



89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage



89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage Class Outline

20 Break

35 First Trade

20 Break Announce the return time and write it on the board.

35 Second Trade Refer to first trade for details.

15 Break down, clean up, and circle up

2h Total Class Time



89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage Reminders

■ Quizzes:

- 90a Kinesiology Quiz
 - (erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis)
- 91a Kinesiology Quiz
 - (gluteals, hamstrings, gastrocnemius, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)

■ Preparation for upcoming classes:

- 90a Kinesiology Quiz
 - 25 questions in 20 minutes.
 - Packet A-73.
- 90b Kinesiology: Palpation – Posterior Back and Neck
 - Lauterstein: Chapter 7.
 - Lauterstein: Pages 140-142 and 166-171.



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.



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Chair Massage Routine

Erector Spinae

- Bilateral rhythmic loose fist compressions
- Bilateral effleurage
- Bilateral palmar superficial friction
- Unilateral circular deep friction with fingertips

Shoulders

- Unilateral ulnar friction
- Bilateral alternating kneading
- Unilateral circular deep friction with fingertips

Unilateral Glenohumeral Joint

- Joint mobilization

Unilateral Rhomboids, Middle Trapezius, and Subscapularis

- Place the client's hand behind their back
- Circular deep friction with fingertips
- Return the client's arm to the arm rest

Unilateral Deltoids, Biceps, and Triceps

- Kneading



Chair Massage Routine

Unilateral Forearms

- Grasp the hand and elevate the arm forward
- Kneading
- Alternating thumb strokes

Unilateral Hand

- Stretch and knead the thenar and hypothenar muscles
- Gently pull on the fingers
- Lightly rock the arm and return it to the armrest

Bilateral Posterolateral Neck

- Kneading (progress from light to moderate as the area softens)

Bilateral Deep Suboccipitals

- Face the client head on from the front of the chair
- Lateral to medial rhythmic wave-like pressure

Bilateral Scalp

- Face the client head on from the front of the chair
- Fingertip zig-zag friction back to front, side to side

Bilateral Erector Spinae

- Several long gliding strokes from the lower back to the shoulders



Passive Stretches and BMTs

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

Legs- Prone

- 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
- Stretches: quadriceps femoris

Legs- Supine

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



Passive Stretches and BMTs- Supine

Torso

- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions

Arms

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

Neck, Face, and Scalp

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



Side-lying

Resting stroke

Brief and gentle rocking

Leg

Draping

Foot

Effleurage

Full

Knead

IT tract forearm effleurage

Gluteals

Loose fist compressions

Thumb cross-fiber friction

Gluteal attachments

Effleurage

Nerve strokes

Draping

The Back

Draping

Effleurage

Knead erectors, lats, and traps

Lamina groove

Cover the torso, leaving the upper arm out

Chest and Arms

Pectoralis major effleurage

Effleurage

Kneading and stripping

Hands and fingers

Wringing

Effleurage

Nerve strokes

Draping

Reposition client to opposite side. Repeat on other side.



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