

Date: 30/1/19 Location: Marjon clinic

Total no. of hours: 2

Hours to date: 18

### 1. Overview of session:

Stretching + taping; 1 knee, 1 shoulder.

Reflective summary.

Stretching/taping 1: Aching knee after a netball game, ran and landed and slightly twisted knee. Treatment = PIR stretching on the quadriceps and hamstrings and k-tape ~~to~~ the knee structure. When taping I found it difficult not to touch the adhesive side because I peeled off all\* the backing before applying the tape.

Stretching / taping 2: tight, aching shoulder, after continuously lifting heavy objects at work. Treatment = PIR stretching for the upper traps and the rotator cuff muscles and applied k-tape on the shoulder structure. I was confident with the stretches, ~~and~~ ~~taping~~ but forgot to give after care advice or to lower the couch for my client.

Areas for further improvement and action plan.

Need to remember to slowly peel off the adhesive back so that I don't touch the adhesive side

Need to remember client care such as lowering the couch and giving after care advice.