STYD01 Clinical Reflections

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 29.11.19 – 1630-1700 | Marjon Sports Therapy & Rehab clinic | 30 minutes | Sports massage of right calf muscle for female swimmer |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| A female member of the swimming team requested a sports massage of her right calf.  I checked that she had no conditions that would contraindicate a sports massage and that she was in good health. She confirmed that she was not allergic to any of the massage mediums. I also checked the ROM of her knee joint and her ankle. There was no restricted movement.  I applied effleurage, petrissage and some tapotement techniques (hacking and beating). I palpated the calf muscles and noted that there was tightness in the middle of the gastrocnemius before insertion to the achilles. I applied NMT to the trigger point, which dissipated after repeating the application three times. I also applied slow tissue release followed by an MET (specifically PIR) to lengthen, stretch and improve the range of motion of the calf muscle. There was a significant improvement in the ROM after the application of MET. | | |  |
| Returning to reflections at a later date |
|  |
| For office use only: | | | |