STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 13.03.2020 – 1700-1900 | Marjon Sports Hall | 2 hour | Courtside support for female futsal team’s training session |
| Reflective Summary | | | Areas for further Improvement plus action plan |
| The girls had a big cup match tomorrow so I made myself available to provide massage during tonight’s training session.  Four players came to me for sports massage to work out the after effects of the hard game of football that the team members played on Wednesday 11 March.  I eased out the tension in the hamstrings and calves on one player, the calves of the second player, the hamstrings of the third player and the quads of the fourth player. I used deep tissue massage, NMT, STR and MET techniques during each massage as appropriate.  No injuries were incurred during the training session. | | |  |
| Returning to reflections at a later date |
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