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

14b Swedish: 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	

14b Swedish:

Technique Review & Practice - Feet, Anterior Lower Body, and Abs Reminders

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

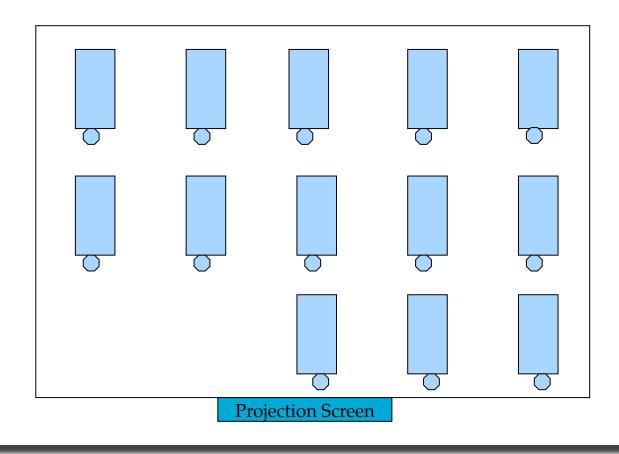
The following are not allowed:

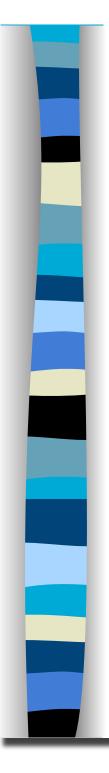
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

First half of the massage 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"





Prone Position

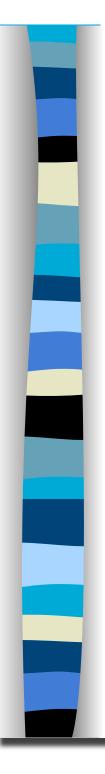
1. Squeeze the foot

2. Circular thumb friction from calcaneus to toes in 5 lines

3. Pinch the heel

4. Tapotement and effleurage of hip, leg, and foot

5. Repeat steps 1-4 on other leg



Supine Position – First Leg

6. Full leg effleurage

7. Thigh

Effleurage

Full

Wring

Knead

Effleurage

8. Full gently around the patella



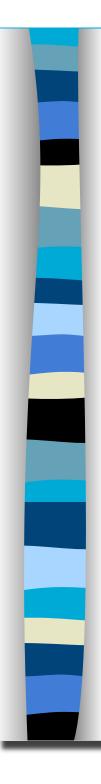
9. Lower leg

Effleurage

Full

10. Tibialis anterior and peroneus longus/brevis Thumb circles Thumb tip compressions

11. Lower leg effleurage



12. Palmar effleurage to dorsum of ankle while holding foot

13. Fingertip friction around malleoli

14. Fingertip friction the medial and lateral side of Achilles tendon

15. Thumb friction across the retinacula

16. Full dorsum of foot

17. Squeeze the foot

18. Wring from heel to toes and back



19. For each metatarsal and its toe:

- Strip between metatarsals from toes to ankle
- Mobilize by scissoring metatarsals
- Slide index finger or side of a thumb in between toes
- Petrissage toes
- Rotate, flex, hyperextend, and traction each toe

20. Thumb compressions to the arches of the feet

21. Foot wringing

22. Two-handed vibration at ball and ankle



23. Tapotement to IT band, quadriceps, lower leg, top of foot

24. Full leg effleurage

25. Nerve strokes down the leg to finish

26. Repeat steps 6-25 on other leg



Supine Position – Second Leg

6. Full leg effleurage

7. Thigh

Effleurage

Full

Wring

Knead

Effleurage

8. Full gently around the patella



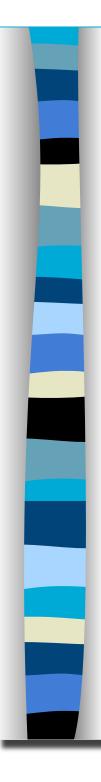
9. Lower leg

Effleurage

Full

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11. Lower leg effleurage



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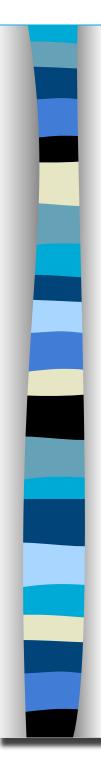
22. Two-handed vibration at ball and ankle



23. Tapotement to IT band, quadriceps, lower leg, top of foot

24. Full leg effleurage

25. Nerve strokes down the leg to finish



Supine Position, continued

27. With appropriate draping, expose the abdomen

28. Engage your client with soft hands or words to prepare them for initial abdominal contact

29. Abs:

- Circular effleurage
- Pulling
- Thumb slide along the costal border

30. Repeat step 29 on the other side



Supine Position, continued

31. Effleurage up abdomen to sternum (on rectus abdominis), out and around to sides, sweep down the sides to the waist, dip under to iliac crest and pull up, following the iliac crest back to the starting point.

32. Circular effleurage abs

33. Cover torso and remove breast drape if applicable

34. Use circular friction/melting to gently contact the origins of pectoralis major

- Superiorly along the lateral edges of the sternum
- Laterally, just inferior to the clavicles

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