STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 14/02/19 | Sports Therapy Clinic | 1 hour | Follow-up massage on 67-year old male cyclist – hamstring, calf & quad muscles – both legs |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| My client is a regular volunteer to help me practise my soft tissue massage skills. We had a discussion about his training during the past week and the muscle groups that needed some attention, specifically his hamstring, calf and quad muscles. He was in good health and there have been no changes since his last massage.  I prepared the couch, washed my hands before beginning the sports massage. My client was lying prone on the couch. I placed a bolster under his feet. I warmed up the beeswax in my hands and warned my client that I was about to massage his right calf. 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 calf and found three trigger points along the lateral side of the gastrocnemius but they minor 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 the Soft Tissue Release technique STR to stretch and lengthen the calf muscles. The Achilles was tight. The range of movement (ROM) improved in the Achilles after STR was applied. I completed massage of the calf with light effleurage strokes.  I massaged the left calf using the same techniques as the right. There was only one trigger point which was easily cleared after applying NMT. The Achilles wasn’t tight on the left leg. I applied the STR technique for practice anyway.  I massaged the right hamstring beginning with effleurage, and moving onto kneading wringing and rolling petrissage techniques and hacking and beating. I palpated the hamstring muscles. There were no obvious trigger points but the hamstrings were tight so I applied deeper effleurage strokes. The Iliotibial Band was also tight so I applied deeper massage strokes with the heel of my hand. I also applied the STR technique to lengthen the hamstring muscles and improve the ROM.  I applied the same effleurage, petrissage and tapotement on hamstring muscles of the left leg. The hamstrings on the left leg were in reasonable shape and the muscles weren’t so tense. I applied the STR technique for practice to stretch and lengthen the hamstring muscles. I completed the massage with slow relaxing effleurage strokes.  I turned my client into the supine position and placed a bolster under his head and under his knees. I began massage of the right thigh. During effleurage I could feel some tension along the lateral side of the thigh – the Vastus Lateralis. I applied petrissage and tapotement techniques before palpating for trigger points. I found three, two of which were quite sensitive. I applied NMT to all three and repeated the technique until all three had dissipated. I applied some deeper strokes with the heel of my hand to ease the tension in the thigh. I completed the massage with slow, relaxing effleurage strokes.  I progressed onto the left quadricep 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 easy to work out with the NMT technique. They were on the lateral side of the thigh, along the Vastus Lateralis close to the knee. I applied some deeper effleurage strokes to ease out any tension and finished the massage with slow, relaxing effleurage strokes.  I helped my client off of the couch and advised him to drink plenty of water.  I actually believe that regular massage has really helped my client and I am finding less issues than when I did on his very first massage. | | | Continue to improve my anatomy knowledge  Continue to practise all of the soft tissue techniques. |
| Returning to reflections at a later date |
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| For office use only: | | | |