18b Swedish: Technique Review and Practice -Chest, Arms, Neck, Face, and Scalp

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Technique Review and Practice -Chest, Arms, 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

18b Swedish:

Technique Review and Practice -Chest, Arms, Neck, Face, and Scalp Class Reminders

In Class:

Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and dates on intake form.

Quizzes and Exams:

- 19a Quiz (study all material from classes 13a, 15a, 16a, 17a, and 18a)
- 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:

30a Review Questions (A: 141-158) Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and dates on intake form.

Preparation for upcoming classes:

- 19a Quiz
- 19b Swedish: Guided Full Body
- 21b CPR/ First Aid: This class cannot 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

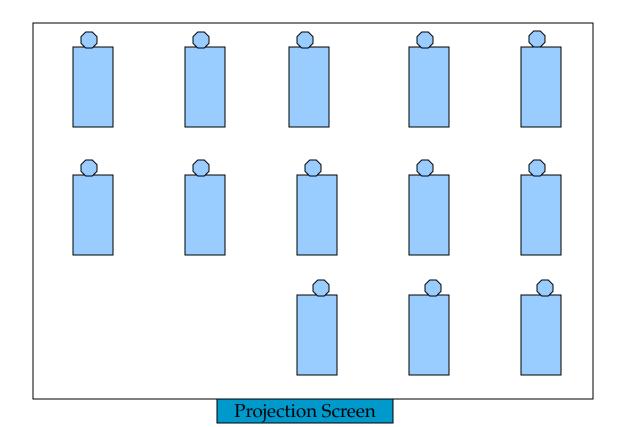
The following are not allowed:

- 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.

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"



Chest

- Resting stroke to the shoulders
- Upper chest effleurage
- Chest circular friction/melting
- Circle around deltoids, up traps to occiput
- Loose fist ironing trapezius
- Loose fist transverse friction trapezius
- Transition to the first arm

Arm x2

- Whole arm effleurage
- Bring arm over head, elbow pointing to ceiling; facing down table
- Eff. & Petr. (elbow to shoulder)
- Bring arm back to table at 90 degrees
- Eff & Petr. Elbow to sternum & return
- Traction and circumduction of the arm
- Whole arm effleurage transition to forearm
- Eff., Pet., strip wrist to elbow

Hand

- Fulling, metacarpal scissors, kneading, thumb circles;
- Squeeze, traction, & circumduct all 5 digits

Arm

- Effleurage
- Nerve Stroke
- Transition to 2nd arm & repeat

Neck (while cradling the head in one hand)

- Large triangle effleurage
- Small triangle effleurage
- 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

Sanitize your hands

Face

- Use facial toner and cotton pads to clean vour client's face
- Effleurage face to apply facial lotion
- Alternating fingertips between the eyebrows
- Thumb fulling the forehead
- Deep circular friction at the temples
- Fingertip effleurage around the orbits
- Deep circular friction at the temples using finger pads
- Deep circular friction down masseter 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 using finger pads
- Knead the cartilage and lobes
- Circumduct

Scalp (with head cradled in one hand)

- Superficial circular friction using finger pads
- Deep circular friction using finger pads

Repeat on the other side

Scalp (with head in neutral position)

- Superficial friction in zigzag pattern across the top of the head
- Resting stroke
- Mindfully disengage, thank your client, and bring the session to a close with a full-body brush-off from shoulders down the arms and legs to feet

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