STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 28.02.2020 – 1500 – 1600 & 1700-1900 | Marjon Sports & Rehab clinic and Sports Hall | 3 hours | Pre-training massage and courtside support of the ladies futsal team |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| **Date:** 02.03.2020  **Duration:** 1500-1600 - 1 hour  **Venue:** Marjon Sports & Rehab Clinic  **Pre-training massage of member of Futsal Team**  I received a message from a member of the ladies futsal team informing me that she picked up an injury during the warm up before a futsal match the previous Saturday. She had been to see a physio who said that she had tight hamstring and calf muscles and had given her a programme of exercises to follow in order to strengthen up the muscles. She wanted a sports massage to ease the tension in the hamstrings and calf muscles on the left leg. I massaged the hamstrings – there was tension in the muscle belly of the biceps femoris and at the insertion. There as was also a lot of tension. I applied Slow tissue release and an MET. I also massaged the calf muscles. There was a lot of tightness in the peroneal longus muscle and the soleus. I applied STR and an MET to the calf muscles.  During the day I also received a message from the coach asking me if I could put together an exercise session that included rehab exercises for this player as she did not want her to participate in the training session in the evening. I put together a short programme of exercises that focused on strengthening the quads, hamstrings, and calves exercises to provide more support for the knee, exercises to improve balance and cool down stretches.  **Date:** 02.03.2020  **Duration:** 1500-1600 - 1 hour  **Venue:** Marjon Sports & Rehab Clinic  **Futsal Training Session**  I applied a soft tissue massage to the quad muscles of one of the players before the training session began.  I went through the strengthening and balance improvement programme of exercises with the player with who I had given a sports massage to earlier in the day.  Ice was applied to right inner thigh of one of the players at the end of the training session. She had tight adductor muscles before the training session but overstretched whilst training. | | |  |
| Returning to reflections at a later date |
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