

## 2. • Overview of session

During this session I worked with my client to go through and practice postural assessments. I went through a full assessment so that I could work on learning it and knowing it off the top of my head. This is so that in the future I would have no problem with completing a postural assessment on clients.

### • Reflective summary.

I was confident with ~~observing~~ the observations. This was easy for me because I was able to identify any abnormalities that came apparent when completing the postural assessment. However, ~~when~~ when it came to palpations I wasn't very confident because I was unable to name as many structures as I ~~was~~ would have liked / should have been able to.

### • Area for improvement and action plan.

~~for~~ future sessions I need to improve upon my anatomy knowledge, this will help me to have a stronger practical ability as well as theory knowledge because I will know what palpations structures I am palpating, so can identify what the injured / problematic area is as well.