

## INDIVIDUAL CASE STUDY (CASE CODE: 22)

### Kinesiology & Rehab Sciences

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#### PARTICIPANT GUIDELINES

- The event will be presented to you through your reading of CURIS Skills, CURIS Knowledge and Case Details
- Each case study must be completed individually and should take approximately 1 hour
- You should take approximately 10 minutes to review this information and 20 mins to conduct external research to help prepare your response
- You should then take approximately 20 minutes to write your response and allot 10 minutes to edit your response and submit your work
- Please also include a citations page to indicate which external sources were used
- All submissions will be made through the CurisConnect website: <https://curisconnect.vercel.app/>
- You will be evaluated on how well you demonstrate the CURIS Skills and meet the CURIS Knowledge criteria. The last page in your case study package consists of an Evaluation Form whereby the evaluator will allot points for the completion of the case study.
- The points allotted will be based on the depth and detail of your explanation in your response since there are no defined right or wrong answers, but rather we want to see your thinking, research, knowledge and understanding on the situation at hand.
- The amount of points earned will correspond to the amount of volunteer minutes or hours you will earn. The threshold and range for this grading scheme can also be found at the bottom of the Evaluation Form.

#### CURIS SKILLS

- Critical Thinking – Reason effectively and use systems thinking.
- Communication – Communicate clearly.
- Creativity and Innovation – Show evidence of creativity.
- Healthcare Oriented Mindset - Utilizes proper terminology and demonstrates foundational educational understanding in discipline.

#### CURIS KNOWLEDGE

- Explain the principles of massage therapy in recovery.
- Describe the pros and cons of different massage techniques.
- Identify factors affecting treatment decision-making.

## CASE DETAILS

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You are a licensed Massage Therapist at Holistic Wellness, a facility renowned for its integrative approach to rehabilitation and wellness. The center focuses on holistic healing and collaborates with various healthcare providers to offer comprehensive care.

Recently, Ms. Rocha, a 30-year-old graphic designer, has come to you with complaints of persistent wrist pain and forearm tightness. She reports that the discomfort has worsened after long hours spent working on the computer, leading to difficulties in her daily activities. Ms. Rocha is worried that her symptoms may hinder her work performance and affect her creative output.

After evaluating her medical history and conducting a functional assessment, you conclude that her wrist pain is likely related to repetitive strain injuries due to poor ergonomics and lack of adequate breaks during her workday. You present two treatment options: one focusing on general relaxation massage to relieve tension and promote circulation, and the other involving a more targeted approach with techniques like myofascial release and sports massage to specifically address the underlying muscular imbalances and improve mobility.

Ms. Rocha is hesitant about the more intensive treatment, fearing it may exacerbate her pain, but she is eager to find effective relief and restore her wrist function.

**Your Task:** Considering Ms. Rocha's age, work environment, and concerns, create a personalized treatment plan that incorporates both massage therapy and self-management strategies. Outline the estimated treatment duration and the types of massage sessions she will undergo if she agrees to the more intensive treatment option. Additionally, suggest a daily routine for her that includes specific exercises, stretches, and ergonomic adjustments she can implement to manage her symptoms and promote recovery.

Please also address the following questions in your response:

1. How would you integrate complementary therapies into Ms. Rocha's treatment plan to enhance overall recovery?
2. What lifestyle modifications would you recommend to help Ms. Rocha prevent future injuries and maintain long-term wrist health?

## EVALUATION FORM

PARTICIPANT: \_\_\_\_\_

EVALUATOR: \_\_\_\_\_

Did the participant:		Below expectations	Meets expectations	Exceeds expectations	Judged score
<b>CURIS KNOWLEDGE</b>					
1	Explain the principles of massage therapy in recovery.	2	4	6	
2	Describe the pros and cons of different massage techniques.	2	4	6	
3	Identify factors affecting treatment decision-making.	2	4	6	
<b>CURIS SKILLS</b>					
4	Critical Thinking & Problem-Solving	1	2	3	
5	Communication, Terminology & Professionalism	1	2	3	
6	Creativity & Innovation	1	2	3	
7	Healthcare Oriented Mindset	1	2	3	
<b>TOTAL SCORE</b>					