Formative Assessment Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 28/1/2019 | clinic |  | Number of hours; 1 (45 minutes of soft tissue massage administer to rectus femoris, vastus lateralis, vastus medialis, semitendinosus, semimembranosus, biceps femoris and gastrocnemius and soleus) |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| Clients is a second-year student studying at the University of Marjon on a sports therapy course. Student also plays basketball for upwards of 12 hours a week as well as going to the gym 5 hours a week. Patient complained of tightness and soreness in rectus femoris, vastus lateralis, vastus medialis, semitendinosus, semimembranosus, biceps femoris, gastrocnemius and soleus. On functional assessment I noticed that the patient had an imbalance on range of motion on his left knee joint compared to the right I think this was due to the tightness and soreness talked about before. During the massage by using effleurage and petrissage as a way to release some of tightness in the quadriceps, hamstrings and calf muscles. After the treatment range of motion on the knee joint improved as well as the muscles being less tight according to the patient. | Wasn’t the most confident with massage and lack of knowledge with anotmy and dealing with injury  |
| Returning to reflections at a later date |
|  I read journal article on massage that refuted its effectiveness to relive DOMS.  |
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