12b Swedish:

Technique Demo and Practice

Anterior Lower Body and Abs

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Technique Demo and Practice - Anterior Lower Body and Abs

Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
15 minutes	Pep talk
70 minutes	1st massage
20 minutes	20-minute break
70 minutes	2nd massage
10 minutes	Closing circle
3 hours, 15 minutes	Total

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Technique Demo and Practice - Anterior Lower Body and Abs
Reminders

Quizzes and Written Exams:

- 13b Kinesiology Quiz
  - Tibialis anterior, peroneus longus and brevis, quads, rectus abdominis, and pec. major
- 17b Kinesiology Quiz
- 18a Written Exam Prep Quiz
- 19a Written Exam Prep Quiz
- 21a Written Exam (100 questions in 80 minutes)

Assignments:

- 17a Review Questions (A: 131-138)

Preparation for upcoming classes:

- 12a Kinesiology: Muscle Names and Locations - Anterior
  - Trail Guide: quadriceps femoris group
  - Trail Guide: Pages 35-36, 61-62, 296-297, and 366-367
- 12b Swedish: Technique Demo and Practice - Anterior Lower Body and Abs
  - Packet F: 39-44

Classroom Rules

Punctuality - everybody's time is precious

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

The following are not allowed:

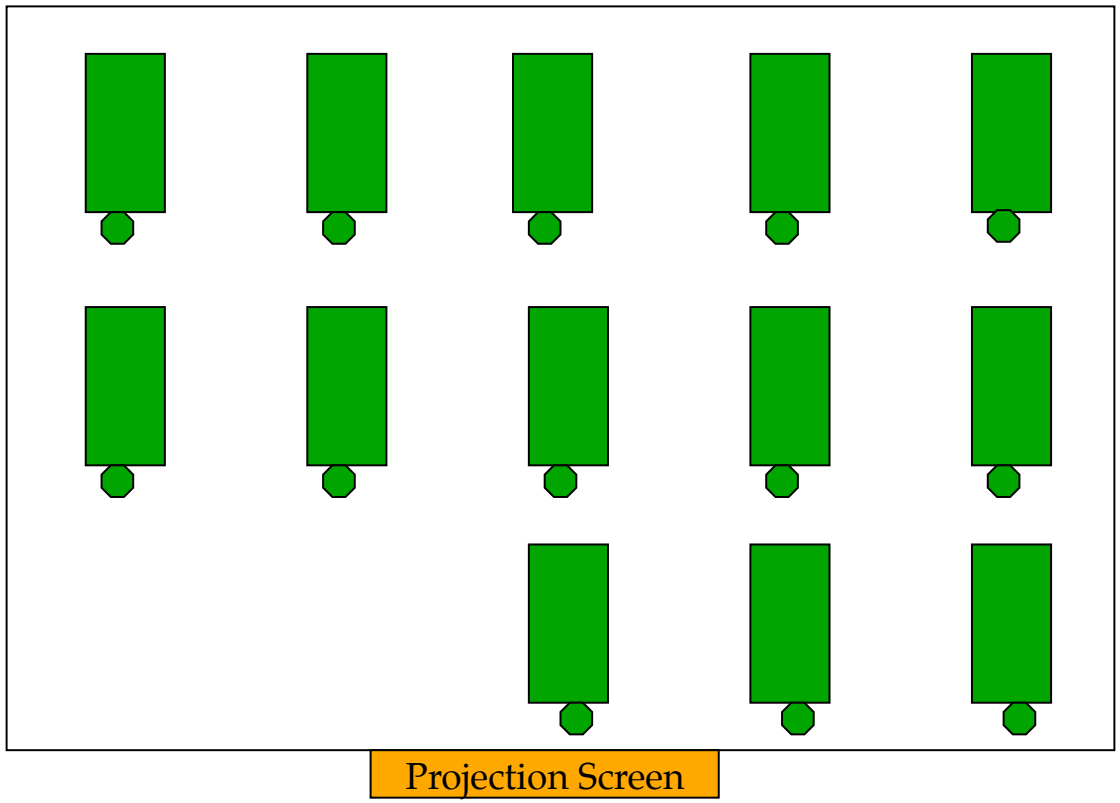
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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

First half of the massage trade

Table setup

- Set up the tables in the configuration below
- Get out your supplies and dress your table
- Adjust the table height and get 1 chair per table
- Put all your stuff in the “basement”



Anterior Lower Body

1. Whole leg effleurage

2. Anterior thigh

    Effleurage

    Fulling

    Wringing

    Kneading

    Effleurage

3. Gently full around the patella

Anterior Lower Body, continued

4. Lower leg

Effleurage

Fulling

Thumb circles

Tibialis anterior

Peroneus longus and peroneus brevis

Thumb compressions

Tibialis anterior

Peroneus longus and peroneus brevis

Effleurage

Anterior Lower Body, continued

5. Foot massage

Palmar effleurage to dorsum of ankle

Bilateral superficial fingertip friction around malleoli

Fingertip friction the medial and lateral side of Achilles tendon

Fulling

Squeezing

Wringing

Scissoring metatarsals

Between each toe

Knead, circumduct, and squeeze each toes

Thumb compressions to the arches of the feet

Wringing

Two-handed vibration at ankle and ball of foot

Tapotement

Anterior Lower Body, continued

6. Whole leg

    Effleurage

    Tapotement

    Effleurage

    Nerve strokes

Anterior Lower Body, continued

7. Drape the breast tissue and lower body to have access to the abdomen
8. Abs
    - Use soft hands or words initiate abdominal contact
    - Hand-following-hand circular effleurage clockwise around the abdomen
    - Pulling up the sides of the abdomen
    - Thumb effleurage along the costal border toward floating ribs
    - Effleurage up abdomen to the xiphoid process
    - Hands part and glide laterally down to where the abs meet the table
    - Glide down the lateral abdomen to the waist
    - Glide around to the posterior low back, fingers meeting at the spine
    - Gently pull up and around to the front of the abs
    - REPEAT all of the above abdominal work on the other side
    - Hand-following-hand circular effleurage clockwise around the abdomen
9. Cover the abdomen and then remove the breast drape
10. Deep circular friction or melting up the sternum and out under the clavicle

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