



# 11b Swedish:

## Technique Demo and Practice

### Posterior and Anterior Foot



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### 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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### Class Reminders

#### **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 (100 questions in 80 minutes)

#### **Assignments:**

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

#### **Preparation for upcoming classes:**

- 12a Kinesiology: Muscle Names and Locations - Anterior
  - Trail Guide: quadriceps femoris group
  - Trail Guide: Pages 35-36, 61-62, 296-297, and 366-367
- 12b Swedish: Technique Demo and Practice - Anterior Lower Body and Abs
  - Packet F: 39-44



# 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:**

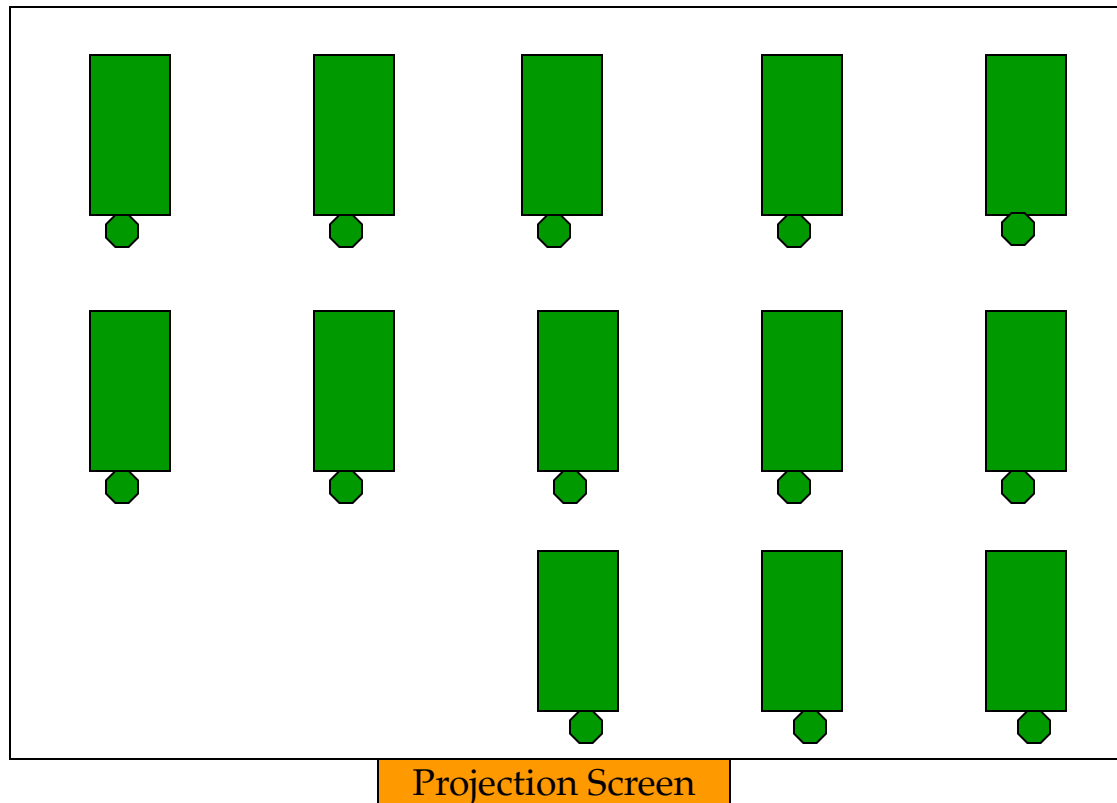
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*

# 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 and get 1 chair per table
- Put all your stuff in the “basement”





The following is a sequence of foot techniques for both supine and prone positions.

Practice all of these movements diligently and apply them within your treatment as you see fit.

Be sure to cover the entire foot and ankle thoroughly and respond sensitively to the particular tension patterns of the foot.



## Prone Position – review, as needed:

- Squeeze the foot
- Apply circular thumb friction from calcaneus to toes in 5 lines
- Pinch the heel
- Conclude with tapotement, effleurage, nerve strokes of hip, leg, and foot



## Supine Position

- Apply palmar effleurage to dorsum of ankle while holding foot
- Do bilateral superficial fingertip friction around malleoli
- Supporting lateral side, apply fingertip friction along medial side of Achilles tendon
- Supporting medial side, apply fingertip friction along lateral side of Achilles tendon



## Supine Position, continued

- Apply thumb friction across the retinacula
- With finger pad support on bottom of foot, full dorsum of foot
- With thumbs on top, squeeze foot
- With thumbs on bottom, wring from heel to toes and back - don't crush metatarsals



## Supine Position, continued

- For each metatarsal and toe:
  - With thumbs together, thumb strip between metatarsals from toes to ankle
  - Mobilize by scissoring metatarsals
  - Hygiene permitting, slide index finger or side of a thumb in between toe (from top down or bottom up)
  - Petrissage from metatarsal head to tip of toe (emphasis where toe meets metatarsal)
  - Rotate, flex, hyperextend and traction each toe



## Supine Position, continued

- Apply thumb compressions to the arches of the feet
- Repeat wringing of the foot
- Apply two-handed vibration to foot at ball and ankle
- Apply tapotement to the foot



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