

## Massage Table 101 (the following is not in your packet)

When you are on campus, you will be using the massage tables and bolsters provided.

Massage tables, bolsters, face cradles/ cushions, desks, tables, and chairs are all located in your classroom's storage behind the swinging door. Please be mindful of the swinging door by remaining in control of it, don't let it swing wildly.

If a massage table is not already set up, you'll need to get one. Get a face cradle with cushion and bolster as well. Use the handles to lift and carry the table to where you are massaging.



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Our tables open by depressing a black tab halfway down on end of the table. Once pressed the table should open part way. Continue opening the table to 90 degrees.



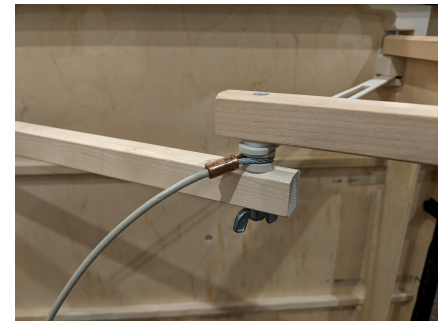


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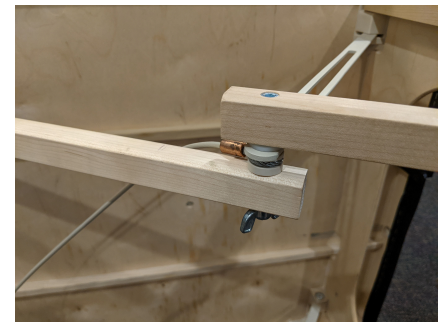
Extend (straighten) the table's legs and check that the tension wires are not caught on anything.



Correct →



Incorrect →



## Massage Table 101 (the following is not in your packet)

Now extend (straighten) the table so that the 2 cushioned sides are in line. Do this slowly so the tension wires aren't stressed or broken.



Standing at the head or foot of the table, press your foot gently to the leg touching the floor while reaching for the handle.





## Massage Table 101 (the following is not in your packet)

Slowly pull the table into an upright position and make sure the table is flat, not bowed. Check your tables stability by pressing down and giving it a shake. If it wobbles more than normal, you may need to tighten screws or use an hex wrench. Let your instructor know right away.



Bowed



Flat



## Massage Table 101 (the following is not in your packet)

Clean your table, bolster, face cradle, table legs and knobs (do not spray the legs/knobs directly), and chair(s).

Adjust your table to the correct height for the giver, somewhere between a loose fist and finger tips for now, by removing the knob on each table and moving the leg higher or lower on the bolt. Make sure all 4 legs are set the the same height. Do **NOT** over-tighten the knobs. (It is recommended that you have your client lay face down while clothed to access the height you chose. You may need to do a few massages at different table heights to find what works best for you.)



## Massage Table 101 (the following is not in your packet)

If client is starting prone, slide the face cradle in. It will be loose and does not connect to anything. Adjust the cradle to a neutral position being careful not to pinch your finger in the latch.





## Massage Table 101 (the following is not in your packet)

With gloves on, (required for school supplied sheets. **Note: students will be expected to supply their own linens in the future**) put the bottom sheet on the table. If it is not a fitted sheet, slide the sheet between the table legs to secure it.



Do not allow linens to come into contact with the floor. They would be considered contaminated after that.



## Massage Table 101 (the following is not in your packet)

Put the bolster in a pillowcase or slide it under the bottom sheet.

Lay the top sheet over and finally the blanket. Make adjustments as needed.

Fold them together or keep them separate.



## Massage Table 101 (the following is not in your packet)

Use the remaining pillowcase as the face cradle cover  
(This pillowcase will be used as the chest drape in the supine position). Optionally, you may use a fitted face cradle cover.



## Massage Table 101 (the following is not in your packet)

All done massaging? Time to clean up! Do not shake or fluff your sheets. When using school supplied linens, separate the pillowcases and put those in the yellow contaminated laundry bag.

Using the top sheet for grip, loosen the table leg's knob slightly to release the flat sheet. **TIGHTEN it afterwards** but not too much. Roll the sheets and blanket together and put them in the yellow contaminated laundry bag.



Wash your hands with water and soap before cleaning your table, bolster, face cradle, table legs and knobs (do not spray the legs/knobs directly), and chair(s) before putting the table away or using it for the second trade.

Tip: Put your clean folded linens inside a pillowcase to carry them in a bundle. When you are done, put the used linens in the pillowcase for easy contained transport.





## Draping Demo

Posterior upper body

Posterior lower body

Flip'em over!!!

Anterior lower body

Abs

Chest and arms

Neck

Draping videos are available on the student support page. Please refer to, practice, and become excellent at draping. Our goal is to keep the client comfortable by avoiding exposures and respecting their level of modesty while holding our own boundaries.



## Getting Credit for Practical Classes

NP is not participating. Students are allowed a maximum of 4 whole NPs before that time counts as an absence.

‘Give’ is when an enrolled student massages a person, classmate, pillow, mannequin, the air, etc.

‘Receive’ is when the enrolled student is the receiver of the trade by an enrolled student in the same cohort.

1 <sup>st</sup> Trade	2 <sup>nd</sup> Trade	Credit?
Give	Give	YES
Give	Case Study	YES
Give	Receive	YES
Give	Watch	½ NP
Watch	Case Study	½ NP
Watch	Watch	NP
Case Study	Case Study	NP



## Getting Credit for Practical Classes

Case Studies may be done to avoid a ½ NP when you do not have a body to work on during one of the trades.

1. Go to [tlcmassageschool.com/students/current-students/](http://tlcmassageschool.com/students/current-students/) and towards the bottom of the page find the password protected resources.
2. Locate the link for Outside Massage Forms, Case Studies, & SOAP notes. Click it!
3. The student support password is TLCstudent
4. Select Case Studies.





## Optional On Campus Classes

Starting class 4b, up to 4 students will be invited to attend class on campus for practical class. Those students will be on campus for both the 'A' and 'B' classes. Refer to your handout from 0a Orientation for more info.

### Reminders

Do not come to school if you are feeling unwell or may have been exposed to something contagious.

Bring your device to sign into BlueJeans and classmarker, **headphones/ear buds**, a charger for your device, your binder, trail guide, something to take notes with, water, lubricant, and food/snacks (for eating during breaks- to be left in your car or in a container).

Arrive early so you have time to wash your hands, sanitize your belongings and the table/chair you will be sitting at, and sign into BlueJeans. Your instructor or classmate will take everyone's temperature.

If you are the demo table, be sure arrive back from break early so the instructor can start on time.