15b Swedish:

Technique Demo and Practice - Chest and Arms

15b Swedish: Technique Demo and Practice - Chest and Arms 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

15b Swedish: Technique Demo and Practice - Chest and Arms Class Reminders

Assignments:

■ 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 17a Quiz
- 18a Kinesiology Quiz (biceps brachii, coracobrachialis, sternocleidomastoid, levator scapula, scalenes, frontalis, occipitalis, temporalis, masseter)
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 16a A&P: Skeletal System Synovial Joints
 - Trail Guide: scalenes
 - Salvo: Pages 418-427
 - Packet E: 21-24
 - RQ Packet A-138
- 16b Swedish: Technique Demo and Practice Neck, Face, and Scalp
 - Packet F: 51-54

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

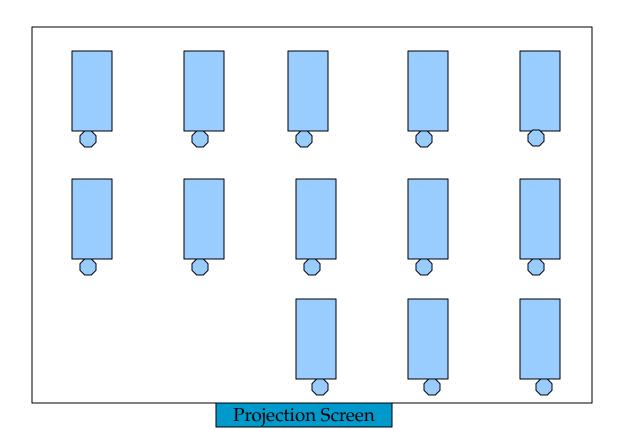
The following are not allowed:

- 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.

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"



Chest and Arms

- 1. Upper chest effleurage
- 2. Whole arm effleurage
- 3. Upper posterior arm: olecranon to inferior angle of scapula

(triceps, posterior deltoid, and lats)

Effleurage

Kneading

4. Upper anterior arm: crease of the elbow to sternum

(biceps, coracobrachialis, anterior deltoid, and pectoralis major)

Effleurage

Kneading

5. Traction and circumduction of the arm

Chest and Arms, continued

6. Forearm

Whole forearm effleurage

Kneading

Stripping

7. Wrist and Hands

Thumb circles over wrist and dorsum of the hand

Thumb stripping between the metacarpals

Mobilize the metacarpals by scissoring

Thumb circles on the palm of the hand

Knead, traction, circumduct, and squeeze each finger

Chest and Arms, continued

8. Whole arm

Effleurage

Tapotement

Effleurage

Nerve strokes

9. Repeat 1-8 on other arm...

10. Upper chest effleurage

15b Swedish:

Technique Demo and Practice - Chest and Arms