STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 09.12.19 – 1800-1900 | Marjon Sports Therapy & Rehab clinic  | 1 hour | Male water polo player – massage of upper fibres of trapezius and triceps |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| The client said that he experienced pain in the right triceps muscles during the extension phase of the skull crusher exercise 3/7, whilst training in the gym. He stopped the exercise straight away. He has not experienced any pain since but the triceps muscles in the right arm are quite tight. He also wanted the upper fibres of the trapezius on the right side, massaged because they were tight.I carried out an objective assessment to check that there was no injury or issues with the trapezius and triceps muscles. Before checking the ROM of both muscles I checked the client’s posture and cleared the cervical and thoracic spine. There was tension in flexion and lateral flexion in the back and neck but the client had full ROM and no pain. I palpated the UFT on the right and left side. The client said that the UFT muscles were sore and tender. They felt tight. I also palpated the right triceps and they were tight but the client did not report any pain. I checked the AROM, PROM and Resisted ROM. The client had full range of motion in all movements. There was no issues with PROM and resisted ROM was strong.We agreed that massage of the UFT and the triceps was the appropriate treatment. The client did have trigger points in both the left and right UF of the trapezius muscles. I applied NMT to ease them out. They were quite stubborn and hard work to ease out. I loosened up the muscles but they will probably need another massage. I also applied STR with the arm externally rotated, and the client adducting the arm. The right triceps muscles were very sore especially just above the insertion of the tendon into the Olecranon. I gradually warmed up the muscles and applied STR whilst the client flexed and extended the arm.I am enjoying providing support to the swimmers and water polo teams and feel I am making a difference to the team members in dealing with tense muscles and injury prevention. |  |
| Returning to reflections at a later date |
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