

Date: 22/1/19 Location: Marjon clinic

Total no. of hours: 2 Hours to date: 12

1. Overview of session

Massage; 1 glenohumeral, 1 upper back.

Reflective summary.

Massage 1: aches in the glenohumeral following ~~eg~~ a charity bike ride. Treatment = 30 minute massage. Felt confident performing the treatment, however I did not include any other treatments and didn't test the ROM before or after.

Massage 2: upper back pain following being sat for long periods of time at a desk. Again forgot to test ROM. Used massage and NMT over the problematic area, which I was confident about. However, if asked about the muscles I would have been unable to identify them all.

Areas for further improvement and action plan.

Must remember to test ROM prior to treatments.

Must learn/revise anatomy of the upper back.

- will use online resources and textbooks to help with my anatomy.