STYD01 Clinical Reflections

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 24.01.2020 – 1700-1900 | Marjon Sports Hall | 2 hours | Courtside support for ladies futsal team members during training session |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| I applied a K-taping for a player who had a weak Rectus Femoris muscle on the left thigh, before the game started. I had treated her earlier in the week and she just wanted some support of the muscle during the training session.I also applied a pre-training STM of calf muscles for another team member and an MET stretch of the hamstrings and quads of another team member.During the match one team member twisted her lower back. I applied active mobility stretches to stretch out tight muscles in the lumber spine and she was able to continue playing for the duration of the training session.Another team member fell over during the game and hurt her left shoulder after putting her left arm out to break her fall. I checked her over by encouraging her to perform active ROM movements with o/p. I also massage the upper fibres of the trapezius muscle and applied STR to ease out tension and stretch the muscle. I applied NMT to a trigger point in the upper trapezius. She mentioned that she had some nerve impingement in the left arm and that it comes and goes periodically. It wasn’t caused by her fall, she has had it for a while. I have arranged for her to see me in clinic on Tuesday 28 January 2020 to check it out. She hadn’t appeared to have incurred any serious damage as a result of the fall.  |  |
| Returning to reflections at a later date |
|  |
| For office use only: |