

Date: 15/4/19 Location: Marjon Clinic

Total no. of hours: 2

Hours to date: 36

1. Overview of session

Clinic assessment (musculoskeletal): lower limb

Stretching + taping: Shoulder.

Reflective summary.

Clinic assessment: I went through each of the lower limb clinical assessments (ankle, knee and hip).

I was confident with carrying all three out. However, I forgot to complete any functional tests.

Stretching and taping: Pain on abduction of the right shoulder. Treatment = PIR stretching and k-tape. I was confident in both methods of treatment. However, I could have used different types of stretching.

Areas for further improvement and action plan.

Need to remember to complete functional tests as part of the clinical assessment

Research/learn more methods of stretching.

Use research resources to learn different methods for stretching.

Learn/practice lower limb functional tests.