7b Swedish:
Technique Demo and Practice - Posterior Lower Body

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Class Outline

10 minutes	Transition and Break
5 minutes	Attendance, Breath of Arrival, and Reminders
15 minutes	Demo and practice posterior lower body draping
60 minutes	1st massage
20 minutes	20-minute break and transition
15 minutes	Demo and practice posterior lower body draping
60 minutes	2nd massage
15 minutes	Closing circle
3 hours, 20 minutes	Total

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Reminders

Quizzes and Exams:

- 8a Quiz (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)
- 8b Kinesiology Quiz (A-73, gluteals, hamstrings, gastrocnemius and soleus)
- 10a Exam (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)

Preparation for upcoming classes:

- 8a Quiz
  - Trail Guide: gastrocnemius and soleus
- 8b Kinesiology: AOIs - Posterior Lower Body
  - Packet F: 31-34

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.

Classroom Rules

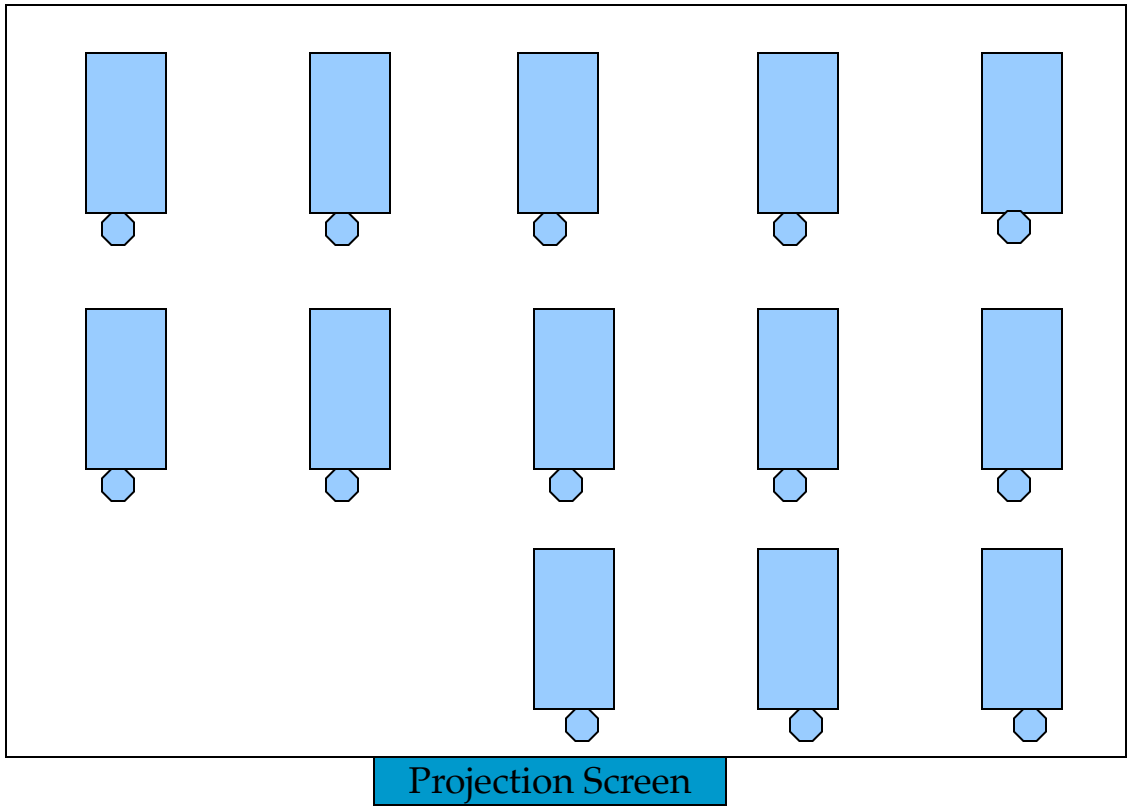
Cell Phones – Turn it off!

And put it away!

First half of 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
- Put all your stuff in the “basement”



Resting stroke

- Establish contact at the sacrum and occiput, and relax

Drape (uncover) the lower extremity

Prone Leg

Resting stroke

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Drape (uncover) the lower extremity

Visit https://vimeo.com/489905059 or watch it from the draping section of videos on the student support page. **PRACTICE, PRACTICE, PRACTICE!**

Prone Leg Drape Part One

Begin to drape by moving the blanket halfway across the table.

Grasping the sheet at the edge of the table move the sheet to uncover half of the leg at a slight angle.

Prone Leg Drape Part Two

Bend the lower leg to 90 degrees. Lift the leg with the hand closest to the head.

With the hand closest to the foot, grasp just above the knee.

At the level of the knee reach across and grasp the edge of the drape.

Lift the leg slightly and pull the drape toward the head of the table.

Prone Leg Drape Part Three

Adjust the top of the drape so that it lies above the iliac crest. Do not expose the gluteal cleavage. If the drape is high enough it won't fall down or be in your way when you work.

Effleurage the lower extremity

- Stand at the foot of the table facing up the table
- Gliding up to the iliac crest warming and applying lubricant 3 times
- Move your feet to remain close to your work as you effleurage

Circular effleurage of the gluteals

- At the top of a full leg effleurage transition to this stroke
- Up along the sacrum
- Out around the top alternating above and below the iliac crest
- Down the outside

Note: if the gluteals are covered, only do the loose fist compression.

Kneading the gluteals

- Upper, middle, and lower

Loose fist compressions to the gluteals

- Upper, middle, and lower
- Lunging, apply pressure with a loose fist and twist slightly

Circular effleurage of the gluteals

Effleurage of the posterior thigh

- Standing in a lunge at the knee facing up the table
- Effleurage the entire posterior thigh with both hands

Fulling the posterior thigh

- Stand in a lunge facing the head of the table
- Use heels of hands to full the posterior thigh
- Medial hand starts just inferior to the draping
- Lateral hand starts by the ischial tuberosity
- Work distally

Wringing the posterior thigh

- Stand in horse stance facing across the thigh
- Lift and compress tissue from the medial and lateral thigh with a sliding motion

Kneading the posterior thigh

- Stand in horse stance facing across the thigh
- Begin at the superior lateral thigh
- Work in 3 passes: down the lateral, up the posterior, down the medial

Effleurage of the posterior thigh

Circular thumb effleurage to the popliteal area

- Alternate gliding thumbs over the surface of the back of the knee

Effleurage the triceps surae

- Stand in a lunge at the foot of the table facing the head of the table
- Effleurage up to posterior condyles of the femur

Fulling the triceps surae

- Stand in a lunge facing the head of the table
- Use heels of hands to full, allow your knees to flex as you full
- Work distally

Wringing the triceps surae

- Stand in horse stance facing across the calf
- Lift and compress tissue from the medial and lateral calf with a sliding motion

Kneading the triceps surae

- Stand in horse stance facing across the calf
- Work in 2 passes: medial and lateral

Effleurage of the triceps surae

Squeeze the foot

Effleurage the lower extremity

- Stand at the foot of the table facing up the table
- Both hands glide from the ankle up to the iliac crest
- Move your feet to remain close to your work as you effleurage

Tapotement of the lower extremity

- Stand in a horse stance facing across the table at the gluteals
- Begin with loose fist pounding on the gluteals
- Ulnar hacking the posterior thigh and triceps surae
- Avoid striking bony landmarks and the popliteal area

Effleurage the lower extremity

Nerve strokes on the lower extremity

- Stand at the knee facing the head of the table
- With moderate pressure and brisk pace, brush down the length of the lower extremity with your fingertips

Drape (cover) the lower extremity

Repeat on the other lower extremity

Drape (uncover) the lower extremity

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Thank your partner

Getting dressed

- Hand the clothes to the receiver
- Hold the blanket and top sheet up over the face and chest to allow them to get dressed more easily
- But be sure to keep the covered to provide privacy

Dressing the table

- Switch out the sheets
- Adjust the table height

Break time!

- Be back by the time indicated on the board

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