

2. • Overview of session

In this session I worked with my client to go through the bony landmarks and palpations of the foot and ankle. I palpated the bony landmark trails ~~of~~ to be able to gain a better understanding of their location on a live model rather than just through the use of the skeleton.

• Reflective review.

By doing this it has helped me to gain a further understanding of the theory I've previously learnt by putting into practice and re-visiting it in a more practical environment. This also allows me to learn the correct techniques and expand my knowledge so that the theory and practical both become second nature to me.

• Area for improvement and action plan.

Next time I need to improve ~~upon~~ upon my knowledge by knowing the bony landmarks and their locations from heart without having to refer to any textbooks. This will make me look more professional in front of clients, rather than needing to refer to textbooks for guidance. To be able to expand my knowledge I will re-visit the theory and then regularly put this into practice so that it becomes engrained in my brain and is easily recalled.