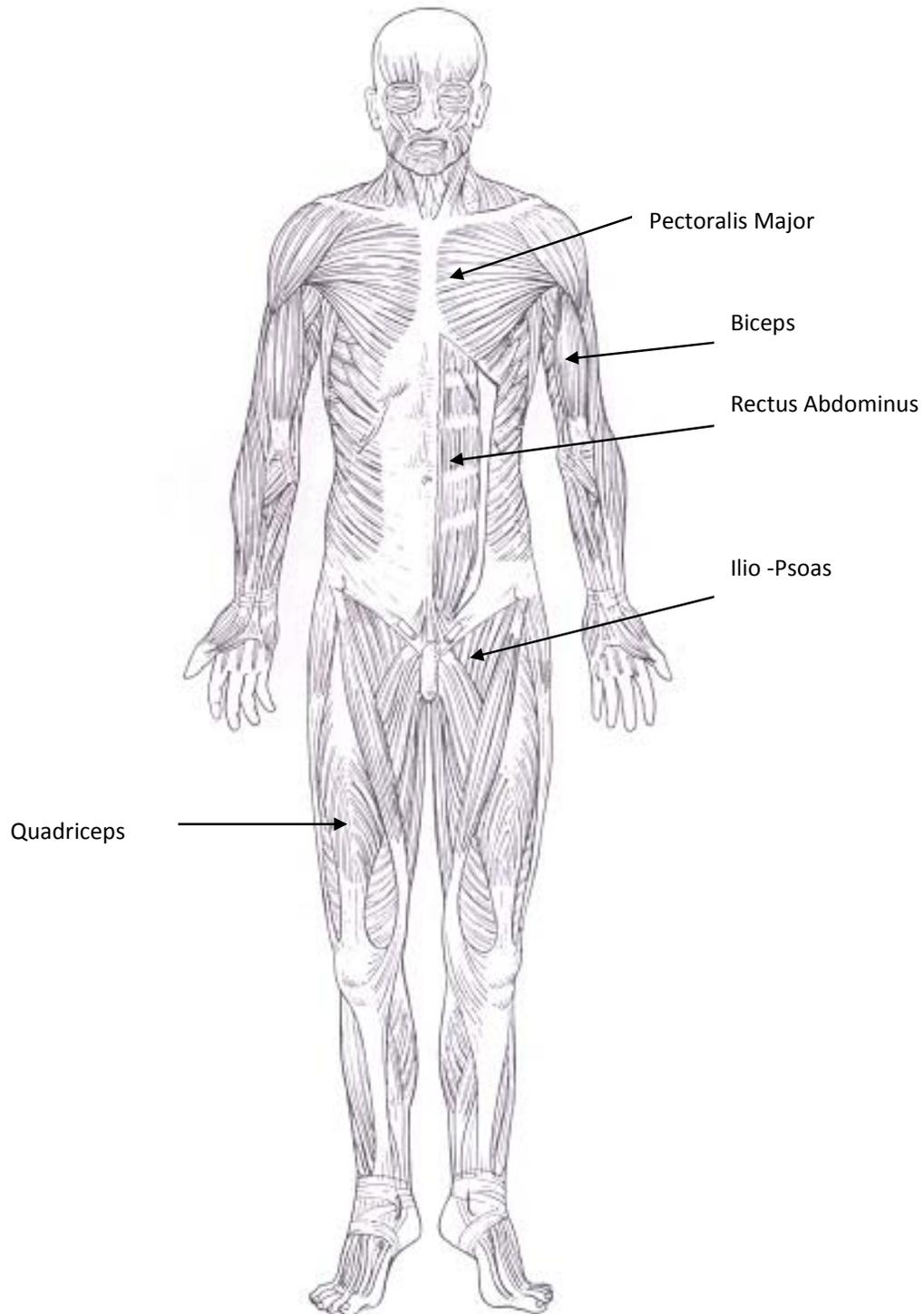


HNC Interview Briefing

Muscles



MUSCLE NAME	ACTION
PECTORALIS MAJOR	Flexion of the shoulder joint. Adduction of the shoulder joint. Medial rotation of the shoulder joint.
BICEPS	Flexion of the elbow joint.
RECTUS ABDOMINIS	Flexion of the vertebral column.
ILIO-PSOAS	Flexion of the hip joint.
QUADRACEPS	Extension of the knee joint. Flexion of the hip joint

BODY MASSAGE

Effleurage

Effleurage is a French word meaning 'to stroke' and has two categories: **Effleurage and Stroking**

It can appear that effleurage and stroking are very similar, however the differences are as follows:

Effleurage	Stroking
<ul style="list-style-type: none">▶ Always go in the direction of the lymphatic system or towards the heart.▶ Slow.▶ Deep.▶ Sedates sensory nerve endings – relaxing.	<ul style="list-style-type: none">▶ Is independent of direction.▶ Brisker.▶ Superficial.▶ Stimulates sensory nerve endings – stimulating.

Petrissage

Petrissage manipulations are those in which the muscle tissue is compressed against underlying bone or itself.

Petrissage has four categories: **Kneading; Wringing; Picking-Up and Rolling**

Kneading – prepares the muscle for deeper manipulation

Wringing – stretches muscles **across** the muscle fibres

Picking-Up - stretches muscles **along** the muscle fibres

Rolling – stretches tight skin and lifts the skin off the underlying connective tissue

Wringing and **picking-up** would **never** be done over very loose muscle.

Rolling should **never** be done over very loose skin or stretch marks, because the skin is already stretched

Tapotement

Tapotement or percussion is brought about by the area treated being hit with soft blows by the hands.

Tapotement has four categories: **Hacking; Pounding; Cupping and Beating**

Uses:

- To tone undertoned muscle by stimulating the motor nerve endings causing a reflex action
- To improve areas of adipose by:
 - Breaking down the fluid trapped between the fat cells
 - Increasing the temperature in the area – thus 'burning off' the adipose
 - Increasing the local metabolism in the area
 - Stimulating adipose

Contra-indication of tapotement

- Where there is a lack of muscle bulk.
- Over over-toned muscles
- Over broken veins; thread veins
- Over vascular areas; superficial capillaries
- Over bony areas

Reflective Writing

You are required to write a reflective paragraph on your last year at college when you attend for interview

Here are some notes to help you :

Reflective writing is evidence of reflective thinking. In an academic context, reflective thinking usually involves:

Looking back at something (often an event, i.e. something that happened, but it could also be an idea or object).

How to write reflectively

Creating a piece of reflective writing is different from other academic writing as it is more personal and you are writing about your experiences.

The table below lists the differences between reflective and academic writing.

Reflective writing	Academic writing
Personal account	<u>Impersonal</u> account
Consider your personal views	Consider the views of others
First person	<u>Third person</u>
<u>Contemplates</u>	<u>Argues</u> and <u>justifies</u>
Finds solutions to problems	<u>Compares</u> and <u>contrasts</u>

How to structure your writing

When you write reflectively, use the three W's:

- What? (description)
What happened?
Who was involved?
- So what? (interpretation)
What is most important/interesting/relevant/ useful aspect of the event/idea/situation?
How can it be explained?
How is it similar to/different from others?
- What next? (outcome)
What have I learned?
How can it be applied in the future?