SA SPORTS MASSAGEOur Treatment Process

Intake	First Session	Treatment Plan	Results	Maintenance
1	2	3	4	5
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GATHER INFORMATION	DISCOVER	PLAN	FEEL	MAINTAIN

- New Client Intake Form
- Discuss pain history and symptoms
- Explain treatment process

- Begin to treat client with soft tissue work
- Assess tissue, body structure, and more
- Determine length and frequency of treatment
- Recommend exercises, stretches, and at-home care
- Give client frequency and number of visits to treat their condition
- Assess clients
 progress during
 subsequent sessions
- Have client report pain levels
- Determine treatment plan effectiveness
- Once pain has been resolved or greatly diminished, determine maintenance plan
- Recommend at-home care