



22b Swedish: Touch Assessment

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Class Outline

<u>Minutes</u>	<u>Activity</u>
10	Transition
10	Break Announce the return time / write it on the board.
5	Attendance and Reminders
5	Explanation of Touch Assessments <ul style="list-style-type: none">• Hands-on massage of the assigned body area.• Last 5 minutes is used for feedback.
20	1st Session: Posterior Upper Body (bilateral)
20	2nd Session: Posterior Lower Body (unilateral)
20	3rd Session: Posterior Lower Body (unilateral)
15	Break Announce return time and write it on the board.
20	4th Session: Anterior Lower Body (unilateral)
20	5th Session: Anterior Lower Body (unilateral)
20	6th Session: Abs (bilateral) and Chest / Arm (unilateral)
20	7th Session: Chest and Arm (unilateral) and Neck, Face, and Scalp (all bilateral)
10.	Break down and Clean up
15	Discussion
3h 30m	Total Class Time



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Class Reminders

Assignments:

- Hydrotherapy Supplies for classes 25b, 26b, 27b, and 28b
 - Packet G-1
- 24a Hydro Review Questions (A: 145-148)
- 30a Review Questions (Packet A: 141-158)

Exams:

- 22b Swedish Touch Assessment **NOW!!!**
 - Packet A: 81-84

Preparation for upcoming classes:

- 23a Pathology: Medications
 - Packet E: 27-36
 - Packet A-150
- 23b Swedish: Practical Exam
- 24a A&P: Muscular System - Organization of Skeletal Muscle
 - Trail Guide: infraspinatus and teres minor
 - Packet E: 37-40
 - RQ Packet A-151
- 24b Hydrotherapy: Theory and Technique Demo
 - Packet G: 1-14
 - RQ Packet A-152
 - Packet A: 91-94



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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