

Lesson Plan: SG Integrative Practice

- 5 minutes: Roll, Announcements
- 30 minutes: Redemo of techniques
- 10 minutes: Partner up, set up tables
- 10 minutes: Break
- 55 minutes: Guided practice 1
- 15 minutes: Break, switch roles
- 55 minutes: Guided practice 2
- 15 minutes: Fold up and discuss



Prone Techniques



Pulling/wringing (opposite side) upper trap

Pulling: one hand follows the other, pulling up across the upper trap - repeat a few times. Wringing: uphill hand accentuates pressure of upstroke, while downhill hand presses shoulder girdle down to table and laterally (simultaneous pull-push). Downhill hand then moves out around shoulder and pulls up across upper trap. Repeat pulling. To return to wringing, pull (downhill hand), then pull (uphill hand)-push (downhill hand).



FIST DEEP EFFLEURAGE (OUT) INFRASPINATUS AND TERES MINOR

After warming the muscles on the scapula with palmar effleurage, move the arm off the table and use the fist of your inside hand (as you face up the table) to effleurage more deeply out teres minor and infraspinatus.



FIST STRIP (OUT) INFRASPINATUS AND TERES MINOR

emphasize the knuckles to strip



WHILE KNEADING DELTOID

thumbs friction **infraspinatus** and **teres minor** tendons
thru posterior deltoid



COMPRESSIVE EFFLEURAGE TRICEP

downhill hand grasps under the bicep to stabilize the shoulder while the other hand performs brisk effleurage, insertion to origin



FOREARM WARM UPPER TRAP/ SUPRASPINATUS/LEVATOR INSERTION

Standing at the head facing down the table, use inside forearm to stroke briskly up across upper trapezius with firm pressure and up tempo, doing enough repetitions to warm the muscle. Mini-squats.



FIST KNUCKLES STRIP UPPER TRAP/ SUPRASPINATUS

facing down, use inside hand, thumb up (not sideways)



CROSS FIBER FRICTION TO LEVATOR SCAPULA INSERTION

working from across the neck - use inside (lower) hand if using thumb, outside (upper) hand if using reinforced finger.



MELT INTO LEVATOR INSERTION

elbow (preferred), knuckle, or thumbs



RAKE RHOMBOIDS

use reinforced fingertips, move up/down across fibers -
begins as superficial friction, morphs into deep friction.



DEEP EFFLEURAGE (ELBOW) DOWN RHOMBOID INSERTIONS

facing down, outside hand goes under shoulder to control/fine-tune position, inside forearm/elbow slowly, deeply rides groove



DEEP EFFLEURAGE DOWN BACK USING PROXIMAL ULNA – WARM AREA FIRST

1) first pass begins on upper trap, moves down just lateral of spinous processes, forearm parallel to spine at beginning and end, may rotate during middle of stroke to avoid hand contacting glutes. Stroke **finishes on sacrum**, as low as draping will permit.



DEEP EFFLEURAGE DOWN BACK USING PROXIMAL ULNA

2) Second pass begins same as first, forearm goes to horizontal as soon as possible, addresses a wider area of tissue lateral to that addressed on first pass. Stroke **crosses the ilium**, ending on top of glutes - use flexors to pad bones as necessary



FOREARM SLOW DEEP EFFLEURAGE ACROSS
ERECTORS/**QUADRATUS LUMBORUM**



SUPINE TECHNIQUES



DEEP EFFLEURAGE OUT PECTORALIS

MAJOR - OPPOSITE SIDE

Used to warm and then increase depth - face down the table, stand on opposite side, use one hand or two (hand over hand)



DEEP EFFLEURAGE OUT PECTORALIS MAJOR – SAME SIDE

Use to finish after deep friction – facing up the table, use palm of inside hand (fingers point towards you)



CIRCULAR FRICTION (SLOW)/MELTING TO PECTORALIS MAJOR

explore the terrain - ok to vary with cross fiber,
longitudinal, or melting.



COMPRESSIVE EFFLEURAGE (INSERTION TO ORIGIN) TO FOREARM

Flushing - have client's elbow flexed to 45 degrees, and resting on the table so you can lean some weight in



WRING FOREARM (ORIGIN TO INSERTION)

this is done pulling out towards you, not pushing up towards the ceiling (start with your forearms supinated, not pronated)



CROSS FIBER FRICTION TO FLEXORS/ EXTENSORS

pace varies according to depth of intention of stroke
(more circulatory = quicker/lighter versus more structural
= slower/deeper)



**CROSS FIBER FRICTION TO THENAR/
HYPOTHENAR EMINENCES**



DEEP EFFLEURAGE (OUT - SQUEEZING) FLEXORS/EXTENSORS

your two thumbs on the extensor surface, fingers
squeezing into the flexors from below, begin just distal to
the elbow, end just proximal to carpal bones

