STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 19/10/18 | Sports Clinic | 1 hour each | Practising effleurage and petrissage and incorporating Tapotement, vibration and friction techniques which were demonstrated in our massage practical session on 16/10/18 |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| The aim of this massage session was to practise effleurage and petrissage and incorporate tapotement, vibration and friction techniques which were demonstrated in our massage practical session on 16/10/18.Nancy and I prepared the couch and ensured that we had everything that we needed for our practice session.I washed my hands before I carried out the massage and discussed any contraindications with Nancy. I positioned (in the supine position) and draped her ready for the massage.I began effleurage of the lower leg and progressed onto petrissage. I carried out effleurage after each period of petrissage. I tried all of the tapotement techniques and didn’t experience any difficulty, remembering to keep my hands relaxed and maintaining a reasonable rhythm. I also experimented with the friction, shaking and rocking techniques. I felt happy performing all of the new techniques on both legs but recognise that it will take a bit more practise before I feel completely comfortable. It still feels a little strange.  | Continue to improve my anatomy knowledgeContinue to practise effleurage, petrissage and the additional tapotement, vibration and friction techniques as often as possible. |
| Returning to reflections at a later date |
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