19b Swedish: Guided Full Body

## 19b Swedish: Guided Full Body 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

## 19b Swedish: Guided Full Body Class Reminders

#### **Quizzes and Exams:**

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:**

- 24a Hydro Review Questions (A: 145-148)
- 30a Review Questions (A: 141-158)

#### **Preparation for upcoming classes:**

- 20a Treatment Planning: Intake, Assessment, and Documentation
  - Salvo: Chapter 10
  - Packet F: 57-62
  - RQ Packet A: 142-143
- 20b Swedish: Full Body Demo and Interviewing Practice
  - Intake/SOAP Note Forms and Grading Sheet handed out in class
  - A-93-94; Packet F-57 (digital) for reference
- 21b CPR/ First Aid: This class cannot be made up in the make-up room. Students should contact the student administrator to schedule a sit-in. To be exempt, bring a copy of your CPR and 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.

# Full Body Guided Swedish

## Posterior Upper Body – (10-14 minutes)

- Resting stroke
- Uncover the back
- Full back effleurage
- Pulling and wringing
- Transition to the side of the table
- "Hello, scapula!"
- Move arm off the table
- Effleurage shoulder to hand
- Knead neck to elbow
- Support the elbow and return arm to table
- Squeeze, full, effleurage forearm from wrist to elbow
- Transition to back with circuit x3
- Deep cross fiber / circular friction to the rhomboids
- Strip the upper traps
- "Goodbye, scapula!"
- Full back effleurage transition

Repeat on other side

- Bilateral thumb circles down spine
- Unilateral thumb circles down spine
- Figure eight on the sacrum
- Alternating effleurage
- Full back effleurage
- Back tapotement
- Soothe the "buzz"
- Full back effleurage
- Drape the back
- Brush off

## Posterior Lower Body – (10-12 minutes)

- Undrape the leg
- Effleurage heel to ilium x3
- Compression, effleurage, loose fist figure 8 to the gluteals
- Posterior thigh:
  - Effleurage
  - Fulling
  - Wringing
  - Kneading
- Light thumb circles to popliteal area
- Posterior leg:
  - Effleurage
  - Fulling
  - Wringing
  - Kneading

- Squeeze the foot
- Pinch the heel
- Thumb circles to the foot
- Effleurage heel to ilium & return
- Re-cover leg
- Tapotement from heel to ilium, avoiding the popliteal area
- Brush off from hip to heel

Repeat on other leg

## Turning from Prone to Supine – (1-2 minutes)

- 1. Remove the bolster from under your client's ankles
- 2. Create "curtains" at your client's shoulders
- 3. Pinning the drape with your hip and holding the blanket and sheet at the shoulders, ask your client to "scoot down toward your feet and turn over onto your back."
- 4. To replace the bolster, ask your client to slightly bend their knees, and place the bolster under the bottom sheet.
- 5. Make sure the sheets are in a neutral position and remove the face cradle

## Anterior Lower Body – (10-12 minutes)

- Undrape the 1<sup>st</sup> leg
- Full leg effleurage x3
- Thigh
  - Effleurage
  - Full
  - Wring
  - Knead
- Full or knead gently around the patella
- Effleurage lateral lower leg
- Thumb circles and compressions on lateral leg
- Full leg effleurage
- Transition to the foot
- Palmar effleurage to ankle & foot
- Fingertip friction around malleoli and both sides of calcaneal tendon
- Thumb friction across the retinaculum
- Full dorsum of foot

- Squeeze the foot
- Wring from heel to toes and back
- Strip metatarsals
- Mobilize metatarsals like scissors
- Rotate, flex, hyperextend, and traction each toe
- Thumb compressions to the arches of the feet
- Foot wringing
- Two-handed vibration at malleoli
- Uncover the leg
- Full leg effleurage
- Redrape the leg
- Tapotement to the thigh and lateral leg
- Brush off from hip to toes

Repeat on other leg

## Anterior Upper Body – Abdominals (6-8 minutes)

- Apply a chest drape to expose the abdomen
- Ask your client to take 3 deep breaths, and on the third inhale, allow your hands to gently contact and breathe with them
- Apply Circular effleurage in a clockwise direction
- Reach across the table and pull from the table to the medial abdomen x3
- Cross to the other side, maintaining contact, and repeat

- Using your client's breath, slide thumbs from xyphoid along the costal border and allow your hands to reach around their back and draw them back around to the front
- Effleurage up rectus abdominis
- You may repeat the last 2 steps
- Circular effleurage (clockwise)
- Come to a place of stillness and ask your client to take 3 more deep breaths.
- On the third exhale, allow their abdomen to fall away from your hands.
- Cover torso

## Anterior Upper Body – Chest & Arms (8-10 minutes)

#### 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 2<sup>nd</sup> arm & repeat

## Anterior Upper Body – Neck (2-3 minutes)

### 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

## Anterior Upper Body – Face & Scalp (3-4 minutes)

#### **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

19b Swedish: Guided Full Body