STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 02.12.19 – 1530-1700 | Marjon Sports Therapy & Rehab clinic  | 1.5 hours | Assessment of suspected shoulder/upper back injury of female lacrosse/water polo player |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| My client was a female lacrosse/water polo player who complained of pain underneath the right shoulder blade after playing lacrosse and water polo about 9 days ago. She said that it felt like she was being constantly prodded/continual pressure. The pain begins in the throwing phase during abduction/external rotation and continues through until release. There was also pain in the pectoral and biceps region in her right shoulder.I carried out a thorough and full assessment of the client and with the help of a supervisor in clinic, despite a positive Hawkins special test, we came to the conclusion that her shoulder muscles and biceps on the right-hand side needed strengthening. The client’s shoulders were slightly protracted. We devised a programme of strengthening exercises to be performed twice a week.I still feel very much like a fish out of water when going through a SOAP assessment of a client. It is also very time-consuming. I need to develop my critical reasoning skills and work through the assessments more quickly. At present I am very much process-based. It is very much a process for me. I should be trying to think more outside of the box. More practise is needed to build my experience and confidence. | Take every opportunity to practise SA and OA of students with different injuries. Try to approach it critically rather than just process-based. |
| Returning to reflections at a later date |
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