

CHAPTER A — Massage Therapy (5 CASES)

CASE 1 – The Surprising Calf Cramp Case

Topic: Massage strokes, indications, circulatory effects

Bloom's Level: Analyze (L4)

A long-distance runner experiences persistent calf cramps after every race. One therapist proposes deep friction massage, while another suggests effleurage to improve venous return.

Puzzle Question:

Which massage technique should be prioritized initially and why?

Consider muscle tone, circulation, and post-event physiology.

CASE 2 – The Hematoma Confusion

Topic: Contraindications, safety, tissue healing

Bloom's Level: Evaluate (L5)

A 19-year-old basketball player presents 48 hours after an impact injury with visible bruising and swelling on the thigh. A new therapist suggests petrissage to “release tightness.”

Puzzle Question:

Should massage be administered? If yes/no, justify your clinical reasoning using stages of tissue repair and contraindications.

CASE 3 – The Therapist's Dilemma: Relax or Stimulate?

Topic: Types of stroking, tapotement, nerve responses

Bloom's Level: Apply (L3)

A corporate client with chronic fatigue requests a session before a major presentation. They want to feel more “alert,” not relaxed.

Puzzle Question:

Which combination of massage strokes will best achieve the desired stimulating effect? Explain your choices biomechanically.

CASE 4 – The Post-Fracture Tightness Mystery

Topic: Connective tissue manipulation, scar massage

Bloom’s Level: Analyze (L4)

Five weeks after a distal radius fracture cast removal, a patient struggles with stiff, adherent scar tissue near the surgical site.

Puzzle Question:

Which massage techniques help break adhesions while protecting healing tissues, and how should intensity be progressed?

CASE 5 – The Unexpected Headache Relief Case

Topic: Reflex effects of massage, trigger point release

Bloom’s Level: Create (L6)

A patient with chronic tension-type headaches reports pain radiating from the upper trapezius to the temporal region.

Puzzle Question:

Design a massage plan using trigger point physiology and reflex pathways to reduce headache symptoms.

CHAPTER A — Massage Therapy (5 CASES)

CASE 6 – The Tight Hamstring Debate

Topic: Static vs dynamic stretching, muscle spindle physiology

Bloom's Level: Evaluate (L5)

Two therapists disagree:

- **Therapist A recommends static hamstring stretching before sprinting.**
- **Therapist B recommends dynamic leg swings.**

Puzzle Question:

Which choice enhances performance and reduces injury risk? Justify using neuromuscular physiology (GTO, spindle reflex).

CASE 7 – The Elderly Balance Risk

(Safety vs Flexibility Puzzle)

Topic: Contraindications, joint hypomobility, safety precautions

Bloom's Level: Analyze (L4)

An elderly patient with osteoarthritis wants aggressive stretching for calf tightness but struggles with balance during standing stretches.

Puzzle Question:

Which stretching methods are safest and most effective, and how can they be modified to reduce fall risk?

CASE 8 – The Dancer's Overstretch Problem

Topic: Ballistic stretching, ligament stress, tissue properties

Bloom's Level: Analyze (L4)

A professional dancer frequently performs ballistic stretching for high kicks and now reports medial knee pain.

Puzzle Question:

Which biomechanical errors may be contributing to knee strain, and what stretching alternatives should be recommended?

CASE 9 – The Sudden Hip Flexor Stiffness Case

Topic: PNF stretching, reciprocal inhibition

Bloom's Level: Apply (L3)

A marathoner develops sudden anterior hip tightness after increasing training volume. Straight passive stretching increases discomfort.

Puzzle Question:

Which PNF method would be most effective (hold-relax, contract-relax, or reciprocal inhibition) and why?

CASE 10 – The Low Back Pain Puzzle

Topic: Functional stretching, kinetic chain, postural correction

Bloom's Level: Create (L6)

A 37-year-old IT professional presents with chronic low back pain linked to tight hip flexors and weak glutes.

Puzzle Question:

Create a stretching strategy that fits into a desk job routine and address the root biomechanical cause.