

## 35b Integration Massage: Swedish and Passive Stretches

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
20	<b>Transition</b> <b>Break</b> Announce the return time and write it on the board.  <b>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>• Each student fills out the client intake form as if they are 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> </ul>
75	<b>Attendance and Reminders</b> Display the reminders slide. <b>Interview and SOAP notes</b> <b>Receivers Undressing and Givers Stretching</b> <b>First Trade</b>
20	<b>Reset the tables for the next session</b> <b>Break</b> Announce the return time and write it on the board.
75	<b>Interview and SOAP notes</b> <b>Receivers Undressing and Givers Stretching</b> See above for details. <b>Second Trade</b> Refer to first trade for details.
20	<b>Tables undressed, cleaned, and put away</b> <b>Circle up</b> Review the “Reminders” for upcoming classes.
3h 30m	<b>Total Class Time</b>

### Learning Outcomes

- **Class Level:** Combining Swedish and passive stretches into a session that makes sense and warms the tissues before stretching them.

### Class Schedule – Student Preparation

- Packet F: 58, and 77-78.

### Class Schedule – Assignments and Exams

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

**Topic Focus**

- To reinforce the principles and techniques of passive stretches.
- Integrating Swedish and passive stretches into a cohesive session.
- To be able to do partial SOAP notes legibly and correctly.

**Thoughts, Advice, or Warnings**

- Be clear and insistent 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.