19b Swedish: Guided Full Body

### 19b Swedish: Guided Full Body 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

### 19b Swedish: Guided Full Body Class Reminders

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

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:**

- 24a Hydro Review Questions (A: 145-148)
- 30a Review Questions (A: 141-158)

#### **Preparation for upcoming classes:**

- 20a Treatment Planning: Intake, Assessment, and Documentation
  - Salvo: Chapter 10
  - Packet F: 57-62
  - RQ Packet A: 142-143
- 20b Swedish: Full Body Demo and Interviewing Practice
  - Intake/SOAP Note Forms and Grading Sheet handed out in class
  - A-93-94; Packet F-57 (digital) for reference
- 21b CPR/ First Aid: This class cannot be made up in the make-up room. Students should contact the student administrator to schedule a sit-in. To be exempt, bring a copy of your CPR and 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

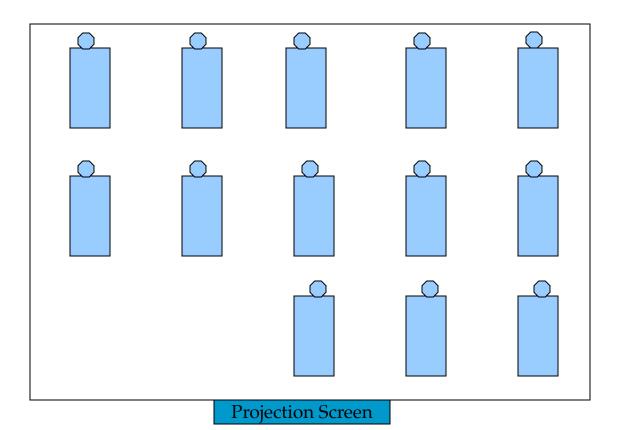
#### The following are not allowed:

- 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"



# Full Body Guided Swedish

## Posterior Upper Body

- Resting stroke
- Uuncover the back
- Full back effleurage
- Pulling and wringing (first one side, then the other)

### Posterior Upper Body - First Arm

- Circular effleurage around the scapula
- Position and effleurage the arm
- Knead back of the neck, upper traps, deltoids, and triceps
- Reposition the arm
- Squeeze and full down the arm
- Deep effleurage erectors

### Posterior Upper Body - First Arm

- Deep transverse/cross fiber circular friction to the rhomboids
- Stripping the upper traps
- Circular effleurage around the scapula
- Full back effleurage

### Posterior Upper Body – Second Arm

- Circular effleurage around the scapula
- Position and effleurage the arm
- Knead back of the neck, upper traps, deltoids, and triceps
- Reposition the arm
- Squeeze and full down the arm
- Deep effleurage erectors

## Posterior Upper Body – Second Arm

- Deep transverse/cross fiber circular friction to the rhomboids
- Strip the upper traps
- Circular effleurage around the scapula
- Full back effleurage

### Posterior Upper Body

- Thumb circles on the erectors and sacrum
- Unilateral thumb circles down the erectors
- Figure eight on the sacrum
- Alternating effleurage of the back
- Full back effleurage
- Back tapotement
- Full back effleurage
- Nerve strokes down the back
- Drape the back
- Resting stroke

- Uncover the lower extremity
- Effleurage the lower extremity
- Circular effleurage of the gluteals

Note: if the gluteals are covered, only do the

loose fist compression

- Kneading the gluteals
- Loose fist compressions to the gluteals
- Circular effleurage of the gluteals

- Posterior thigh:
  - Effleurage
  - Fulling
  - Wringing
  - Kneading
  - Effleurage

- Circular thumb effleurage to the popliteal area
- Triceps surae (gastrocnemius and soleus):
  - Effleurage
  - Fulling
  - Wringing
  - Kneading
  - Effleurage
- Squeeze the foot
  - Apply circular thumb friction from calcaneus to toes in 5 lines
  - Pinch the heel

- Lower extremity:
  - Effleurage
  - Tapotement
  - Effleurage
  - Nerve strokes
  - Cover

- Uncover the lower extremity
- Effleurage the lower extremity
- Circular effleurage of the gluteals
  Note: if the gluteals are covered, only do the loose fist compression
- Kneading the gluteals
- Loose fist compressions to the gluteals
- Circular effleurage of the gluteals

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  - Effleurage
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- Lower extremity:
  - Effleurage
  - Tapotement
  - Effleurage
  - Nerve strokes
  - Drape (cover)

- Full leg effleurage
- Thigh

Effleurage

Full

Wring

Knead

Effleurage

Full gently around the patella

Lower leg

Effleurage

Full

Tibialis anterior and fibularis longus/brevis

Thumb circles

Thumb tip compressions

Lower leg effleurage

- Palmar effleurage to dorsum of ankle while holding foot
- Fingertip friction around malleoli
- Fingertip friction the medial and lateral side of Achilles tendon
- Thumb friction across the retinacula
- Full dorsum of foot
- Squeeze the foot
- Wring from heel to toes and back

- For each metatarsal and its toe:
  - Strip between metatarsals from toes to ankle
  - Mobilize by scissoring metatarsals
  - Slide index finger or side of a thumb in between toes
  - Petrissage toes
  - Rotate, flex, hyperextend, and traction each toe
- Thumb compressions to the arches of the feet
- Foot wringing
- Two-handed vibration at ball and ankle

- Full leg effleurage
- Tapotement to IT band, quadriceps, lower leg, top of foot
- Full leg effleurage
- Nerve strokes down the leg to finish
- Cover the leg

Repeat steps on other leg

Full leg effleurage

Thigh

Effleurage

Full

Wring

Knead

Effleurage

Full gently around the patella

Lower leg

Effleurage

Full

Tibialis anterior and fibularis longus/brevis

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- Nerve strokes down the leg to finish
- Cover the leg

### Supine Position, continued

- With appropriate draping, expose the abdomen
- Engage your client with soft hands or words to prepare them for initial abdominal contact
- Abs:
  - Circular effleurage
  - Pulling
  - Thumb slide along the costal border
  - Repeat steps on the other side

#### Supine Position, continued

- Effleurage up abdomen to sternum (on rectus abdominis), out and around to sides, sweep down the sides to the waist, dip under to iliac crest and pull up, following the iliac crest back to the starting point.
- Circular effleurage abs
- Cover torso and remove breast drape if applicable

#### **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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# Chest and Arms, continued

Whole arm

Effleurage

Tapotement (follow muscle fiber orientation)

Effleurage

Nerve strokes

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

## 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

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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