12b Swedish:

Technique Demo and Practice Anterior Lower Body and Abs

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Technique Demo and Practice - Anterior Lower Body and Abs 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

12b Swedish:

Technique Demo and Practice - Anterior Lower Body and Abs 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:

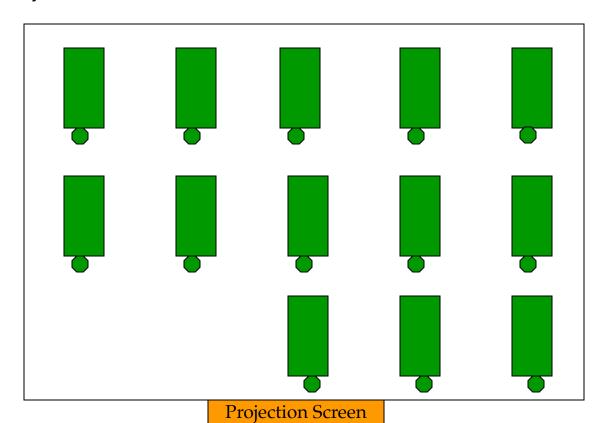
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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"



Anterior Lower Body

- Whole leg effleurage
- Anterior thigh

Effleurage

Fulling

Wringing

Kneading

Effleurage

Gently full around the patella

Lower leg

Effleurage

Fulling

Thumb circles

Tibialis anterior

Fibularis longus and fibularis brevis

Thumb compressions

Tibialis anterior

Fibularis longus and fibularis brevis

Effleurage

- 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

- 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

- 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

- 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

Whole leg

Effleurage

Tapotement

Effleurage

Nerve strokes

For today, we will work one leg, the abs, and then address the second leg if there is time. It might be more common to work both legs before moving to the upper body.

6. Uncover/drape the chest and upper body to have access to the abdomen

7. Abs

Use soft hands or words initiate abdominal contact

Hand-following-hand circular effleurage clockwise around the abdomen

Pulling up the sides of the abdomen

Thumb effleurage along the costal border toward floating ribs

Effleurage up abdomen to the xiphoid process

Hands part and glide laterally down to where the abs meet the table

Glide down the lateral abdomen to the waist

Glide around to the posterior low back, fingers toward the spine

Gently pull up and around to the front of the abs

REPEAT all of the above abdominal work on the other side

Hand-following-hand circular effleurage clockwise around the abdomen

- 8. Drape the abdomen and then remove the breast drape
- 9. Deep circular friction or melting up the sternum and out under the clavicle

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