

Date: 21/3/19

Location: Open clinic

Total no. of hours: 2

Hours to date: 26

1. Overview of session

Clinic assessments (musculoskeletal): Ankle

massage: Calves.

Reflective Summary:

ankle assessment: twisted ankle playing football.

Treatment = full ankle assessment. Felt confident with the observations, palpations and the active, passive and resisted movements. However, had to refer back to revision sources for the special tests and clearing the joints

Massage: general maintenance massage due to being a runner. Treatment = 45 minute massage. Remembered to measure ROM both before and after treatment so was able to ~~have~~ see how effective treatment had been. ~~the assessment~~

Areas for further improvement and action plan.

Need to learn/revise special tests for ankle assessment.

- use sport rehab blog videos to learn/go through how to do each test.