STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 21.01.2020 – 2000-2200 | Marjon Swimming Pool | 2 hours | Ladies Water Polo team members poolside during their friendly match against Devonport water polo team |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| I applied EAB tape to the wrist of one of the Marjon water polo team members. She has had surgery on her right wrist and the tape was applied to provide support and protect her wrist during the match.  The game was very exciting but there were no injuries during the game. One team member mentioned that she had shin splints which were sore. I advised her to apply an ice pack to the area for 15 minutes before going to bed and to apply ice 3 times daily until the pain eased. K-tape could also be applied to ease the pain. She was going to arrange an appointment with the masters sports rehab student who was on duty with me. | | |  |
| Returning to reflections at a later date |
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