

Date: 29/4/19 Location: Marjon Clinic

Total no. of hours: 2 Hours to date: 48

1. Overview of session

Formative assessment - general, maintenance massage.

Stretching + taping - upper limb.

Reflective summary.

Formative assessment: During my formative assessment I gave a general, maintenance massage on the lower back. Treatment = 30 minute massage. Overall I was confident in what I was doing, however I didn't give any reasons for why I was doing what I was doing treatment wise.

Stretching + taping: During this session I worked through the PIR and IR stretching of the upper limb followed by k-tape on the elbow, shoulder, wrist and back. I was least confident with taping on the back.

Areas for further improvement and action plan.

Need to remember to provide reasons and know why I'm doing what I'm doing.

Need to learn/revise taping the back.