

Date: 16/4/19 Location: Marjon clinic

Total no. of hours: 2

Hours to date: 38

1. Overview of session

Clinical assessment (musculoskeletal) spine
massage: gleuts.

Reflective summary:

Clinical assessment: I worked through the clinical assessment of the spine. I felt OK with the observations and palpations. However, I was unsure on how to carry out the active, passive and resisted movements and how to do each of the special tests as well.

Massage: aching and tightness in the gleuts from gymnastics training. Treatment = 30 minute massage.

My effleurage and petrissage strokes were both good and I was confident, however with the friction strokes I could have done more and deeper.

Areas for further improvement and action plan.

Learn and revise the clinic assessment for the spine

Remember to keep communicating with the client

Don't be afraid of applying more pressure and working deeper

- use the sports rehab blog for help with learning and revising the clinic assessment of the spine.