

Date: 25/3/19 Location: open clinic

Total no. of hours: 2

Hours to date: 28

1. Overview of session

massage; calves, and lower back

Reflective summary.

Massage 1: low level pain in the left calf. Treatment = 30 minute massage. Felt confident in providing the massage but because the client was a cyclist they had big calf muscles so I struggled to get enough depth.

Massage 2: aching, intermittent pain in lower back.

Treatment = 30 minute massage. Felt confident in effleurage and petrissage techniques, however when I moved on to frictions I used less pressure, so that I didn't hurt my client but I should have communicated this to them and asked for a guidance of how much pressure they could handle.

Areas for further improvement and action plan.

- Need to practice massage on different body types, where possible, so that I can get used to/experience working on more muscly/larger areas.
- Make sure I'm communicating with the client throughout and asking appropriate questions relating to the treatment.