

Date: 4/4/19

Location: Marjon Clinic

Total no. of hours: 2

Hours to date: 38

1. Overview of session

Clinic assessment (musculoskeletal): ankle + knee
massage: lower limb

Reflective summary:

Clinic assessments: Practiced both knee and ankle clinical assessments: I felt confident in running through the full ankle assessment. However, I didn't know all of the special tests for the knee and struggled with the clearing the joints above (hip).

Massage: maintenance massage for lower limb:

Treatment = 45 minute massage of the calves, quads, hamstrings and glutes. Overall I felt confident with massaging the calves, quadriceps and hamstrings. However, when it came to the glutes I was less confident due to the area of massage and be wary of where my hands were.

Areas for further improvement and action plan.

Learn/revise knee assessment special tests.

Learn/practice clearing the hip joint

Practice on all areas for massage to gain confidence.

Use online resources and videos for special tests and clearing the hip joint