



40b BMTs: Guided Full Body



40b BMTs: Guided Full Body Class Outline

15 minutes

Break

5 minutes

Attendance, Breath of Arrival, and Reminders

75 minutes

1st trade technique demo and practice

20 minutes

Break and switch tables

75 minutes

2nd trade technique demo and practice

20 minutes

Break down, clean up, and discussion

3 hours and 30 minutes total



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Class Reminders

Assignments:

- 41a Review Questions (Packet A: 173-185)
- 43a Swedish: Outside Massages (Packet A: 57-62)

Quizzes and Exams:

- 43a Kinesiology Quiz
(adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris)
- 44a Quiz (33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a)
- 46a Exam

Practical Exam:

- 44b Integration Massage: Practical Exam (60-minute Swedish, Passive Stretches, and BMTs)

Preparation for upcoming classes:

- 41a Pathology: Reproductive System
 - Packet E: 87-88
 - RQ Packet A: 175
- 41b Business: Get a Job
 - Business Mastery: Chapters 12, 13, 14, and pages 204, 205, 274-276
 - Packet B: 37-41
 - Bring information so that you can complete a handwritten version of your resume and cover letter in class



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.



Prone BMTs

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- **Scapular Mobilization with Deltoid Compressions**
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compressions with Knee & Hip Mobilization
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions



Supine BMTs

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Posterior Cervical Compressions & Release
- Alternating Scapular Depression with Trapezius Compressions



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