



## 28b Integration Massage: Swedish and Hydrotherapy



## 28b Integration Massage: Swedish and Hydrotherapy 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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### Class Reminders

#### **In Class:**

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

#### **Quizzes:**

- 30a Kinesiology Quiz
  - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Quiz (18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b)

#### **Assignments:**

- 30a Review Questions
  - Packet A: 141-158 Internship evaluated full SOAP notes with date, first and last names. Signatures and dates on intake form

#### **Preparation for upcoming classes:**

- 29a Pathology: Integumentary System
  - Packet E: 59-64
- 29b Kinesiology: AOIs of glenohumeral and scapulothoracic joint muscles
- 33b Chair Massage: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



# 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.*



# Integration Massage: Swedish and Hydrotherapy

- **Perform a full interview with SOAP notes**
  - Clip boards, pens, intake forms, and SOAP notes are provided by TLC
- **Do not follow the routine exactly**
  - Maybe start supine instead of prone
  - Don't do all of the strokes on every body part
  - Just do the strokes that will achieve your client's goals for the session
  - Do not use any techniques that we have not taught you in class



# Integration Massage: Swedish and Hydrotherapy

- **Incorporate hydrotherapy into your session**
  - Hot pack for tension (hypertonicity) and lack of flexibility and range of motion
  - Cold/ice pack for discomfort, pain, inflammation, or lack blood flow (ischemia)
  - Dry brushing for circulation or exfoliation
  - Sugar, salt, or coffee scrub for exfoliation
  - Aromatherapy
  - Etc.



# Integration Massage: Swedish and Hydrotherapy

- **Perform a full interview with SOAP notes**
  - Clip boards, pens, intake forms, and SOAP notes are provided by TLC
  - Subjective
    - Client goals, expectations, and preferences
    - Client functional limitations, physician's diagnosis or clearance for massage
  - Objective
    - Posture, movement, and palpation of client during interview
    - Details of treatment on the areas of focus (muscle, stroke, minutes)
  - Assessment
    - Scale of 0-10, have the client assess their discomfort/pain/immobility
    - Record in the interview and after the session for comparison
  - Plan
    - Client education, self care, future session ideas, referrals
  - Personal Reflection
    - Meaningful insights made by the therapist about the therapist



# SOAP notes

Pick option 1 or 2.

1. Complete SOAP notes based on your interview with your integration partner.

-or-

2. Using the case study below, role play as client and therapist to complete SOAP notes and plan a 60ish minute integrated Swedish and hydrotherapy session using hydro protocols from classes 25b, 26b, and 27b.

## **1st Trade**

36-year-old client, avid runner experiencing a burning pain in both lower legs and across the low back. Tired extremely dry feet and lack of sleep due to stress at work.

## **2nd Trade**

Client is a 46-year-old woman with chronic stress, she is unable to sleep or concentrate on normal daily tasks. Upon meeting the client, she expresses that she's always cold and her desire to be pampered during the session.





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