



## 60b Chair Massage: Technique Review and Practice



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### Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



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## Class Reminders

### Early Warning:

- By class 62b you must be signed-up and logged into [MessagePrep.training](https://www.messageprep.training)

### Assignments:

- 60a Deep Tissue: Outside Messages (due before class starts) **NOW!**
- 64b Executive Summary (due before the end of class)
  - Packet 21-22
  - Sections 1-3 to be done *before* this class. Section 4 will be done in class.
  - The completed Executive Summary to be handed in at end of class.

### Exams:

- 62b Deep Tissue: Touch Assessment

### Preparation for upcoming classes:

- 61a A&P: Respiratory System
  - Trail Guide: diaphragm
  - Packet E: 145-150.
  - RQ – Packet A: 196-197.
- 61b Deep Tissue: Guided Full Body
  - Packet D: 33-34.



# 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.*



# Chair Massage

## **Erector Spinae**

- Bilateral rhythmic loose fist compressions
- Bilateral effleurage
- Bilateral palmar superficial friction
- Unilateral circular deep friction with fingertips

## **Shoulders**

- Unilateral ulnar friction
- Bilateral alternating kneading
- Unilateral circular deep friction with fingertips

## **Unilateral Glenohumeral Joint**

- Joint mobilization

## **Unilateral Rhomboids, Middle Trapezius, and Subscapularis**

- Place the client's hand behind their back
- Circular deep friction with fingertips
- Return the client's arm to the arm rest

## **Unilateral Deltoids, Biceps, and Triceps**

- Kneading



# Chair Massage

## Unilateral Forearms

- Grasp the hand and elevate the arm forward
- Kneading
- Alternating thumb strokes

## Unilateral Hand

- Stretch and knead the thenar and hypothenar muscles
- Gently pull on the fingers
- Lightly rock the arm and return it to the armrest

## Bilateral Posterolateral Neck

- Kneading (progress from light to moderate as the area softens)

## Bilateral Deep Suboccipitals

- Face the client head on from the front of the chair
- Lateral to medial rhythmic wave-like pressure

## Bilateral Scalp

- Face the client head on from the front of the chair
- Fingertip zig-zag friction back to front, side to side

## Bilateral Erector Spinae

- Several long gliding strokes from the lower back to the shoulders



## Passive Stretches

### PRONE

- Quadriceps Femoris

### SUPINE LOWER BODY

- Low Back
- Gluteals
- Adductors
- Tibialis Anterior
- Gastrocnemius and Soleus

### SUPINE UPPER BODY

- Pectoralis Major
- Latissimus Dorsi
- Rhomboids
- Neck Lateral Flexion
- Neck Rotation



## Prone BMTs

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compressions with Knee & Hip Mobilization
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions





## Supine BMTs

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Posterior Cervical Compressions & Release
- Alternating Scapular Depression with Trapezius Compressions



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