



63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue



63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue 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

In Class:

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

ABMP Exam Coach

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

Assignments:

- 64b Executive Summary (due before the end of class)
Packet pages 21-22; Sections 1-4 to be done *in* class.
Completed Executive Summary to be handed in at end of class.
- 66a Review Questions (due before class starts)

Quizzes and Exams:

- 66a Quiz (59a, 61a, 62a, 63a, 64a/b, 65a/b)
- 68a Kinesiology Quiz

Preparation for upcoming classes:

- 64a Pathology: Digestive System
Packet E: 161-164.; RQ – Packet A-202



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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Packet D - 35



Posterior Upper Body

Swedish

BMTs

- Prone full body rocking compressions
- Spinal rotation & release with erector compressions
- Shoulder mobilization with trapezius compressions
- Scapular mobilizations with trapezius & deltoid compressions
- Deltoid & triceps brachii coarse vibration

Stretches

- None

Deep Tissue

- Infraspinatus and teres minor deep effleurage
- Triceps brachii deep effleurage
- Upper trapezius, supraspinatus, and levator scapula deep effleurage
- Rhomboids deep effleurage
- Erector spinae group deep effleurage
- Quadratus lumborum deep effleurage



Posterior Lower Body

Swedish

BMTs

- Prone leg rocking compressions
- Gluteal & hamstring compressions with knee and hip mobilizations
- Ankle mobilization with gastrocnemius compressions
- Ankle & knee mobilization with plantar compression

Stretches

- Quadriceps femoris

Deep Tissue

- Latissimus dorsi, erector spinae, and gluteal broad cross fiber
- Gluteus maximus deep effleurage
- Hamstring deep effleurage
- Hamstring deep transverse friction and melting
- Gastrocnemius and soleus deep effleurage
- Gastrocnemius and soleus stripping



Anterior Lower Body

Swedish

BMTs

- Prone leg rocking compressions
- Gluteal & hamstring compressions with knee and hip mobilizations
- Ankle mobilization with gastrocnemius compressions
- Ankle & knee mobilization with plantar compressions

Stretches

- Gluteals
- Low back
- Adductors
- Gastrocnemius/soleus
- Tibialis anterior

Deep Tissue

- TFL BMT fiber spreading
- Sartorius and vastus medialis deep effleurage
- Rectus femoris, vastus lateralis, and IT tract deep effleurage
- Gluteus medius, gluteus minimus, and TFL stripping
- Distal quadriceps and quadriceps tendon petrissage
- Distal quadriceps and quadriceps tendon thumb wringing/fiber spreading
- Tibialis anterior and extensors of the ankle and toes deep longitudinal stripping



Anterior Upper Body

Swedish

BMTs

- Unilateral ribcage compression and mobilization
- Bilateral upper ribcage compressions
- Shoulder mobilization with pectoral compressions
- Wrist, elbow & shoulder mobilization
- Supine deep lateral friction & release on the rhomboids
- Head & neck rotation with posterior cervical compressions & release

Stretches

- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral rotation
- Neck rotation

Deep Tissue

- Pectoralis major compressive effleurage
- Pectoralis major superficial and deep friction
- Anterior deltoid, biceps brachii, brachialis, and brachioradialis BMT fiber spreading
- Forearm flexors and extensors superficial and deep friction
- Forearm flexors and extensors stripping with traction
- Thenar and hypothenar eminences cross fiber friction



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