



35b Integration Massage: Swedish and Passive Stretches



35b Integration Massage: Swedish and Passive Stretches 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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Reminders

In Class:

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

Assignments:

- 36b State Law Review Questions (Packet A: 159-164)
- 41a Review Questions (Packet A: 165-178)
- 43a Swedish: Outside Massages (Packet A: 57-62)

Quizzes:

- 42a Quiz (35a, 36a, 37a, 38a, 39a, 40a, and 41a)
- 42b Kinesiology Quiz
 - (adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris)
- 44a Quiz (33b, 37b, 41b, 42b, and 43a)

Preparation for upcoming classes:

- 36a A&P: Cardiovascular System - Blood Vessels and Paths of Circulation
 - Trail Guide: iliopsoas
 - Packet E: 69-72
 - RQ Packet A-168
- 36b Business: Professional Ethics



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.

Setting up for the massage trade

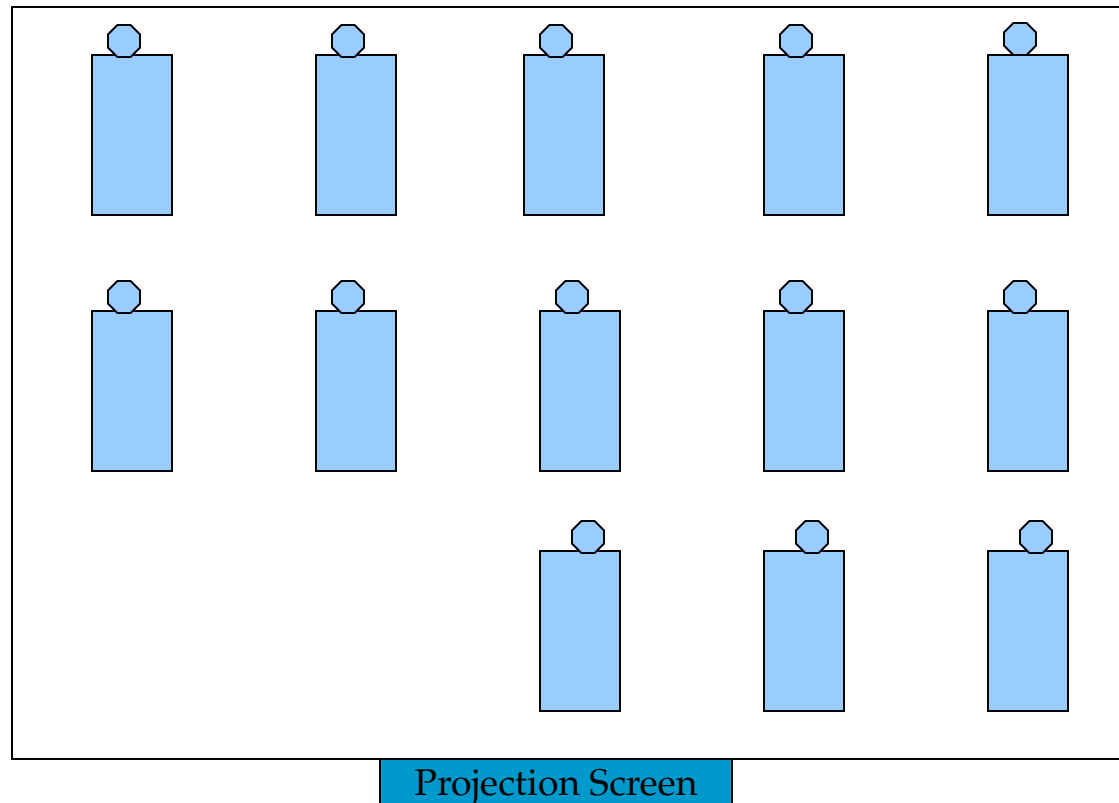
Table setup

Set up the tables in the configuration below

Get out your supplies and dress your table

Adjust the table height and get a chair

Put all your stuff in the “basement”





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- **Perform a full interview with SOAP notes. Email your SOAP notes to your instructor by the end of the class.**
- **Do not follow the Swedish routine exactly**
 - To treat an area, begin with general work, then deeper detailed work, and finish with more general work
 - Don't do all of the Swedish strokes on every body part
 - Do not use any techniques that we have not taught you in class
- **Incorporate every joint mobilization and stretch into your session**



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■ Perform a full interview with SOAP notes

- Subjective
 - Client goals, expectations, and preferences
 - Client functional limitations, physician's diagnosis or clearance for massage
- Objective
 - Posture, movement, and palpation of client during interview
 - Details of treatment on the areas of focus (muscle, stroke, minutes)
- Assessment
 - Scale of 0-10, have the client assess their discomfort/pain/immobility
 - Record in the interview and after the session for comparison
- Plan
 - Client education, self care, future session ideas, referrals
- Personal Reflection
 - Meaningful insights made by the therapist about the therapist



Integration Massage: Swedish and Passive Stretches

Prone Upper

Swedish massage of back

Prone Lower

Swedish massage of gluteals, leg and foot

Joint mobilization hip and knee

Quadriceps femoris

Supine Lower

Swedish massage of leg and foot

Joint mobilization ankle

Tibialis anterior

Gastrocnemius and soleus

Joint mobilization hip and knee

Low back

Gluteals

Adductors

Supine Upper

Swedish massage of abdominals

Swedish massage of chest, arms and hands

Joint mobilization shoulder

Pectoralis major

Latissimus dorsi

Rhomboids

Swedish massage of neck

Joint mobilization neck

Neck lateral flexion

Neck rotation

Swedish massage of face and scalp



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