STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 17.01.2020 – 1700-1900 | Marjon Sports Hall | 2 hours | Providing Sports Therapy and First Aid support for the ladies Futsal team training session |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| At the start of the session I had a short discussion with the coach. She said that a couple of the players had niggles and that I should have a chat with them. I did mention to her that I had put messages on the team FB site to advise them to contact me if they needed treatment outside of training sessions. I also mentioned that I was surprised that quite a lot of the team had injuries before their last game at the end of Semester A as none of them had been in touch with me despite my regular communications about arranging clinic appointments with me should they need it. The goal keeper had a groin issue but she said that she was okay to play and did not require any treatment. Two players mentioned that they had tight muscles and said that the wanted a quick massage of hamstrings after their warm up. I applied an MET to the left hamstring of one of those players. The other said that she was okay once she had warmed up. A third player asked me if she should play as she had a sore Rectus Femoris muscle on the left leg. She had run a couple of days ago and said that she had sharp pains in the muscle and around the knee area. I advised her not to play and said that I would arrange an appointment for her in the clinic for treatment the following Wednesday.During the friendly training match between the female futsal team members and the University female football team, I applied ice to one of the football players after she received a knock to the medial ankle. She had had a previous sprain to one of the ligaments in the deltoid ligament complex and had only recently stopped wearing a brace. She was a little worried about re-injuring the ankle. The cryotherapy treatment provided pain relief but she decided not to continue playing because she had a cup game on the weekend.  | Continual revision of first aid, anatomy and SCAT testing |
| Returning to reflections at a later date |
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