

Date: 25/1/19 Location: Marjon Clinic

Total no. of hours: 2

Hours to date: 16

1. Overview of ~~the~~ session:

2 massages: 1 hamstrings, 1 lower back

Reflective summary.

Massage 1: tightness and achiness in the hamstrings after training for a half marathon. Treatment = 30 minute massage. Before treatment I remembered to test ROM, however after I forgot to re-test ROM for any improvements made.

Massage 2: low level constant pain in lower back after sleeping for 6 weeks on a camp bed on ship due to a work deployment. Treatment = 30 minute massage. I felt confident completing the chosen treatment method, however I didn't use any other methods of treatment.

Areas for improvement and action plan.

Must remember to re-test ROM after treatment to see any improvements.

Try and use other methods of treatment where necessary

- research and read about other relevant treatments to go alongside massage for a more effective overall treatment.