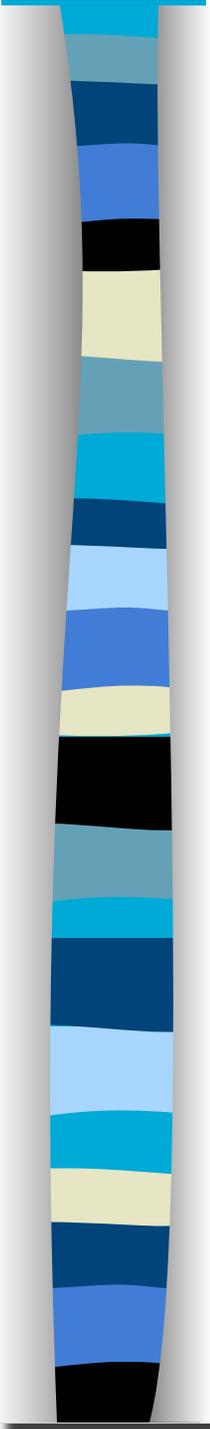


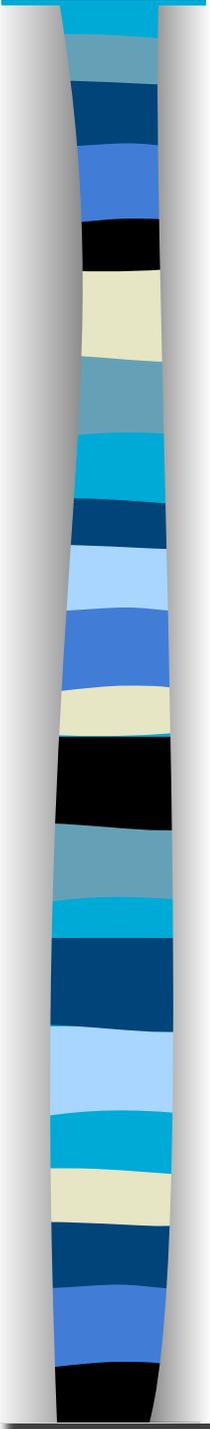
## 3b Swedish: Body Mechanics, Client Positioning, and Draping

# 3b Swedish:

## Body Mechanics, Client Positioning, and Draping Class Outline



5 minutes	Attendance, Breath of Arrival, and Reminders
50 minutes	Lecture:
15 minutes	15-minute break
50 minutes	Lecture:
15 minutes	15-minute break
50 minutes	Lecture:
10 minutes	Closing circle
3 hours, 15 minutes Total	



# 3b Swedish:

## Body Mechanics, Client Positioning, and Draping Class Reminders

### Assignments:

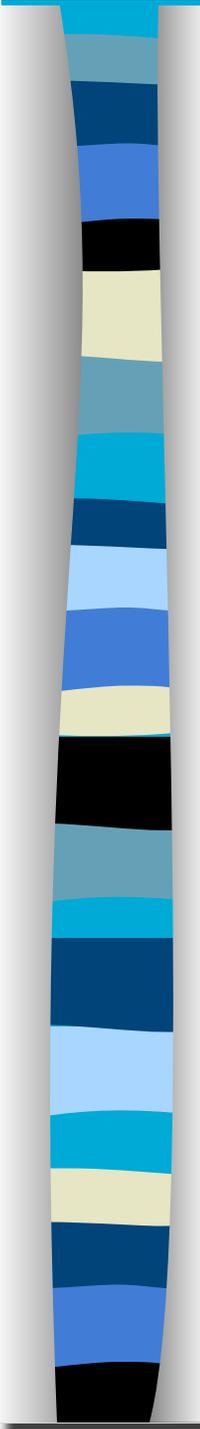
- 4a Autobiography and Photo (B-4)
- 7a Written Exam Review Questions (A: 119-130)

### Quizzes:

- 5b Kinesiology Quiz (A-73, and A: 75-80)
  - 25 multiple-choice questions in 20 minutes
  - Study terms on page A-51 and
  - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors

### Preparation for upcoming classes:

- 4a Swedish: Effects of Massage Therapy & Massage Techniques
  - Trail Guide, rhomboid minor and major, and triceps brachii
  - Salvo: Chapters 6 and pages 134-157
  - Packet F: 25-28
  - Packet A-126
  
- 4b Swedish: Technique Demo and Practice - Posterior Upper Body
  - Packet F: 29-30
  - Bring sheets and a blanket



# 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.*

# Classroom Rules

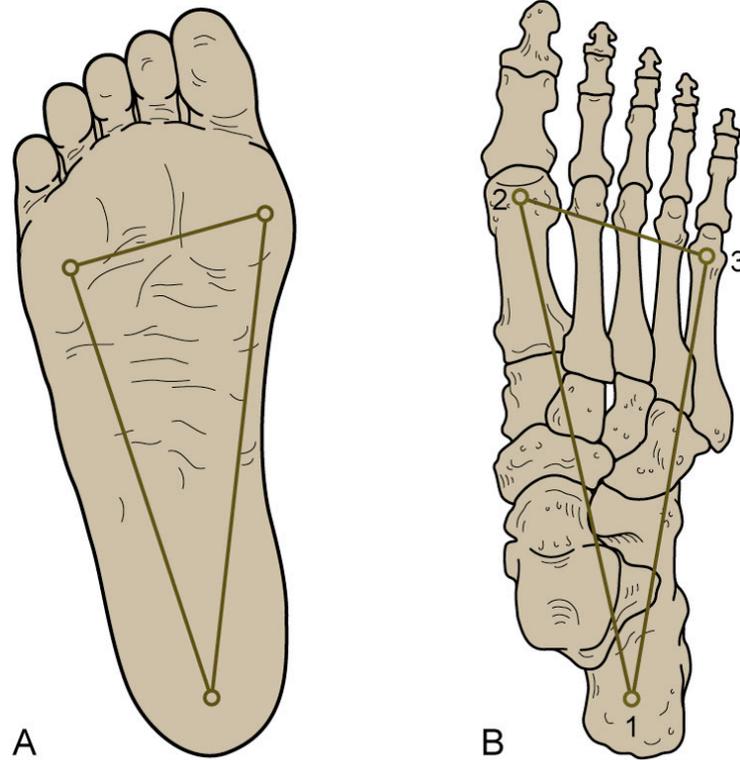
**Cell Phones – Turn it off!**

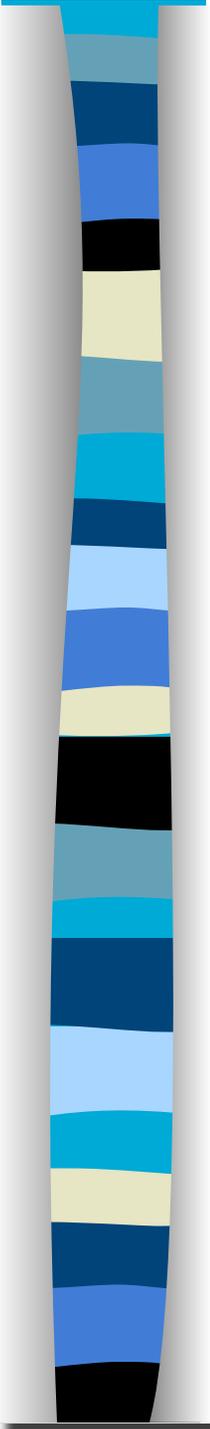


And put it away!

# 3b Swedish: Body Mechanics, Client Positioning, and Draping

Packet F - 17





## Introduction

Before giving massage, it is important to learn to apply principles of:

- Effective body mechanics
- Client position
- Draping

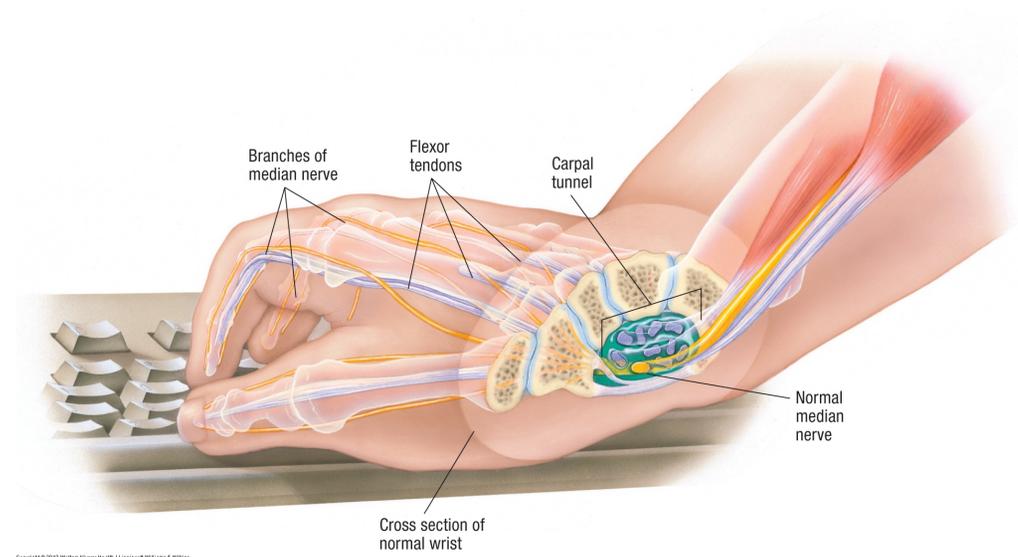
## Body Mechanics

- Use of postural techniques, foot stances, leverage techniques and other elements to deliver massage with efficiency and minimal trauma to the therapist



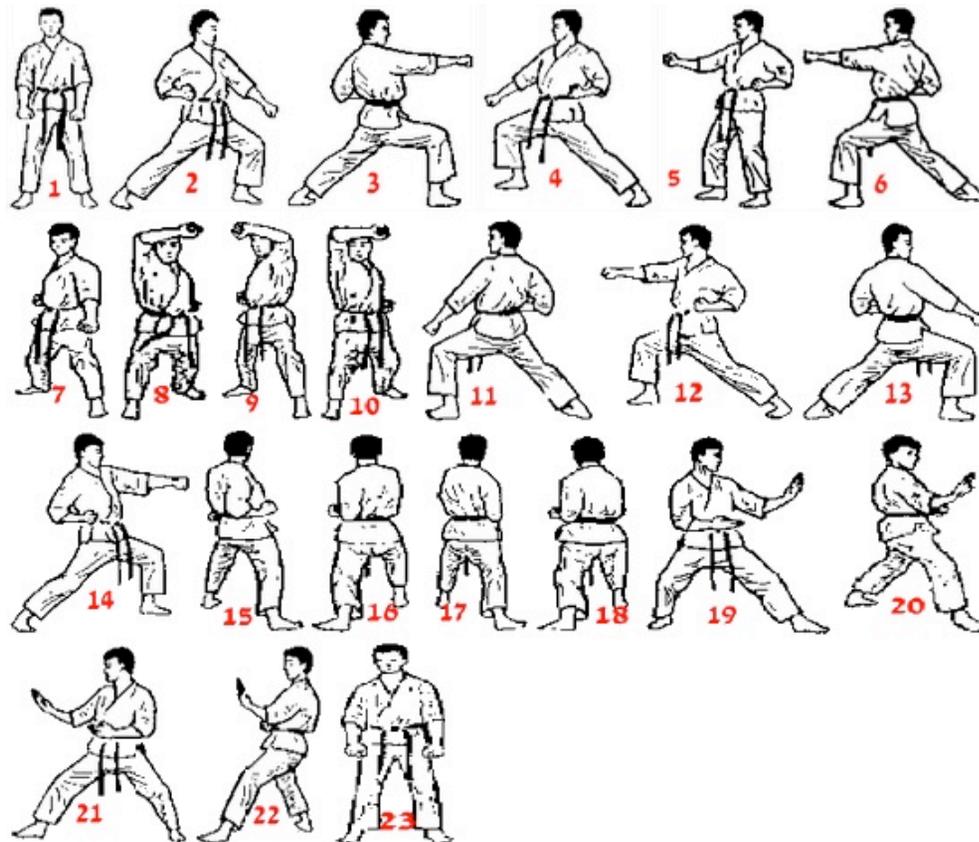
## Body Mechanics

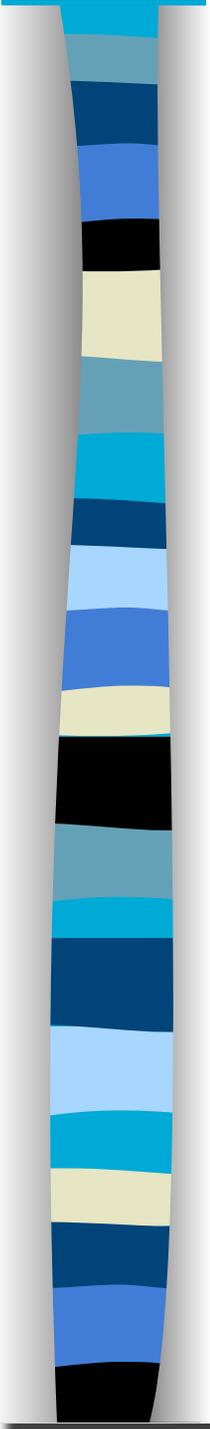
- Positively influences execution of the massage, decreases therapist fatigue and discomfort, and helps prevent repetitive stress injuries (RSIs)



# Body Mechanics

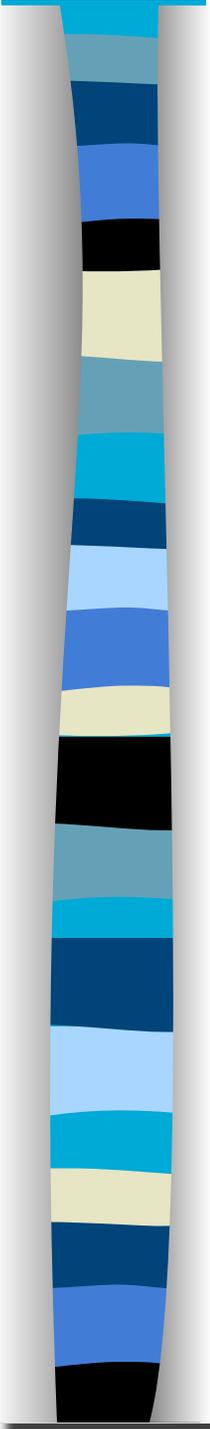
- Many elements are similar to those used in katas of martial arts such as kendo or aikido





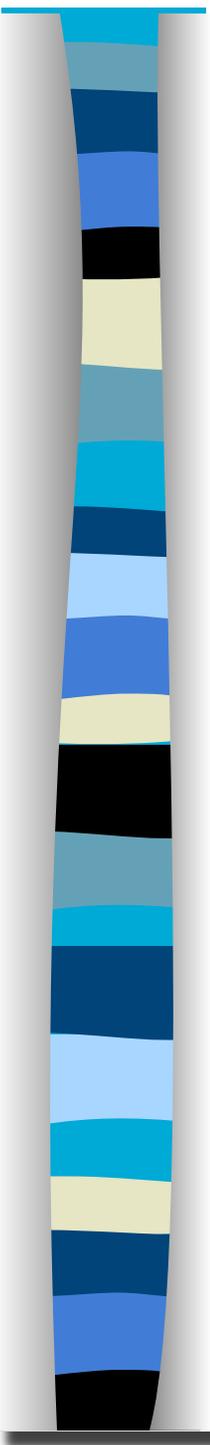
## Elements of Body Mechanics

- **Strength** – without adequate strength you will fatigue faster and be more prone to RSIs



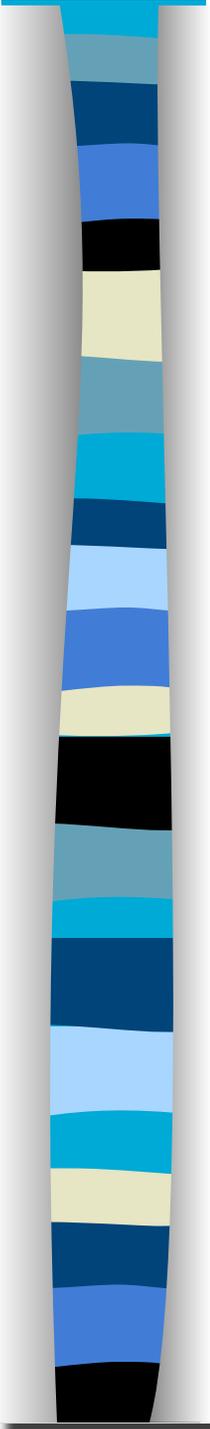
## Elements of Body Mechanics

- **Stamina** – to gain or maintain stamina include cardiovascular training (30-60 minutes daily) in your fitness program, eat a balanced diet, and get plenty of rest



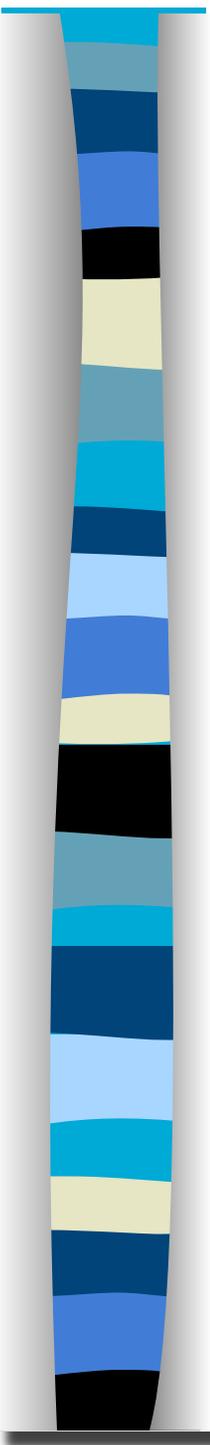
## Elements of Body Mechanics

- **Stability** – the therapist needs a stable base with both feet on the ground to initiate movement



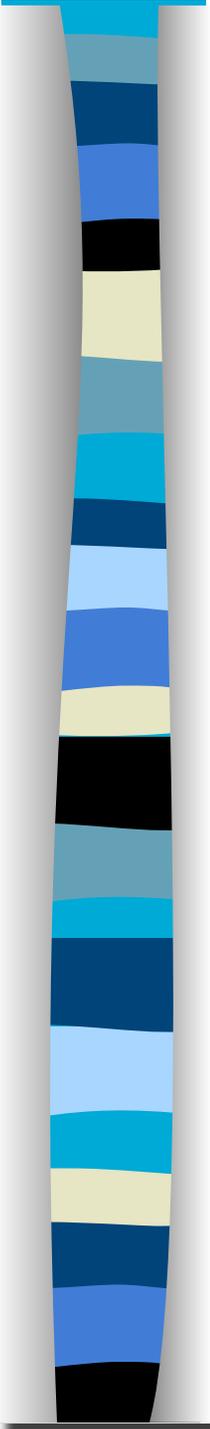
## Elements of Body Mechanics

- **Breathing** – proper breathing technique enhances the quality of massage – relax your face, breathe from your *hara*, and quietly synchronize your breath with your movements



## Elements of Body Mechanics

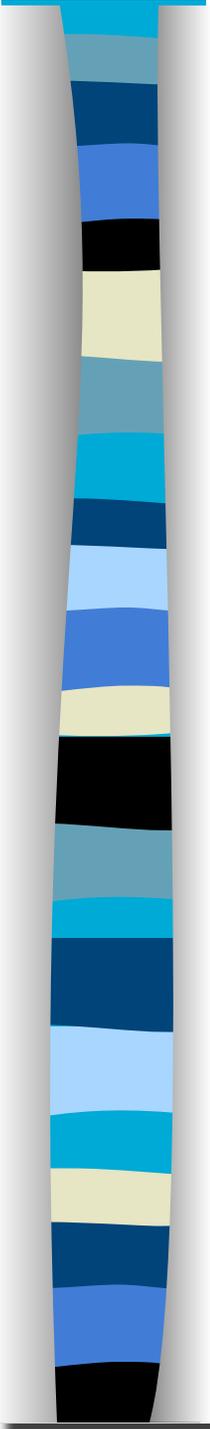
- **Balance** – effective body mechanics include working with the laws of gravity



## Elements of Body Mechanics

- **Centeredness** – preparing yourself mentally and emotionally, as well as physically, helps you become a more compassionate and sensitive therapist

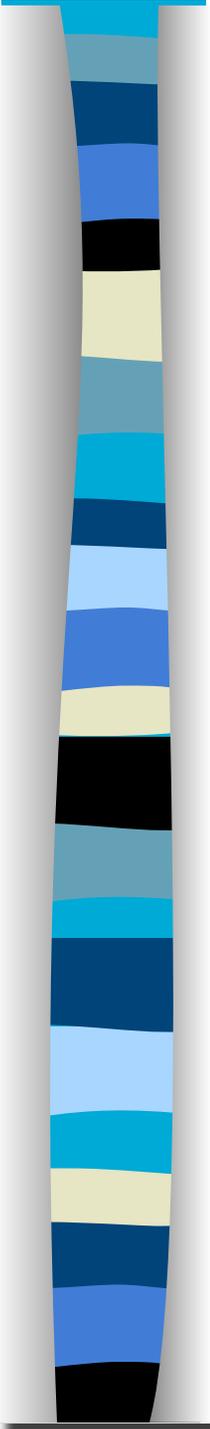




## Foot Stances

### **Bow Stance**

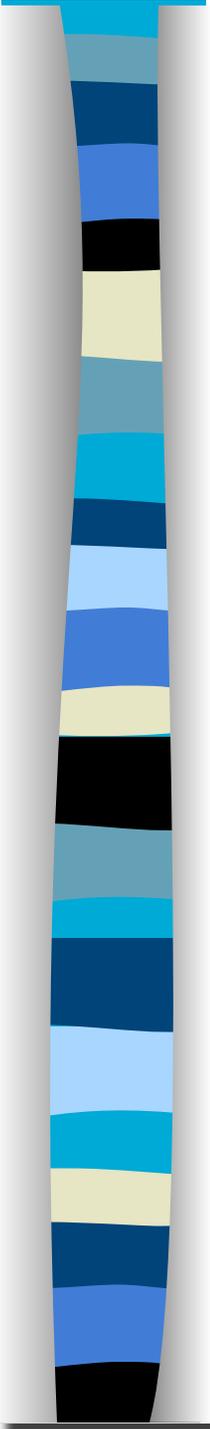
- AKA: archer stance or lunge position
- Used when applying effleurage
- Whole body follows direction of leading foot
- Keep spine straight
- Bend from knees and hips (not waist) as you lunge forward



## Foot Stances

### Horse Stance

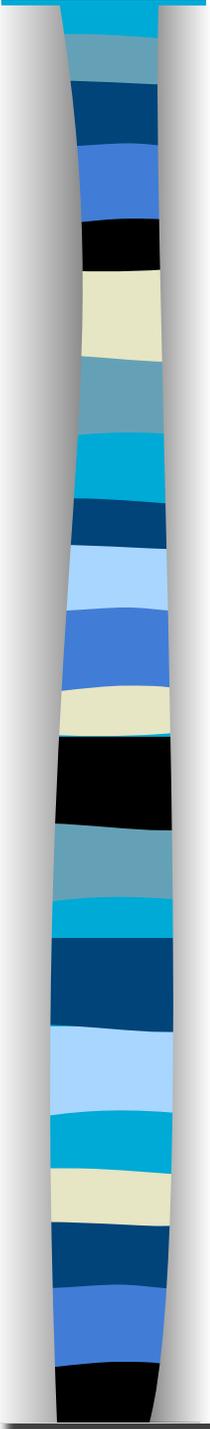
- AKA: warrior stance
- Used for strokes that do not involve traversing long distances
- Feet slightly wider apart than hip-distance
- Knees slightly flexed
- Shift weight from side to side
- To lift or lower, bend at knees / hips, not back



## Guidelines for Effective Body Mechanics

### Use Proper Table Height

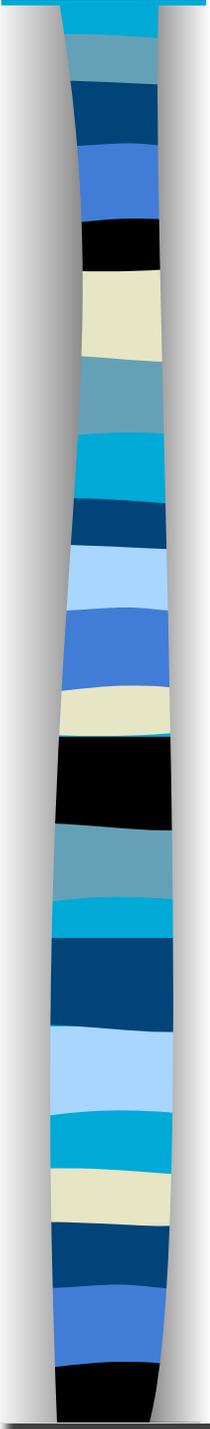
- Allows use of leverage to increase pressure without compromising body mechanics
- Proper height will vary with technique, client position and size
- May fall in between where your fists reach and where your fingertips reach when standing beside table with relaxed shoulders



## Guidelines for Effective Body Mechanics

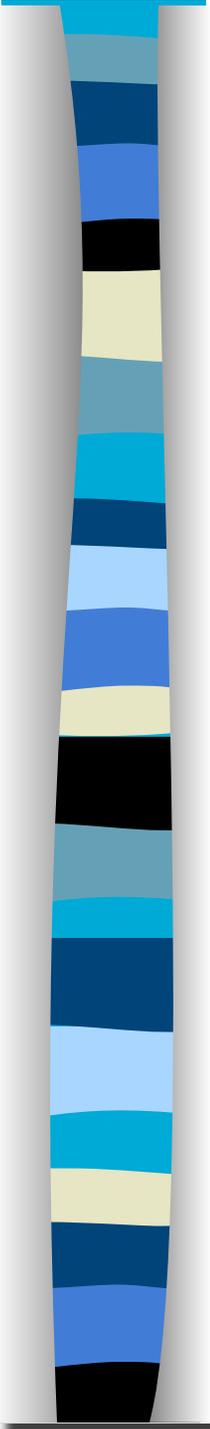
### Wear Comfortable Attire

- Clothing should look professional, be comfortable, and allow freedom of movement
- Shoes should have good arch support and low-to-no heels



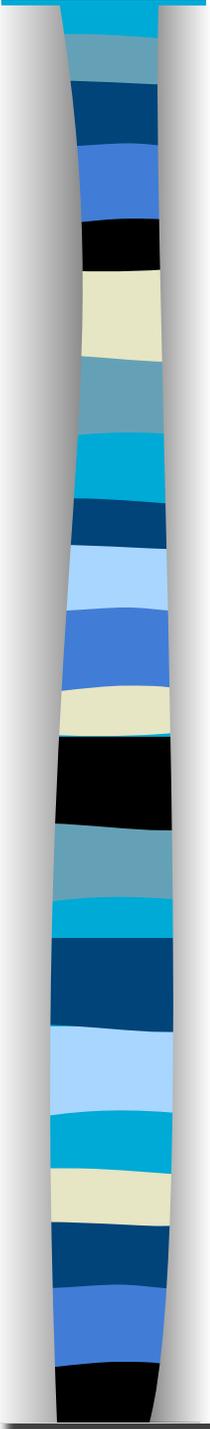
# Guidelines for Effective Body Mechanics

Warm Up Before Massage



## Guidelines for Effective Body Mechanics

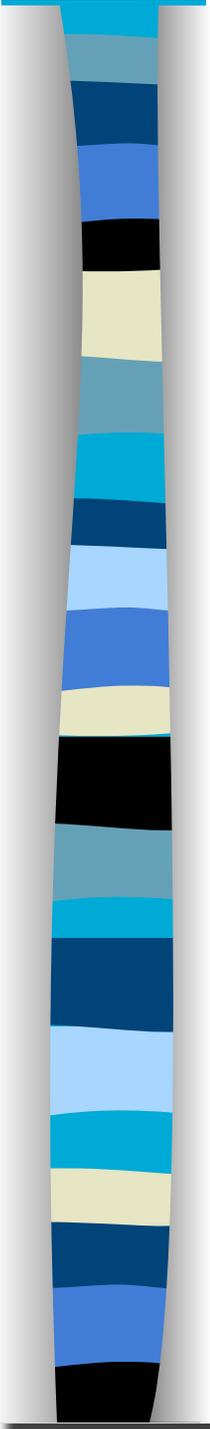
Stretch During Massage



## Guidelines for Effective Body Mechanics

### Use a Variety of Strokes

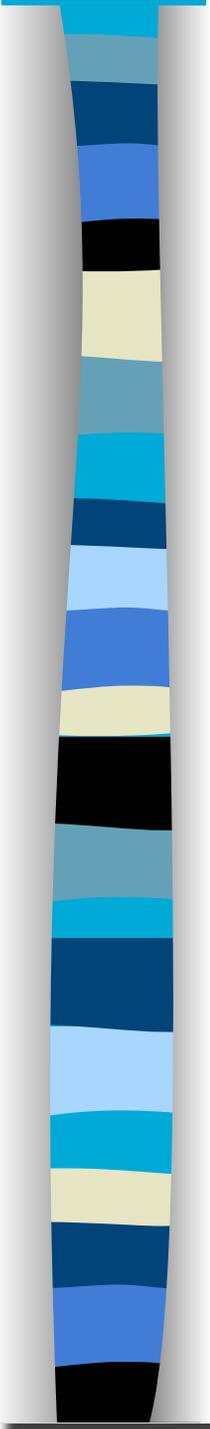
- Changing from stroke to stroke involves changing positions
- If one hand or side is fatiguing, switch to the other



## Guidelines for Effective Body Mechanics

### Keep Wrists and Digits as Straight as Possible

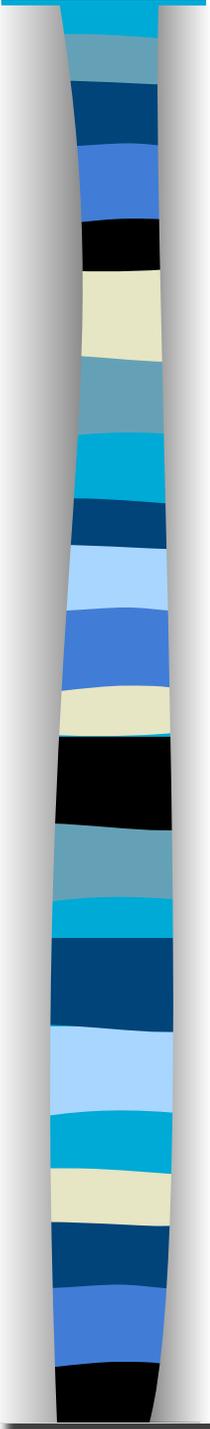
- At times moving the wrists out of alignment will be necessary, but the greater the pressure the straighter the wrists
- Use braced thumb techniques to prevent joint hyperextension



## Guidelines for Effective Body Mechanics

### Align Your Spine

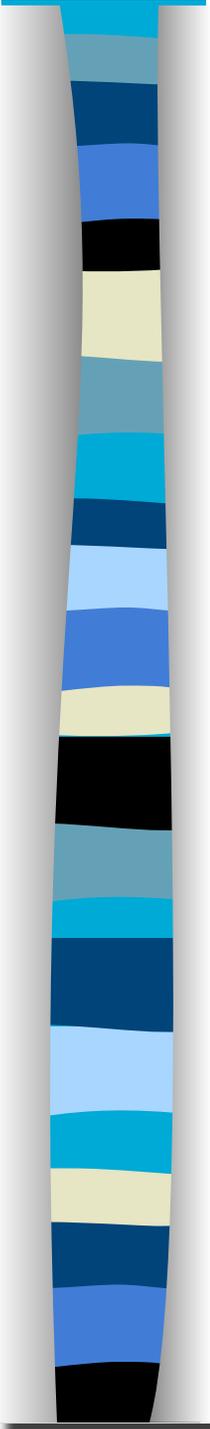
- Spinal alignment is easier to accomplish with shoulders back and rib cage lifted slightly
- Spinal alignment allows ease of breathing to stay relaxed



## Guidelines for Effective Body Mechanics

Check In with Lower Back, Hips and Feet

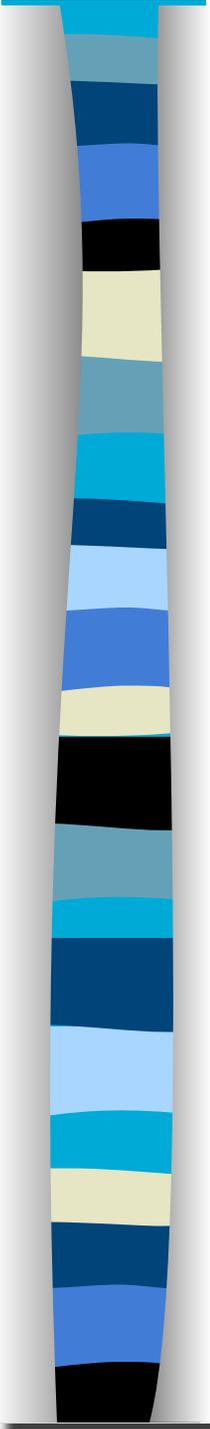
- Reduce exaggerated lumbar curve
- Keep hips level and knees slightly flexed
- Keep feet firmly planted while standing
- Shift weight from one foot to the other to reflect what your hands are doing



## Guidelines for Effective Body Mechanics

### Relax Shoulders

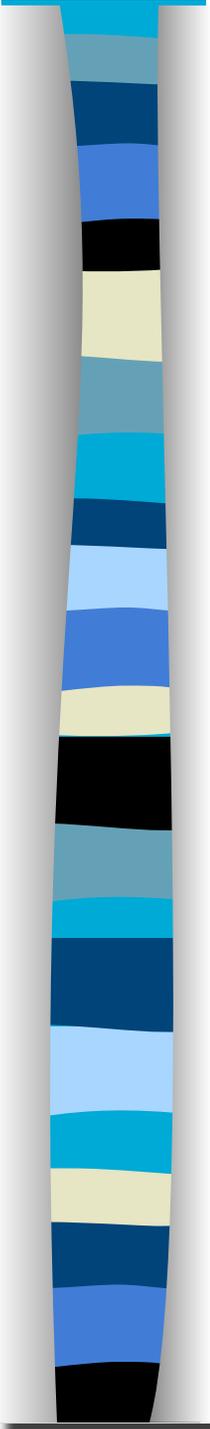
- Keep shoulders relaxed and dropped
- Do not round shoulders while working
- Keep shoulders over hips and arms close to body when possible



## Guidelines for Effective Body Mechanics

### Get Behind Your Work

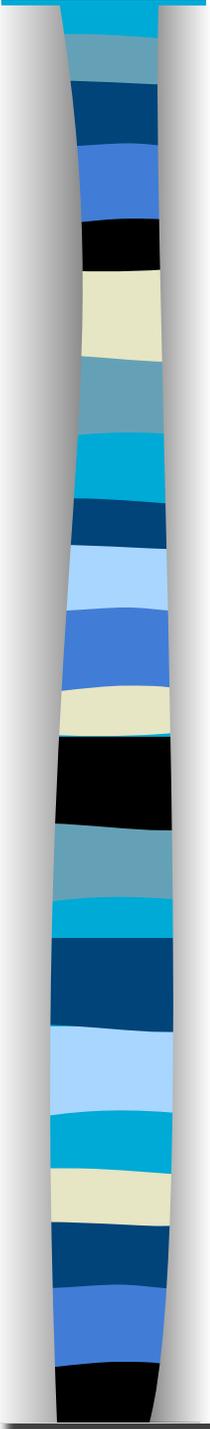
- Position yourself directly behind your work
- Both arms and legs should face in the direction you are working



## Guidelines for Effective Body Mechanics

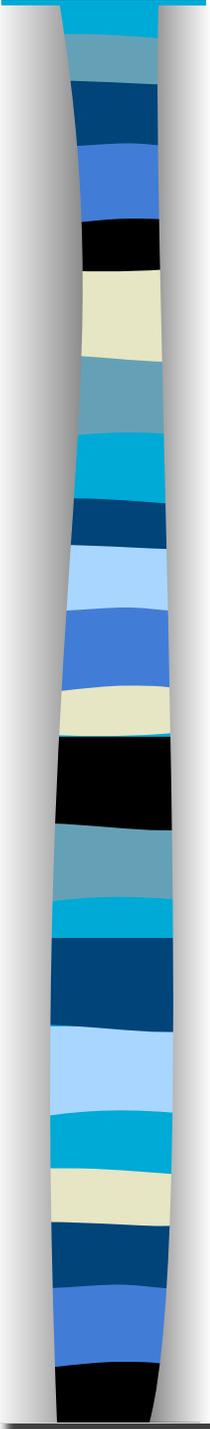
### Sit Down Occasionally

- It is okay to sit on a stool while working the client's face, neck, shoulders, feet or hands
- Keep both feet on the floor with the back straight



## Guidelines for Effective Body Mechanics

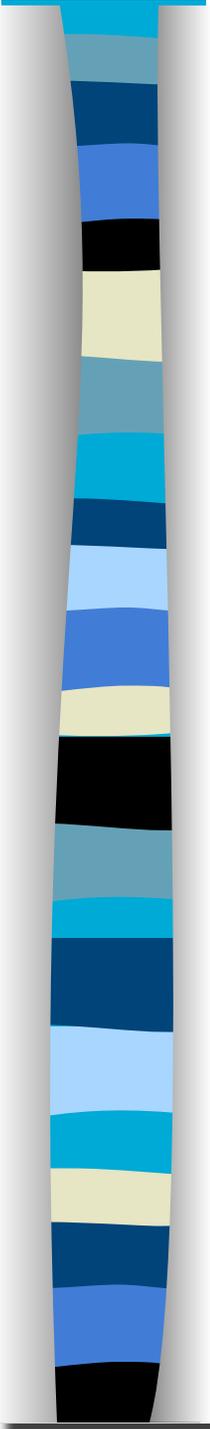
Use Effective Body Mechanics During Related Professional Activities



## Guidelines for Effective Body Mechanics

### Adapt As You Age

- Use a stool more often
- Schedule fewer clients per week



## Guidelines for Effective Body Mechanics

### SUMMARY

Use proper table height

Wear comfortable attire

Warm up before massage

Stretch during massage

Use a variety of strokes

Keep wrists and digits as straight as possible

Align your spine

Check in with lower back, hip, and feet

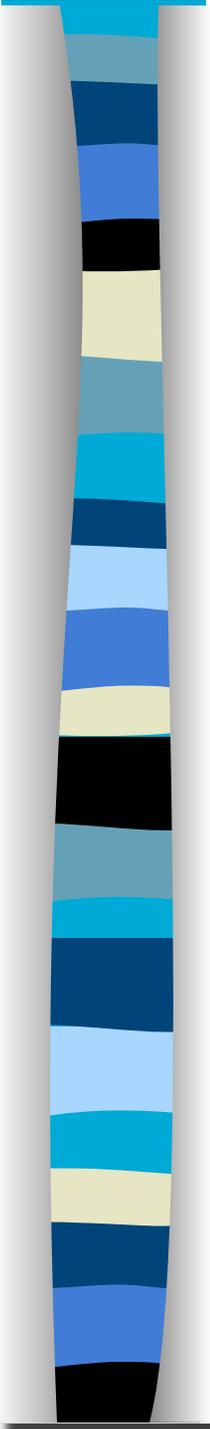
Relax shoulders

Get behind your work

Sit down occasionally

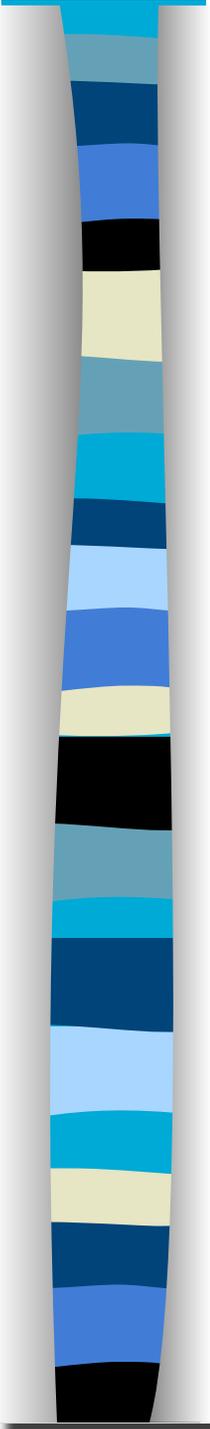
Use effective body mechanics during related professional activities

Adapt as you age



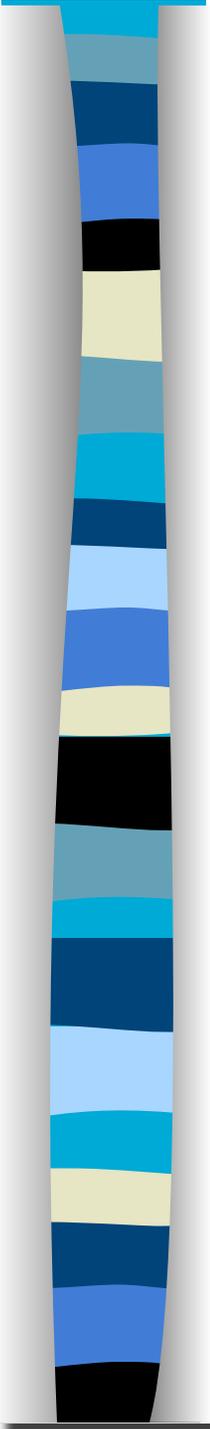
## Bolsters

- These include pillows and cushions
- Assist client comfort by supporting and enabling proper alignment, which helps muscles relax
- Rolled up towel, blanket or pillow works
- Always cover with a clean drape, or place beneath the bottom drape, to avoid direct contact of the bolster fabric with client's skin
- Remove before client gets up to avoid it becoming an obstacle



## Client Positioning

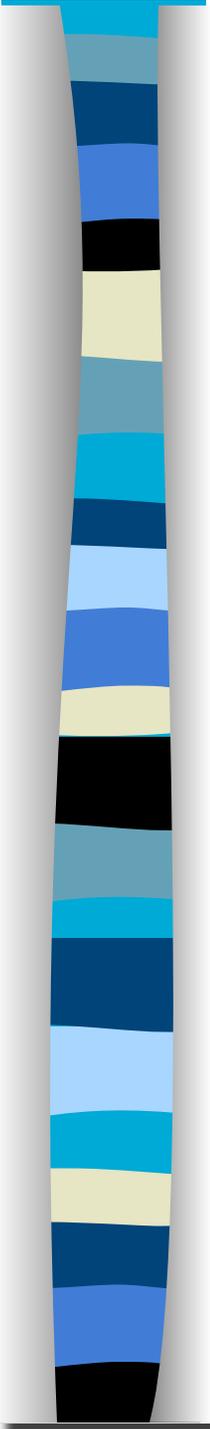
Client intake and interview will help you decide which positions to use for maximum comfort, safety and effectiveness



## Client Positioning

### **Prone Position**

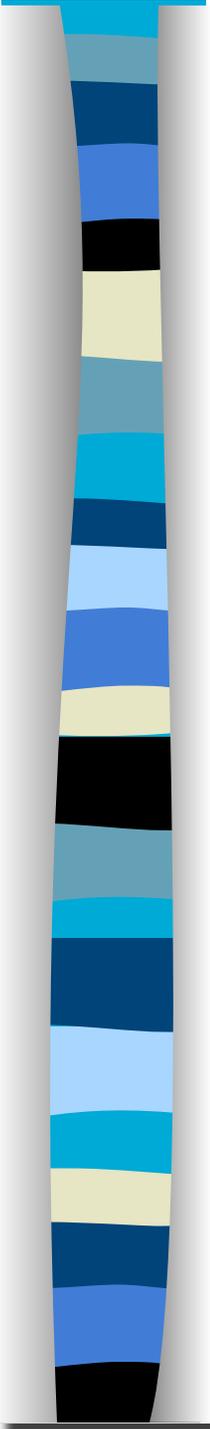
- Person is lying face down
- Ankles, face, and occasionally, breasts will require bolstering
- Allow the client to decide on the ideal position of an adjustable face rest
- Arm shelf or stool placed under the face rest may provide added client comfort



## Client Positioning

### Supine Position

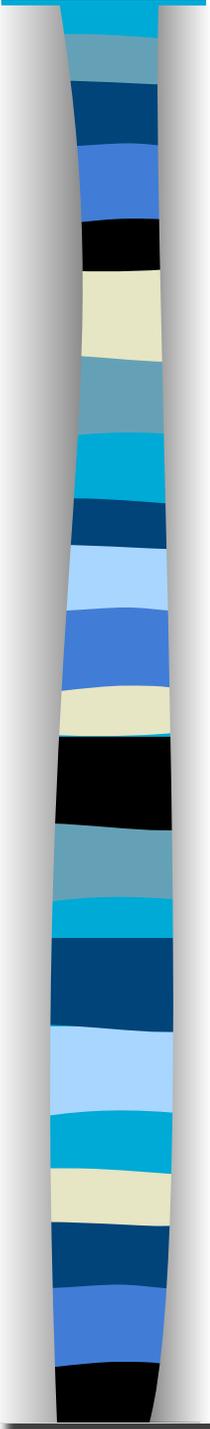
- Person is lying on their back
- Most commonly supported areas are neck and knees
- Avoid hyperextending the neck with a pillow that is too thick
- If client complains of low back pain while using a knee bolster, try a higher bolster, or raise the feet as well, on a pillow



## Client Positioning

### **Semi-reclining**

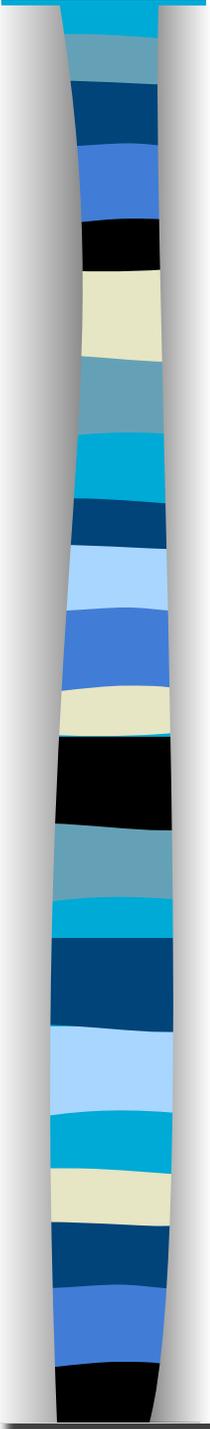
- Sometimes the client's upper body needs to be elevated while supine
- Some tables are designed to be used in this way
- Pillows or wedges may also be used for this purpose
- At some point in the process your pregnant clients will need this position, as well as an additional small wedge to tilt the pelvis sideways



## Client Positioning

### Side-Lying Position

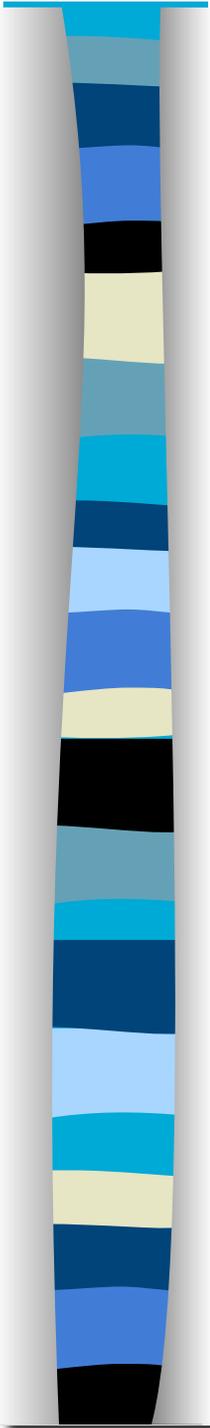
- Client lies on left or right side
- Overweight, frail and elderly clients can more readily relax
- Clients with neck and back issues find this position more comfortable
- The position offers unparalleled access to hip, shoulder girdle and neck
- This position is best for clients in advanced pregnancy
- There are many other situations in which this positioning is preferred



## Client Positioning

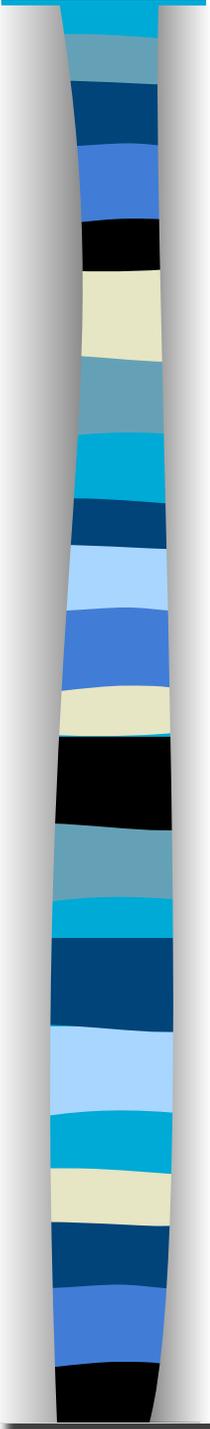
### **Seated Position**

- Used to give massage while client is seated in a regular chair, stool, massage chair or wheel chair
- This position is preferred if a table, or adequate space for it, is not available
- Also useful if a full massage is not appropriate or the client has reservations about removing clothing
- You may use a stack of pillows on a table so the client can lean forward and be supported
- Devices are available that sit or clip onto a table to help support the client



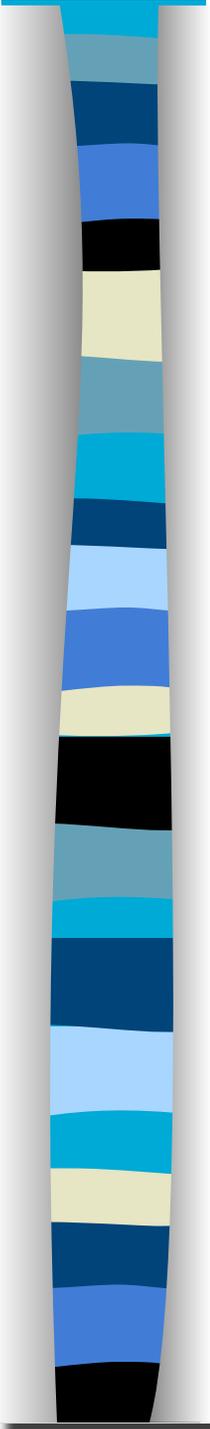
## Draping

**Draping** Covering the body with cloth, and allows the client to be undressed while receiving massage.



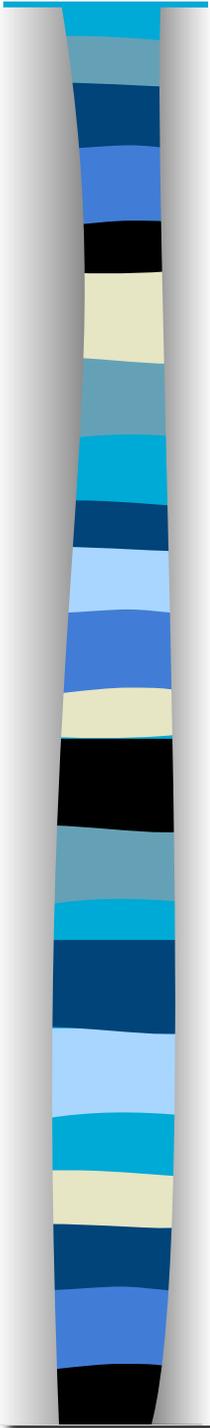
## Draping

- Draping provides a professional atmosphere, support the client's need for emotional privacy (modesty) and sense of security, and provide warmth.



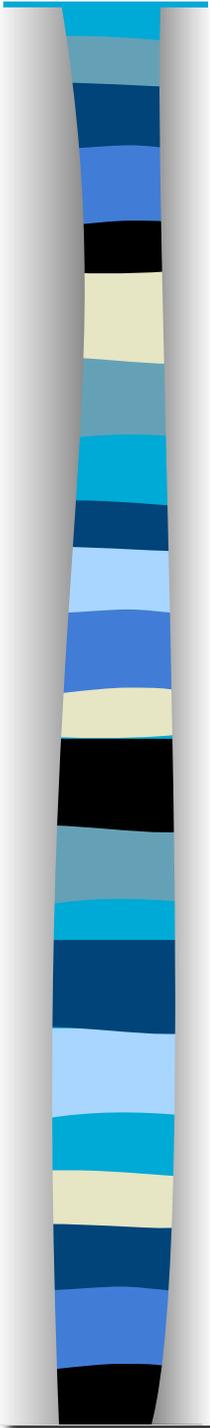
## Draping

- All reusable draping must be freshly laundered for each client. Only the area to be massaged is undraped. Sheets or towels may be used



## Draping

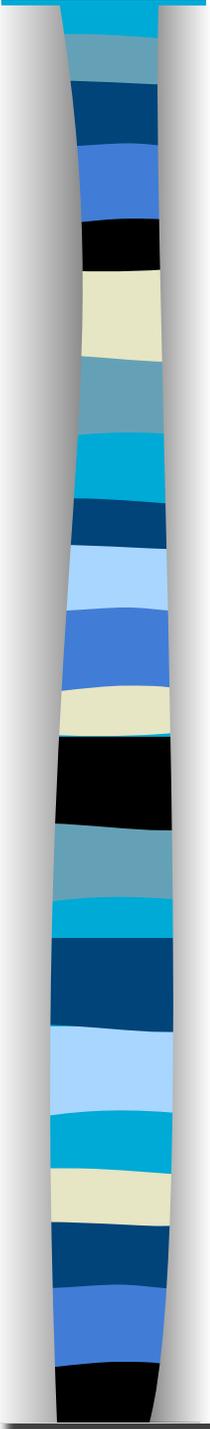
- Avoid lifting or fluffing the drape when changing the position of the drape



## Draping

### Towel Draping

- Use of towels for draping has a number of possible variations



# Draping

## Sheet Draping

- Twin size sheets are preferred
- Fitted sheet is used to cover the table
- Flat sheet is arranged neatly on top of the bottom sheet, and folded down to give an inviting appearance

## 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.



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

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.



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

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 a 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)

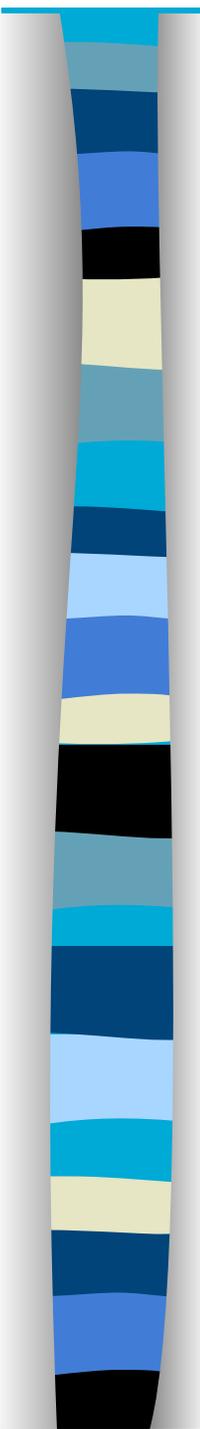
All done massaging? Time to clean up! Do not shake or fluff your sheets. When using school supplied linens, separate the pillowcases and put those in the yellow contaminated laundry bag.

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!!!

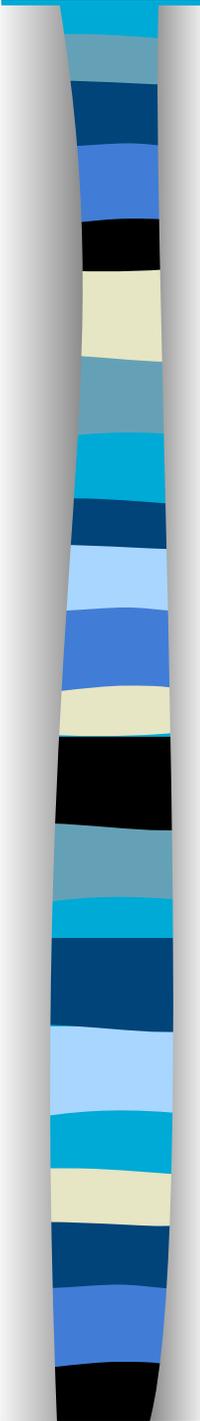
Anterior lower body

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.



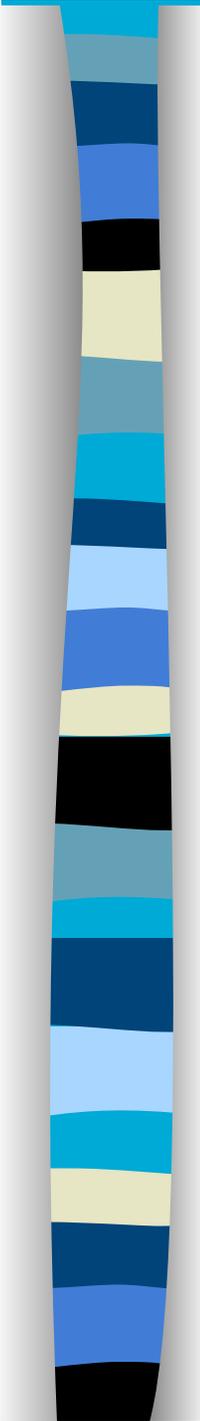
## Getting Credit for Practical Classes

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.

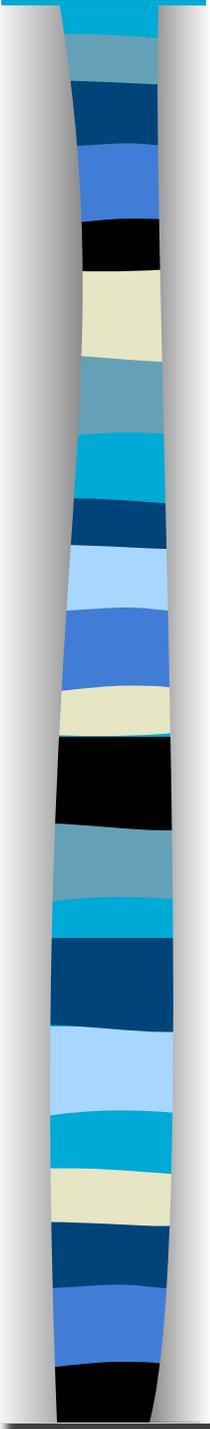
1 <sup>st</sup> Trade	2 <sup>nd</sup> Trade	Credit?
Give	Give	YES
Give	Case Study	YES
Give	Receive	YES
Give	Watch	½ NP
Watch	Case Study	½ NP
Watch	Watch	NP
Case Study	Case Study	NP



## 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.

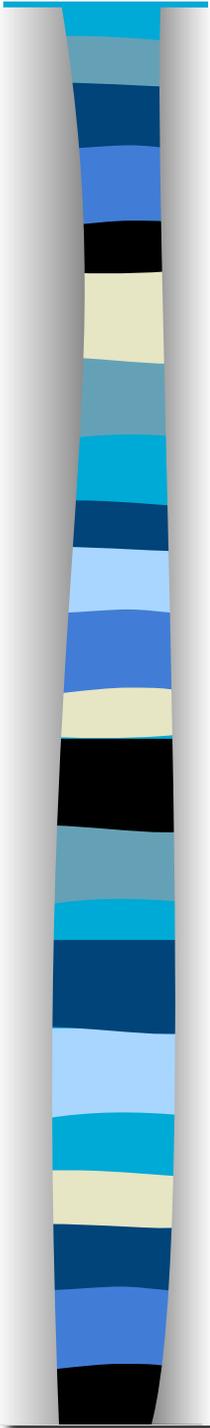
### Reminders

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.



## 3b Swedish: Body Mechanics, Client Positioning, and Draping