

## 28b Integration Massage: Swedish and Hydrotherapy

### Lesson Plan

**Prior to B class lesson's start have assistant collect & immerse any student towels in warm/hot water and place in hot Towel Cabby and make sure Ice treatment supplies have been prepared 24 hours in advance**

<u>Minutes</u>	<u>Activity</u>
20	<b>Transition, set up tables, and break</b> <ul style="list-style-type: none"><li>• Students partner up and prepare the table as usual.</li><li>• ADDITIONALLY, each table will need the receiver's hydro supplies:<ul style="list-style-type: none"><li>• Have supplies set up for 3-4 treatments from 25b, 26b, or 27b</li><li>• 1 set of sheets and blankets, plus 1 medium trash bag</li></ul></li></ul>
5	<b>Attendance and Reminders</b> Display the reminders slide.
70	<b>First Trade- Full SOAP notes then massage</b> <ul style="list-style-type: none"><li>• Using the case study below, role-play as client and therapist to complete SOAP notes and plan a 60ish minute integrated Swedish and hydrotherapy session using hydro protocols from classes 25b, 26b, and 27b.</li><li>• <b>1st Trade</b> 36-year-old client, avid runner experiencing a burning pain in both lower legs and across the low back. Tired extremely dry feet and lack of sleep due to stress at work.</li><li>• All SOAP notes are reviewed by the instructor and assistant as they are being done and should include corrections as needed.</li></ul>
20	<b>Transition and break</b>
70	<b>Second Trade- Full SOAP notes then massage</b> <ul style="list-style-type: none"><li>• Same as first trade</li><li>• <b>2nd Trade</b> Client is a 46-year-old woman with chronic stress, she is unable to sleep or concentrate on normal daily tasks. Upon meeting the client, she expresses that she's always cold and her desire to be pampered during the session.</li><li>• All SOAP notes are reviewed by the instructor and assistant as they are being done and should include corrections as needed.</li></ul>
5	<b>Tables undressed, cleaned, and put away. _</b>
10	<b>Circle up</b> Review the "Reminders" for upcoming classes.
3h 20m	<b>Total Class Time</b> (with 10 minutes of flex time to be used as needed)

## 28b Integration Massage: Swedish and Hydrotherapy

### Lesson Plan

## Learning Outcomes –

- **Class Level**
  - To understand the use of hot packs and cod packs in a therapeutic manner and their effects on the body especially incorporated into a full body Swedish massage.

## Class Schedule – Student Preparation

- Packet F: 58, and 63-64.

## Class Schedule – Assignments and Exams

- Full SOAP notes with date, first names, and last names. Signatures and date on intake form.

## Thoughts, Advice, or Warnings

- Question each therapist's motivation for the application of a hot pack or cold pack.

**Please Note- Towels and washcloths are for instructor use only in Hydrotherapy classes- not for any other purposes. Do not provide students with any supplies they are responsible for.**

## **Class 28b- Integration Clean up and sanitization**

**Linens-** Assistant or Instructor are to take any used, wet or tainted towels and linens and place in yellow linen bag. That is to be placed in the large yellow hampers in what was once the student lounge.

**Hot Towel Cabinet-** The hot towel cabinet is to be turned off then unplugged. At that point, the wire racks that hold the wet towels should be removed, wiped dry with a dry, clean wash cloth. The interior of the towel cabinet should also be wiped dry from any excess moisture or condensation. This includes the inner aspect of the door.

**Dry Brush-** This should be rinsed with hot water, then shaken out to remove excess water. Then, retrieve alcohol from the yellow cabinet (key to cabinet is marked on hydro key ring) liberally pour alcohol on brush, its bristles and handle. Shake out. Then place in marked bin "Sanitized Dry Brushes" on the shelf below class supply bins in the hydro cabinet.

**Ice Massage-** Once lesson is complete. Fill new paper cups with water (these can be found in the right side of the hydro storage cabinet) and place in cup holders in freezer. **DON'T FORGET TO REFILL. THE NEXT CLASS WILL GREATLY APPRECIATE YOUR EFFORTS.**