

Date: 24/4/19 Location: Marjon Clinic

Total no. of hours: 2 Hours to date: 42

1. Overview of session

Clinical assessment (musculoskeletal) Elbow + wrist
Stretching + taping: Elbow.

Reflective summary.

Clinical assessment: learnt/revised the clinical assessment of the elbow and the wrist. Confident on the movements, palpations, observations and functional tests, however need to revise the special tests.

Stretching + taping: ~~soft~~ painful elbow on flexion and extension. ~~of the~~ Treatment = PIR and IR Stretching, NMT and K-tape. Confident with taping and PIR stretching, but need more practice with IR and NMT.

Areas for further improvement and action plan.

Learn / ~~re-learn~~ revise special tests for elbow clinical assessment.

Learn / practice IR and NMT methods.