STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 13.12.19 – 1000-1100 | Marjon Sports Therapy & Rehab clinic  | 1 hour | Male swimmer & water polo player – sensitive deltoid bursa & tight supraspinatus |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| The client complained of pain in the upper arm. The onset of pain began approximately three months ago. Mechanism of injury was a forward front raise of the right arm holding a 8Kg dumbell.The client had not experienced any radiating or sharp piercing pains down the arm or in the shoulder, so I ruled neurological damage or issues.I palpated the bony points of the shoulder and upper arm. I also palplated all of the muscles. Pain was felt on palpation of the deltoid muscle just above the insertion point and at the deltoid tuberosity. There was also tension in the supraspinatus muscle. During active and passive ROM movements pain was felt by the client during abduction, adduction, internal rotation and external rotation. The results of the PROM movements led me to believe that the pain in the upper arm was not due to a muscular issue but a non-contractile structure. I discussed the findings with the clinic supervisor and this was his clinical impression too. We deduced that the pain was coming from a sensitive deltoid bursa as a result of the overload of upper body exercises in the gym by the client.Originally I had thought that massage of the upper arm and a programme of strengthening exercises would help improve the condition. The clinical supervisor suggested that massage was not really necessary in this particular instance. We worked out a programme of exercises for the client, together.We suggested that the client reduce the 6 gym sessions per week to 5 gym sessions per week. We also suggested that the client move rest day to middle of week and do less upper body sessions to avoid overloading the muscles in the upper body.Prescribed Exercise Programme:3 sets of 6 reps of each of the following exercises to be performed slowly:Scapulation with a 3Kg DumbellPornstars with a 3Kg DumbellOne arm bent over row with a 3Kg DumbellExternal Rotation with a 1Kg theraband ball and release and catch on Internal Rotation.The exercises are to be performed as one gym session per week, or each exercise to be incorporated in of the the 5 gym sessions that the client does during a week.Persevere with programme for 1 month. During that time increase weight when exercises become easier. If the issue persists, we recommended that the client book another appointment with me. | Research strengthening and correction exercise training as I struggle with creating rehab exercise programmes. |
| Returning to reflections at a later date |
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