18b Swedish: Technique Review and Practice -Chest, Arms, Neck, Face, and Scalp

# 18b Swedish:

Technique Review and Practice -Chest, Arms, Neck, Face, and Scalp 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

# 18b Swedish:

# Technique Review and Practice -Chest, Arms, Neck, Face, and Scalp Class Reminders

#### In Class:

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

#### **Quizzes and Exams:**

- 19a Quiz (study all material from classes 13a, 15a, 16a, 17a, and 18a)
- 21a Exam
  (1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 15a, 16a, 17a, 17b, and 18a)

#### **Assignments:**

30a Review Questions (A: 141-158) Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and dates on intake form.

#### Preparation for upcoming classes:

- 19a Quiz
- 19b Swedish: Guided Full Body
- 21b CPR/ First Aid: This class cannot cannot be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & first aid certificate.

# 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

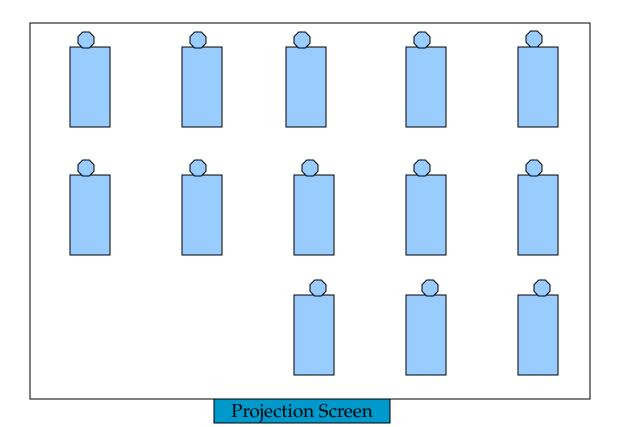
## The following are not allowed:

- 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.

# Setting up for the massage trade

Set up the tables in the configuration below Get out your supplies and dress your table Adjust the table height and get a chair 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

#### Chest and Arms (continued)

 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

## Chest and Arms, continued

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)

# Chest and Arms, continued

Whole arm

Effleurage

Tapotement (follow muscle fiber orientation)

Effleurage

Nerve strokes

Repeat on the other arm

#### **Chest and Arms**

Upper chest effleurage

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Upper chest effleurage

## Neck (while cradling the head in one hand)

Large triangle effleurage

Inferiorly down SCM

Laterally out pectoralis major

Around deltoid

Superiorly up trapezius along back of the neck to the occiput

Small triangle effleurage

Inferiorly down SCM

Laterally out just above the clavicle

Superiorly up the anterior edge of the trapezius

## Neck (while cradling the head in one hand), continued

- Circular superficial friction using finger pads in the small triangle
- Circular superficial friction using finger pads up posterior neck

Repeat on the other side

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Inferiorly down SCM

Laterally out pectoralis major

Around deltoid

Superiorly up trapezius along back of the neck to the occiput

Small triangle effleurage

Inferiorly down SCM

Laterally out just above the clavicle

Superiorly up the anterior edge of the trapezius

## Neck (while cradling the head in one hand), continued

Circular superficial friction using finger pads in the small triangle

Circular superficial friction using finger pads up posterior neck

Neck (with head in neutral, not cradling it)

Bilateral superficial friction using finger pads up posterior neck

## Face

- Clean your hands with hand sanitizer
- Use facial toner and cotton pads to clean your client's face

#### **Face**

- Effleurage face to apply facial lotion
- Alternating fingertips up the forehead between the eyebrows
- Thumb fulling the forehead laterally
- Deep circular friction at the temples using finger pads
- Fingertip effleurage around the orbits
   (down side of nose, out the zygomatic, up over the temples,
   over the eye brows)
- Deep circular friction at the temples using finger pads
- Deep circular friction down masseter and along mandible to the chin
- Alternating thumb effleurage on the chin
- Pull out from the middle under the mandible

#### **Ears**

- Superficial friction in front of and behind the ears using finger pads
- Knead the ear cartilage and lobes
- Circumduct the ears

## Scalp (with head cradled in one hand)

- Superficial circular friction using finger pads on the scalp
- Deep circular friction using finger pads on the scalp

## Repeat on the other side

## Scalp (with head in neutral position)

- Superficial friction in zigzag pattern across the top of the head
- Resting stroke

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