

Date: 11/2/19 Location: Open clinic

Total no. of hours: 2

Hours to date: 24

1. Overview of ~~hours~~ session

massage; 1 hand and 1 quadriceps.

Reflective summary.

Massage 1: Sore, achy hands after 3 weeks on crutches.

Treatment = 15 minute massage on each hand. I felt confident with the treatment but felt after that I could have done more or another treatment.

Massage 2: Tight quadriceps after a gym session.

Treatment = 30 minute massage. I felt that I confidently and effectively administered the massage, however should have/could of given the client some stretches for them to complete at home to help.

Areas for further improvement and action plan.

Need to think about adding different methods of treatment and giving the client extra things to do at home to further help them.

- Using online resources read/research into further, additional treatment methods.