STYD01 Clinical Reflections

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| **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 |
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