

Date: 25/4/19 Location: Marjon Clinic

Total no. of hours: 2 Hours to date: 4~~8~~

1. Overview of session

Clinical assessment (musculoskeletal) upper limb
massage: glenohumeral

Reflective summary:

Clinical assessment: went through full upper limb clinical assessments. Felt most confident with the Shoulder and Elbow/wrist clinical assessments. Was less confident and need practice with the clinical assessment of the spine.

massage: general massage of the glenohumeral for maintenance, (30 minutes). Felt more confident than previously when massaging the glenohumeral.

Area for further improvements and action plan.

Need to learn/revise the clinical assessment of the spine

- Use sports rehab blog videos to help.