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Clinical Experience II

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April 16, 2017

Reflective Journal 12

This semester has been a wild ride with obtaining all of our clinical hours. Now that we are finally coming close to the end I have almost achieved our minimum hour requirement with a week and a half left! The last few weeks have been long 20 hour clinical weeks, but they're done and I did not miss a single soccer practice. Throughout the semester when scheduled with Chaypin we have been with a wide variety of sports, each requiring different things. We started with the women's swim team and as much as I enjoyed it there were many times were it felt slow. I believe this is because we would make the water and the majority of the time we would not go to the pool and observe the practice. I did enjoy getting a lot of shoulder evaluations though. The majority of the time that is what we would see or have to rehab. I felt as if throughout the semester when with Chaypin together we got to the point where we could knock out athlete's rehabs quick and get them in and out of the door. In the beginning of the semester Chaypin would write the rehab up and we, the students, would take the athlete and do the rehab. Now that we are closer to the end of the semester we have been through more of our therapeutic rehabilitation class we know enough to write the rehabs up ourself. I have enjoyed Chaypin letting us complete this task. It helps us set up the rehabs for different injuries, as well as challenging ourselves to think of unique exercises the work different muscles. This freedom in the clinic felt great and helped boost my confidence in the clinic. Now that its the end of the semester and I have had to do many rehabs I would not hesitate if one came in the clinic for me to complete right now. Another thing that has helped closer to the end of the semester is Chaypin has aloud us to make our own schedules for the week. This has been of great benefit because it helps us manage all my school work better knowing I can decide when I will be in the clinic. This semester I have enjoyed being with Chaypin and she has shown me many different things in the clinic to help me become a better Athletic Trainer.

I have received 5 attempts and 2 masteries this week.