

## 22b Swedish: Touch Assessment

### Lesson Plan

This timeline is for 25-28 students. 4 instructors will be receiving up to 7 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>• 4 massage tables are set up and dressed using TLC sheets.</li> <li>• Table heights are set to “Low”, “Medium”, “Medium” and “Tall”.</li> <li>• Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area.</li> <li>• Draw a chart on the dry erase board with 6 columns and 9 rows.</li> <li>• Columns: Time, Body Area, Low, Medium, Medium, Tall.</li> <li>• Rows: 1<sup>st</sup> Session: Posterior Upper Body (bilateral), 2<sup>nd</sup> Session etc.</li> <li>• Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
5	<b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"> <li>• Student is professionally dressed as in Internship (Packet I: 12-13).</li> <li>• Student has lubricant, holster, clipboard, pen, touch assessment form.</li> <li>• Introductions and brief interview (contraindications, pressure preference).</li> <li>• Hands-on massage of the assigned body area.</li> <li>• Last 5 minutes is used for feedback.</li> </ul>
20	<b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)
20	<b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)
20	<b>3<sup>rd</sup> Session:</b> Posterior Lower Body (unilateral)
15	<b>Break</b> Announce the return time and write it on the board.
20	<b>4<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
20	<b>5<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
20	<b>6<sup>th</sup> Session:</b> Abs (bilateral) and Chest and Arm (unilateral)
20	<b>7<sup>th</sup> Session:</b> Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10	<b>Break down and Clean up</b>
15	<b>Discussion</b>
3h 30m	<b>Total Class Time</b>

## 22b Swedish: Touch Assessment

### Lesson Plan

This timeline is for 21-24 students. 4 instructors will be receiving up to 6 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>• 4 massage tables are set up and dressed using TLC sheets.</li> <li>• Table heights are set to “Low”, “Medium”, “Medium” and “Tall”.</li> <li>• Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area.</li> <li>• Draw a chart on the dry erase board with 6 columns and 8 rows.</li> <li>• Columns: Time, Body Area, Low, Medium, Medium, Tall.</li> <li>• Rows: 1<sup>st</sup> Session: Posterior Upper Body (bilateral), 2<sup>nd</sup> Session etc.</li> <li>• Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
5	<b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"> <li>• Student is professionally dressed as in Internship (Packet I: 12-13).</li> <li>• Student has lubricant, holster, clipboard, pen, touch assessment form.</li> <li>• Introductions and brief interview (contraindications, pressure preference).</li> <li>• Hands-on massage of the assigned body area.</li> <li>• Last 5 minutes is used for feedback.</li> </ul>
25	<b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)
25	<b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)
25	<b>3<sup>rd</sup> Session:</b> Posterior Lower Body (unilateral)
15	<b>Break</b> Announce the return time and write it on the board.
25	<b>4<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
25	<b>5<sup>th</sup> Session:</b> Abs (bilateral) and Chest and Arm (unilateral)
25	<b>6<sup>th</sup> Session:</b> Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10	<b>Break down and Clean up</b>
5	<b>Discussion</b>
3h 30m	<b>Total Class Time</b>

## 22b Swedish: Touch Assessment

### Lesson Plan

This timeline is for 19-20 students. 3 instructors will be receiving up to 7 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>• 3 massage tables are set up and dressed using TLC sheets.</li> <li>• Table heights are set to “Low”, “Medium”, and “Tall”.</li> <li>• Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area.</li> <li>• Draw a chart on the dry erase board with 5 columns and 9 rows.</li> <li>• Columns: Time, Body Area, Low, Medium, Tall.</li> <li>• Rows: 1<sup>st</sup> Session: Posterior Upper Body (bilateral), 2<sup>nd</sup> Session etc.</li> <li>• Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
5	<b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"> <li>• Student is professionally dressed as in Internship (Packet I: 12-13).</li> <li>• Student has lubricant, holster, clipboard, pen, touch assessment form.</li> <li>• Introductions and brief interview (contraindications, pressure preference).</li> <li>• Hands-on massage of the assigned body area.</li> <li>• Last 5 minutes is used for feedback.</li> </ul>
20	<b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)
20	<b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)
20	<b>3<sup>rd</sup> Session:</b> Posterior Lower Body (unilateral)
15	<b>Break</b> Announce the return time and write it on the board.
20	<b>4<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
20	<b>5<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
20	<b>6<sup>th</sup> Session:</b> Abs (bilateral) and Chest and Arm (unilateral)
20	<b>7<sup>th</sup> Session:</b> Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10	<b>Break down and Clean up</b>
15	<b>Discussion</b>
3h 30m	<b>Total Class Time</b>

## 22b Swedish: Touch Assessment

### Lesson Plan

This timeline is for 11-18 students. 3 instructors will be receiving up to 6 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>• 3 massage tables are set up and dressed using TLC sheets.</li> <li>• Table heights are set to “Low”, “Medium”, and “Tall”.</li> <li>• Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area.</li> <li>• Draw a chart on the dry erase board with 5 columns and 8 rows.</li> <li>• Columns: Time, Body Area, Low, Medium, Tall.</li> <li>• Rows: 1<sup>st</sup> Session: Posterior Upper Body (bilateral), 2<sup>nd</sup> Session etc.</li> <li>• Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
5	<b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"> <li>• Student is professionally dressed as in Internship (Packet I: 12-13).</li> <li>• Student has lubricant, holster, clipboard, pen, touch assessment form.</li> <li>• Introductions and brief interview (contraindications, pressure preference).</li> <li>• Hands-on massage of the assigned body area.</li> <li>• Last 5 minutes is used for feedback.</li> </ul>
25	<b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)
25	<b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)
25	<b>3<sup>rd</sup> Session:</b> Posterior Lower Body (unilateral)
15	<b>Break</b> Announce the return time and write it on the board.
25	<b>4<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)
25	<b>5<sup>th</sup> Session:</b> Abs (bilateral) and Chest and Arm (unilateral)
25	<b>6<sup>th</sup> Session:</b> Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10	<b>Break down and Clean up</b>
5	<b>Discussion</b>
3h 30m	<b>Total Class Time</b>

## 22b Swedish: Touch Assessment

### Lesson Plan

This timeline is for up to 10 students. 2 instructors will be receiving up to 5 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	<b>Transition</b> <ul style="list-style-type: none"> <li>• 2 massage tables are set up and dressed using TLC sheets.</li> <li>• Table heights are set to “Low”, “Medium”.</li> <li>• Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area.</li> <li>• Draw a chart on the dry erase board with 4 columns and 7 rows.</li> <li>• Columns: Time, Body Area, Low, Medium.</li> <li>• Rows: 1<sup>st</sup> Session: Posterior Upper Body (bilateral), 2<sup>nd</sup> Session etc.</li> <li>• Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.</li> </ul>
10	<b>Break</b> Announce the return time and write it on the board.
5	<b>Attendance and Reminders</b> Display the reminders slide.
5	<b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"> <li>• Student is professionally dressed as in Internship (Packet I: 12-13).</li> <li>• Student has lubricant, holster, clipboard, pen, touch assessment form.</li> <li>• Introductions and brief interview (contraindications, pressure preference).</li> <li>• Hands-on massage of the assigned body area.</li> <li>• Last 5 minutes is used for feedback.</li> </ul>
25	<b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)
25	<b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)
15	<b>Break</b> Announce the return time and write it on the board.
25	<b>3<sup>rd</sup> Session:</b> Anterior Lower Body (unilateral)
25	<b>4<sup>th</sup> Session:</b> Abs (bilateral) and Chest and Arm (unilateral)
25	<b>5<sup>th</sup> Session:</b> Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10	<b>Break down and Clean up</b>
15	<b>Discussion</b>
3h 15m	<b>Total Class Time (with 15 minutes of flex time to use as needed)</b>

## 22b Swedish: Touch Assessment

### Lesson Plan

#### Learning Outcomes

- **Course Level:**
  - Passing grades on practical exams.
  - To receive constructive feedback and correction on quality of touch, performance of strokes and pressure.
- **Class Level:** To receive constructive feedback and correction on quality of touch, performance of strokes and pressure.

#### Class Schedule – Student Preparation

- Prepare to perform Swedish massage on 1 assigned body area such as the posterior upper body, posterior lower body, anterior lower body, abs-chest and arm, and neck-face-and scalp. Your receiver will be an instructor who will give you feedback that you will write down and turn in to get credit for the assessment.
- **Students should bring page A: 83 from their packet for evaluation**
- **Set up half of the room for students to make up or retake any missing tests, exams and assignments or use quizlet/Exam coach/class videos.**

#### Class Schedule – Assignments and Exams

- 22b Swedish: Touch Assessment. Packet A: 81-84.
- Internship-evaluated full SOAP notes with date, first names, and last names. Signatures and date on intake form. Packet F-58.

#### Topic Focus

- Swedish Massage: Quality of touch, performance of strokes and pressure.

#### Thoughts, Advice, or Warnings

- Use the powerpoint slides to explain the sections labeled Transition and Explanation of Touch Assessments.
- Encourage the receivers to give a student a grade of “U” if the work was unsatisfactory in more than one category. It is better to have the student redo the Touch Assessment, than to have them continue doing poor work.
- When students are doing their Touch Assessment, they should partner up and do an interview with full SOAP notes. No actual massage will be done, but the students can imagine how the session would go for the purposes of practicing SOAP notes.

