48b Side-lying and Pregnancy Massage: Technique Review and Practice

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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

ABMP Exam Coach

- "Access your ABMP account" using instructions on page A-74
- Familiarize yourself with the ABMP Exam Coach "Study Subjects" section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 50b Business: Marketing. B-55 for ABMP.com 'Website Builder' instructions
- 53a Internship Review Questions - due before class starts
- 55a Review Questions – due before class starts

Quizzes and Exams:

- 52a Kinesiology Quiz (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Practical Work:

- 56a and 56b – Internship Orientation and Mock Internship – ***dress like an Intern***

Preparation for upcoming classes:

- 49b Side-lying and Pregnancy Massage: Technique Demo and Practice (Bring 3 pillows - standard size; bring 4 pillowcases - standard size)

This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.

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.

Position client on their side

Note side of major discomfort – if severity of discomfort is not too bad, work the unaffected side first (this takes attention away from the affected side and helps the affected side to relax).

Position client on their side

Use of pillows will vary depending on gestation of pregnancy and areas to be worked. Generally, have 4 firm pillows, foam wedge, and an option of a neck roll.

- Keep the neck mostly even with the thoracic spine
- Keep the shoulders “stacked” on one another, arm supported and even with the edge of the hips and table
- Keep hips even with shoulders and edge of the table
- Bolster the knee and bottom leg so that their height is similar to the height of the greater trochanter
- Be sure that there is cushioning between the malleoli of the ankles

Resting stroke

Brief and gentle rocking

Leg

- Draping
- Foot
- Effleurage
- Full
- Knead
- IT tract forearm effleurage
- Gluteals
  - Loose fist compressions
  - Thumb cross-fiber friction
  - Gluteal attachments
- Effleurage
- Nerve strokes
- Draping

The Back

- Draping
- Effleurage
- Knead erectors, lats, and traps
- Lamina groove
- Cover the torso, leaving the upper arm out

Chest and Arms

- Pectoralis major effleurage
- Effleurage
- Kneading and stripping
- Hands and fingers
- Wringing
- Effleurage
- Nerve strokes
- Draping

Reposition client to opposite side. Repeat on other side.

Resting stroke

- Head-hand on the mid-back with fingers pointing toward the head
- Foot-hand on the lateral abdomen between the ribcage and iliac crest

Brief and gentle rocking motion

- Start at shoulders and go down the entire side of the body to the feet

Leg draping

- 2 ends of sheet tucked under the knee of the top leg, create a window with the sheet and tuck for security
- Should give access to the lateral side of top leg, upper hip and gluteals, and medial side of lower leg and foot.

Foot of Top Leg

- Retinaculum of ankle
- Between the metacarpals
- Squeezing out toes
- Thumb circles to the top and bottom of the foot around ankles (it is okay to massage the ankles – just NO pressure point work).

Effleurage the top leg from ankle to hip

Full the leg from ankle to hip

Knead the leg from ankle to hip (including the IT tract)

Effleurage the top leg from ankle to hip

(avoid deep compression to the inner (medial) aspect of the thigh from the knee to the groin (pelvic floor). This is considered the "valley of the vessels." During third trimester, there is a greater tendency to create blood clots here than in the other two trimesters, and greater during pregnancy than in non-pregnant conditions).

IT tract forearm effleurage

- Standing behind client, utilize a forearm effleurage stroke from the knee to the crest of pelvis, going from mid-line to lateral aspect and into the gluteals

Loose fist compressions on gluteals

- From lateral to mid-line
- From superior to inferior (crest to ischial tuberosity)

Thumb cross-fiber friction the gluteals

- From lateral to mid-line
- From superior to inferior (crest to ischial tuberosity)

Melt into gluteal attachments

- Lateral border of sacrum
- Insertion sites at the greater trochanter (head of the femur)
- Around the ischial tuberosity (may be done over the sheet)

Effleurage the top leg from ankle to hip

Nerve strokes

IF the client is not pregnant:

- Massage the foot and medial surface of the bottom leg

Cover the Legs

Draping the Back

- Tuck the sheet between bottom hip and table
- Bring sheet up to rest on the lateral aspect of the torso while keeping the gluteals covered
- Pull the sheet up under arm to the nape of the neck

Apply lubricant to entire back

- Working from sacrum up to shoulders and back of neck to the occiput

Knead erectors, lats, and traps

Melting between transverse processes and spinous processes

- Seated position
- Starting at L5 and moving up to C7

Cover the torso, leaving the upper arm out

Pectoralis major effleurage

- Position yourself behind your client at the shoulder girdle area
- Place your lower arm under your client's arm
- Use both of your hands, stroke (initially light) from the sternum out towards the head of the humerus
- Do several strokes, adjust the pressure to accommodate the client

Effleurage the whole arm

- Place client's upper arm on a pillow and traction slightly

Arm kneading and stripping

Hands and fingers

- (avoid direct pressure in the web between the thumb and forefinger).

Wrists

- Thumbs circles
- Joint mobilization

Whole arm wringing

Effleurage the whole arm

Nerve strokes

Cover the arm

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Resting stroke

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