

# 10b Swedish: Technique Review and Practice

## Posterior Upper and Lower Body

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> Partners set up and prepare as usual.
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
20	<b>Partial SOAP notes</b> <ul style="list-style-type: none"> <li>• Located in the filing cabinet in a red folder labeled according to group.</li> <li>• Each student takes a stapled, 2-page SOAP note packet and a clipboard.</li> <li>• Using the SOAP note guidelines page, explain the requirements: <ul style="list-style-type: none"> <li>○ SOAP notes: first and last names of client and therapist, date, Subjective section, and Assessment section.</li> <li>○ Intake form: date, and signatures of both the client and the therapist.</li> </ul> </li> <li>• Each student fills out the client intake form as if he or she is a client about to receive a massage.</li> <li>• Partners take turns interviewing each other and filling out the forms.</li> <li>• All SOAP notes are reviewed by the instructor and assistant as they are being done and should include corrections as needed.</li> <li>• In class 14b, SOAP notes will be submitted to Internship for evaluation.</li> </ul>
10	<b>Receivers Undressing and Givers Stretching</b> <ul style="list-style-type: none"> <li>• Immediately after break, receivers get ready to receive and givers stretch and warm up as usual.</li> </ul>
55	<b>First Trade</b> <ul style="list-style-type: none"> <li>• Because this is a review, the instructor can verbally guide the students.</li> <li>• Demonstrations can be inserted as needed for the entire group or for individual students.</li> </ul>
10	<b>Reset the tables for the next session</b>
10	<b>Break</b> Announce the return time and write it on the board.
10	<b>Receivers Undressing and Givers Stretching</b> See above for details.
55	<b>Second Trade</b> Refer to first trade for details.

5     **Tables undressed, cleaned, and put away**

10     **Circle up** Review the “Reminders” for upcoming classes.  
3h 30m     **Total Class Time**

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Lesson Plan

**Learning Outcomes**

- Class Level:
  - Proper table setup and spacing relative to those around you.
  - Proper table dressing and height adjustment.
  - Session begins with the drape evenly positioned evenly
  - To be able to perform and practice massage of the posterior lower body.
  - Practice and perform proper sanitation procedures
  - Draping and massage of the posterior upper and lower body
  - Partial SOAP notes

**Class Schedule – Student Preparation**

- Packet F: 35-36.
- Also you will begin to learn how to write SOAP notes in this class.
- Packet F-58.

**Class Schedule – Assignments and Exams**

- Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signature and date on intake form.

**Topic Focus**

- To become familiar enough with Swedish massage of the posterior lower body and to be able to improve their skills by practicing it at home.
- To be able to do partial SOAP notes legibly and correctly.

**Thoughts, Advice, or Warnings**

- Be clear and insistent from the beginning about housekeeping behavior so that future classes can be focused on the new material instead of being distracted by how to properly setup, position, or clean a table.

**Materials, Equipment, and Supplies**

- Clipboards (students provide their own pens)
- 1 SOAP note 2-page packet per student:
  - Page 1: client intake form (front) and SOAP note guidelines (back)
  - Page 2: SOAP note form
- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen
- Whiteboard with dry erase markers and eraser