STYC01 Clinical Reflections

|  |  |  |  |
| --- | --- | --- | --- |
| **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 knowledge  Continue to practise effleurage, petrissage and the additional tapotement, vibration and friction techniques as often as possible. |
| Returning to reflections at a later date |
|  |
| For office use only: | | | |