STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 27.01.2020 – 2000-2200 | Marjon Swimming Pool | 2 hours | Supporting Swimmers & Water Polo team members poolside |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| There were no injuries during the swimmers’ training session and none of the swimmers approached to discuss MSK issues.  The water polo training session was a mixed session (male and female). The game section of the session was a bit more robust and one of the female players sustained an injury to her 3rd finger on her left hand. Her hand collided with the hand of one of the male players and caused pain and swelling around the knuckle (head of the phalange at the proximal interphalangeal joint – PIP). A bag of ice was placed on the hand until the finger felt numb. I applied a Finger Buddy strapping to the finger and the adjacent 4th finger. I advised the player to go to A&E if the finger was swollen and painful to move the following day. | | |  |
| Returning to reflections at a later date |
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