

Date: 24/1/19 Location: Marjon clinic

Total no. of hours: 2.

Hours to date: 14

1. Overview of ~~the~~ session

1 massage, - foot.

1 stretching / taping - ankle

Reflective summary.

Massage: pain in both feet after a weekend walking trip. Treatment = 15 minute massage on each foot.

Appropriately massaged both feet however could have worked on the gastrocnemius and soleus muscles as well because after a weekend walking the client would have felt tightness in those areas as well.

Stretching / taping: pain in ankle when playing football, with an important cup match coming up. Treatment = PIR stretching and k-tape support on ankle. I used both the PIR for the soleus and gastrocnemius to stretch the muscles, aiming to reduce tension and pain by increasing flexibility and ROM. When taping I forgot to put the tape on at stretch so it wasn't as supportive as it could have been.

Areas for further improvement and action plan.

Must remember to massage all areas for concern to make treatment more effective

Need to remember to apply tape at stretch for maximum support.

- practice taping on different structures more often.