



10b Swedish:

Technique Review and Practice

Posterior Upper and Lower Body



10b Swedish: Technique Review and Practice - Posterior Upper and Lower Body 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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Technique Review and Practice - Posterior Upper and Lower Body Class Reminders

In Class:

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

Assignments:

- 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 14a Kinesiology Quiz
 - Tibialis anterior, fibularis longus and brevis, quads, rectus abdominis, and pec. major
- 17a Quiz
- 18a Kinesiology Quiz
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 11a H&H: Infection Control
 - Salvo: Pages 180-191
 - Packet H: 15-20
 - Packet A-134
- 11b Swedish: Technique Demo and Practice - Posterior and Anterior Foot
 - Packet F: 37-38



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.

Classroom Rules

Cell Phones – Turn it off!

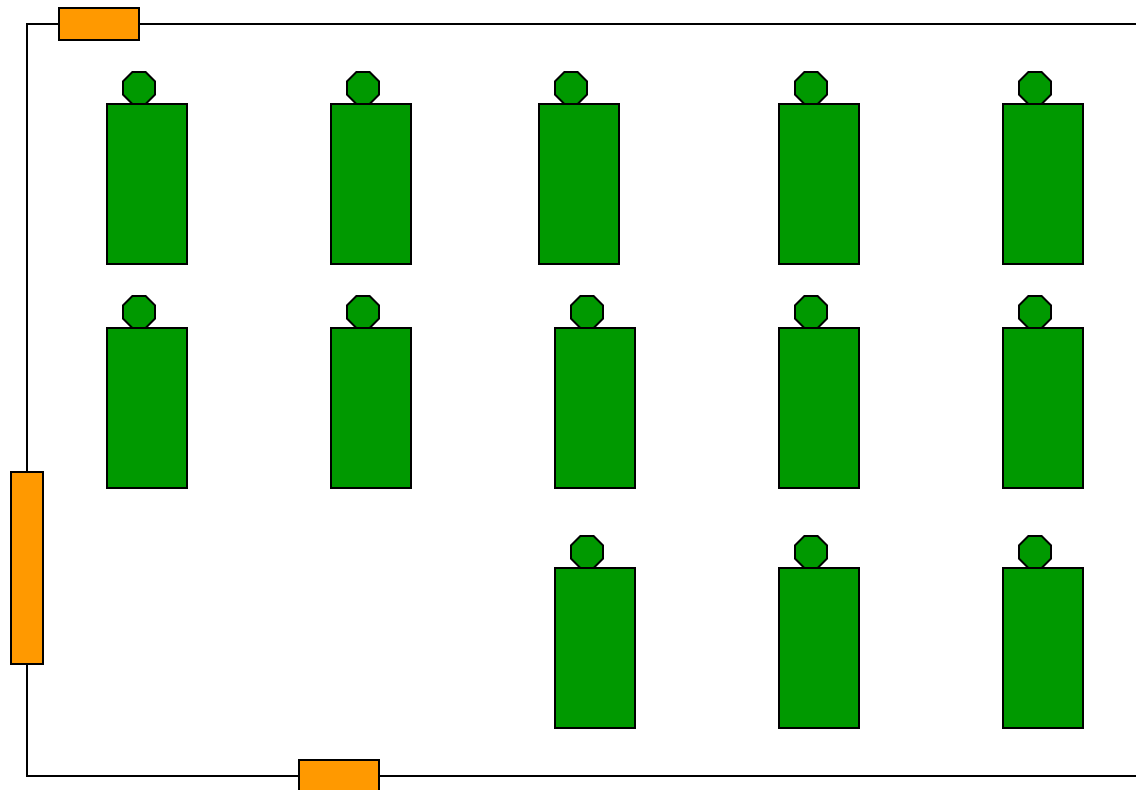


And put it away!


First half of the massage trade

Table setup

- Set up the tables in the configuration below
- Get out your supplies and dress your table
- Adjust the table height
- Put all your stuff in the “basement”



Posterior Upper Body


- 
- Resting stroke
 - Uncover the back
 - Full back effleurage
 - Pulling and wringing (first one side, then the other)



Posterior Upper Body - First Arm

- Circular effleurage around the scapula
- Position and effleurage the arm
- Knead back of the neck, upper traps, deltoids, and triceps
- Reposition the arm
- Squeeze and pull down the arm
- Deep effleurage erectors

Posterior Upper Body - First Arm


- 
- Deep transverse/cross fiber circular friction to the rhomboids
 - Stripping the upper traps
 - Circular effleurage around the scapula
 - Full back effleurage




Posterior Upper Body – Second Arm

- Circular effleurage around the scapula
- Position and effleurage the arm
- Knead back of the neck, upper traps, deltoids, and triceps
- Reposition the arm
- Squeeze and pull down the arm
- Deep effleurage erectors

Posterior Upper Body – Second Arm

- 
- Deep transverse/cross fiber circular friction to the rhomboids
 - Strip the upper traps
 - Circular effleurage around the scapula
 - Full back effleurage

Posterior Upper Body

- 
- Thumb circles on the erectors and sacrum
 - Unilateral thumb circles down the erectors
 - Figure eight on the sacrum
 - Alternating effleurage of the back
 - Full back effleurage
 - Back tapotement
 - Full back effleurage
 - Nerve strokes down the back
 - Drape the back
 - Resting stroke



Posterior Lower Body – First Leg

- Uncover the lower extremity
- Effleurage the lower extremity
- Circular effleurage of the gluteals
- Note: if the gluteals are covered, only do the loose fist compression
- Kneading the gluteals
- Loose fist compressions to the gluteals
- Circular effleurage of the gluteals

Posterior Lower Body – First Leg



■ Posterior thigh:

- Effleurage

- Fulling

- Wringing

- Kneading

- Effleurage



Posterior Lower Body – First Leg

- Circular thumb effleurage to the popliteal area
- Triceps surae (gastrocnemius and soleus):
 - Effleurage
 - Fulling
 - Wringing
 - Kneading
 - Effleurage
- Squeeze the foot - *review the following from Class 11b, as time allows:*
 - Apply circular thumb friction from calcaneus to toes in 5 lines
 - Pinch the heel

Posterior Lower Body – First Leg

■ Lower extremity:

- Effleurage

- Tapotement

- Effleurage

- Nerve strokes

- Cover





Posterior Lower Body – Second Leg

- Uncover the lower extremity
- Effleurage the lower extremity
- Circular effleurage of the gluteals
 - Note: if the gluteals are covered, only do the loose fist compression
- Kneading the gluteals
- Loose fist compressions to the gluteals
- Circular effleurage of the gluteals

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-
- A vertical bar chart with a white background. The bar is composed of numerous horizontal segments of varying widths, each representing a different color. The colors include black, dark red, magenta, orange, yellow, green, brown, and light blue. The segments are arranged in a way that creates a textured, layered appearance, with some colors appearing more frequently than others.




Posterior Lower Body – Second Leg

- Circular thumb effleurage to the popliteal area
- Triceps surae (gastrocnemius and soleus):
 - Effleurage
 - Fulling
 - Wringing
 - Kneading
 - Effleurage
- Squeeze the foot - *review the following from Class 11b, as time allows:*
 - Apply circular thumb friction from calcaneus to toes in 5 lines
 - Pinch the heel

Posterior Lower Body – Second Leg

■ Lower extremity:

- Effleurage
- Tapotement
- Effleurage
- Nerve strokes
- Drape (cover)

- 
- Thank your partner
 - Getting dressed
 - Dressing the table
 - Break time!



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