

# Full Body Swedish Massage Protocol

*These are the steps you will complete for the  
Class 23b Swedish Practical*

## **Prone Position – Posterior Upper**

1. Resting Stroke
2. Uncover the back
3. Back Effleurage
4. Transition to the low back; pull and wring

**Repeat steps 3-4 on the other side**

5. Circular effleurage to the scapula
6. Move arm to hang over the edge (elbow at 90°) and apply lubricant to the arm.
7. Knead back of neck, upper trapezius, deltoids, and triceps
8. Return arm to table; full down the arm and squeeze the hand
9. Deep effleurage of erectors: up low back, over shoulder, and down arm and hand
10. Deep cross-fiber / transverse circular friction to the rhomboids
11. Strip out upper trapezius
12. Circular effleurage to the scapula
13. Full back effleurage

**Repeat steps 5-13 on the other side**

14. Bilateral, alternating thumb circles down erectors to the sacrum
15. Thumb circles on the sacrum
16. Return up to the neck with a rocking, raking motion.
17. Unilateral thumb circles down the erectors
18. Figure eight stroke over lumbar area, sacrum, and upper gluteals
19. Alternating effleurage to both sides of the back
20. Full back effleurage
21. Tapotement to back, arms, and hands
22. Full back effleurage
23. Nerve strokes down the back, arms and hands
24. Cover the back

## **Prone Position – Posterior Lower**

25. Uncover one leg
26. Effleurage the whole leg
27. Gluteals; circular effleurage; knead; loose fist compressions; circular effleurage
28. Posterior thigh: effleurage, full, wring, knead, effleurage
29. Circular thumb effleurage behind knee to the popliteal area
30. Calf – Triceps Surae (gastroc and soleus): effleurage, full, wring, knead, effleurage
31. Squeeze the foot
32. Circular thumb friction from calcaneus to toes in 5 lines
33. Pinch the heel
34. Full leg effleurage
35. Tapotement: hip, thigh, calf, and foot - parallel to muscle fibers where possible
36. Full leg effleurage
37. Nerve strokes down the leg to finish
38. Cover the leg

**Repeat steps 25-38 on the other leg**

## Full Body Swedish Massage Protocol (continued)

39. Remove the bolster from beneath the ankles (if present)
40. Help the client turn over to lie supine.
41. Place the bolster under the knees (if used)

### **Supine Position – Anterior Lower**

42. Uncover one leg
43. Effleurage the full leg
44. Thigh: effleurage, full, wring, knead, effleurage
45. Full gently around the patella
46. Lower leg: effleurage and full
47. Tibialis anterior and fibularis longus/brevis: thumb circles, and thumb tip compressions
48. Lower leg effleurage
49. Palmar effleurage to dorsum of ankle while holding foot
50. Fingertip friction around malleoli
51. Fingertip friction along medial and lateral sides of Achilles tendon
52. Thumb friction across the retinacula
53. Full dorsum of foot
54. Squeeze foot
55. Wring from heel to toes and back
56. 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
57. Thumb compressions to the arches of the foot
58. Foot wringing
59. Two-handed vibration to foot at ball and ankle
60. Full leg effleurage
61. Tapotement to IT band, quadriceps, lower leg, top of foot
62. Full leg effleurage
63. Nerve strokes down the leg to finish
64. Cover the leg

**Repeat steps 39-61 on other leg**

# **Full Body Swedish Massage Protocol (continued)**

## **Supine Position – Abs**

65. With appropriate draping, expose abdomen. All clients must be draped with a chest drape for the practical.
66. Engage your client with soft hands or words to prepare them for initial abdominal contact: *“Take a deep breath until you feel your belly touch my hands.”*
67. Abs: circular effleurage, pulling, and thumb slide along costal border.
68. Repeat step 64 on the other side
69. Effleurage up the 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
70. Circular effleurage abs
71. Cover torso

## **Supine Position – Chest and Arms**

72. Resting stroke to the shoulders
73. Upper chest effleurage - 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 and palms, circle around the deltoid, upper traps to the occiput

### ***Working unilaterally:***

74. Loose fist cross-fiber friction to the upper trapezius
75. Loose fist ironing to upper trapezius from acromion process to mastoid, return
76. Whole arm effleurage; move to head of table with client's arm
77. Effleurage upper posterior arm deltoids, triceps, and latissimus dorsi
78. Knead deltoids, triceps, and latissimus dorsi
79. Effleurage upper anterior arm biceps, corobrachialis, anterior deltoid, and pecs from the crease of the elbow to the sternum
80. Knead the anterior upper arm biceps, corobrachialis, anterior deltoid
81. Range of motion and traction arm toward ceiling, then circumduct the arm
82. Whole arm effleurage
83. Effleurage the forearm
84. Petrissage the forearm
85. Strip from wrist to elbow
86. Thumb circles over wrist
87. Full dorsum of hand
88. Thumb stripping distally between metacarpals & through the webbing of the fingers
89. Scissor metacarpals
90. Thumb circles to the palm of the hand
91. Squeeze out each finger; also twist and pull gently (circumduct and traction)
92. Whole arm effleurage
93. Whole arm tapotement
94. Whole arm effleurage
95. Nerve strokes down the arms
96. Upper chest effleurage as transition stroke

### **Repeat steps 74-96 on other arm**

97. Resting stroke to the shoulders

# Full Body Swedish Massage Protocol (continued)

## Supine Position – Neck, Face, and Scalp

*Neck, while cradling the head in one hand –*

- 98. Large triangle neck effleurage -Inferiorly down SCM, laterally out pectoralis major, around deltoid, superiorly up trapezius along back of the neck to the occiput
- 99. Small triangle neck effleurage - Inferiorly down SCM, laterally out just above the clavicle, superiorly up the anterior edge of the trapezius
- 100. Circular fingertip friction to the side of the neck
- 101. Circular friction to back of neck

**Repeat steps 95-98 on other side**

*With neck in neutral position, not being cradled in one hand-*

- 102. Bilateral fingertip circular friction to the back of the neck

**Clean your hands**

*Working bilaterally –*

- 103. Clean client's face thoroughly using facial toner and upward strokes
- 104. Face effleurage
- 105. Alternating fingertip effleurage up between eyebrows
- 106. Full from the forehead
- 107. Fingertip circles at temples
- 108. Fingertip effleurage around orbits – under zygomatic bone and above eyebrows
- 109. Fingertip circles at temples, and down masseter, continuing along mandible to chin
- 110. Thumb over thumb strokes to chin
- 111. Pull out from the middle under mandible
- 112. Ears: effleurage, knead, and circumduct
- 113. Unilateral circular friction to scalp
- 114. Superficial friction in a zig-zag pattern with opposing thumbs top of the head

**115. Resting stroke to finish**