

Date: 5/4/19 Location: Marjon Clinic

Total no. of hours: 2

Hours to date: ~~3~~ 4

1. overview of session

Clinic assessment (musculoskeletal) knee + hip
massage + Stretching: upper traps.

Reflective summary:

Clinic assessment: I ran through both the knee and hip assessments. I was confident with both of them however, I forgot how to do a couple of the hip special tests.

massage: low level pain in the upper traps from swimming. Treatment = 30 minute massage and 2 PIR stretching. I felt confident with both the massage and the stretching, however I forgot to give any after care advice.

Areas for further improvement and action plan

- Revise the special tests for the hip assessment
- Remember to provide the client with aftercare advice, so that they can get the best out of their treatment.