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|  | **DAILY RECORD OF VISIT TO THE PLACEMENT****REFLECTIVE PLACEMENT LEARNING JOURNAL TEMPLATE 2019/20** |

You will need to keep a regular, detailed record of your time on placement. This process is an important part of experiential learning and will also help with the assessment task. This template is designed to help you reflect on your experiences. Reflection should take place before, during and after your placement. It is also important to return to your reflections after a period of time.

You should decide with your University Placement Tutor (UPT) how you will record your reflections. One way you may wish to do this is by setting up an Edublog. The Marjon eLearning Team have produced comprehensive guidance on how to set up and determine who sees your Edublog accessible via: <http://sites.marjon.ac.uk/elearninghelp/category/help-for-students/edublogs-help-for-students/>.

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| Date: | 04.12.19 |
| Group or individual with whom I worked: | Mick Smirthwaite |

**BEFORE my placement …**

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| What am I aiming to achieve from my placement today? What do I need to be mindful of? What issues/questions need to be addressed to ensure I achieve my aim? Do I need to be aware of particular theories, or have particular skills? Have I thought about all of the ‘what ifs’? |
| To observe Mick treating his clients and to be invited to get involved with some hands on soft tissue massage techniques. Gain better understanding of Mick’s regular clients’ musculoskeletal issues that they present with each week. |

**DURING my placement …**

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| What did I notice happening around me today? What was I thinking and feeling? How was I involved? Did I do anything to intervene and change the situation that I found myself in e.g. how I conveyed a point or whether I decided not to do something I had planned to do? Did my reflections at the time change the session I had planned or my actions? |
| Today was the first time that I felt keen to get involved in today’s clinic. I felt more confident and enthusiastic about what today’s cases would bring. |

**AFTER my placement … (based on the Gibbs (1988) Reflective Cycle)**

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| Describe the activities you undertook whilst on placement today. Set the context, what you did and what happened. |
| **Client 1** – A female weight lifter and gymnast*Posterior*:During the Subjective Assessment (SA) the client said that she felt good and that there was nothing major to deal with today. She asked Mick to look at her back, shoulders and the subscapularis. I observed Mick palpate the client’s lumbar and thoracic spinous process, the glute, erector spinae and quadratus lumborum muscles and the muscles in the upper back. The muscles were tighter on the left side of the body. Mick applied peripheral mobilisations to the right thoracic vertebrae in order to loosen up stiffness on the left side of the body. He massaged the erector spinae muscles, the trapezius. He applied NMT to the upper fibres of the trapezius and the Rhomboids to ease out trigger points. He manipulated the fascia to check for any tension. He also massaged the quadratus lumborum both left and right to ease tension in the lower back. *Anterior*:I observed as Mick palpated the subscapularis on the right side of the upper body. He also palpated the biceps short and long head tendons and the muscle bellies down to the insertion. He applied NMT to the subscaplaris and STR to the biceps. There was also tension and tenderness in the brachioradialis. Mick applied STR to the origin, muscle bellie and insertion whilst flexing the wrist and pronating the forearm. He applied traction to the wrist joint. Mick applied the same treatment to the left side of the upper body and arm. The client had been elevating her body from blocks, with only her arms supporting the body during the elevation. This caused tension and stress to the upper arm, forearms and wrists.**Client 2** – Male client with ongoing lower back and hip issues as a result of a car accident 5 years ago.During the SA the client mentioned that he had twisted whilst working in his workshop 6/7. His lower back locked and he had difficulty moving. It was sore for the next two days but had eased by Monday. He was able to do his PT session yesterday. He has piriformis pain in his left glute and pain in his right hip. During his PT session his physical trainer noticed that he had difficulty with hip extension on the left side and that his glutes weren’t firing. This issue was present during the client’s visit to the clinic last Wednesday. The PT has been helping the client with strengthening exercises to encourage the left glute to fire.Psycho/social factors: The client was more positive this week. Last week he was very down and emotional. He slept for 14 hours the evening after his treatment with Mick.I observed Mick palpate the client’s right and left lumbar spine, quadratus lumborum (QL) and glute muscles. Mick invited me to palpate the lumbar region and I noticed immediately tension in the left QL. Mick applied NMT on the left gluteus medius and encouraged the client to internally and externally rotate his left leg. He also carried out peripheral mobilisations along the lumbar spine (Level 4 – deep with small oscillations). Mick also applied deep tissue massage work with the client extending the hip to encourage the glutes to fire, improve proprioception. He also applied STR on the hamstrings which were really tense because they were firing before the glutes. The client was eventually able to engage the glutes during hip extension, rather than the hamstrings and the muscles in the lower back.**Client 3** – 12-year old male swimmerThe first time that the client visited Mick, his serratus anterior muscles weren’t firing, he had scapular winging and the suprasinatus was tight. The shoulders were also protracted.During the past week the client has refrained from swimming butterfly during training sessions. Right shoulder and arm feeling much better. He was able to participate in 5 races over the weekend. During the postural assessment there was less elevation in the right shoulder and posture was much improved. Mick applied mobilisation of the spine, massage of the upper fibres of the trapezius (UFT), Infraspinatus, teres minor, erector spinae and rhomboids. He also applied NMT to the trigger points in the levator scapulae and pectoralis major. He palpated bicep tendons and applied traction of the arm and shoulder joint to check the movement of the latissimus dorsi.I observed how Mick coped with treating a 12 year-old child. When pressure is applied during treatments his endurance or tolerance was much less than that of an adult. He wriggled a lot. Getting a child to engage in the treatment is quite difficult. It was good to have the parent there encouraging his son to stop wriggling during the treatment.Mick was very pleased with the client’s progress and said that he didn’t need to see him again the following week. |
| Document how you felt through-out your placement today. Were you anxious, confident, pleased or disappointed? |
| I can never say that I am disappointed during my placement. The only disappointment would be with myself and I certainly haven’t felt that. I did feel disappointed that one of the clients that we were due to see this afternoon cancelled her appointment. It would have been nice to see how she was progressing and whether she was recovering well from her injury.I felt quite relaxed during the clinic and enjoyed observing Mick as he worked with his clients. |
| Evaluate today’s placement activity. What went well, what went badly, what would you have done differently?  |
| I would have liked an opportunity to massage one of the clients today but I learned quite a lot from the observation and the treatments applied. I am finding the long-term cases that Mick has, quite interesting and observing the different way that he approaches each client and their treatment. |
| Take a deeper, analytical and critical approach to today’s experiences. Can you make connections or apply academic theory or current policy to understand why today’s activities went well or went badly.  |
| There wasn’t anything that happened during today’s clinic that didn’t go well. The clinic went as I expected. |
| Draw conclusions. What have you learnt from today’s activities and your reflections? |
| I am beginning to understand how getting clients to move the tight or strained muscles during the application of particular massage applications helps you to understand muscle movements and identify what the problem actually is. |
| Action plan. How will you apply what you have learnt from today’s activities to the rest of your placement and your future professional and personal development? Do you need to undertake further research or reading? Are there courses that you need to undertake to fill a skills gap? |
| I read the text books that I have recently purchaseed called Fascia in Sport and Movement and Becoming a Supple Leopard. Both texts will help me to understand how the body moves and how to resolve dysfunctional movement patterns that can affect movement and lead to pain. Gain a better understanding of the Fascia's structure and function and learn about the latest research. |
| Have any questions arisen today that I need to discuss with my Placement Supervisor or University Placement Tutor (UPT)? |
| At the end of the placement I discussed each individual client with my Placement Supervisor and the treatments that were applied. He answered the questions that I had regarding massage applications that were used and confirmed my own understanding of why they were applied. |

**RETURNING to my reflections …**

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| It is often useful to return to your reflections after a period of time. Revisit the experiences you had; think about how you felt (positive and negative feelings) and re-evaluate your experiences. Do you feel differently about the experience now time has passed have your feelings changed in light of the experience or do you now view the experience in a different light?Am I able to complete any actions in my Personal & Professional Development Plan?Are there any actions I need to add to my Personal & Professional Development Plan? |
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**SAKE - Skills, Attributes/Attitudes, Knowledge and Experience**

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| Want to secure a graduate level job when you finish your degree? Employers agree that placements are a great way to develop the vital skills, attributes/attitudes, knowledge and experience (SAKE) they are seeking. As a result of your experience can you include any of the following on your CV, an application form or discuss at interview?

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| * Imagination/creativity
 | * Adaptability/flexibility
 | * Willingness to learn
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| * Working autonomously
 | * Working in a team
 | * Planning/self-management
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| * Working under pressure
 | * Oral/written communication
 | * Numeracy
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| * Attention to detail
 | * Time management
 | * Coordination/organisation
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| * Sector/business awareness
 | * Ethical/sustainable practice
 | * Problem solving/initiative
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| * Self-awareness
 | * Technical ability
 | * Resilience
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|  | Use the **STAR technique** to demonstrate your competencies on your CV, in a job application or at interview. |
| **S**ituation  | Describe the situation with which you were confronted, set the context. |
| **T**ask/**T**arget | Explain the task or target you were set (be concise!). |
| **A**ction | This is the most important part and demonstrates **your** competencies:* Explain what **you** did, **your** role and what part **you** played;
* Explain how and why **you** did what you did.
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| **R**esult  | Explain what happened, the outcome. Ideally quantify the positive impact you made. You can also demonstrate your reflection skills by reviewing your decisions and making suggestions about how you would do an even better job in the future. |

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**Reference:**

Gibbs, G. (1988) *Learning by doing. A guide to teaching and learning methods*. Oxford Brookes University: FEU.