

Date: 31/1/19 Location: Marjon clinic

Total no. of hours: 2

Hours to date: 20

### 1. Overview of session

Massage; 1 general maintenance + 1 full back.

### Reflective Summary.

Massage 1: Full body general maintenance massage. Treatment = 1 hour massage. Confident in carrying out the treatment. Didn't give any other treatment methods and didn't carry out any outcome measures before or after.

Massage 2: Aching back due to long hours sat at a desk. Treatment = 30 minute full back massage. I felt comfortable and confident in the administration of the treatment. However, I hadn't completed any ROM tests before treating because I was unaware of the ROM measures for the back.

### Areas for further improvements and action plan.

Need to think about other treatment methods that can be used.

Need to learn ROM measures and remember to use them prior to treatment.

- Research (using textbooks and online resources) other treatment methods.
- Learn/revise ROM measures using online resources.