



## 43b Integration Massage: Swedish, Passive Stretches, and BMTs



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## Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 <sup>st</sup> trade
20 minutes	Break and switch tables
75 minutes	2 <sup>nd</sup> trade
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



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## Class Reminders

### **Assignments:**

- 45b Typed Resume and Cover Letter
  - Due before class starts

### **Quizzes:**

- 44a Quiz (33b, 37b, 41b, 42b, and 43a)

### **Exams:**

- 46a Exam

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

- 44a Quiz
- 44b Integration Massage: Practical Exam
  - 60-minute Full Body Session (face, abs, etc.)
  - Swedish, Passive Stretches, and BMTs
  - Full SOAP notes
- 47b, 48b, 49b Pregnancy Message: These classes cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



# 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

## Back

- Prone Full Body Rocking Compressions
- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Abbreviated Swedish



# Prone

## Legs

- Prone Full Body Rocking Compressions (leg only)
- Gluteal & Hamstring Compressions with Knee & Hip Mobilization
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Abbreviated Swedish for the thigh
- Stretches: quadriceps femoris
- Abbreviated Swedish for the lower leg and foot



# Supine

## Legs

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Abbreviated Swedish
- Stretches
  - Low Back
  - Gluteals
  - Adductors
  - Tibialis Anterior
  - Gastrocnemius & Soleus



# Supine

## **Torso**

- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Abbreviated Swedish





# Supine

## Arms

- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Abbreviated Swedish
- Stretches
  - Pectoralis Major
  - Latissimus Dorsi
  - Rhomboids



# Supine

## Neck, Face, and Scalp

- Head & Neck Rotation with Posterior Cervical Compressions & Release
- Alternating Scapular Depression with Trapezius Compressions
- Abbreviated Swedish
- Stretches
  - Neck Lateral Flexion
  - Neck Rotation



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