STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 22.11.19 – 10.00 | Marjon Sports Therapy & Rehab Clinic | 1 hour | Follow-up appointment with Swimmer who had biceps tendinopathy |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| I massaged a water polo player on Monday 19th November to help ease tendinopathy in the biceps of his left arm and sore pectoralis major and trapezius muscles. After the massage he said that the trapezius muscles were sore and it hurt to breathe for a couple of hours afterwards. I asked him to come into the clinic this morning so that I could have a look at it.The massage on Monday had eased the tension in the short head tendon of the biceps and the pectoralis major muscle. I assumed that the reason that the trapezius muscle was tender was because the increased range of movement in the other muscles. The trapezius had been overworked and weakened as a result.I palpated the trapezius in the left shoulder and noticed immediately that it was slightly raised and firmer than the right side. I went through some active range of motion exercises with the client. Range of motion in flexion, extension, abduction, adduction, internal and external rotation were all good and there were no apparent restrictions. This led me to believe that the issue was just tense muscles. I discussed this outcome with the clinic supervisor and he was of the same opinion.We agreed that the best way forward was to massage the trapezius muscle and provide the client with a program of strengthening exercises to resolve the weakness in the trapezius.I applied effleurage, and Petrissage. Upon palpation of the upper back I located a couple of trigger points in the rhomboids. They were eased out with NMT. I also applied STR to the trapezius with the client in a seated position. The treatment successfully eased the tension in the trapezius muscle.After a discussion with the clinic supervisor- a programme of strengthening exercises was devised for the client to repeat twice per week. The programme was put together to load the trapezius muscle with the intention of improving the strength of the muscle. The programme involved high load exercises with low volume repetitions:Bent over row - 6-8 repetitions – 3 setsFace Pulls – 33 Kgs – 6-8 repetitions – 3 setsSingle arm rows with lateral rotation – 6.8 repetitions – 3 setsSingle arm extensions performed slowly with 4-5 kg dumb bell – 6 – 8 reps – 3 sets.The programme was to be performed twice a week | Don’t overthink every case. Look at the information provided in the Subjective Assessment logically and simply.Revise Anatomy and muscle actions. |
| Returning to reflections at a later date |
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