

Lesson Plan: 39a Intro to Sports and Deep Tissue Massage

5 minutes: Breath of Arrival and Attendance

25 minutes: Lecture on Contents of this segment

25 minutes: Deep Swedish Demo



Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.





39a Introduction

Sports and Deep Tissue Massage

Opening Remarks

To this point you have learned a basic Swedish massage routine, including stretches and BMTs.

Where can you go from here?

Customize it by modulating the variables (timing, tempo, pressure, etc.) to make it your own.



Overview of Segment

Classes 39-51

Theoretical: **Sports Theory**
Appendicular Kinesiology
Somatic Nervous System

Hands-on: **“Deep Swedish” Massage**
Deep Tissue Massage
Circulatory Sports Massage



Overview of Segment

Graded Events:

Quiz #4 on rotator cuff

Review Questions #6 on sports theory

Written Exam #3

Touch Assessment (Pass/Fail)

**Two Sports/DT outside massages (due during
Deep Massage)**



Rationale

We now shift our focus from pure choreography and timing to pressure and frequency (tempo)

Receivers often want work deeper than what we have been doing so far, due to not realizing the physical (mechanical and physiologic) and psychologic effects they want

How can we satisfy them?



“Deep Swedish”

Using essentially the choreography we already have, we can deepen the impact of the work by:

Using intention to focus on quality and depth

Being more grounded and relaxed

Focusing technique (smaller area of application)

Once we’ve realized the concepts here, they can be augmented with slow deep tissue and upbeat circulatory techniques



Deep Tissue Massage

Slow down in places

Use more pressure there

Use more focused tools

Use different tools (biomechanically more friendly)

Forearms, elbows, fists, knuckles

Use different strokes

Deep effleurage, deep friction, melting



Circulatory Sports Massage

Brisk

Anatomically specific

Refreshing

Long-lasting



Deepening Swedish – How?

Be clear what the receiver wants

Establish communication

Relax and lean in

Focus deeper (intention and visualization)

Focus techniques:

Compressive effleurage (especially on short segments)

Lean weight in on fulling

Deepen friction and stripping (warm and go slower)

Stay with your hands (don't rush ahead with your mind)



Demo of strategies to be used in class 39b



Back

Relax into full effleurage

5 reps, gently increasing pressure on each

Circular effleurage around scapula – curl fingertips down to increase pressure and focus

Kneading of trap, deltoids, triceps, squeezing and fulling down arm – use intention and weight

Deep effleurage up from low back (1 rep)

Friction (up-tempo to warm, slower for deeper impact) to upper trap, stripping upper trap and rhomboids (focus and intention)



Back of Legs/Feet

Twisting compression to gluteals – specific, slower, deeper

Effleurage posterior thigh (compressive = upbeat, firm, specific)

Fulling the thigh – deeper focus

Effleurage the calf (compressive = upbeat, firm, specific)

Fulling the calf - deeper focus



Front of Legs/Feet

Effleurage thigh (compressive = upbeat, firm, specific)

Fulling the thigh

Firm work on bottom of foot (use fist)



Torso and Arms

Knead lats, DELTOIDS, TRICEPS (more thoroughly than usual)

Knead pec, DELTOID, BICEPS (more thoroughly than usual)



Head and Neck

Circular friction to one side of neck

Ironing trapezius

Circular friction to back of neck

Circular friction to scalp





39b Deep Swedish Massage

Lesson Plan: 39b Deep Swedish Massage

10 minutes	Set Up
5 minutes:	Interview
60 minutes:	Massage
10 minutes:	Partner feedback
20 minutes	Break and reset
5 minutes:	Interview
60 minutes:	Massage
10 minutes:	Partner feedback
15 minutes	Fold up, circle up, discuss



Deep Swedish Timing

5 minutes:	Interview
12 minutes	Back
10 minutes	Back of Legs and Feet
12 minutes	Front of Legs and Feet
10 minutes	Torso and Arms
12 minutes	Head, Neck and Face



Back – 12 minutes

Relax into full effleurage

5 reps, gently increasing pressure on each

Circular effleurage around scapula – curl fingertips down to increase pressure and focus

Kneading of trap, deltoids, triceps, squeezing and fulling down arm – use intention and weight

Deep effleurage up from low back (1 rep)

Friction (up-tempo to warm, slower for deeper impact) to upper trap, stripping upper trap and rhomboids (focus and intention)



Back of Legs/Feet – 10 minutes

Twisting compression to gluteals – specific, slower, deeper

Effleurage posterior thigh (compressive = upbeat, firm, specific)

Fulling the thigh – deeper focus

Effleurage the calf (compressive = upbeat, firm, specific)

Fulling the calf - deeper focus



Front of Legs/Feet – 12 minutes

Effleurage thigh (compressive = upbeat, firm, specific)

Fulling the thigh

Firm work on bottom of foot (use fist)



Torso and Arms – 10 minutes

Knead lats, DELTOIDS, TRICEPS (more thoroughly than usual)

Knead pec, DELTOID, BICEPS (more thoroughly than usual)



Head and Neck -12 minutes

Circular friction to one side of neck

Ironing trapezius

Circular friction to back of neck

Circular friction to scalp

