STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 07/02/19 | Sports Therapy Clinic | 1 hour  | Follow-up massage on 67-year old male cyclist – quads & calf muscles |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| I have massaged my client a number of times now and he was my volunteer model for the soft tissue exam. We had a chat about his physical wellbeing and whether he had any health issues. He was in good health and there have been no changes since his last massage.In the last couple of days he has completed a brick session, which is a bike ride followed by a run. He has also completed a heavy weights session. He requested a massage specifically of his quadriceps and calf muscles on both legs. If there was more time I would massage his hamstrings. I prepared the couch, washed my hands before beginning the sports massage. My client was lying supine on the couch. I placed a bolster under his head and under his knees. I warmed up the beeswax in my hands and warned my client that I was about to massage his left thigh. I began with effleurage until erythema was present and checked with my client regarding the pressure applied. I progressed onto petrissage and tapotement. I palpated the quadriceps and found three trigger points along the Vastus Lateralis of which only one was super sensitive. I applied the Neuromuscular technique (NMT) to breakdown the trigger points. I communicated with my client regarding pressure (discomfort level ranging from 1-10) and he let me know when the discomfort eased (on average after 20 seconds). I repeated the technique until each trigger point disappeared. Once I had eased the trigger points I applied some deeper strokes along the muscle fibres up the thigh. I completed massage of the thigh with light effleurage strokes. .I progressed onto the right quadriceps muscles and they felt in good shape. I couldn’t feel a lot of tension. After carrying out effleurage, petrissage and tapotement, I palpated for trigger points and only found two. They weren’t super sensitive and ease to work out with the NMT technique. Again they were on the lateral side of the thigh, along the Vastus Lateralis close to the knee. I turned my client over onto his front, placing a bolster under his feet and removing the bolster which had been supporting his head, from the top of the couch. I removed the small pad so that he could place his face space that the pad had occupied. I warmed up the beeswax in my hands and warned my client that I was about to start effleurage of his right lower leg. I began with easy strokes and increased the pressure as the Gastrocnemius and Soleus muscles warmed up. I applied kneading, wringing and rolling petrissage techniques interspersing each with 6 strokes of effleurage. I also used the hacking, beating and cupping techniques before palpating the calf for trigger points. There were a couple on the lateral side of the calf but they were small. I worked them out with NMT. I asked my client to move down the couch so that his feet were over the edge. I checked the range of movement (ROM) of the muscles in his calf by dorsiflexing the foot with my thigh. The ROM was good but it was a good opportunity for me to practise the Soft Tissue Release technique (STR). I explained the technique to my client and the theory behind it. I relaxed the foot and put a block underneath the back of the knee on the lateral side if the Gastrocnemius and dorsiflexed the foot with my thigh. I put a block further down the lateral side of the calf and stretched it again. I and repeated the block and stretch a final time lower down the calf (Soleus). I repeated the process on the medial side of the Gastrocnemius all the way down the leg on to the Soleus muscle. I ended the massage with slow, gentle, relaxing effleurage strokes.I repeated the same massage routine on the left calf. The left calf was in good shape with very little tension and I only found one trigger point after palpating the calf. I applied the NMT and then the STR. I finished the massage with slow, relaxing effleurage strokes.I lowered the couch and helped my client off the bed. I advised him to drink plenty of water and suggested stretches for the quads, calf muscles and hamstrings. | Continue to improve my anatomy knowledgeContinue to practise all of the soft tissue techniques. |
| Returning to reflections at a later date |
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