

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

ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 60a Deep Tissue: Outside Massages (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



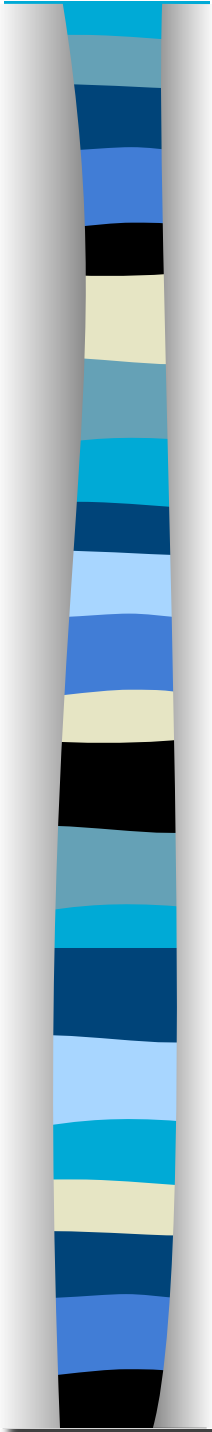
Prone BMTs

- 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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