

2. • Overview of session

During this session, Client B was presenting with tight hamstrings. Therefore, I provided them with a 30 minute soft tissue massage using effleurage, petrissage and frictions. This was done to work out any built up tension.

• Reflective summary.

I was confident and comfortable with my ability to use the different massage techniques correctly on my client. In addition, I was also good at communicating with my client, making sure the pressure was OK and generally making sure that they felt comfortable with the treatment.

• Area for improvement and action plan.

In future sessions I need to make sure I'm more comfortable with completing postural assessments and know what it is that I'm looking for as well. To be able to do this I need to go over the postural assessment step by step so I know what I'm doing and practice it on injured and non-injured athletes as well. This will enable me to diagnose the source of concern with ease and therefore allow for proper treatment forms to be chosen.