STYH02 Clinic Hours Log

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Hours completed this session** | **Total Hours to date** | **Supervisor Signature** |
| 09/06/20 | Pre-reading for 1st Year 3 summer session - 2 hours | 3 |  |
| 10/06/20 | Session 1 – Ben Logan - England Rugby 7s S&C  1 hour | 4 |  |
| 17/06/20 | Session 2 – Subjective Assessment – 1 hour | 5 |  |
| 23/06/20 | Session 3 – Upper & Lower motor neurone lesions – 1 hour | 6 |  |
| 24/06/20 | Session 4 – Subjective further considerations: medications & pain – 1 hour | 7 |  |
| 01/07/20 | Session 5 – Objective Assessment recap LBP/thoracic – 1 hour | 8 |  |
| 08/07/20 | Session 6 – Objective Assessment – prep and lower limb pathologies – 2 hours | 10 |  |
| 15/07/20 | Session 7 – Gareth Bale – clinical practice elite rugby  1 hour | 11 |  |
| 25/07/20 & 27/07/20 | Sessions 8 - Peter Scott - Military Series and assigned rehab task – 2.5 hours | 13.5 |  |
| 05/08/20 | Session 10 – Remote clinic induction session – case studies - 1.5 hours | 15 |  |
| 23/09/20 | Online clinic induction  2.5 hours | 17.5 |  |
| 02/10/20 | Additional induction in clinic 2.15 hours | 19.75 |  |
| 09/10/20 | Day 1 in Sports & Rehab clinic 5 hours | 24.75 |  |
| 16/10/20 | Day 2 in Sports & Rehab Clinic 5 hours | 29.75 |  |
| 23/10/20 | Day 3 in Sports & Rehab Clinic 5 hours | 34.25 |  |
| 06/11/75 | Day 4 in Sports & Rehab Clinic 5 hours | 39.75 |  |
| 13/11/20 | Day 5 in Sports & Rehab Clinic  5 hours | 44.75 |  |
| 18/11/20 | CPD task: sacrococcygeal dislocation (coccydynia)  2 hours | 46.75 |  |
| 19/11/20 | CPD task: sacrococcygeal dislocation (coccydynia)  4 hours | 50.75 |  |
| 20/11/20 | Day 6 in Sports & Rehab Clinic 5 hours | 55.75 |  |
| 27/11/20 | Day 7 in Sports & Rehab Clinic  5 hours | 60.75 |  |
| 04/12/20 | Day 8 in Sports & Rehab Clinic  5 hours | 65.75 |  |
| 15/01/21 | Remote telephone follow-up consultation with patient, completion of SOAP, revision of rehab programme & reflection 2 hours | 67.75 |  |
| 29.01.21 | Remote telephone follow-up consultation with patient, completion of SOAP & reflection – 2 hours | 69.75 |  |
| 02.02.21 | Physique webinar on Gastrocnemius vs Soleus rehabilitation – 1 hour | 70.75 |  |
| 03.02.21 | Clinic workshop on Exercise prescription – 1 hour | 71.75 |  |
| 07.02.21 | Completion of assigned case study – rehab of shoulder injury & isometric exercise – 6 hours | 77.75 |  |
| 09.02.21 | Clinic Task - completion of case study for rehabilitation of lateral elbow pain – 6 hours | 83.75 |  |
| 09.02.21 | Clinic Task - completion of case study for rehabilitation of Achilles tendinopathy – 6 hours | 89.75 |  |
| 09.02.21 | Clinic Task - completion of case study for rehabilitation of Gleniod Labrum injuries – SLAP Lesions – 6 hours | 95.75 |  |
| 09.02.21 | Clinic Task - completion of case study for rehabilitation of hamstring strain injuries – 6 hours | 101.75 |  |
| 10.02.21 | Physique webinar on ‘Why do people get injured’ + reflection – 2 hours | 103.75 |  |
| 12.02.21 | Debrief meeting with clinical supervisor before consultation 0.5 hour | 104.25 |  |
| 12.02.21 | Remote telephone follow-up appt with patient, writing SOAP notes, recording 3 exercise videos & writing revised rehab programme – 4 hours | 108.25 |  |
| 16.02.21 | Clinic Task - completion of case study for rehabilitation of Proximal hamstring tendinopathy – 6 hours | 114.25 |  |
| 17.02.21 | Completion of RFU online Headcase concussion course – 1 hour | 115.25 |  |
| 18.02.21 | MS Teams meeting with members of Swimming & water polo teams, followed by meeting with Year 2 students – 1 hour | 116.25 |  |
| 19.02.21 | Completion of risk assessment for the swimming and water polo team – 2 hours | 118.25 |  |
| 22.02.21 | Completion of needs analysis for the swimming and water polo team – 2 hours | 120.25 |  |
| 26.02.21 | Remote follow-up consultation with patient, completion of SOAP notes & recording video – 2 hours | 122.25 |  |
| 12.03.21 | 13th Day in clinic – 5 hours | 127.25 |  |
| 18.03.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hr 15 mins | 128.40 |  |
| 19.03.21 | 14th Day in Clinic – 5 hours | 133.40 |  |
| 20.03.21 | Led online HITT session for swimmers & water polo team members – 1 hour | 134.40 |  |
| 23.03.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 135.40 |  |
| 25.03.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 136.40 |  |
| 27.03.21 | Led online HITT session for swimming & water polo team members – 40 minutes | 137.30 |  |
| 29.03.21 | 15th Day in clinic - follow-up appointment with patient with chronic insertional Achilles tendinopathy – 1 hour | 138.30 |  |
| 30.03.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 139.30 |  |
| 01.04.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 140.30 |  |
| 06.04.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 141.30 |  |
| 08.04.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 142.30 |  |
| 10.04.21 | Led online HITT session for swimming & water polo team members – 30 minutes | 143.00 |  |
| 13.04.21 | Led online BUCS S&C + Core body workout for swimming & water polo team members – 1 hour | 144.00 |  |
| 14.04.21 | Follow-up rehabilitation appointment with patient who has chronic insertional Achilles tendinopathy 1 hr &15 minutes | 145.15 |  |
| 16.04.21 | 16th Day in Clinic – 5 hours | 150.15 |  |
| 20.04.21 | Running Workshop – 3 hours | 153.15 |  |
| 23.04.21 | 17th Day in Clinic – 5 hours | 158.15 |  |
| 30.04.21 | 18th Day in Clinic – 5.5 hours | 163.45 |  |
| 07.05.21 | 19th Day in Clinic – 5 hours | 168.45 |  |
| 11.05.21 | 20th Day in Clinic – 3.5 hours | 172.15 |  |
| 14.05.21 | 21st Day in Clinic – 5 hours | 177.15 |  |
| 19.05.21 | 22nd Day in Clinic – 2 hours  Going through strengthening exercise program with patient | 178.45 |  |
| 21.05.21 | 23rd Day in Clinic – 5 hours | 183.45 |  |
| 27.05.21 | 24th day in Clinic – 1.5 hours  Patient with inflammation & pain 7 months post TKR surgery | 185.15 |  |
| 28.05.21 | 25th Day in Clinic – 5 hours | 190.15 |  |
|  |  |  |  |