



43b Integration Massage: Swedish, Passive Stretches, and BMTs



43b Integration Massage: Swedish, Passive Stretches, and BMTs

Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 st trade
20 minutes	Break and switch tables
75 minutes	2 nd trade
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



43b Integration Massage: Swedish, Passive Stretches, and BMTs

Class Reminders

Assignments:

- 45b Cover Letter and Resume assignment – due before class starts via email or hard copy to your instructor. If LMS is active, assignment must be turned in via LMS.

Quizzes and Exams:

- 44a Quiz (33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a)
- 46a Exam

Practical Exam:

- 44b Integration Massage: Practical Exam
60-minute Swedish – face, abs, scalp – Passive Stretches, and BMTs; full SOAP notes
Bring your grading sheet for evaluation A: 95

Preparation for upcoming classes:

- 44a Quiz
- 47b, 48b, 49b Pregnancy Message: **These classes 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.



Prone

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
- Abbreviated Swedish



Prone

Legs

- 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
- Abbreviated Swedish for the thigh
- Stretches: quadriceps femoris
- Abbreviated Swedish for the lower leg and foot



Supine

Legs

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



Supine

Torso

- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Abbreviated Swedish



Supine

Arms

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



Supine

Neck, Face, and Scalp

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



43b Integration Massage: Swedish, Passive Stretches, and BMTs