



49b Side-lying and Pregnancy Massage: Guided Full Body



49b Side-lying and Pregnancy Massage: Guided Full Body Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 nd trade technique demo and practice
<u>20 minutes</u>	<u>Break down, clean up, and discussion</u>
3 hours and 30 minutes total	

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Class Reminders

ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with the ABMP Exam Coach “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 50b Business: Marketing. B-55 for ABMP.com ‘Website Builder’ instructions
- 53a Internship Review Questions (due before class starts) – *turn in hard copy for Tammie to grade – not done on Classmarker*
- 55a Review Questions – due before class starts

Quizzes and Exams:

- 52a Kinesiology Quiz
(brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Preparation for upcoming classes:

- 50a A&P: Nervous System - Autonomic Nervous System and Sensory Receptors
 - Trail Guide: extensors of the wrist and fingers (extensor digitorum).
 - Packet E: 109-112.
 - RQ - Packet Packet A-187.
- 50b Business: Marketing
 - 50b Strategies and Tactics Assignment, done in class.
 - Packet B: 53-60
 - RQ - Packet Packet A-188.



Classroom Rules

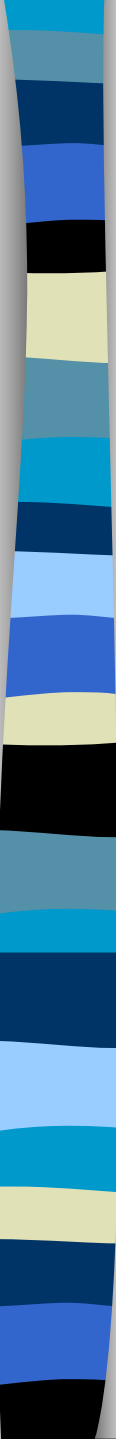
Punctuality - everybody's time is precious

- 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.



Resting stroke

Brief and gentle rocking

Leg

Draping

Foot

Effleurage

Full

Knead

IT tract forearm effleurage

Gluteals

Loose fist compressions

Thumb cross-fiber friction

Gluteal attachments

Effleurage

Nerve strokes

Draping

The Back

Draping

Effleurage

Knead erectors, lats, and traps

Lamina groove

Cover the torso, leaving the upper arm out

Chest and Arms

Pectoralis major effleurage

Effleurage

Kneading and stripping

Hands and fingers

Wringing

Effleurage

Nerve strokes

Draping

Reposition client to opposite side. Repeat on other side.



48b Side-lying and Pregnancy Massage: Technique Review and Practice