STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 14.03.19 – 15.00  | Sports Therapy Clinic | 1 hour | Massage to ease tension in quads of 27-year old male post-run |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| I had prepared the couch and washed my hands as my client was a little.My client had started running again and had increased mileage quite quickly. His quads were quite tight and he wanted a massage to ease the tension. Upon palpation the rectus femorus and vastus lateralis muscles were tense on both legs were tight.I explained all of the massage techniques that I would be applying throughout the treatment and the reasons why I would be using them. I began the massage with my client in the supine position, supporting his head with a bolster and placing a bolster under his knees to protect his back.I covered him with a towel, leaving his left leg exposed ready for the massage. I checked with my client if he was allergic to any of the massage mediums and he confirmed that he wasn’t allergic so I decided to use the massage cream as I find the beeswax too greasy.I warmed up the massage cream in my hands and warned my client that I was about to touch his left thigh. I began with effleurage strokes to warm up the muscles and when erythema was present I moved onto petrissage (kneading, wringing and lifting). I communicated with my client regarding pressure to ensure that it wasn’t too robust. I could feel the tension along the rectus femoris and the vastus lateralis. I progressed onto hacking. I palpated the quadriceps and found a number of trigger points along rectus femoris and when I began to apply the NMT technique I checked with my client regarding the level of discomfort. He confirmed that it was when the discomfort eased. I massaged the trigger point and applied pressure again. I continued with NMT until the the trigger points were eased out. I applied deeper strokes up the thigh to stretch the muscles more and ease the tension. I finished the massage of the left quads with gentle effleurage strokes. I turned my client onto his front so that I could apply an MET (PIR) on the left quadriceps whilst the muscles were warm. . I lowered the couch. I placed my knee under my client’s thigh and flexed my client’s leg at the knee. I pushed the leg towards the glutes to its point of bind. ROM was approximately 150 degrees. I could feel stiffness of the quads due to tension. Application of the MET will lengthen and stretch the quadriceps and remove any adhesions. I instructed my client to breathe in and resist me (by pushing his leg against my hand) with 30 to 40% effort. The contraction was held for 10-15 seconds. After 15 seconds I instructed my client to exhale and relax. I moved the leg to the new point of bind, instructed my client to inhale and resist me again with 30-40% effort. We held the contraction for 10-15 seconds. As my client exhaled he relaxed. The process was repeated again with the leg being taken to the new point of bind. At the end of the 15 seconds my client exhaled and relaxed. I took the leg to the new point of bind and held for 15-20 seconds with no resistance from my client. There was an improvement in the ROM and the technique provided a wonderful stretch for the quads. I lengthened the leg and shook it gently to relax it before resting it on the couch.I turned my client to the supine position so that I could massage the right thigh. I applied the same massage techniques. The quads on the right leg were in a similar condition. I applied NMT working out a number of trigger points along the rectus femoris. Once I had completed the massage of the right leg, I turned my client onto his front so that I could apply the MET (PIR) to the right quads.I advised him not to do any high intensity exercise the following day and to drink plenty of water. I also advised him to increase the volume of running to much as this was the reason for the very tight quadriceps muscles. | Continue to update my anatomy knowledge |
| Returning to reflections at a later date |
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