



16b Swedish:
Technique Demo and Practice - Neck, Face, and Scalp



16b Swedish: Technique Demo and Practice - Neck, Face, and Scalp 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



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Class Reminders

Assignments:

- 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 17a Quiz
- 18a Kinesiology Quiz (biceps brachii, coracobrachialis, sternocleidomastoid, levator scapula, scalenes, frontalis, occipitalis, temporalis, masseter)
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 17a A&P: Skeletal System - Joint Actions and Articulations and Quiz
 - Trail Guide: frontalis, occipitalis, temporalis, and masseter
 - Trail Guide: Pages 23-24 and 34
 - Salvo: Pages 422-427
 - Packet E: 25-26
 - RQ Packet A-139
- 17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head
- 21b CPR/ First Aid: This class cannot be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & 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.

First half of the massage trade

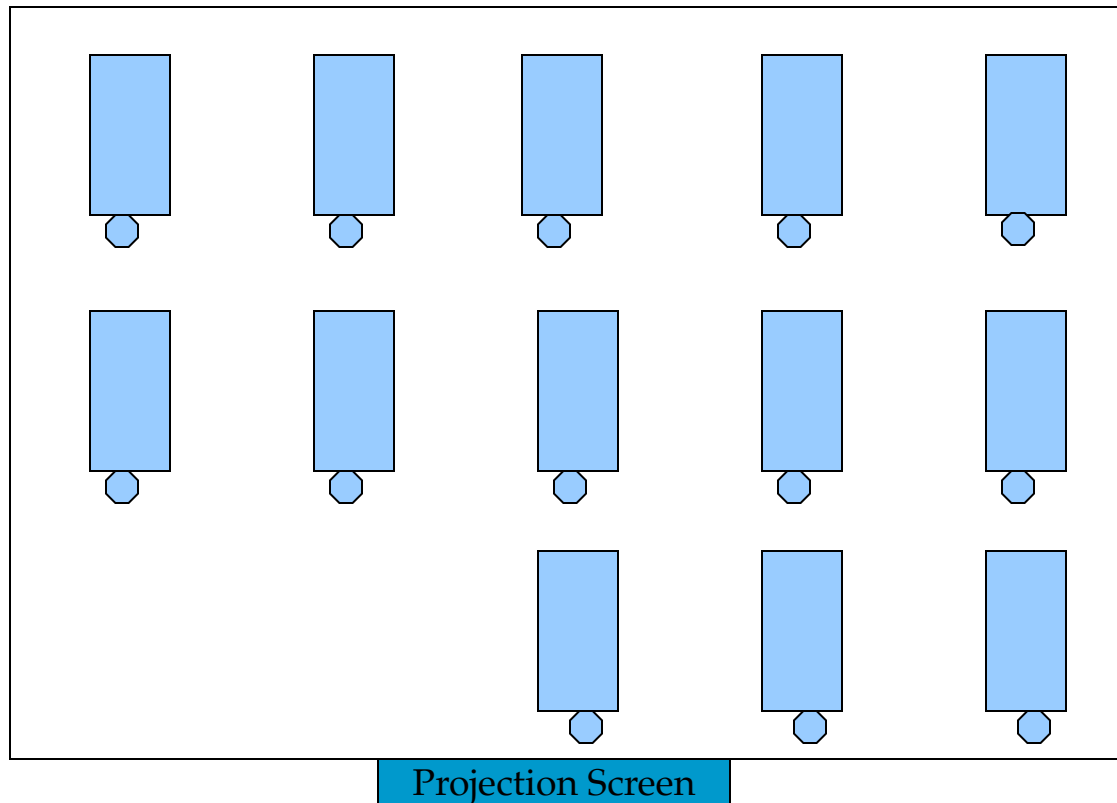
Table setup

Set up the tables in the configuration below

Get out your supplies and dress your table

Adjust the table height

Put all your stuff in the “basement”





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
- Circular superficial friction using finger pads in the small triangle
- Circular superficial friction using finger pads up posterior neck
- Repeat other side
- Return head to neutral
- 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
- 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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