

Date: 9/1/19 Location: Marjon clinic

Total no. of hours: 2. Hours to date: 4

1. • Overview of session:

During this session, client A, was presenting lower back tension. Therefore, I provided them with a 30 minute massage using effleurage, petrissage and friction techniques to work out the tension in the muscles and tissues.

• Reflective summary:

Before beginning the massage I made sure to ask the client if they had any contraindications or allergies to any of the mediums. Then I began with effleurage making sure to check that the client found the pressure being used alright and that it wasn't causing pain. I then continued by using various petrissage techniques, such as, rolling, before starting on the frictions to work the tension out.

• Areas for improvement and action plan:

Next time I need to improve upon my client care because I forgot to lower the bed after the massage and I didn't use any towelling techniques. Therefore, in future sessions I need to remember to adjust the bed height accordingly to suit myself and my client and I need to remember to use my towelling techniques in order to give my client more privacy and make them feel more comfortable.