

Date: 29/4/19 Location: Marjon Clinic

Total no. of hours: 2 ~~70~~ Hours to date: 50

1. Overview of session

Stretching + taping - lower limb
clinical assessment (musculoskeletal) - full body.

Reflective summary.

Stretching and taping: During this session I worked through the PIR and IR Stretching of the lower limb, followed by k-tape on the knee, ankle and hamstrings. I was least confident with taping the hamstrings.

Clinical assessment: During this session I went through all 6 clinical assessments to revise and identify any areas for improvement. I was confident with all of the ~~theory~~ practical side, however I need to focus on what each of the special tests in each assessment is looking for.

Areas for further improvement and action plan.

Need to focus on how to tape different muscle structures.

Learn/revise what each special test is looking for.

- use sports rehab blog videos