



66b Integration Massage: Side-lying and Pregnancy Massage Review



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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 ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

Quizzes and Exams:

- 68a Kinesiology Quiz – **all muscles learned so far!**
- 70a exam – see syllabus for material covered.

Preparation for upcoming classes:

- 67a Pathology: Urinary System
Packet E: 171-172; RQ – Packet A-206
- 67b Kinesiology: AOIs – Muscle Review



Classroom Rules

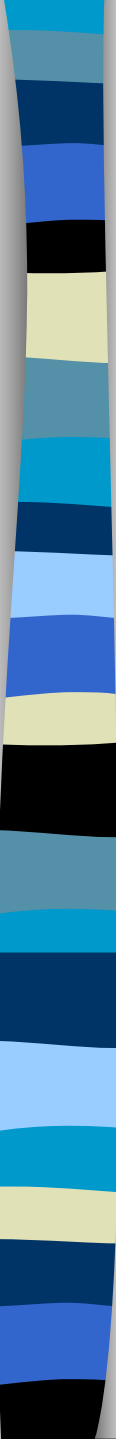
Punctuality - everybody's time is precious

- 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.



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