Formative Assessment Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 14.12.18 | Sports Therapy Clinic – Room W233 | 1 hour | Pre & Post Event Massage Practical class |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| At the beginning of Semester A, I was a member of a team of sports therapist and rehab students who provided pre and post event massage at the Plymouth 10K event on 7 October 2018. At the time I hadn’t much soft tissue massage experience. Attending the event was a huge confident booster and very helpful in developing my skills further.  It was interesting to attend a soft tissue practical session on pre and post event massage and to understand the theory that underpins this type of massage.  After going through the theory and watching the video provided we practised a pre-event routine on each other. We were careful to perform the routine with brisk rhythmical movements ensuring that they weren’t too deep, with no pain for a maximum of 10 minutes. The routine was carried out on the legs and included effleurage, kneading, wringing, hacking, cupping, pecking, beating, pounding, shaking and stretching. We didn’t have Michael Jackson’s music playing in the background, unlike in the video. It would have been great fun. The theory behind pre-event massage is that prepares the athlete for competition by increasing the circulation and temperature in the main muscles used in the sporting activity, softens, lengthens and loosens connective tissue, decreases muscle tension (preventing injury), enhances ROM, relaxes the athlete and is an additional aid to their warm up routine.  We also practised a post-event massage routine which involved effleurage, kneading, wringing, rolling, picking up, deep friction, MET - Isometric inhibition – contracting the same muscle OR reciprocal inhibition – contracting the opposite muscle. We practised both MET techniques. The routine was applied for 15-20 minutes and the movements were slower, and deeper. Post event massage helps to improve circulation and redistribute blood, increase lymphatic flow and fluid interchange, speed healing. It reduces DOMS, removes toxins, reduces fatigue, identifies problem areas and returns muscles to their normal resting length. The post event massage should take place soon after the activity.  After completing 18 hours of massage I feel more competent to provide pre and post event massage than I did when I participated in the pre and post massage for the Plymouth 10K. I also have a better understanding of the theory that underpins this type of massage. | | | Read the reference material for this practical session.  Continue to improve anatomy knowledge  Volunteer for pre and post event massage at other events in the future. |
| Returning to reflections at a later date |
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