



## 40b BMTs: Guided Full Body



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15 minutes

Break

5 minutes

Attendance, Breath of Arrival, and Reminders

75 minutes

1<sup>st</sup> trade technique demo and practice

20 minutes

Break and switch tables

75 minutes

2<sup>nd</sup> trade technique demo and practice

20 minutes

Break down, clean up, and discussion

3 hours and 30 minutes total



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## Class Reminders

### **Assignments:**

- 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)

### **Practical Exam:**

- 44b Integration Massage: Practical Exam (60-minute Swedish, Passive Stretches, and BMTs)

### **Preparation for upcoming classes:**

- 41a Pathology: Reproductive System
  - Packet E: 87-88
  - RQ Packet A: 175
- 41b Business: Get a Job
  - Business Mastery: Chapters 12, 13, 14, and pages 204, 205, 274-276
  - Packet B: 37-41
  - Bring information so that you can complete a handwritten version of your resume and cover letter in class



# 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.*



## Prone BMTs

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compressions with Knee & Hip Mobilization
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions



## Supine BMTs

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Posterior Cervical Compressions & Release
- Alternating Scapular Depression with Trapezius Compressions



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