STYC01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 04/10/18 | Sports Clinic | 1 hour | Sports massage on the upper and lower legs – practising Effleurage and Petrissage |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| One hour in clinic practising two sports massage techniques: Effleurage, Petrissage on the legs with another student (Holey & Cook. 2011).It felt good to be able to practise both techniques to reinforce what was learned in the practical session on 2.10.18 where they were first introduced. I was also pleased to be able to complete my first hour of massage for my Clinical Hours Log.My fellow student and I tried to be professional, ensuring that we washed our hands, the couch roll had been placed on the couch, that the work station was set up with everything that we would need before the massage and that there were no obstacles in the area around the couch. When it was my turn to practice both techniques I ensured that my patient (fellow student) was comfortable and her body was well supported throughout the massage. I enjoyed practising both techniques and getting into a good rhythm, paying attention to both the pressure and the speed of each stroke. I put cream on the top of my hand so that I could continue to apply to the area being massaged when needed. I had seen a lecturer do this and thought it was a good idea, however that didn’t work very well because I applied too much and some of the cream came off onto the towel and the couch. The lecturer used this technique with Bees wax which is of a thicker consistency than cream. I learned from experience that it doesn’t work so well with cream and can be quite messy! During the massage I continually checked with my patient that she was comfortable and that the pressure applied wasn’t too gentle or too robust. She was certainly relaxed by the end of the massage which I found very rewarding.Although I felt comfortable using both techniques I recognise that I will need plenty of practice in order to become competent and confident performing sports massage in the future. I didn’t feel anxious about the massage and will continue to practise both techniques as often as I can and volunteer to attend Marjon supervised sports massage for external events.References:Holey., E & Cook., E. (2011) Evidence-based Therapeutic Massage: A Practical Guide for Therapists. (3rd Ed.) Edinburgh: Churchill Livingston (Chapter 1). | Continue to practise Effleurage and Petrissage as often possible or for at least 2 hours per week.Practise on different volunteers because each individual is a different shape and size which can present different challenges.Practise on different regions of the body.Continue to improve my anatomy knowledge.Take the opportunity to volunteer to attend all Marjon supervised sports massage at external events. |
| Returning to reflections at a later date |
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