

3b Swedish: Body Mechanics, Client Positioning and Draping

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none">• Break down lecture tables, but keep the chairs out.• Set up massage tables, but don't dress them.• Supply Check - each student should have:<ul style="list-style-type: none">▪ 1 set of sheets▪ 2 pillowcases▪ 1 blanket
10	Break Announce the return time and write it on the board.
5	Attendance and Reminders <ul style="list-style-type: none">• Display the reminders slide.
25	Lecture Introduction, Body Mechanics, and Elements (Packet F-17)
10	Lecture Foot Stances
10	Demo and Practice Bow/Lunge and Horse Stances
10	Break Announce the return time and write it on the board
20	Lecture Guidelines for Effective Body Mechanics (Packet F: 18-20)
5	Demo and Practice Table Height
5	Demo and Practice Warm Up Before Massage
5	Demo and Practice Keep Wrists and Digits as Straight as Possible
5	Demo and Practice Align Your Spine
5	Demo and Practice Relax Shoulders and Get Behind Your Work
5	Demo and Practice Sit Down Occasionally
10	Break Announce the return time and write it on the board
20	Lecture Bolsters, Client Positioning, and Draping
35	Demo and Practice Samples. Note at bottom. Draping each section of the body

5 **Break down, clean up, and circle up**
3h 20m **Total Class Time** (plus 10 minutes of flex time to use as needed)

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Learning Outcomes

- Class Level:
 - Concepts of body mechanics, stances, client positioning, and draping.

Class Schedule – Student Preparation

- Salvo: Chapter 7.
- Packet F: 17-24.
- RQ - Packet A: 124-125.

Class Schedule – Assignments and Exams

- Bring a set of sheets, 2 pillowcases, and a blanket.

Topic Focus

- To learn to apply principles of: Effective body mechanics, Client positioning, and Draping.

Thoughts, Advice, or Warnings

- Give personal examples with the slides to liven it up.
- Don't go too slow with the slides; introduce the ideas and then have them experience in the demo and practice.
- Ask for a volunteer prior to this class to be the draping demo in front of the class. This person should be comfortable with being sans clothing.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser
- Demo equipment: Massage table and carrying case, face cradle, bolster, set of sheets, and blanket
- In the teacher's office, there is a cardboard box containing lubricant samples. Give one sample box to each student. Students are permitted to only use the lotion and cream samples in class. The oil and gel samples are **NOT** allowed to be used in class. Oil and gel may be used in pumps **ONLY**. We want to

minimize/prevent spilling lubricant so that it doesn't make the carpet smell sour. Samples are not allowed to be used past class 6, when they are required to have their own lubricant and holster. Please do not give out additional samples.