

Date: 23/4/19 Location: Marjon clinic

Total no. of hours: 2

Hours to date: ~~30~~ 40

1. Overview of session

Clinical assessment (musculoskeletal): Shoulder
massage: upper limb

Reflective summary:

Clinical assessment: I worked through revising/practising the clinical assessment of the shoulder on a client who had previously dislocated their right shoulder. I was confident in the movements and special tests however I struggled to identify the functional tests needed for the shoulder.

massage: I gave a general, maintenance massage to a swimmer. Treatment = 45 minute upper limb massage. Overall I was confident in what I was doing, however I didn't do any work on the forearms or the biceps/triceps.

Areas for further improvement and action plan.

Learn which functional tests are suitable for each clinical assessment.

Remember to work on all areas when doing upper limb / lower limb massage.