16b Swedish:

Technique Demo and Practice - Neck, Face, and Scalp

16b Swedish: Technique Demo and Practice - Neck, Face, and Scalp 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

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Technique Demo and Practice - Neck, Face, and Scalp Reminders

Assignments:

■ 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 17b Kinesiology Quiz (biceps brachii, coracobrachialis, sternocleidomastoid, levator scapula, scalenes, frontalis, occipitalis, temporalis, masseter)
- 17a Quiz
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 17a A&P: Skeletal System Joint Actions and Articulations and Quiz
 - Trail Guide: frontalis, occipitalis, temporalis, and masseter
 - Trail Guide: Pages 23-24 and 34
 - Salvo: Pages 422-427
 - Packet E: 25-26
 - RQ Packet A-139
- 17b Kinesiology: AOIs Anterior Shoulder, Anterior Neck, and Head
- 21b CPR/ First Aid: This class cannot cannot be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & first aid certificate.

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

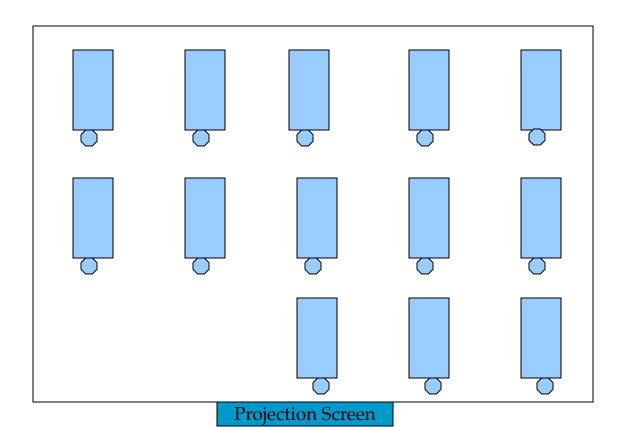
The following are not allowed:

- 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 massage trade

Table setup
Set up the tables in the configuration below
Get out your supplies and dress your table
Adjust the table height
Put all your stuff in the "basement"



1. Upper chest effleurage

Neck (while cradling the head in one hand)

2. Large triangle effleurage

Inferiorly down SCM

Laterally out pectoralis major

Around deltoid

Superiorly up trapezius along back of the neck to the occiput

3. Small triangle effleurage

Inferiorly down SCM

Laterally out just above the clavicle

Superiorly up the anterior edge of the trapezius

Neck (while cradling the head in one hand), continued

- 4. Circular superficial friction using finger pads in the small triangle
- 5. Ironing the upper trapezius (acromion process to mastoid process)
- 6. Circular superficial friction using finger pads up posterior neck

Repeat on the other side

Neck (with head in neutral, not cradling it)

7. Bilateral superficial friction using finger pads up posterior neck

Face

- 8. Clean your hands with hand sanitizer
- 9. Use facial toner and cotton pads to clean your client's face

Face

- 10. Effleurage face to apply facial lotion
- 11. Alternating fingertips up the forehead between the eyebrows
- 12. Thumb fulling the forehead laterally
- 13. Deep circular friction at the temples using finger pads
- 14. Fingertip effleurage around the orbits
- (down side of nose, out the zygomatic, up over the temples, over the eye brows)
- 15. Deep circular friction at the temples using finger pads
- 16. Deep circular friction down masseter and along mandible to the chin
- 17. Alternating thumb effleurage on the chin
- 18. Pull out from the middle under the mandible

Ears

- 19. Superficial friction in front of and behind the ears using finger pads
- 20. Knead the ear cartilage and lobes
- 21. Circumduct the ears

Scalp (with head cradled in one hand)

- 22. Superficial circular friction using finger pads on the scalp
- 23. Deep circular friction using finger pads on the scalp

Repeat on the other side

Scalp (with head in neutral position)

- 24. Superficial friction in zigzag pattern across the top of the head
- 25. Resting stroke

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