15-10-18 – Hours 1-3

My first clinical hour was on a male who often trained in the gym. The client complained of tightness in his hamstrings and Gastrocnemius from over training and little stretching. Bicep Femoris & Gastrocnemius felt tight to tough, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment and also shown a forward bend hamstrings stretch and a dorsiflexion stretch to target Gastrocnemius.

My next clinical hour was on a female who is an apprentice in beauty. The client complained of tightness in her upper back (Trapezius and Rhomboids) from leaning over her clients during treatments, she is also uneducated in stretches to help loosen these areas. Trapezius felt tight to touch and posture was poor – shoulders coming forward. No redness or bruising on the area. Effleurage (Eff), Petrissage (Pet) was taken out on target areas to encourage blood flow and loosen tight muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment and also shown a pectoral stretch, Trapezius and Rhomboid stretch and advised to do these stretches daily.

My client was a male in his second year at Marjon, studying sports football coaching, also playing lacrosse 2x a week. The clients complained of upper back tightness, so the following muscles were targeted; Trapezium, Rhomboids, Levator Scapular, Infraspinatus and Erector Spinae. Trapezium felt tight to touch, but shoulders had symmetry with no redness or bruising around the area. Effleurage (Eff), Petrissage (Pet) were targeted to encourage blood flow and loosen muscle stiffness, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

28-01-19 – Hours 4

My client was a  female who is a 2nd year student at Marjon, studying sports rehab. The client complained of tightness in her trapezium and neck from her job in a pub and Uni work. Trapezium felt tight to touch, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

05-02-19 – Hour 5-6

My client was a male who is a 1st year student at Marjon Uni, studying sports therapy, he also played football 3 X a week. The client complained of tightness in his quad muscles. Tensor Fascia Latae (TFL) and Iliotibial Band (ITB)  felt tight to touch, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown ITB / Hamstring stretches, also hip flexor stretched and quads stretch. He was advised to hold each stretch for a min of 30 seconds.

My next client was a returning client. A female professional dancer, studying rehab 2nd year. The client complained of tightness in her hamstring group, and the client noticed her flexibility has worsened in her hamstrings. Semitendinosus and adductor muscles ( Gracilis, Adductor Longus, Adductor Brevis and Pectineus) felt tight to touch, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown stretches and exercises to strengthen and loosen target muscle, following appointments have been made to observe progress.

12-02-19 – Hours 7-8

My client was a female who is a 1st year student at Plymouth Uni, studying fine art. The client complained of tightness in her back (Trapezium) and neck (levator Scapulea) from Uni work. Trapezium felt tight to touch, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch. The client was then advised to continue stretches daily and focus on posture.

My client was a female who is a 3nd year student at Marjon, studying sports rehab. She also danced 3x week. The client complained of tightness in her back (trapezium and Rhomboid) and neck (lavator Scapulea) from her uni work. Trapezium felt tight to touch with left side shoulder slightly risen, no redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. To finish treatment, a neck massage was done to relive pressure from the head area and really focus on Lavator Scapulea. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

25-02-19 – Hours 8-9

My client was a returning female who is in her 3rd year at Marjon, studying sports rehab and also dancing 3x a week. The clients past back tightness issue were still an issue, complained of tightness in her trapezium (Back) and neck from Uni work. Trapezium felt tight to touch still, but shoulders looked more in level. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

My next client was a female who works 40 hr at Marjon Uni. The client complained of pain while driving, tightness in her back, right shoulder blade and middle of her back. Muscles treated were the trapezium, Lavator Scaplae, rhomboids and subscapularis. The client has a 3 year old son and drove overall 30 minutes a day.Trapezium felt tight to touch, left shoulder was raise higher than the right. rotator cuff isolation exercises caused discomfort. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch. She was advised to keep changing sides she holds her son, her posture when she drives and the periods of time she sits down

04-03-19 – Hours 10-11

A returning female client who is in her 3rd year at Marjon, studying sports rehab and also dancing 3x a week. The clients previously complained of back tightness, but the client is now complaining about headaches and pressure at the front of her head. Trapezium, Rhomboids and Infraspinatus were mostly targeted the last couple of session. However we changed to lavator Scapular and Scalene massages to ease pressure from the head. Trapezium felt tight to touch still, but shoulders looked more in level. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

My client a female in her 1st year at Marjon, studying sports coaching and also hockey 3x a week. The clients complained of back tightness, the following muscles were targeted; Trapezium, Rhomboids, Levator Scapular, Infraspinatus and Erector Spinae.  Trapezium felt tight to touch, but shoulders looked in level. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

11-03-19 – Hours 11-12

My client a male in her 1st year at Marjon, studying sports rehab and also playing football 2x a week plus the gym training full body. The clients complained of leg tightness, the following muscles were targeted; Rectus Formoris, Vastus Medialis, Vastus Lateralis and Tensor Fasciae Latae (TFL). TFL and Rectus Formoris felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Quad stretches to do daily.

My returning client, a female in her 1st year at Marjon, studying sports coaching and also hockey 3x a week. The clients last complained of back tightness, the following muscles were targeted; Trapezium, Rhomboids, Levator Scapular, Infraspinatus and Erector Spinae. We continued with the same treatment as last session, Trapezium felt tight to touch, but shoulders looked in level. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown side head tilt to target the Trapezium and levator scapulae, along with a forward bend back stretch.

11-03-19 – Hours 13-14

My client a male in his 2nd year at Marjon, studying sports coaching and also playing football 2x a week. The clients complained of leg tightness, the following muscles were targeted; Rectus Formoris, Vastus Medialis, Vastus Lateralis and Tensor Fasciae Latae (TFL). TFL and Rectus Formoris felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Quad stretches to do daily.

My client, a returning female in her 1st year at Marjon, studying sports coaching and also playing hockey 2x a week plus the gym training full body. The client continued to complained of back tightness, the following muscles were targeted; Rhomboid, Trapezium,  and Erector Spinae. Erector Spinae and Rhomboid felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Rhomboid stretches to do daily.

21-03-19 – Hours 15-16

My client a female in her 1st year at Marjon, studying sports coaching and also playing hockey 2x a week plus the gym training full body and netball. The client complained of leg tightness, the following muscles were targeted; Bicep Formoris, Adductor Brevis, semitendinosus and semimembranosus. Bicep Formoris and semimembranosus felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Hamstring stretches to do daily.

My client was a returning a male in his 1st year at Marjon, studying sports rehab and also playing football 2x a week plus the gym training full body. The clients continued to complained of leg tightness, the following muscles were targeted; Rectus Formoris, Vastus Medialis, Vastus Lateralis and Tensor Fasciae Latae (TFL). TFL and Rectus Formoris didn’t feel as tight as before, but still had some tenson. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Quad stretches to do daily.

25-03-19 – Hours 17-18

My client a female in her 3rd year at Marjon, studying sports rehab and also playing rugby 2x a week plus the gym training full body. The clients complained of calf tightness, the following muscles were targeted; Gastrocnemius and Soleus. Gastrocnemius and Achilles Tendon felt tight to touch. No redness or bruising on the areas or signs of deep vein thrombosis. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Calf stretches to do daily.

My client a  female in her 2st year at Plymouth Uni, studying dietitian and also training in cheerleading 2 x a week. The clients complained of upper back and shoulder tightness, the following muscles were targeted; Rhomboid, Infraspinatus, Lavator Scapular and Rear Deltoid. Rhomboid and Rear Deltoid felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown back stretches to do daily.

26-03-19 – Hours 19-20

My client a female in her 1st year at Marjon, studying sports rehab and also playing netballl 2x a week plus the gym training. The clients complained of leg tightness, the following muscles were targeted; Rectus Formoris, Vastus Medialis, Vastus Lateralis and Tensor Fasciae Latae (TFL). TFL and Rectus Formoris felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Quad stretches to do daily.

My client a male in his 2st year at Marjon, studying sports therapy and also playing flag rugby 2x a week. The clients complained of leg tightness, the following muscles were targeted; Rectus Formoris, Vastus Medialis, Vastus Lateralis and Tensor Fasciae Latae (TFL). TFL and Rectus Formoris felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown Quad stretches to do daily.

29-03-19 – Hour 21-23

My client a male, a pro golfer and worker for PING product specialist. His job requires long miles in a car, he plays golf in spare time and also gym 2 x week. The client complained of upper and lower back tightness, the following muscles were targeted; Trapezius, Rear Deltoid, Rhomboid, Erector Spinae and  Levator Scapulae. Erector Spinae and Trapezius felt tight to touch. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown back and neck stretches to do daily and hold for at least 30 seconds.

My client a male in his 2nd year at Marjon, studying sports rehab and 5x a gym training. The clients complained of upper back tightness, the following muscles were targeted; Trapezium, Levator Scapulae and Scalenes. Levator Scapulae and Scalenes felt tight to touch and had 3 X knots in the area. No redness or bruising on the areas. Effleurage (Eff), Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles, also trigger points to loosen knots. Clients was advised to drink plenty of water after treatment to stay hydrated and also shown neck and back stretches to do daily and told each stretches for 30 seconds.

My client a male in her 2nd year at Marjon, studying strength and conditioning and also playing rugby 2x a week plus the gym training 3x a week. The clients was preparing for a match against Plymouth Uni and complained of claves being tight, the following muscles were targeted; Gastrocnemius, Soleus and Achilles Tendon. Gastrocnemius felt tight to touch. No redness, signs of deep vein thrombosis or bruising on the area. Effleurage (Eff) and Petrissage (Pet), Tapotement were taken out on target areas to encourage blood flow and loosen muscles, deep massage wasn’t used in this scenario. Client was advised to drink plenty of water after treatment to stay hydrated.

29-03-19 – Hour – 24

My client a male in his 2nd year at Marjon, studying sports Osteopath and also playing rugby 2x a week plus the gym training 3x a week. The clients was preparing for a match against Plymouth Uni and complained of Quads tightness, the following muscles were targeted; Rectus Femoris, Sartorius, Vastus Medialis and Vastas Lateralis. Sartorius and Vastus Medialis felt tight to touch, there was also bruising following along the Sartorius muscle. No redness in the area. Effleurage (Eff) and Petrissage (Pet), Tapotement were taken out on target areas to encourage blood flow and loosen muscles, deep massage wasn’t used in this scenario. Client was advised to drink plenty of water after treatment to stay hydrated.

01-04-19 – Hours 25 & 26

My client a female in her 2nd year at Marjon, studying strength and conditioning and also playing netball 2x a week plus the gym training 3x a week. The clients was complaining of Quads tightness, the following muscles were targeted; Rectus Femoris, Sartorius, Vastus Medialis and Vastas Lateralis. Vastus Lateralis felt tight to touch, no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

My client a female in his 1st year at Marjon, studying sports coaching and also playing netball  2x a week plus the gym training 2x a week. The client was complaining of back tightness, the following muscles were targeted; Trapezium, Rhomboid, Infraspinatus. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet), Tapotement were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

01-04-19 – Hours – 27-28

My client a female in her 1st year at Marjon, studying sports coaching and also playing hockey 2x a week plus the gym training 2x a week. The client was complaining of back tightness, the following muscles were targeted; Trapezium, Rhomboid, Infraspinatus. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet), Tapotement were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

My client a male in his 2st year at Marjon, studying sports rehab and also playing football 2x a week plus the gym training 2x a week. The client was complaining of hamstring tightness, the following muscles were targeted; Bicep Femoris, Semitendinosus and Semimembranosus. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet), Tapotement were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

02-04-19 – Hours – 29 -30

My client a returning male in his 2st year at Marjon, studying sports coaching and also playing football 3x a week. The client continued to complained of Quad tightness, the following muscles were targeted; Rectus Femoris, Vastus Medialis and Vastus Lateralis. Rectus Femoris felt tight to touch. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

My client a female in her 2st year at Plymouth Uni, studying fine art and also gym training 3x a week. The client was complaining of back tightness, the following muscles were targeted; Trapezium, Rhomboid, Lavator Scapular. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

04-04-19 – Hours – 31-32

My client a returning female in her 2nd year at Plymouth Uni, studying fine art and also gym training 3x a week. The client was complaining of Leg tightness, the following muscles were targeted; Rectus Femoris, Vastus Medialis, Vastus Lateralis, Biceps Formoris, semitendinosus and semimembranosus. There was no redness or bruising in the area. Both areas were tight to tough, and caused discomfort for my client, but was very pleased after the treatment. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

My client a male in his 2nd year at Marjon Uni, studying sports coaching and also gym training 3x a week. The client was complaining of back tightness, the following muscles were targeted; Trapezium, Rhomboid, Lavator Scapular. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated.

23-04-19 – Hours – 33-34

A client, female working at Woodbury Park, also a yoga instructor and gym/ class training 3x a week. The client was complaining of upper back tightness, the following muscles were targeted; Trapezius, Rear Deltoid, Rhomboids & Lavator Scapulae. There was no redness or bruising in the area. Both areas were tight to touch, client felt looser post treatment. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue. Client was advised to have a followed up appointment if issue continues.

23-04-19 – Hours – 35-36

My client a male in his 3rd year of Plymouth Marjon Uni studying PE and also playing lacrosse 4x a week. The client was complaining of upper leg tightness, the following muscles were targeted; Rectus Femoris, Vastus Medialis, Vastus Lateralis. There was no redness or bruising in the area. Both areas were tight to touch. Effleurage (Eff), Petrissage (Pet) and release techniques were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches were shown to do daily to keep up flexibility and strength in the clients legs.

23-04-19 Hours- 35-36

A client, male studying coaching at Marjon University also taking part in gym training 3x a week and playing rugby. The client was complaining of back of leg tightness, the following muscles were targeted during massage; Semitendinosus, Semimembranosus, Biceps Femoris, Gracillis, Gastrocnemius, Soleus and Achillies tendon. There was no redness or bruising in the area. Semimembranosus, Semitendinosus and Gracillis all felt tight to touch, but after treatment client felt looser and in less tension/ pain. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue. Client was advised to have a followed up appointment if issue continues.

A client, male working at Woodbury Park, also a Personal Trainer and an enthusiast of gym/ strength training 5x a week. The client was complaining of lower leg tightness and pain, the following muscles were targeted; Gastrocnemius, Soleus, Tibialis Anterior and Achillies tendon. There was no redness or bruising in the area, all areas were tight to touch and cause the client some discomfort on palpation. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow, loosen muscles and knots. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches, foam rolling and exercises were also given to help aid the issue. Client was advised to have a followed up appointment if issue continues or worsens.

25-04-19 Hours- 37-38

A client, female studying strength and conditioning at Marjon University also taking part in gym training 5x a week. The client was complaining of back of leg tightness, the following muscles were targeted during massage; Semitendinosus, Semimembranosus, Biceps Femoris, Gracillis. There was no redness or bruising in the area. Semimembranosus, Semitendinosus and Gracillis all felt tight to touch and caused the client moderate pain. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Soft tissue release was also used with this client. The client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue and client was shown how to use a foam roller.

A client, male studying therapy at Marjon University also taking part in rugby training 3x a week. The client was complaining of front leg tightness, the following muscles were targeted during massage; Rectus Femoris, Vastus Lateralis, Vastus Medialis, adductor brevis, adductor longus, Gracillis and adductor magnus. There was no redness or bruising in the area. Rectus Femoris and Vastus Medialis all felt tight to touch and caused the client some discomfort. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue. Client was advised to have a followed up appointment if issue continues.

23-04-19 Hours- 39-40

A client, female working at Go Ape and also in spare time going rock climbing (indoors). The client was complaining of shoulder and back tightness, the following muscles were targeted during massage; Deltoids, Trapezius, Biceps and Triceps. There was no redness or bruising in the area, client felt a slight pain on palpation, but nothing major. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help strengthen area for her work and to also stretch areas after repetitive use.

A client, male working for CBS also running 2x a week. The client was complaining of lower leg tightness, the following muscles were targeted during massage; Gastrocnemius, Soleus and Achilles tendon. There was no redness or bruising in the area. Gastrocnemius felt tight to touch, but after treatment client felt looser and in less tension/ pain. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue and prevent and further injury. The Client was advised to have a followed up appointment if issue continues.

25-04-19 Hours- 41

A client, female studying PE at Marjon University also taking part in gym training 2x a week and playing hockey 2 x week. The client was complaining of back leg tightness that was limiting her from her sport and day to day tasks. The following muscles were targeted during massage; Semitendinosus, Semimembranosus, Biceps Femoris and Gracillis. There was no redness or bruising in the area. Inner thigh (Semitendinosus, Semimembranosus) felt tight to touch, and caused the client slight discomfort. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

29-04-19 Hours- 42-43

A client, male studying Rehabilitation at Marjon University and also playing lacrosse. The client was complaining of back tightness, the following muscles were targeted during massage; Trapizium, Rhomboids, Rear Deltoids and Levator Scapular. There was no redness or bruising in the area. Client had forward bending posture issues (Kyphosis) with shoulders rolling forwards. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. We then dried the area and applied postural K Tape to the clients back. This will help my client to be pulled into the correct position and to know when we is going back to bad posture. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help correct posture and to also stretch any tight muscles out that are pulling him forward. Client was advised to have a followed up appointment if issue continues.

A client, female studying Rehabilitation at Marjon University also taking part in gym training 3x a week and playing hockey 2x a week. The client was complaining of back tightness, the following muscles were targeted during massage; Trapizium, Lavator Scapular, Rhomboids and Latissimus Dorsi. There was no redness or bruising in the area.  Latissimus Dorsi all felt tight to touch and caused the client some muscle pain. Client had previously been a swimmer, and had only ever had 2 sports massages before. Client was happy with the treatment and looser and in less tension/ pain. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue. Client was advised to have a followed up appointment if issue continues.

30-04-19 Hours- 44-47

A client, female studying coaching at Marjon University also taking part in gym training 2x a week and playing hockey and netball 2 x week. The client was complaining of back leg tightness. The following muscles were targeted during massage; Semitendinosus, Semimembranosus, Biceps Femoris. There was no redness or bruising in the area. Inner thigh (Semitendinosus, Semimembranosus) felt tight to touch, and caused the client slight discomfort. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

A client, male working on a building site, also taking part in gym training 5x a week. The client was complaining of front leg tightness that was causing him discomfort. The following muscles were targeted during massage; Rectus Femoris, Vastus Lateralise, Vastus Mediarlis.There was no redness or bruising in the area. Rectus Femoris felt tight to touch and some discomfort for the client. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow, flush out lactic acid and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

A client, male working on a building site also boxing training 4x a week. The client was complaining of back tightness that was limiting him in boxing and work tasks. The following muscles were targeted during massage; Trapezium, Rhomboid, Lavator Scapular, Latissimus dorsi, infraspinatus and rear deltoids. There was no redness or bruising in the area. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

30-04-19 Hours- 48-50

A client, female studying Fine Art at Cardiff University. The client was complaining of back leg tightness. The following muscles were targeted during massage; Semitendinosus, Semimembranosus, Biceps Femoris. There was no redness or bruising in the area, no tightness on palpation or notified by the client. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

A client, female studying coaching at Marjon University also taking part in gym training 1x a week and playing netball 2 x a week. The client was complaining of upper back and back of arm tightness. The following muscles were targeted during massage; Trapizium, Rhomboids, Rear Deltoids, Triceps and Infraspinatus. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.

A client, male working in a golf pro shop, also taking part in gym training 2x a week and playing golf 2x a week. The client was complaining of lower back tightness. The following muscles were targeted during massage; Rector Spinae, Latissimus dorsi and Glutes Maximus. Effleurage (Eff) and Petrissage (Pet) were taken out on target areas to encourage blood flow and loosen muscles. Client was advised to drink plenty of water after treatment to stay hydrated. Stretches and exercises were also given to help aid the issue.