63b Integration Massage:
Swedish, Passive Stretches, BMTs, and Deep Tissue

63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue

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

63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue

Class Reminders

In Class:

- Full SOAP notes with date and first and last names. Signatures and date on intake form.

ABMP Exam Coach

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

Assignments:

- 64b Executive Summary (due before the end of class)
  Packet pages 21-22; Sections 1-4 to be done ***in*** class.
  Completed Executive Summary to be handed in at end of class.
- 66a Review Questions (due before class starts)

Quizzes and Exams:

- 66a Quiz (59a, 61a, 62a, 63a, 64a/b, 65a/b)
- 68a Kinesiology Quiz

Preparation for upcoming classes:

- 64a Pathology: Digestive System
  Packet E: 161-164.; RQ – Packet A-202

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.

63b Integration Massage:
Swedish, Passive Stretches, BMTs, and Deep Tissue

Packet D - 35

Posterior Upper Body

Swedish

BMTs

- Prone full body rocking compressions
- Spinal rotation & release with erector compressions
- Shoulder mobilization with trapezius compressions
- Scapular mobilizations with trapezius & deltoid compressions
- Deltoid & triceps brachii coarse vibration

Stretches

- None

Deep Tissue

- Infraspinatus and teres minor deep effleurage
- Triceps brachii deep effleurage
- Upper trapezius, supraspinatus, and levator scapula deep effleurage
- Rhomboids deep effleurage
- Erector spinae group deep effleurage
- Quadratus lumborum deep effleurage

Posterior Lower Body

Swedish

BMTs

- Prone leg rocking compressions
- Gluteal & hamstring compressions with knee and hip mobilizations
- Ankle mobilization with gastrocnemius compressions
- Ankle & knee mobilization with plantar compression

Stretches

- Quadriceps femoris
- Alternative Gastroc and Soleus

Deep Tissue

- Latissimus dorsi, erector spinae, and gluteal broad cross fiber
- Gluteus maximus deep effleurage
- Hamstring deep effleurage
- Hamstring deep transverse friction and melting
- Gastrocnemius and soleus deep effleurage
- Gastrocnemius and soleus stripping

Anterior Lower Body

Swedish

BMTs

- Supine hip rotation with leg compressions
- Pulsing hip traction from the ankle
- Hip medial rotation & release from the ankle

Stretches

- Gluteals
- Low back
- Adductors
- Gastrocnemius/soleus
- Tibialis anterior

Deep Tissue

- TFL BMT fiber spreading
- Sartorius and vastus medialis deep effleurage
- Rectus femoris, vastus lateralis, and IT tract deep effleurage
- Gluteus medius, gluteus minimus, and TFL stripping
- Distal quadriceps and quadriceps tendon petrissage
- Distal quadriceps and quadriceps tendon thumb wringing/fiber spreading
- Tibialis anterior and extensors of the ankle and toes deep longitudinal stripping

Anterior Upper Body

Swedish

BMTs

- Unilateral ribcage compression and mobilization
- Bilateral upper ribcage compressions
- Shoulder mobilization with pectoral compressions
- Wrist, elbow & shoulder mobilization
- Supine deep lateral friction & release on the rhomboids
- Head & neck rotation with posterior cervical compressions & release
- Alternating scapular depression with trap compressions

Stretches

- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral rotation
- Neck rotation

Deep Tissue

- Pectoralis major compressive effleurage
- Pectoralis major superficial and deep friction
- Anterior deltoid, biceps brachii, brachilis, and brachioradialis BMT fiber spreading
- Forearm flexors and extensors superficial and deep friction
- Forearm flexors and extensors stripping with traction
- Thenar and hypothenar eminences cross fiber friction

63b Integration Massage:
Swedish, Passive Stretches, BMTs, and Deep Tissue