

Date: 25/4/19 Location: Marjon Clinic

Total no. of hours: 2 Hours to date: 46

## 1. overview of session

Clinical assessment (musculoskeletal) lower limb

Clinical assessment (musculoskeletal) upper limb

## Reflective summary.

~~Clinical~~ Clinical assessment 1: Practiced all lower limb clinical assessments to be able to identify strengths and areas for improvement. I was most confident with the ankle and knee clinical assessments. However, I need to practice the clinical assessment of the hip, especially the special tests and what they're looking for.

Clinical assessment 2: Practiced all upper limb clinical assessments to be able to identify strengths and areas for improvement. I was least confident with the clinical assessment of the spine, even though I'd made improvements since last going through it.

## Areas for further improvement and action plan.

Need to practice special tests for the clinical assessment of the hip.

Need to practice the clinical assessment for the spine.

- use videos on sports rehab blog to help.