



10b Swedish:

Technique Review and Practice

Posterior Upper and Lower Body



10b Swedish: Technique Review and Practice - Posterior Upper and Lower Body Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
15 minutes	Pep talk
70 minutes	1st massage
20 minutes	20-minute break
70 minutes	2nd massage
10 minutes	Closing circle
3 hours, 15 minutes	Total



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Technique Review and Practice - Posterior Upper and Lower Body Class Reminders

In Class:

- Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and dates on intake form.

Assignments:

- 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 14a Kinesiology Quiz
 - Tibialis anterior, fibularis longus and brevis, quads, rectus abdominis, and pec. major
- 17a Quiz
- 18a Kinesiology Quiz
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 11a H&H: Infection Control
 - Salvo: Pages 180-191
 - Packet H: 15-20
 - Packet A-134
- 11b Swedish: Technique Demo and Practice - Posterior and Anterior Foot
 - Packet F: 37-38



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!

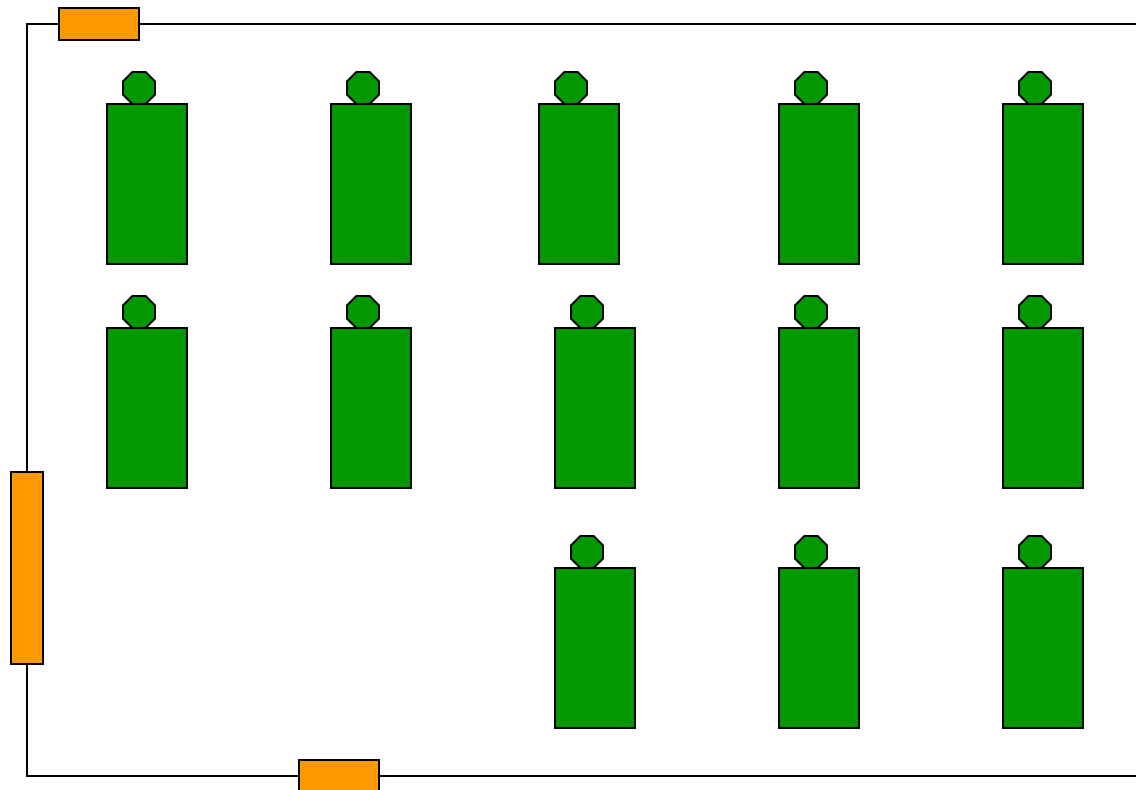


And put it away!


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”



Posterior Upper Body



Resting stroke

Uncover the back

Full back effleurage

Pulling and wringing (first one side, then the other)



Posterior Upper Body - First Arm

Circular effleurage around the scapula

Position and effleurage the arm

Knead back of the neck, upper traps, deltoids, and triceps

Reposition the arm

Squeeze and pull down the arm

Deep effleurage erectors



Posterior Upper Body - First Arm

Deep cross fiber friction to the upper trapezius

Stripping the upper traps and rhomboids

Circular effleurage around the scapula

Full back effleurage



Posterior Upper Body – Second Arm

Circular effleurage around the scapula

Position and effleurage the arm

Knead back of the neck, upper traps, deltoids, and triceps

Reposition the arm

Squeeze and pull down the arm

Deep effleurage erectors



Posterior Upper Body – Second Arm

Deep cross fiber friction to the upper trapezius

Stripping the upper traps and rhomboids

Circular effleurage around the scapula

Full back effleurage



Posterior Upper Body

Thumb circles on the erectors and sacrum

Unilateral thumb circles down the erectors

Figure eight on the sacrum

Alternating effleurage of the back

Full back effleurage

Back tapotement

Full back effleurage

Nerve strokes down the back

Drape the back

Resting stroke



Posterior Lower Body – First Leg

Uncover the lower extremity

Effleurage the lower extremity

Circular effleurage of the gluteals

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

Kneading the gluteals

Loose fist compressions to the gluteals

Circular effleurage of the gluteals

Posterior Lower Body – First Leg

Posterior thigh:

Effleurage

Fulling

Wringing

Kneading

Effleurage



Posterior Lower Body – First Leg

Circular thumb effleurage to the popliteal area

Triceps surae (gastrocnemius and soleus):

Effleurage

Fulling

Wringing

Kneading

Effleurage

Squeeze the foot



Posterior Lower Body – First Leg

Lower extremity:

Effleurage

Tapotement

Effleurage

Nerve strokes

Drape (cover)





Posterior Lower Body – Second Leg

Uncover the lower extremity

Effleurage the lower extremity

Circular effleurage of the gluteals

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

Kneading the gluteals

Loose fist compressions to the gluteals

Circular effleurage of the gluteals

[illegible]

Posterior thigh:

Effleurage

Fulling

Wringing

Kneading

Effleurage

Posterior Lower Body – Second Leg

Circular thumb effleurage to the popliteal area

Triceps surae (gastrocnemius and soleus):

Effleurage

Fulling

Wringing

Kneading

Effleurage

Squeeze the foot



Lower extremity:

Effleurage

Tapotement

Effleurage

Nerve strokes

Drape (cover)



Thank your partner

Getting dressed

Dressing the table

Break time!



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