing results (previous section)
- Start narrowly and end broadly (reserve 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

- 300-word snapshot of your article
- What do you want people to know about your article?
- Sections
  - **Background** – brief summary of literature
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Components of a Case Report: References

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

- 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**
- Must undergo peer review process for IJTMB 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**
- Must undergo peer review process for IJTMB 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**
- Must undergo peer review process for IJTMB 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

On the web:
- www.MassageTherapyFoundation.org
- www.ijtmb.org
- www.MassageNet.org

Via email:
- info@massagetherapyfoundation.org

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Breakout Rooms

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with Susan Salvo

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Practitioners
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