



















## 22b Swedish: Touch Assessment

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## Class Outline

|  <u>Minutes</u> | <u>Activity</u>  |
|--|--|
|  10             | <b>Transition</b>  |
|  10             | <b>Break</b> Announce the return time / write it on the board.   |
|  5              | <b>Attendance and Reminders</b>  |
|  5              | <b>Explanation of Touch Assessments</b> <ul style="list-style-type: none"><li>• Hands-on massage of the assigned body area.</li><li>• Last 5 minutes is used for feedback.</li></ul> |
|  20             | <b>1<sup>st</sup> Session:</b> Posterior Upper Body (bilateral)  |
|  20             | <b>2<sup>nd</sup> Session:</b> Posterior Lower Body (unilateral)   |
|  20             | <b>3<sup>rd</sup> Session:</b> Posterior Lower Body (unilateral)   |
|  15             | <b>Break</b> Announce return time and write it on the board.   |
|  20             | <b>4<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)  |
|  20            | <b>5<sup>th</sup> Session:</b> Anterior Lower Body (unilateral)  |
|  20           | <b>6<sup>th</sup> Session:</b> Abs (bilateral) and Chest / Arm (unilateral)  |
|  20           | <b>7<sup>th</sup> Session:</b> Chest and Arm (unilateral) and<br>Neck, Face, and Scalp (all bilateral)   |
|  10.          | <b>Break down and Clean up</b>   |
|  15           | <b>Discussion</b>  |
|  3h 30m       | <b>Total Class Time</b>  |



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## Class Reminders

### Assignments:

- Hydrotherapy Supplies for classes 25b, 26b, 27b, and 28b
  - Packet G-1
- 30a Review Questions (Packet A: 141-158)

### Exams:

- 22b Swedish Touch Assessment **NOW!!!**
  - Packet A: 81-84

### Preparation for upcoming classes:

- 23a Pathology: Medications
  - Packet E: 27-36
  - Packet A-150
- 23b Swedish: Practical Exam
- 24a A&P: Muscular System - Organization of Skeletal Muscle
  - Trail Guide: infraspinatus and teres minor
  - Packet E: 37-40
  - RQ Packet A-151
- 24b Hydrotherapy: Theory and Technique Demo
  - Packet G: 1-14
  - RQ Packet A-152
  - Packet A: 91-94



# 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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