

## 2. Overview of session:

In this session client B was complaining of pain in their right hamstring. Therefore I palpated the structures in the hamstring, comparing the left and right legs, to feel for any tension, damage to the muscles, ligaments and tendons, and any particularly sore areas.

### ◦ Reflective summary.

By doing this it allowed me to experience identifying the difference between <sup>how</sup> normal and abnormal muscles, tissue, ligaments, and tendons feel. After identifying the ~~area~~ injured area, I then chose to use soft tissue massage as treatment because ~~I~~ I felt this was the most appropriate treatment to use for the client.

### ◦ Area for improvement and action plan.

In the future I need to make sure I am fully aware of each of the different, specific structures in the area I'm working on so I can identify which structure is injured so that the client is fully aware and so I can work out a treatment plan for the client.