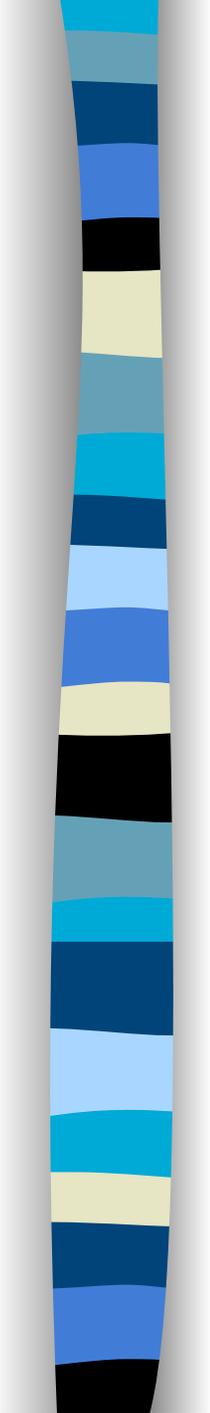


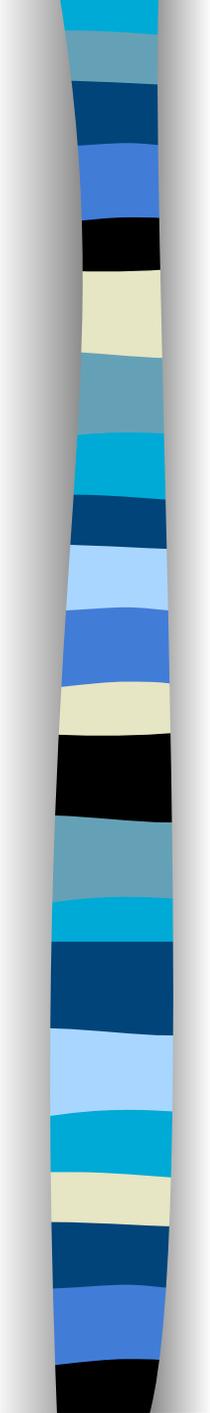
16b Swedish:  
Technique Demo and Practice - Neck, Face, and Scalp

## 16b Swedish:

### Technique Demo and Practice - Neck, Face, and Scalp 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  |



# 16b Swedish:

## Technique Demo and Practice - Neck, Face, and Scalp Reminders

### **Assignments:**

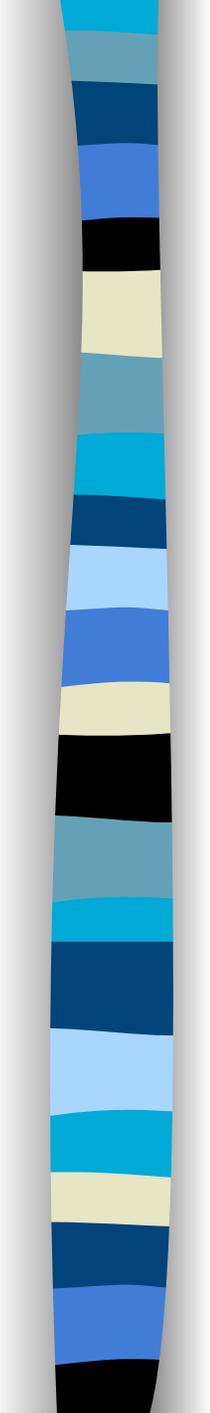
- 17a Review Questions (A: 131-138)

### **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:**

- 17a A&P: Skeletal System - Joint Actions and Articulations
  - Trail Guide: frontalis, occipitalis, temporalis, and masseter
  - Trail Guide: Pages 23-24 and 34
  - Salvo: Pages 480-487
  - Packet E: 25-26
  - RQ Packet A-138
- 17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head



# 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

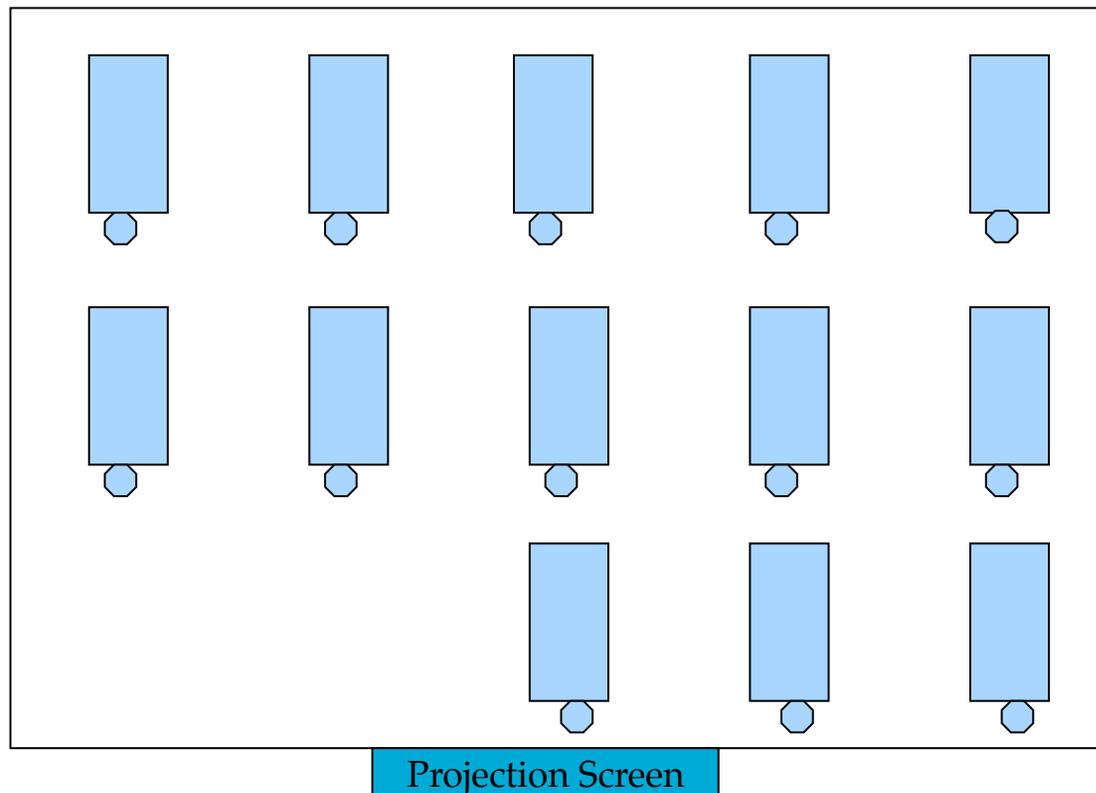
## Table setup

Set up the tables in the configuration below

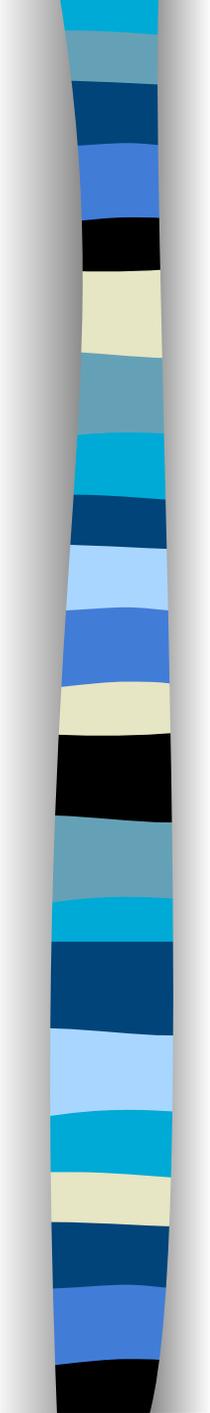
Get out your supplies and dress your table

Adjust the table height

Put all your stuff in the "basement"



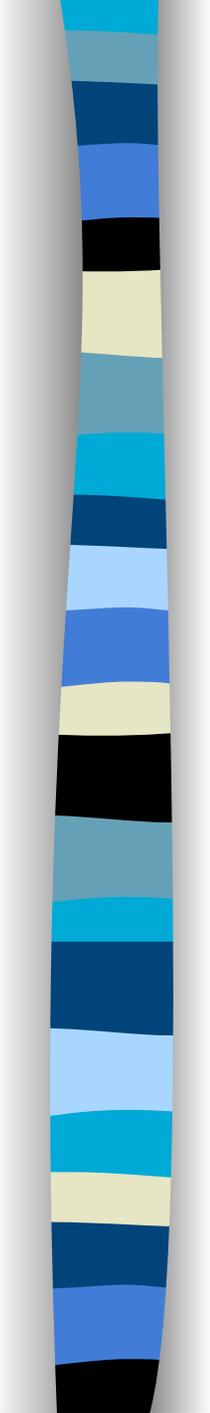




**Neck (while cradling the head in one hand), continued**

4. Circular superficial friction using finger pads in the small triangle
5. Ironing the upper trapezius (acromion process to mastoid process)
6. Circular superficial friction using finger pads up posterior neck

Repeat on the other side

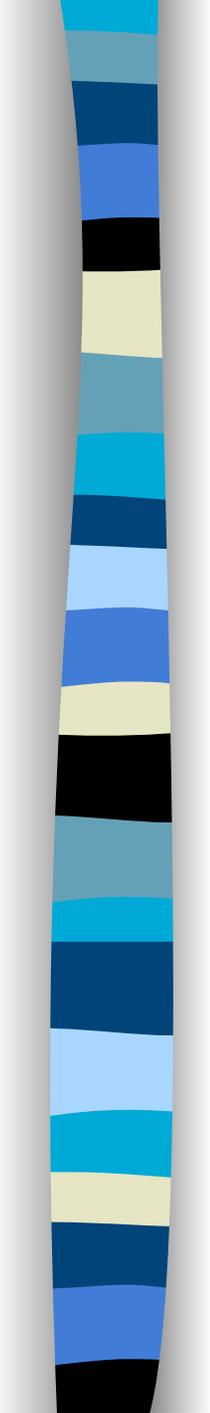


**Neck (with head in neutral, not cradling it)**

7. Bilateral superficial friction using finger pads up posterior neck

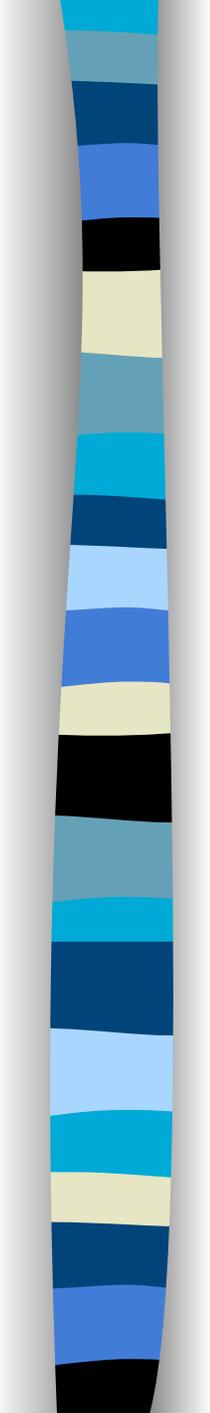
**Face**

8. Clean your hands with hand sanitizer
9. Use facial toner and cotton pads to clean your client's face



## Face

10. Effleurage face to apply facial lotion
11. Alternating fingertips up the forehead between the eyebrows
12. Thumb fulling the forehead laterally
13. Deep circular friction at the temples using finger pads
14. Fingertip effleurage around the orbits  
(down side of nose, out the zygomatic, up over the temples, over the eye brows)
15. Deep circular friction at the temples using finger pads
16. Deep circular friction down masseter and along mandible to the chin
17. Alternating thumb effleurage on the chin
18. Pull out from the middle under the mandible



## Ears

19. Superficial friction in front of and behind the ears using finger pads
20. Knead the ear cartilage and lobes
21. Circumduct the ears

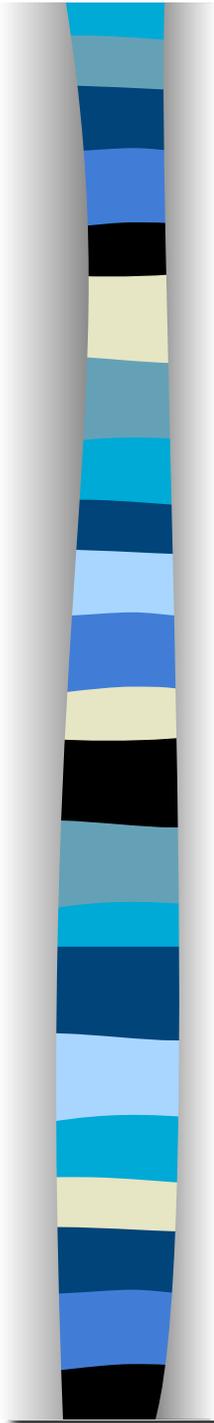
## Scalp (with head cradled in one hand)

22. Superficial circular friction using finger pads on the scalp
23. Deep circular friction using finger pads on the scalp

Repeat on the other side

## Scalp (with head in neutral position)

24. Superficial friction in zigzag pattern across the top of the head
25. Resting stroke



16b Swedish:  
Technique Demo and Practice - Neck, Face, and Scalp