

14b Swedish:
Technique Review and Practice
Feet, Anterior Lower Body, and Abs



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Technique Review & Practice - Feet, 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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Assignments:

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

Quizzes and Written Exams:

- 17b Kinesiology Quiz
- 18a Written Exam Prep Quiz
- 19a Written Exam Prep Quiz

- 21a Written Exam

Preparation for upcoming classes:

- 15a A&P: Skeletal System - Bony Landmark Palpation
 - Trail Guide: sternocleidomastoid and levator scapula
 - Salvo: Pages 419-420 and 452-479
 - Packet E-19-20
 - Packet A-136

- 15b Swedish: Technique Demo and Practice - Chest and Arms
 - Packet F: 47-50



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 message trade

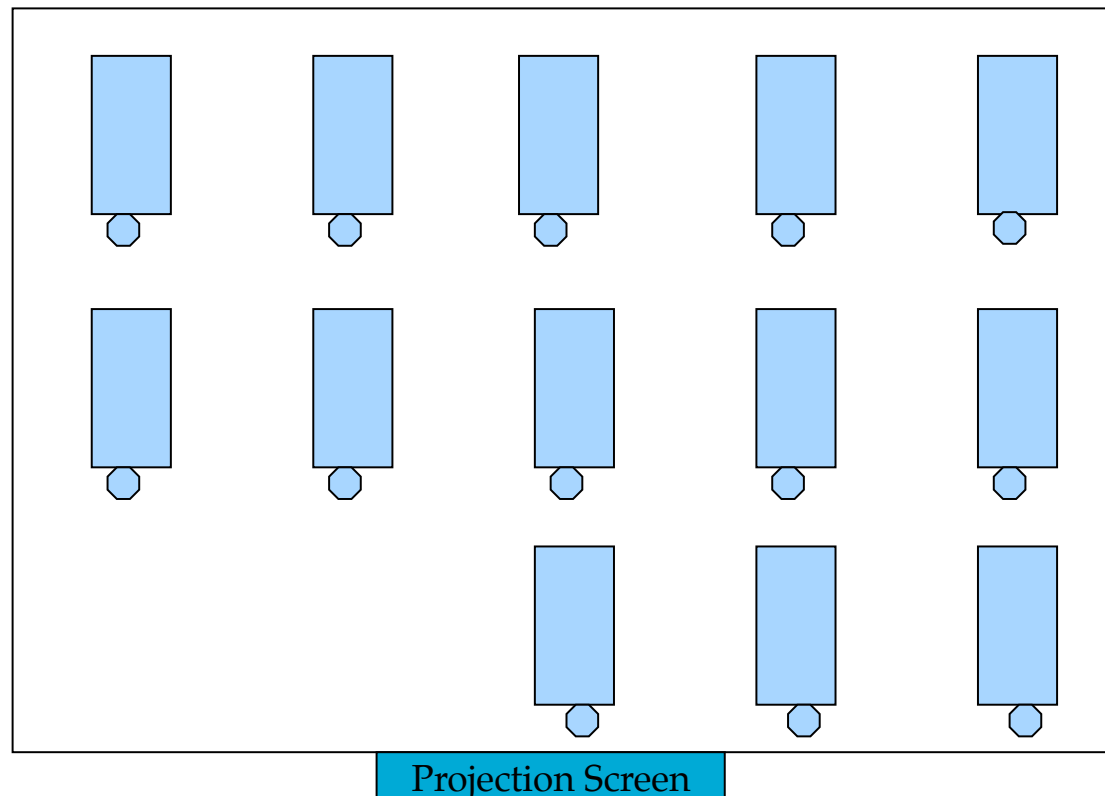
Table setup

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

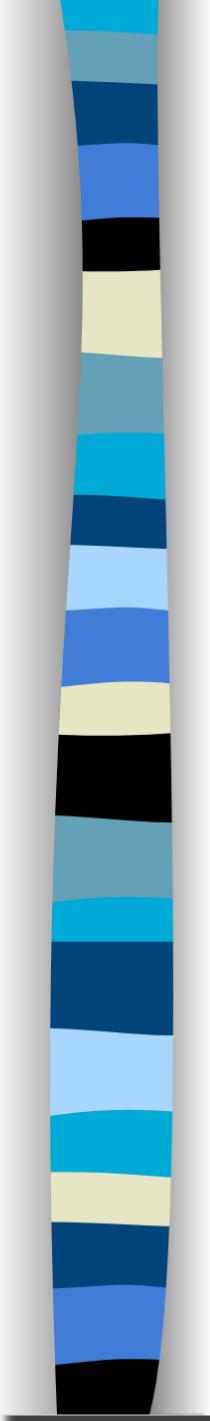
Gently pull up and around to the front of the abs

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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