

Date: 18/1/19

Location: Marjon clinic

Total no. of hours: 2

Hours to date: 10

1. ◦ Overview of session

During this session I worked with my client to relieve built up tension in the quadricep muscles on their right leg. I did this by providing them with a treatment of a 30 minute soft tissue massage.

This consisted of the use of effleurage, petrissage and friction techniques.

◦ Reflective summary.

Throughout the treatment provided I was confident in my ability to perform each of the techniques and I was able to appropriately communicate with my client to ensure that they were comfortable with the treatment that they were receiving. This was an advantage because it showed the client that I knew what I was doing and that I was also showing good client care as I wanted the treatment to be as comfortable and as beneficial as possible.

◦ Area for improvement + Action plan.

Next time I need to know some stretches and functional movements to show my client so that they can take these away with them and do at home, as a way of topping up and furthering their treatment. To do this I can learn and practice various stretches for different areas of the body/muscles to then take into clinic to further help my clients.