15b Swedish:

Technique Demo and Practice - Chest and Arms

15b Swedish: Technique Demo and Practice - Chest and Arms 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

15b Swedish: Technique Demo and Practice - Chest and Arms Class Reminders

Assignments:

■ 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 17a Quiz
- 18a Kinesiology Quiz (biceps brachii, coracobrachialis, sternocleidomastoid, levator scapula, scalenes, frontalis, occipitalis, temporalis, masseter)
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 16a A&P: Skeletal System Synovial Joints
 - Trail Guide: scalenes
 - Salvo: Pages 418-427
 - Packet E: 21-24
 - RQ Packet A-138
- 16b Swedish: Technique Demo and Practice Neck, Face, and Scalp
 - Packet F: 51-54

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

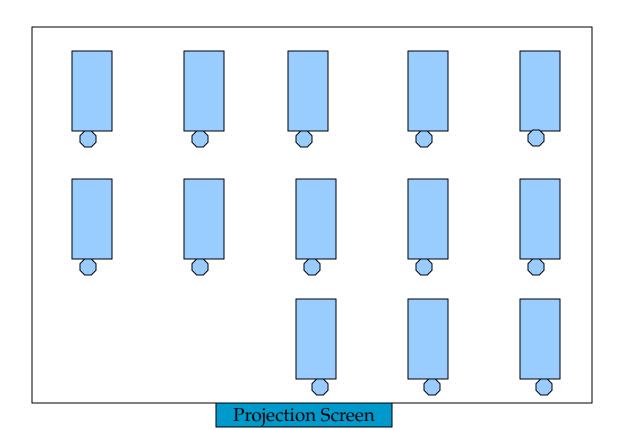
The following are not allowed:

- 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
Put all your stuff in the "basement"



Chest and Arms

- Resting stroke to the shoulders
- Upper chest effleurage

Facing down table, bilaterally, use circular friction / melting to gently contact the origins of pectoralis major and move superiorly along the lateral edges of the sternum and laterally, just inferior to the clavicles

Using fingertips / palms circle around deltoids, up traps to occiput

- Loose fist ironing to upper trapezius from acromion process to mastoid, return
- Loose fist transverse friction of the upper trapezius (acromion process to mastoid process)

Move to client's side, facing up the table undrape the arm

Whole arm effleurage

 Upper posterior arm: olecranon to inferior angle of scapula (triceps, posterior deltoid, and lats)

Bring arm over head, elbow pointing to ceiling; facing down table, support forearm with inside hand

Effleurage (Olecranon to scapula and back)

Kneading (Triceps, posterior deltoid, and lats)

Bring arm back to table at 90 degrees

 Upper anterior arm: crease of the elbow to sternum (biceps, coracobrachialis, anterior deltoid, and pectoralis major)

Effleurage

Kneading

- Traction and circumduction of the arm
- Whole arm effleurage

Forearm (support wrist and hand with 1 hand work with the other)

Whole forearm effleurage

Petrissage the forearm

Strip from wrist to elbow

Wrist and Hands

Thumb circles over wrist and dorsum of the hand

Full dorsum of hand

Thumb stripping distally between the metacarpals

Scissor the metacarpals

Thumb circles on the palm of the hand

Squeeze out each finger; also twist and pull gently (circumduct and traction)

Whole arm

Effleurage

Tapotement (follow muscle fiber orientation)

Effleurage

Nerve strokes

Repeat on the other arm

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