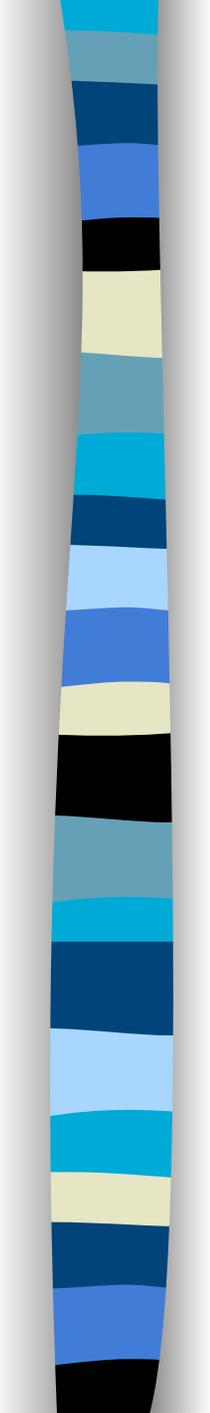
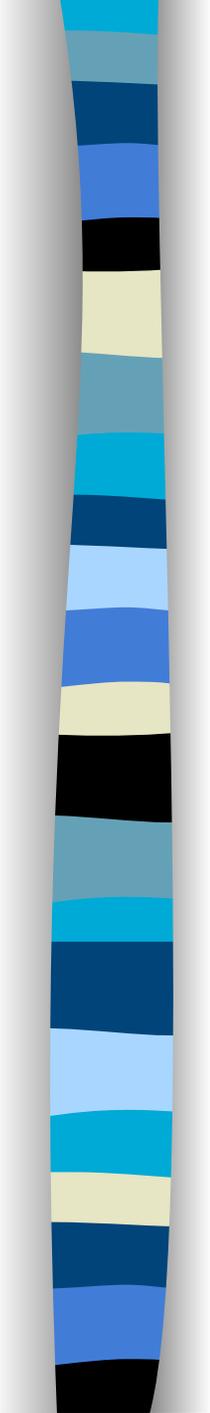


15b Swedish:
Technique Demo and Practice - Chest and Arms



15b Swedish: Technique Demo and Practice - Chest and Arms 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



15b Swedish: Technique Demo and Practice - Chest and Arms Reminders

Assignments:

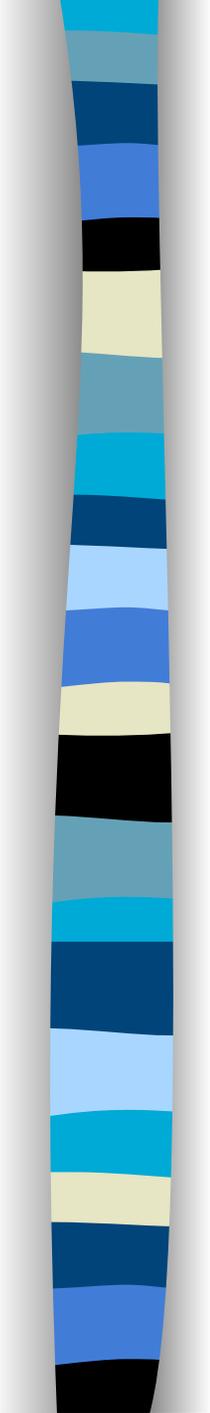
- 17a Review Questions (A: 131-138)

Quizzes and Written Exams:

- 17b Kinesiology Quiz (biceps brachii, coracobrachialis, sternocleidomastoid, levator scapula, scalenes, frontalis, occipitalis, temporalis, masseter)
- 18a Written Exam Prep Quiz
- 19a Written Exam Prep Quiz
- 21a Written Exam

Preparation for upcoming classes:

- 16a A&P: Skeletal System - Synovial Joints
 - Trail Guide: scalenes
 - Salvo: Pages 421-425
 - Packet E: 21-24
 - RQ Packet A-137
- 16b Swedish: Technique Demo and Practice - Neck, Face, and Scalp
 - Packet F: 51-54



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

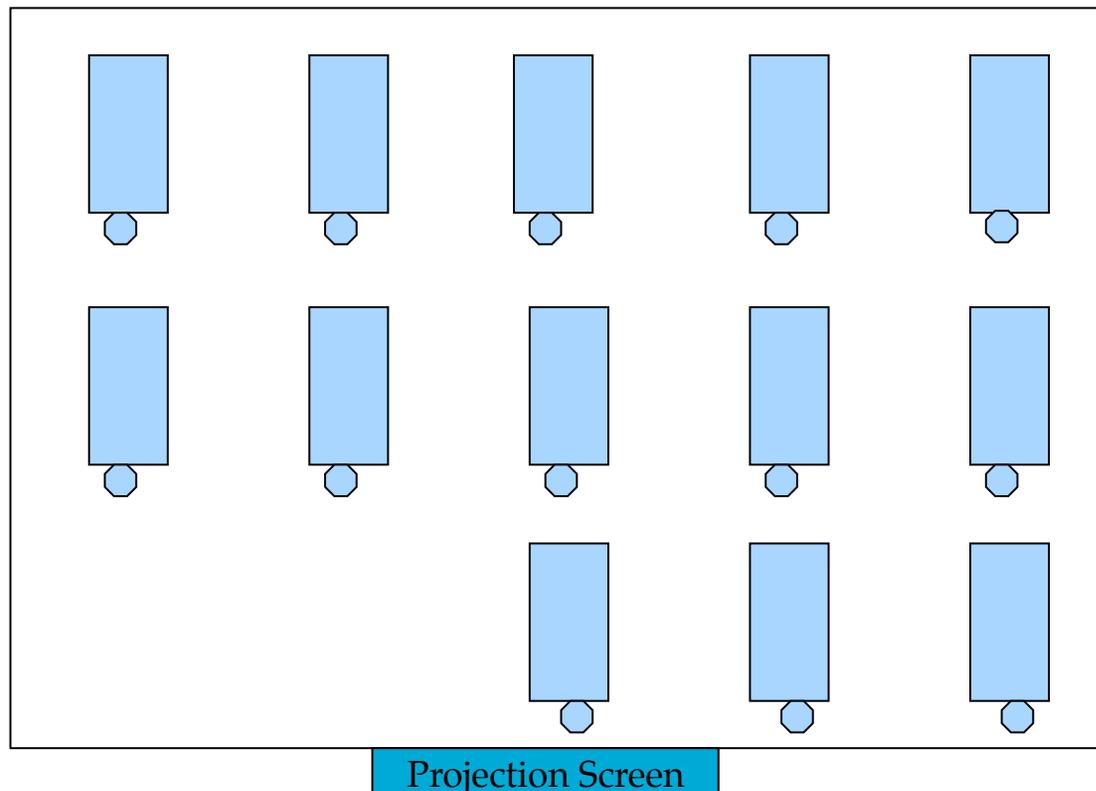
Table setup

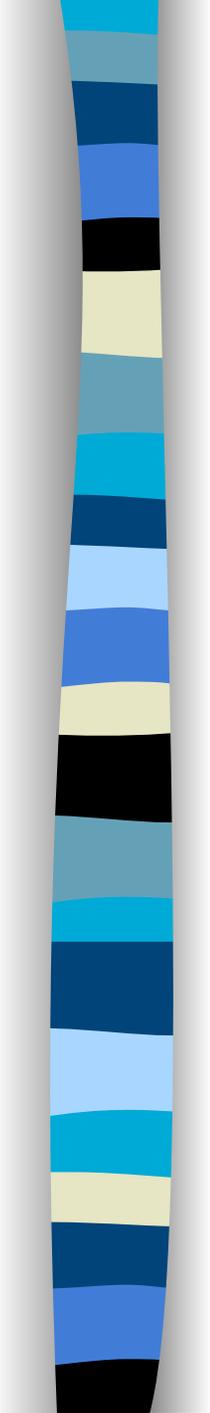
Set up the tables in the configuration below

Get out your supplies and dress your table

Adjust the table height

Put all your stuff in the "basement"





Chest and Arms

1. Upper chest effleurage for males or females

2. Whole arm effleurage

3. Upper posterior arm: olecranon to inferior angle of scapula
(triceps, posterior deltoid, and lats)

Effleurage

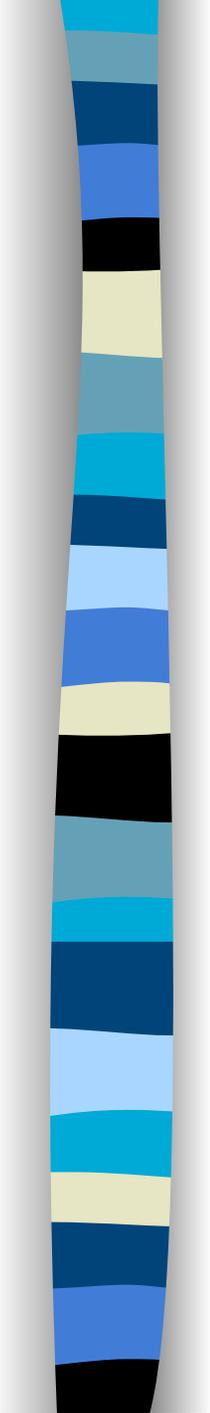
Kneading

4. Upper anterior arm: crease of the elbow to sternum

(biceps, coracobrachialis, anterior deltoid, and pectoralis major)

Effleurage

Kneading



Chest and Arms, continued

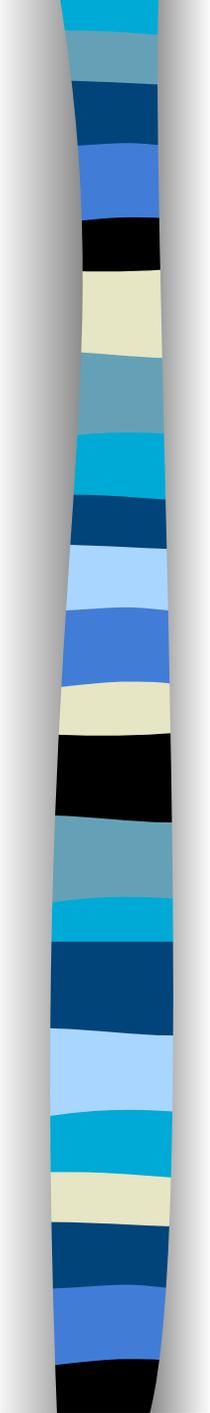
5. Traction and circumduction of the arm

6. Forearm

Whole forearm effleurage

Kneading

Stripping



Chest and Arms, continued

7. Wrist and Hands

Thumb circles over wrist and dorsum of the hand

Thumb effleurage between metacarpals

Mobilize the metacarpals by scissoring

Thumb circles on the palm of the hand

Knead, traction, circumduct, and squeeze each finger

8. Whole arm

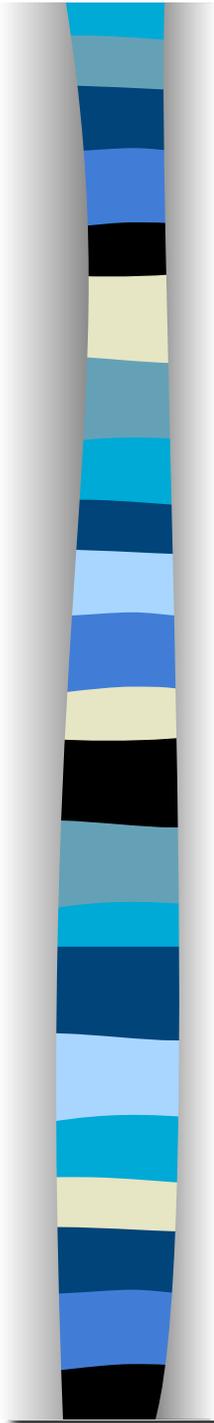
Effleurage

Tapotement

Effleurage

Nerve strokes

9. Upper chest effleurage for males or females



15b Swedish:
Technique Demo and Practice - Chest and Arms