

# 12b Swedish:

Technique Demo and Practice  
Anterior Lower Body and Abs

## 12b Swedish:

### Technique Demo and Practice - 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



## 12b Swedish:

### Technique Demo and Practice - Anterior Lower Body and Abs Reminders

#### Quizzes and Written Exams:

- 13b Kinesiology Quiz
  - Tibialis anterior, fibularis longus and brevis, quads, rectus abdominis, and pec. major
  
- 17b Kinesiology Quiz
- 17a Written Exam Prep Quiz
- 19a Written Exam Prep Quiz
  
- 21a Written Exam (100 questions in 80 minutes)

#### Assignments:

- 17a Review Questions (A: 131-138)

#### Preparation for upcoming classes:

- 12a Kinesiology: Muscle Names and Locations - Anterior
  - Trail Guide: quadriceps femoris group
  - Trail Guide: Pages 35-36, 61-62, 296-297, and 366-367
  
- 12b Swedish: Technique Demo and Practice - Anterior Lower Body and Abs
  - Packet F: 39-44



# 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:**

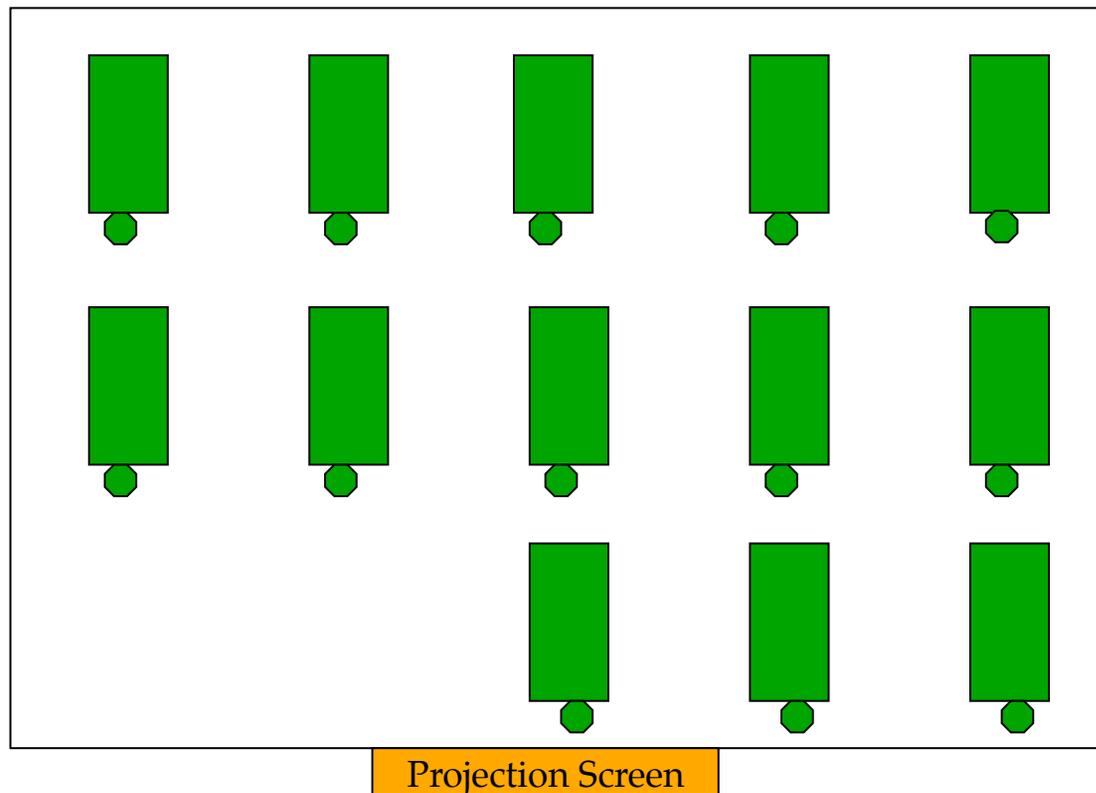
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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

# First half of the message 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”





**Anterior Lower Body**

1. Whole leg effleurage

2. Anterior thigh

Effleurage

Fulling

Wringing

Kneading

Effleurage

3. Gently full around the patella



**Anterior Lower Body, continued**

4. Lower leg

Effleurage

Fulling

Thumb circles

Tibialis anterior

Fibularis longus and fibularis brevis

Thumb compressions

Tibialis anterior

Fibularis longus and fibularis brevis

Effleurage



## Anterior Lower Body, continued

### 5. Whole leg

Effleurage

Tapotement

Effleurage

Nerve strokes

For today, we will work one leg, the abs, and then address the second leg if there is time. It might be more common to work both legs before moving to the upper body.



## Anterior Lower Body, continued

6. Drape the chest and lower body to have access to the abdomen

7. Abs

Use soft hands or words initiate abdominal contact

Hand-following-hand circular effleurage clockwise around the abdomen

Pulling up the sides of the abdomen

Thumb effleurage along the costal border toward floating ribs

Effleurage up abdomen to the xiphoid process

Hands part and glide laterally down to where the abs meet the table

Glide down the lateral abdomen to the waist

Glide around to the posterior low back, fingers toward the spine

Gently pull up and around to the front of the abs

REPEAT all of the above abdominal work on the other side

Hand-following-hand circular effleurage clockwise around the abdomen

8. Cover the abdomen and then remove the breast drape

9. Deep circular friction or melting up the sternum and out under the clavicle



12b Swedish:  
Technique Demo and Practice  
Anterior Lower Body and Abs