

1. **Purpose of a Case Report:**

- Describe an unusual case or condition that is not well described in the literature or something that may be infrequently encountered in the clinical practice.
- It can also be to describe how a specific treatment or intervention affected a patient's outcome.
- Way for a clinician to demonstrate how the integrated research, clinical experience and patient choice into a certain treatment intervention.
- Demonstrate critical thinking and problem-solving skills on a specific case.
- Outcomes do not always have to be positive; Negative outcomes are of value and part of the body of knowledge that is of value in our profession.
- Should be written in such a fashion that another clinician could implement the approach that has been outlined (described) in the report.

2. **How do I Choose a Case Report:**

- Describe a patient who has a combination of complex diagnosis or a patient whom it was difficult to pinpoint a true treatment diagnosis.
- Describe a patient or patients with chronic conditions and their response to treatment over the course of care.
- Report on two or more patients who had similar characteristics (age, medical diagnosis, or gender) that received different interventions and perhaps had different outcomes.
- Describe an atypical treatment intervention of a patient with a common problem.
- Apply a certain theory to patient management or intervention.

3. **Patient Consent:**

- NO consent is needed if all identifying characteristics are omitted from the report. Only put that characteristic/information in the report that is pertinent to the case you are describing. Only add information such as male/female and age if it is critical information for the report.

4. **Search the Literature:**

- 1st search Cochrane Reviews and Systematic Reviews on the topic you are interested in.
- 2nd if there are not articles in the databases listed above then try to find primary research addressing your question/intervention.
 - These are most easily found by going to a specific database (Medline, Pubmed, APTA Article Search).
 - Use key words with "AND" in between the key words. For example, if I am interested in finding recent articles on the use of electrical stimulation for the treatment of a wound, I would type Electrical Stimulation AND Wound.
 - Use on references that have been published in peer reviewed journals: this ensures that the information has been through a rigorous review process and must meet standards that ensure credibility.
 - Excellent sources for literature review can be found through professional associations, PUBMed, Medline, The Cochrane Library, REHABDATA, PEDro to mention a few; Google Scholar is another option, but be sure that articles procured are from a peer reviewed journal.

5. **Tips While Searching the Literature:**

- Have a question in mind and stick to that topic in searches.
 - Utilize bibliographies at the end of an article that best addressed your question and try to find those articles as well.
 - Collect the articles that pertain to the topic; Use the reference lists from these articles to search additional articles that are related or support topic of interest.
6. **Defining Standardized Tests and Measures Used:**
- It is best practice to choose measures that have been validated and proved to be reliable in the literature.
 - Strive to utilize objective, well defined and reproducible measures.
 - The goal of the description in the case report is to allow another therapist to reproduce the results. Therefore, the report must be as descriptive and as thorough as possible.
7. **Describing the Treatment and Outcomes:**
- Describe in detail the interventions provided with supporting references to defend the choice of interventions.
 - Define what change that may or may not have occurred.
 - What objective measures were chosen and why, with supporting references.
8. **How to List References in the Body of the Text:**
- References should be listed with super or subscript in the body of the document.
 - Example: It is well established in the literature that Knowledge of Results is a critical component for motor skill acquisition to occur (¹).
 - Proper format for listing a reference is as follows:
 - Example: Authors (Up to 3) (Ok to list et al). Title of Article. *Journal* Year; volume (subvolume):pages
 - Marmon, A. R., McClelland, J. A., Stevens-Lapsley, J., & Snyder-Mackler, L. (2013). Single-Step Test for Unilateral Limb Ability Following Total Knee Arthroplasty. *Journal of Orthopaedic & Sports Physical Therapy*,43(2), 66-73.
 - Rikli, R. E., & Jones, C. J. (2013).