



28b Integration Massage: Swedish and Hydrotherapy



28b Integration Massage: Swedish and Hydrotherapy 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

In Class:

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

Quizzes:

- 30a Kinesiology Quiz
 - Supraspinatus, infraspinatus, teres minor, subscapularis, pec minor, & serratus anterior
- 31a Quiz (18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b)

Assignments:

- 30a Review Questions
 - Packet A: 149-163

Preparation for upcoming classes:

- 29a Pathology: Integumentary System
 - Packet E: 59-64
- 29b Kinesiology: AOIs of glenohumeral and scapulothoracic joint muscles
- 33b Chair Massage: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



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.



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- Partners assigned in Class 27b for opportunity to prepare
- Receiver chooses 3 treatments from classes 25b, 26b, and 27b:
 - Dry Brushing
 - Cold Water Wash
 - Hand and Foot Treatment
 - Hot Towel Treatment
 - Ice Cup Treatment



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- **Incorporate hydrotherapy into your session**
 - Hot pack for tension (hypertonicity) and lack of flexibility and range of motion
 - Cold/ice pack for discomfort, pain, inflammation, or lack blood flow (ischemia)
 - Dry brushing for circulation or exfoliation
 - Sugar, salt, or coffee scrub for exfoliation
 - Aromatherapy
 - Etc.



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- **Perform a full interview with SOAP notes**
 - Clip boards, pens, intake forms, and SOAP notes are provided by TLC
 - Subjective
 - Client goals, expectations, and preferences
 - Client functional limitations, physician's diagnosis or clearance for massage
 - Objective
 - Posture, movement, and palpation of client during interview
 - Details of treatment on the areas of focus (muscle, stroke, minutes)
 - Assessment
 - Scale of 0-10, have the client assess their discomfort/pain/immobility
 - Record in the interview and after the session for comparison
 - Plan
 - Client education, self care, future session ideas, referrals
 - Personal Reflection
 - Meaningful insights made by the therapist about the therapist



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- **Do not follow the routine exactly**
 - Maybe start supine instead of prone
 - Don't do all of the strokes on every body part
 - Just do the strokes that will achieve your client's goals for the session
 - Do not use any techniques that we have not taught you in class



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