



Tools of the Trade

Lesson Plan: Tools of the Trade

10 minutes: Breath of Arrival and Attendance

50 minutes: Lecture

10 minutes: Break

60 minutes Lecture

10 minutes Break

55 minutes Lecture – Infection/Hygiene



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.



BODYMIND – YOU ARE YOUR MOST IMPORTANT
TOOL



BODYMIND

- Mindfulness
 - Grounded
 - Present
 - Positive



BODYMIND

- Biomechanics



BODYMIND

- Diet
- Exercise
- Rest



YOUR HANDS – WHERE THE THERAPIST MEETS
THE CLIENT



YOUR HANDS

- Strength and Flexibility



YOUR HANDS

- Cleanliness and Nails



MESSAGE TABLE – YOU NEED ONE ASAP FOR
OUTSIDE PRACTICE



MESSAGE TABLE

- 30" x 73" standard



MESSAGE TABLE

- Portable
- Adjustable



MESSAGE TABLE

- <http://www.tlcschool.com/students/current-students/need-a-message-table/>



ACCESSORIES – NECESSARY VERSUS OPTIONAL



ACCESSORIES

- Necessary
 - Face rest (adjustable)
 - Bolster



ACCESSORIES

○ Optional

- Carry case
- Arm shelf
- Breast recesses
- Stool
- Cart



LINENS

○ Fabric

- High ratio cotton
- High thread count
- Avoid jersey



LINENS

- Light colors/patterns better than dark



LINENS

- Twin size
- Two flat or set (fitted/flat)
- Wash soon after use



LUBRICANTS – NOURISH THE SKIN, PROVIDE
GLIDE



LUBRICANTS

- Cream
- Oil
- Gel
- Lotion (not for Swedish)



LUBRICANTS

- Avoid mineral oil, alcohol, KY



LUBRICANTS

- Low/no scent
- Store carefully
- Use sparingly/responsibly



FURNISHINGS – YOUR ROOM EXPRESSES YOUR
STYLE



FURNISHINGS

○ Essentials

- Privacy
- Space
- Temperature
- Light
- Hygiene



FURNISHINGS

- Optional - decor



ENVIRONMENT - AMBIENCE



ENVIRONMENT - AMBIENCE

- Sound



ENVIRONMENT - AMBIENCE

- Hygiene



CLOTHING – STUDENT AND PROFESSIONAL



CLOTHING – MASSAGE CLASSES

Loose

Comfortable

Pants

Short sleeves

Cover feet



CLOTHING – LECTURE CLASSES

Layers

Cover feet



CLOTHING – PROFESSIONAL

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PERSONAL HYGIENE

- Breath
- Body Odor
- Nails
- Feet



SUPPLIES FOR MASSAGE CLASSES

- To each “B” class bring:
- 2 clean sheets
- 2 pillowcases
- Hand towel
- Blanket
- Waterless hand cleaner in pump dispenser



SUPPLIES FOR MASSAGE CLASSES

- Beginning with Class 4b (Massage Back of Legs) bring your own massage lubricant (preferably crème) and a holster



SUPPLIES FOR MASSAGE CLASSES

- Beginning with Class 11b (Massage Head and Neck) bring facial toner (for sensitive skin), cotton squares or balls, and facial massage creme



SUPPLIES FOR MASSAGE CLASSES

- Some type of kit for holding all this stuff will be a good idea

