

Outside Messages

Overview

- Use the provided forms to document these 3 assignments.
 - 43a Swedish: Outside Messages (2 massages)
 - 60a Deep Tissue: Outside Messages (2 massages)
 - 85a Orthopedic Massage: Outside Messages (2 massages)
- Private Teaching Sessions (PTSs) and in-class hands-on massage practice may not be used for this assignment.
- Hold on to your completed Outside Massage Forms (OMFs) until they are due.
- On the due date, submit your stapled OMs to your instructor before class starts.
- Each OMF indicates the specific content that is required to complete the assignment. Please read them carefully.
- 20 points will be deducted if either of the 2 OMFs is late.
- Doing more than the assigned number is great, but there is no extra credit given on your grade.
- Begin practicing massage outside of class immediately, but do not to begin documenting outside massages until the time indicated on your class schedule.
- Use this early practice to get the strokes and sequencing down and formulate questions to ask in class.
- All sessions submitted need to be at least 50 minutes in length.
- Please fill out all parts of the OMF. If any part of the OMF is not complete, 20 points will be deducted and it will be returned to you to complete and resubmit.
- If your clients are too relaxed to write, you may interview them and write their reactions to the session for them.

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- If you do a session and the original paperwork gets lost, fill out another form to the best of your recollection and turn it in on time.
- If you have questions about any sessions you do, please bring them up in class - we do not closely read these forms - they are for your study and reflection.
- This assignment is extremely valuable - please take it seriously and treat it professionally.
- The point of outside massages is for you to practice what you are learning in class.
- The 125 hours of in-class Swedish instruction does not provide enough time for you to develop the proficiency we expect for the internship, so do prioritize your outside practice.
- This practice includes training your mind and your body to do this work. If your family, friends, or acquaintances require deep pressure, do not accommodate them until your level of knowledge and strength in your hands can do so without hurting you or them.
- The receivers of outside massages are doing you a favor by allowing you to practice your craft. Make sure that they understand this. They will most likely enjoy and benefit from what you give them, but this is not the point of these sessions.
- As your time is precious, it is important to choose responsible people, and make it clear to them that they are helping you with assignments that must be completed.
- Communicate clearly with them about time, place, duration, and what to expect. Be professional and request the same from them.