

**Evaluation
and
Assessment
for
Sports Massage Therapy**

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EVALUATION AND ASSESSMENT

The sports massage therapist must be able to perform an evaluation in order to determine the correct treatment for the athlete. This will give the therapist a plan of action to work by in order to get the best result from the session. The purpose of an evaluation is to identify the anatomic or physiologic problems that are limiting an athlete's ability to train or perform at their highest level. Whether at an event and the therapist only has 20 mins in order to address the athlete's need or in a private session the therapist must be able to evaluate the athlete and determine the treatment plan necessary.

Evaluation should identify three key pieces of information:

1. The structure - _____
2. Stage of Healing - _____
3. Severity of trauma - _____

The evaluation process is a process where you will gather all the information together in order to determine the proper form of treatment. It is important to use a step by step process to properly evaluate the athlete. This process is the evaluation that takes place before every session that is done with the athlete. Client history, range of motion assessment and movement assessment is part of the process and must be done every time you see your athlete. From the information taken the therapist will be able to develop a treatment plan. Knowledge and experience play a big part in determining what the athlete needs and along with that it is important to be aware of your intuition during the session. Listen to what it is telling you and use knowledge, experience and intuition during your sessions.

SOAP

SOAP note is the most widely used documentation and is the documentation that is used in the Sports Massage Certification course:

Subjective (S): what the athlete/client tells you about the problem

Objective (O): information of signs, that are measurable or quantifiable information

Assessment (A): The techniques, approach and muscles treated and the result observed during the session

Plan (P): The therapist treatment plan for the next session and homework for the client to perform.

ASSESSING RANGE OF MOTION

The sports massage therapist will also assess range of motion of the joints that are to be treated. After the assessment has been done a treatment plan can be created in order to properly treat the areas that needs to be treated.

Assessing individual joint range of motion:

- Hips
- Shoulder
- Spine
- Neck
- Elbow
- Wrist
- Knee
- Ankle
- Finger and toes

Assessing gross movement patterns

- Squat
- Rotation
- Gait patterns (running or walking)
- movement during performance

RANGE OF MOTION AS AN ASSESSMENT TOOL

Often times the athlete will perform the movement specific to their sport and be able to show you where their restriction is. It will even be visible to the therapist just by observing the restriction in range of motion and improper movement. This is a valuable assessment because it shows you how the the athlete is moving. Information can be gathered in order for the therapist to make a proper treatment plan to address the athletes needs.

HYPERMOBILITY

The **Beighton** score is calculated as follows:

1. One point if while standing forward bending you can place palms on the ground with legs straight
2. One point for each elbow that bends backwards
3. One point for each knee that bends backwards
4. One point for each thumb that touches the forearm when bent backwards
5. One point for each little finger that bends backwards beyond 90 degrees.

more information can be found at www.hypermobility.org