
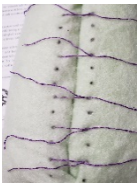




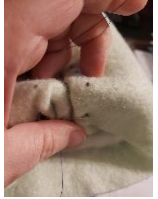


Square knot		1:01	4:12 smaller string	5 knots 1:52 Attempting one-hande d and even smaller thread	10 knots 1:11 Using instrument	10 knots 4:28 Using instrument					
Friction/ surgeon knot		1:08	4:08 smaller string	5 knots 2:01 attempting one-hande d and even smaller thread	10 knots 4:15 Using instrument	10 knots 5:56 Using instrument					
simple interrupted			8:06		5:03						
simple running/ continuous/ basting			1:50	4:11 Using needle holder and curved needle	4:16 Instruments only not grabbing needle with fingers	4:42 Using only instruments and on 2 planes					

running locked/locked blanket (locked continuous)			2:11	4:39 Using needle holder and curved needle	4:32 Using instruments and not grabbing needle with hands	3:23					
Interrupted subcuticular stitch			4:20								
Running subcuticular stitch/horizontal-running mattress/subcuticular			:59	2:31 Using needle holder and curved needle		1:56					
Assigning #D.2 Weekly Reflection	I can see in the surgeon's knot that the strand loops over twice in the beginning, and the square knot looks so even and symmetrical and lays flat nicely					Assignment # Weekly Reflection					
Assignment #D.4 Weekly Reflection	Tension is so important, especially when working with smaller, more flimsy string. I definitely had a more difficult time keeping the knots looking right and laying flat with smaller string. It was great practice though, and I can see how tension plays a HUGE part in surgical knots.					Assignment # Weekly Reflection					

Assignment #E.0 Weekly Reflection	This week I have focused on trying to get more familiar with my instruments and the curved needle. It really is difficult to get that curve needle to come out where I want it to. It is also hard to break the habit of wanting to use my mouth as an extra hand. Maneuvering with instruments will take more practice for sure. I am also trying to get more proficient at using one hand to tie knots.	Assignment # Weekly Reflection	
Assignment #F.0.a Weekly Reflection	This week I have branched out with trying to use instruments even more and my hands even less. I have also tried to do more 3 dimensional by stitching on 2 different planes. The video this week was VERY helpful. I am getting more comfortable with all the materials used for stitching including the curved needle, needle holder, and forceps.	Assignment # Weekly Reflection	
Assignment #E.0.c Weekly Reflection	I have been trying more and more to use my instruments and not grab the needle with my fingers. This week I learned 2 valuable lessons. 1 is that you must be careful when using instruments to not pinch the skin when you are trying to grab the tip of the needle. 2 You always need to put your needle in a protective position when not in use. Even when practicing at home. I reached across my desk and felt like a bee sting. My needle was in the needle holder facing up and I poked my arm.	Assignment # Weekly Reflection	