

Date: 3/4/19 Location: Open clinic

Total no. of hours: 2

Hours to date: 30

1. Overview of session
massage; 1 knee, 1 calves

Reflective summary.

massage 1: swollen and highly painful knee after playing football and twisting it on landing. A full knee assessment was completed, however I needed to ask help in remembering the special tests. Then an ice massage was given for 20 minutes as treatment.

massage 2: aching and tight calf muscles after a leg session in the gym. Treatment = 30 minute massage. I felt confident with the treatment, however when filling out the clinical assessment form I was less confident and didn't know many abbreviations.

Area for improvement and action plan.

Need to learn clinical abbreviations

Must learn/revise special tests in the clinical assessments.

- use online resources and lecture slides to learn/revise clinic abbreviations

- use videos from sports rehab blog to learn/practice ~~the~~ special tests.