ATR 200

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Course Objective: Select, apply, evaluate, and modify appropriate

o standard protective equipment

o taping

o wrapping

o bracing

o padding

o other custom devices

for the patient in order to prevent and/or minimize the risk of injury to the head, torso, spine, and extremities for safe participation in sport or other physical activity.

Reflective Journal 2

This week during my clinical experience, I used different pieces of this course objective such as taping, wrapping, and bracing to ensure protection and prevention for different injuries. During the past week I really enjoyed switching sports with our clinical rotation and this experience has made me eager for games.

This week I gained a lot of experience in ankle taping, and changed a small detail of my technique to improve it. I was observing Kris and I noticed how he places the tops of his stirrups on the anterior portion of the lower leg. So I started doing that and it improved my tape job. Also, I noticed how different people have different preferences and we must adhere to those. For example, one of the soccer players hated the tape being tight around the styloid process of the 5th metatarsal, so at first I didn’t go down and cover it. The next day, they asked if they could have me go down that far on the foot and but cut into the tape to loosen it some.

For wrapping this week we had one girl on the soccer team that was having some groin pain that we did a hip spica all week. I got to do it each day and gained an attempt and mastery for it. I also gained experience doing this because I also have the same injury and am examining how Kris and Chandler are doing the same wrap on me. So I then see how I prefer it and then she also has different preferences on how tight and how high it goes on her back.

This evening during treatment I got some experience in fitting someone for a walking boot. It was hectic in the clinic all evening because I was the only one there with Chaypin, so I did not hear what the injury was but I quickly had to fit her for a walking boot. At first I grabbed a medium and she put it on and when I asked her to walk around it was loose and her toes were not visible. So I went and got a small for her this fit much better and then once it was on tight I adjusted the air portion of it with the blue ball pump on the front of the boot until it was just compressing the foot.

My week of clinical experience was enjoyable even having to be up early some days. I gained a lot of experience if different taping, bracing, and wrapping techniques, and also had a blast with Chaypin learning new things and different massage techniques. Also it has been fun watching the team in practice and now I am ready to be able to watch a game this week and see how we do.