STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 08/11/18 | Sports Clinic | 1 hour | Follow-up massage on a 67-year female endurance runner - Practising the Neuromuscular technique (NMT) and Soft Tissue Release (STR) |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| I had previously massaged this lady on 01/11/18 where I practised soft tissue and tapotement techniques. At the time she had a lot of tightness in the glutes, hamstrings, quads and Iliotibial Band on the left-hand side.  I prepared the couch and pulled the curtains so that my client could prepare herself for the massage, whilst I went away and washed my hands.  We discussed whether there were any improvements in all of the muscle groups in which she had tightness before and whether she felt the previous massage had been effective. We also talked about any contraindications. There were none. I explained that I had learned two new techniques - the Neuromuscular technique (NMT) and Soft Tissue Release (STR) and that I would be practising both techniques on any problem areas during the massage.  I placed a bolster under my client’s feet and draped her with a towel ready to start massaging her posterior right leg. I began with effleurage of the lower leg with quick strokes until erythema was present and progressed onto petrissage. I palpated the Gastrocnemius for trigger points. I found a couple of small knots and applied the Neuromuscular technique to breakdown the small knots. On each occasion I communicated with my client regarding pressure and she let me know when the discomfort eased each time pressure was applied. Effleurage was conducted after each application of pressure to relax the muscle. The calf muscles were in good shape so I was able to perform a good routine of soft tissue techniques. I progressed onto the hamstring muscles. Again after palpation I didn’t find too many issues with the right leg. I carried out a routine of effleurage, petrissage, hacking, beating and cupping. I shook the muscle to relax it before finishing with some relaxing effleurage strokes.  I know my client quite well. She spends a lot of her spare time cycling as well as running. Both sports have a similar repetitive action. Knowing that she has issues in the glutes and hamstrings on the left side, I decided to test the range of movement (ROM) of her hips on the right side. As I suspected, it was quite restricted. I applied the STR technique to try to improve the ROM (applying the lock towards the origin of the gluteus maximus – medial iliac crest, posterior superior iliac spine, sacrum and coccyx and slowly lengthening the insertion away from the lock/origin – gluteal tuberosity, ITB and posterior femur and rotating the leg laterally). I applied the technique and noticed an improvement in ROM which was quite encouraging.  I massaged, using a similar routine of effleurage, petrissage, hacking, beating, petrissage and cupping and shaking the muscle to relax it before finishing with relaxing effleurage strokes.  I progressed onto the hamstrings on the left leg. After effleurage and petrissage I noticed that there was some tightness in the hamstring muscles and a few trigger points. I carried out NMT to work out the trigger points, all the while communicating with my client regarding pressure. I also applied the SMT technique to ease the tightness in the hamstring and improve the ROM. Both techniques were very effective. I also applied SMT on the gluteus maximus as the ROM was restricted. There was some improvement in ROM afterwards. I recommended that my client research yoga hip opening exercises to help her improve her flexibility and ROM.  I finished massaging the hamstrings and glutes with shaking and relaxing effleurage strokes.  After turning my client I began effleurage of the left leg. After petrissage, hacking and beating I palpated the quadriceps and noticed a number of trigger points. There was also a lot of tightness on the lateral side of the upper leg which I believed was the ITB. My client had been cycling the day before. I applied NMT to ease out the trigger points. I applied deeper effleurage strokes on the lateral side of the upper thigh until I felt the tension ease. I shook the muscles to relax the muscles and my client, as the deeper strokes were uncomfortable. I completed massage with slow, relaxing effleurage strokes.  I worked on the right leg but there were less issues on the right-hand side. There was some tightness on the lateral side of the thigh, which I believed to be the ITB. I applied deeper effleurage stokes to help ease the tightness and shook the upper thigh muscles to relax the leg and my client. I finished with slow, relaxing effleurage to complete the massage.  I advised my client drink plenty of water after the massage.  It felt really good to know that I had helped my client who was very happy with the massage. The feedback that I received from my client was as follows:  ‘Thank you for my massage Karen. My legs feel much better for it and special thanks from my quads which are functioning a lot better now! Think you are doing really well and happy to provide body when helpful to you. Just right pressure for me and you are finding the knots!’  It is brilliant to receive such positive feedback! | | | Continue to improve my anatomy knowledge  Continue to practise all of the soft tissue techniques learned so far as well as the NMT and SMT techniques. |
| Returning to reflections at a later date |
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