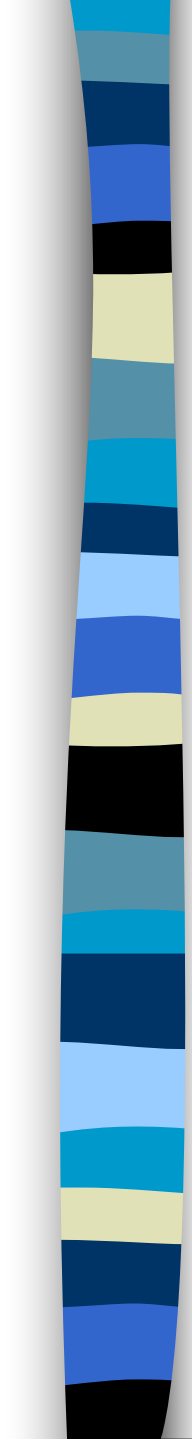


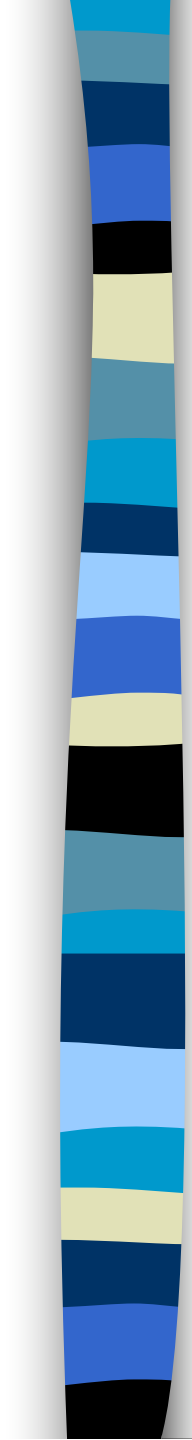
97a Myofascial and Fascia Techniques (Part III): Draping for Side-Lying Integration



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Class Reminders

- **Preparation for upcoming classes:**
 - 98a Critical Thinking Scenarios
 - 98b 90-minute Receiver's Choice Trades
 - 99a Completion
 - 99b Exit Interview (15 mins; scheduled once you get completion email from Tila)



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Classroom Rules

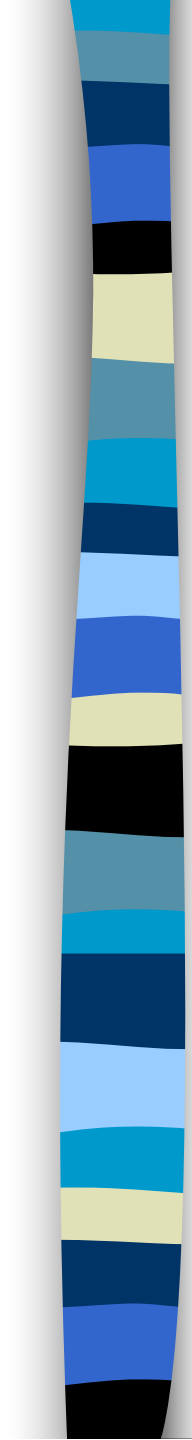
Punctuality - everybody's time is precious

- 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

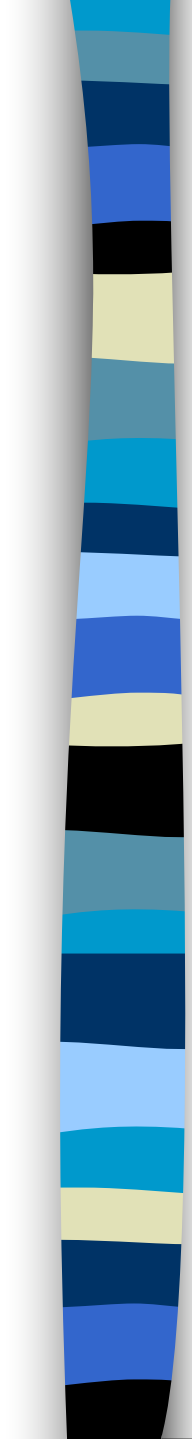
You will receive one verbal warning, then you'll have to leave the room.



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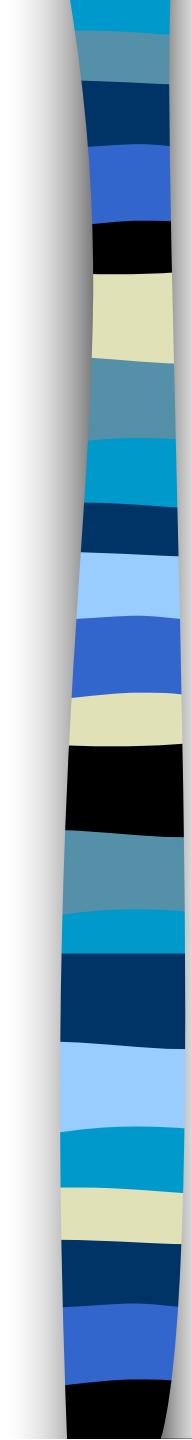
The following draping techniques are intended to integrate side-lying techniques into a full session.

These techniques are an alternative to the prenatal draping technique.



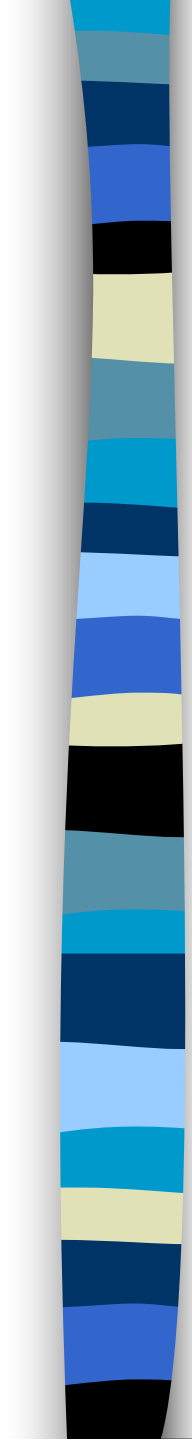
Review Supine Leg Drape

1. Watch supine leg drape with flag video [HERE](#)
2. Practice!



Transition from Supine to Side-Lying

1. From a supine position, ensure your client's arm is on top of the drape on the side you plan to work on.
2. Make sure you grasp the two edges of the drape at the hip.
3. Maintain a superior pulling tension and instruct your client to turn onto their opposite side. **YOU**, not the client, are in charge of ensuring there is no exposure.
4. Instruct the client to bend their top leg forward and straighten their bottom leg behind them. This will allow them to fall forward slightly.
5. The greater trochanter will be the highest point on the body, and the drape should reach its apex a few inches above it.



Transition from Supine to Side-Lying

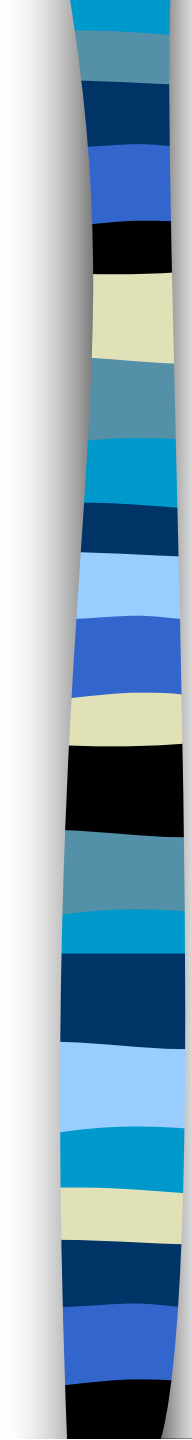
6. Pull the posterior drape line up, over the gluteals, past the iliac crest.
7. Cross the anterior drape line over it toward the table and secure both by pressing into the table under the body.
8. Use the blanket to cover any portion of the leg and torso you are not working on.
9. Keep an eye on the drape and re-secure if needed.
10. Photos on the next slides!

Transition from Supine to Side-Lying

- <https://vimeo.com/1130000116?fl=ip&fe=ec>

This video is located on the TLC school website –
Student support page

- ➡ Password-protected resources
 - ➡ Videos
 - ➡ Draping techniques
 - ➡ New Draping Videos
 - ➡ Side-lying for MFR video



97a Myofascial and Fascia Techniques (Part III): Draping for Side-Lying Integration