STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 01/11/18 | Sports Clinic | 1 hour  | Practising all massage techniques learned so far on a 67-year old female long distance runner |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| The aim of this massage session was to practise all of the massage techniques that I have currently been taught. On this occasion I massaged a 67-year old female long distance runner and cyclist. I prepared the couch and ensured that I had everything that I needed for the massage. I washed my hands before I carried out the massage and discussed any contraindications with my client. I explained that I would be practising all of the massage techniques that I have been taught since beginning my degree (effleurage, petrissage, tapotement, friction and vibration). She wanted me to focus on her legs and glutes. I placed a bolster under her feet and draped her with a towel ready to start massaging her posterior right leg. I began effleurage of the lower leg with quick strokes until erythema was present. I used effleurage in between all of the other techniques. I am beginning to feel more confident using the effleurage and petrissage techniques. I used a varied pattern of the techniques. I didn’t find many issues in the muscles of the posterior right leg other than a few knots which were easily worked out.On the posterior left leg however there was a lot of tightness in the hamstring muscles and the gluteus maximus. I applied deeper effleurage strokes and petrissage to stretch ease the tightness in the hamstring muscles. I also worked deeper into the gluteus maximus. I also applied the transverse friction, hacking techniques and gently shook the hamstring muscles before finishing with slower effleurage strokes. On this occasion I had more time to complete the massage on of the quadriceps muscles. I ensured that the client’s head and neck were supported by a bolster when turning her onto her back. There appeared to be more tightness on the front and side of the left leg and I applied effleurage, petrissage, hacking, beating and shaking. I carried out effleurage strokes in between each technique. It was quite satisfying to feel the muscles relax after applying deeper strokes of effleurage and petrissage. I really do enjoy performing a sports massage on athletes and can visibly see the difference that it makes to them a) by feeling the change in the muscles after applying the techniques that I know and b) realising that I am actually helping them. They are also helping me by willingly being a guinea pig so that I can practise and improve by skills.Feedback from client was as follows:‘Legs feel fine and left butt still sore but think massage may have helped relieve it a bit. Massage was just right pressure for me and the different forms of massage helped to relax legs afterwards.’ | Continue to improve my anatomy knowledgeContinue to practise effleurage, petrissage, tapotement, vibration and friction techniques as often as possible. |
| Returning to reflections at a later date |
| 2/11/18 – I attended a practical session on Neuromuscular techniques such as Triggers Points and Soft Tissue Release. I realised that I can apply these techniques to help ease the tightness in this female endurance runner’s tight hamstring. I am hoping to schedule another hour of massage with her in the near future. |
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