STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 31.01.2020 – 1500-1600 | Marjon Sports Therapy Clinic | 1 hour | Massage of left hamstring of futsal player |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| This was a straight forward soft tissue massage of tight hamstrings after a football match played on Wednesday 29th January. The Marjon ladies’ football team arrived at the away team’s venue later than expected and only had time for a very quick warm. The client felt a pulling sensation in her left hamstrings – ‘like an elastic band’ during the warm up. She felt no pain but reported that the muscle had been tight ever since. Upon palpation there was tightness in the belly of the biceps femoris and tightness in the vastus lateralis.  I applied effleurage, slow tissue release, Neuromuscular technique to clear the trigger point in the muscle belly and a post-isometric muscle energy technique to stretch and relax the hamstring muscles. | | |  |
| Returning to reflections at a later date |
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