

Date: 1/2/19 Location: Marjon Clinic

Total no. of hours: 2 Hours to date: 22

## 1. Overview of session

Massage: Neck + knee.

### Reflective summary.

massage 1: Sore, aching neck after playing rugby, previously sprained it 1 year ago. Treatment = 20 minute light massage. I was confident in ~~treating~~ the type of treatment, however I wasn't a confident in the area I was massaging due to it being a potentially problematic area.

massage 2: aching knee after a 20 mile bike ride. Treatment = ~~20~~ 20 minute ice massage. I used light effleurage to massage around the knee structure. I didn't remember to re test ROM after the massage.

### Areas for further improvement and action plan.

Gain confidence in working/treating more sensitive and problematic areas of the body.

Remember to re test ROM after treatment.

- Research into treatments on sensitive/problematic areas using online resources

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