

Date: 22/10/18 Location: Marjon clinic

Total no. of hours: 2 Hours to date: 2

1. Overview of session:

During this session I worked with Client A to go through the palpations of the shoulder. I palpated the bony landmark trails of the scapula, humerus and clavicle to be able to gain a greater understanding of the location of different bony points on a live model.

• Reflective Summary:

This helped me to gain a better understanding, by putting the theory work I've learnt into practice in a clinical environment. I felt that I was able to identify and palpate the more prominent bony landmarks such as the greater tubercle of the humerus and the acromion on the scapula. However, I wasn't very confident with ~~locating~~ locating the less obvious points.

• Area for improvement and action plan.

The next step to take in order to improve would be to learn the less prominent bony landmarks as well so that I can identify different structures without the use of a textbook. To be able to do this I can use a skeleton, diagrams, and a live model to revise and learn the other structures and bony landmarks that I am less confident with.