



Massage Therapy Case Scenario Puzzles

1. **Puzzle 1 – Oedema after Fracture**

A 30-year-old male presents with post-immobilization swelling in his ankle after cast removal. He has no signs of DVT.

Which massage technique is most appropriate to reduce the swelling?

2. **Puzzle 2 – Facial Paralysis**

A 45-year-old woman with sudden onset deviation of the mouth and inability to close her eye is diagnosed with Bell's palsy.

Which specific massage strokes are indicated for facial muscles?

3. **Puzzle 3 – Sports Recovery**

A sprinter complains of muscle tightness in the quadriceps after a 200m race.

What category of sports massage (pre-event, intermediate, post-event) should be applied, and which strokes are best?

4. **Puzzle 4 – Contraindication Check**

A patient with deep vein thrombosis (DVT) asks for leg massage to reduce pain.

Should massage be given? Why or why not?

5. **Puzzle 5 – Painful Neuroma**

A patient with amputation reports pain at the stump region diagnosed as painful neuroma.

Which massage method can be used to desensitize the area?

6. **Puzzle 6 – Relaxation**

An anxious patient with insomnia visits physiotherapy.

Which massage strokes (light stroking vs. percussion) will help relaxation, and why?

7. **Puzzle 7 – Fibrositis**

A 40-year-old office worker complains of localized muscle pain with palpable nodules in the trapezius.

Which massage technique is most effective—effleurage, petrissage, or friction?