Technique Demo and Practice - Posterior Upper Body

Technique Demo and Practice - Posterior Upper Body Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

30 minutes Demo of Posterior Upper Body Swedish

15 minutes 15-minute break

60 minutes 1st massage

15 minutes 15-minute break

60 minutes 2nd massage

10 minutes Closing circle

3 hours, 15 minutes Total

Technique Demo and Practice - Posterior Upper Body Reminders

Assignments:

7a Review Questions (A: 119-130)

Quizzes:

- 6a Kinesiology Quiz (A: 73 and 75-80)
 - 20 multiple-choice questions in 20 minutes
 - Study terms on page A-51 and
 - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors

Preparation for upcoming classes:

- 5a A&P: Introduction to the Human Body Cells
 - Trail Guide: erector spinae group
 - Salvo: Pages 384-391
 - Packet E: 1-6
 - Packet A-128
- 5b Kinesiology: AOIs Posterior Upper Body
 - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors

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

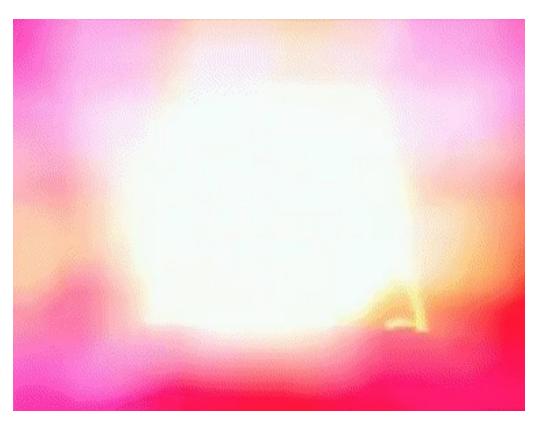
The following are not allowed:

- 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.

Classroom Rules

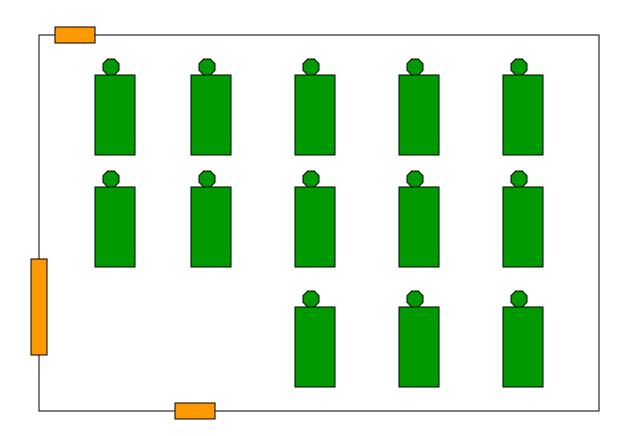
Cell Phones – Turn it off!



And put it away!

On Campus Massage Table Setup

- Get a partner
- Set up the tables in the configuration below
- Dress the tables and adjust the table height if necessary
- Put all your stuff in the "basement"



Back Draping

Begin with the drape fully covering the shoulders.

Fold the sheet over the blanket 8 to 12 inches.

To uncover the back, move the blanket down to the top of the hips first, then move the sheet to the place where the gluteal cleavage begins.

Place the hands on top of the drape.







Resting stroke

Establish contact at the sacrum and occiput, and relax

Uncover the back

- Draw down the sheet and blanket to the level of the gluteal cleavage
- Slide the hands out

Full back effleurage

- Apply oil, warm, and soften 3-6 times
- From the head of the table
- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Pulling and wringing

- Transition using an effleurage
- Horse stance at the low back
- Pull using alternating hands up the opposite side including the shoulder girdle
- Effleurage transition back down to the low back
- Wring up again along the same path
- Transition back up to the head of the table using effleurage return stroke

Repeat pulling and wringing on the other side

- Move to alongside the shoulder facing up the table
- Outside hand supports the anterior, distal humerus
- Inside hand effleurages up the medial border of the scapula
- Laterally across the top or middle of the scapula
- Down the posterior axilla to the inferior angle

Position and effleurage the arm

- Supporting the elbow and wrist, move the arm to hang of the side of the table
- Effleurage the arm to apply lubricant

Knead upper traps and triceps

- Stand at the head of the table
- LIFT-SQUEEZE-RELEASE the traps from occiput to acromion to elbow

Reposition and full the arm

- Supporting the elbow and wrist, move the arm to alongside the body
- Facing up the table, squeeze down the arm and press into the hand
- Full the arm distally
- Rest the back of your inside hand against the hip/lower torso to transition

Deep effleurage erectors

- Change to horse stance facing the midback
- With inside/down-table hand against the hip, move the outside/up-table hand to the lamina groove with the fingers facing inferiorly; move the inside/down-table hand from the hip and place it on top of the other hand with fingers facing superiorly
- Effleurage up the erectors from the low back
- Pass over the shoulder and brush down the arm
- Press into the hand; to repeat, place the top hand against the hip move the bottom hand to the erectors, move the hand from the hip on top of the other hand

Deep transverse/cross-fiber circular friction to the rhomboids

- Stand in a lunge at the head of the table facing down the table
- Adjust position to be facing the head at a 45 degree angle
- Two thumbs/fingertips supporting each other provide deep transverse/circular friction to the rhomboids on the opposite side

Stripping the upper trapezius

 One thumb/loose fist/supported fingers strip the upper traps on the opposite side

- In a lunge at the head of the table, facing down the table
- Lateral hand stacked on top of the medial hand
- Effleurage down the medial border of the scapula
- Go laterally across the inferior angle of the scapula
- Come up the posterior axilla (armpit)
- Go across the top of the scapula

Full back effleurage

From the head of the table

- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Repeat on the other side starting with . . .

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Thumb circles on the erectors and sacrum

- Standing in a lunge at the head of the table, facing toward the feet
- Thumbs alternate circling down the erectors bilaterally
- Thoroughly cover the sacrum with thumb circles
- Return up to the neck using a raking, rocking return stroke

Unilateral thumb circles down the erectors

Same as above just performed unilaterally

Figure eight on the sacrum

- Stand at the level of the sacrum facing across the table in a lunge
- Stack one hand on top of the other
- Lunge forward gliding beginning a figure eight pattern
- Return to your starting stance continuing the figure eight

Alternating effleurage of the back

- Stand at the head of the table facing toward the feet
- As one hand effleurages down its side of the back while the other hand effleurages up its side of the back
- Continue to alternate the directions of the gliding hands
- Adjust your stance with each change of direction to accommodate the hand traveling down the back

Full back effleurage

- From the head of the table
- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Back tapotement

- Stand at the hips facing across the table in a horse stance
- Begin loose-fist pounding tapotement on the gluteals unilaterally
- Turn your body to face down the table as you transition to ulnar hacking
- Begin backing up toward the head as you continue up the erectors unilaterally
- For now, always tapote parallel to the erector fibers
- As you tapote the shoulders, avoid striking the superficial bony landmarks
- Turn around to face up toward the head and begin backing down the table
- Ulnar hacking down the arm, avoiding the superficial bony landmarks
- Brush out the hand and give it a squeeze and repeat on the other side

Full back effleurage

Nerve strokes on the back

- Standing by the hips facing up toward the head
- Briskly and with moderate pressure, finger-trace down the back and arms

Cover the back

- Slide the hands under the drape without exposing the lower body
- Draw the sheet and blanket up to and over the shoulders

Resting stroke

Establish contact at the sacrum and occiput, and relax

Thank your partner

Getting dressed

- Hand the clothes to the receiver
- Hold the blanket and top sheet up over the face and chest to allow them to get dressed more easily
- But be sure to keep the covered to provide privacy

Dressing the table

- Switch out the sheets
- Adjust the table height

Break time!

Be back by the time indicated on the board

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