

Swedish Technique Class

Massage Practice 2

Massage of the Foot

Start in the prone
position

Massage of the foot - Prone

- Squeeze the foot
- Apply circular thumb friction from calcaneus to toes in 5 lines
- Pinch the heel
- Conclude with tapotement and effleurage of hip, leg, and foot

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- Squeeze the foot
- Apply circular thumb friction from calcaneus to toes in 5 lines
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- Conclude with tapotement and effleurage of hip, leg, and foot

Front of Legs and Abdomen

- Effleurage whole leg 3 times
- Each effleurage should start at the foot and go up to the ASIS.

Front of the Legs

- Effleurage the thigh 3 times to open
- Full thigh, superior to inferior
- Wring thigh, superior to inferior

Front of the Legs

- Knead thigh in 3 passes, beginning at the top of the lateral thigh
- Effleurage thigh to close
- Full gently around the patella

Front of the Leg

- Effleurage lower leg 3 times to open
- Full down lower leg
- Apply thumb circles to tibialis anterior and peroneus longus
- Apply thumb tip compressions down lower leg in two lines, covering tibialis anterior and peroneus longus
- Effleurage lower leg to close

Front of the Leg

- *NOTE - In full body massage, entirety of Supine Foot Routine begins here*

Massage of the Foot

- **Supine Position**
- Apply palmar effleurage to dorsum of ankle while holding foot
- Do bilateral superficial fingertip friction around malleoli
- Supporting lateral side, apply fingertip friction along medial side of Achilles tendon
- Supporting medial side, apply fingertip friction along lateral side of Achilles tendon
- Apply thumb friction across the retinacula

Massage of the Foot

- With finger pad support on bottom of foot, full dorsum of foot
- With thumbs on top, squeeze foot
- With thumbs on bottom, wring from heel to toes and back - don't crush metatarsals

Massage of the Foot

- For each metatarsal and its toe:
 - With thumbs together, thumb strip between metatarsals from toes to ankle
 - Mobilize by scissoring metatarsals
 - Hygiene permitting, slide index finger or side of a thumb in between toes (from top down or bottom up)
 - Petrissage from metatarsal head to tip of toe (emphasis where toe meets metatarsal)
 - Rotate, flex, hyperextend and traction each toe

Massage of the Foot

- Apply thumb compressions to the arches of the foot
- Repeat wringing of the foot
- Apply two-handed vibration to foot at ball and ankle
- Apply tapotement to the foot (*once supine leg routine is learned, include thigh and leg*)

Front of the Leg

- Apply tapotment to IT band, quadriceps, lower leg, top of foot
- Effleurage whole leg to connect and close
- Apply nerve strokes down the leg to finish
- **Repeat on other leg**

Front of the Legs: Side 2

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Front of the Legs: Side 2

- Effleurage the thigh 3 times to open
- Full thigh, superior to inferior
- Wring thigh, superior to inferior

Front of the Legs: Side 2

- Knead thigh in 3 passes, beginning at the top of the lateral thigh
- Effleurage thigh to close
- Full gently around the patella

Front of the Legs: Side 2

- Effleurage lower leg 3 times to open
- Full down lower leg
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Massage of the Foot

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- Repeat wringing of the foot
- Apply two-handed vibration to foot at ball and ankle
- Apply tapotement to the foot (*once supine leg routine is learned, include thigh and leg*)
- *Once supine leg routine is learned - Conclude with effleurage and nerve strokes down the leg*

Front of the Legs: Side 2

- Apply tapotment to IT band, quadriceps, lower leg, top of foot
- Effleurage whole leg to connect and close
- Apply nerve strokes down the leg to finish

The Abdomen

- With appropriate draping, expose abdomen

The Abdomen

- Engage your client with soft hands or words to prepare them for initial abdominal contact
- Use hand-following-hand circular effleurage (clockwise direction) to spread lubricant around abdomen and sides

The Abdomen

- Starting at the iliac crest, pull up the sides of the abdomen, pulling fingers up between the ribs to the xiphoid process, then thumb effleurage down and out beneath the costal border (lighten pressure at the floating ribs)
Repeat 2 – 3 times

The Abdomen

Maintaining gentle contact, move to the other side

The Abdomen

- Repeat pulling up opposite side
- Effleurage up the abdomen to sternum (on rectus abdominis), out and around to sides, sweep down the sides to the waist, dip under to iliac crest and pull up, following the iliac crest, back to the starting point and repeat 2-3 times

The Abdomen

- Repeat circular effleurage 2- 3 times
- Cover torso

The Abdomen

- Transition to chest by using gentle contact (e.g. circular friction/melting) to move from alongside lower sternum up between the ribs to clavicles, then bilaterally out below clavicles to near axillae.

The Abdomen

- This will specifically address origins of pectoralis major, and energetically connect the chest and abdomen. Relax and make centered contact in this area.