STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session**  |
| 28.01.2020 – 1000-1100 | Marjon Sports Therapy Clinic | 1 hour | Examination of lower back pain – intervertebral disk |
| Reflective Summary |  Areas for further Improvement plus action plan  |
| I always find assessing lower back MSK injuries a bit of a challenge but felt that I managed this particular injury quite well. I gained a clear clinical picture during the early stage of the objective assessment when clearing the knee joint (during knee extension), but went through the Active, Passive and Resisted ROM movements just to confirm my initial impression.  I also carried out standing quadrant test and a slump test to add weight to the diagnosis. The client had some intervertebral disk inflammation - impinging on Sciatic Nerve during Flexion of the lumbar spine.  The mechanism of injury was a hamstring stretch during the dynamic warm up during a Futsal training session on 24.1.2020.I sought advice from the senior supervisor in the clinic regarding isometric exercises for rehab.  I feel that I need to read more of the literature and text books regarding rehab exercises after injury. | Read more on corrective and rehab exercises after injury. |
| Returning to reflections at a later date |
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