

Date: 10/1/19 Location: Marjon clinic

Total no. of hours: 2 Hours to date: 6

1. Overview of session

In this session client A was presenting with pain in their left shoulder. They weren't able to use it for simple daily tasks, such as opening a door, without causing them pain. Therefore, I looked at their shoulder to see if I could identify any bruising, swelling etc. - There was none. Following this I palpated the superior, lateral and medial borders of the scapula before finding pain on palpation of the superior angle of the scapula.

• Reflective Summary.

This session allowed me to be able to practice my ~~palpations~~ palpating skills. This is important in order for me to be able to determine ~~specific~~ specific areas of injury, which will allow me to correctly choose the most appropriate form of treatments for my client. However, I need to improve on my knowledge of bony landmarks so that I can ~~expl~~ better explain to my client the cause of their pain.

• Area for improvement and action plan.

For future sessions I need to improve my knowledge of bony landmarks before working on clients so that I don't have to rely on any books and can fully understand what I'm doing when working on clients. I can do this by re-visiting the theory and putting it into practice more often so that it becomes second nature to me.