3a H&H: Self-Care -
Health, Wellness, Nutrition, and Stress Reduction

3a H&H: Self-Care -

Health, Wellness, Nutrition, and Stress Reduction Class Outline

	Reminders (10 minutes before class display the reminders slide)
5 minutes	Attendance and Breath of Arrival
15 minutes	AOIs: latissimus dorsi and teres major
40 minutes	Lecture: Self-Care
60 minutes	Total Class Time

3a H&H: Self-Care -

Health, Wellness, Nutrition, and Stress Reduction

Class Reminders

Assignments:

- 3a Student Handbook Review Questions (A: 115-118) Due Before Class Starts Today!
- 4a Autobiography and Photo (B-4) – *email to your instructor* **AND** *tims@tlcschool.com*
- 7a Review Questions (A: 119-130)

Quizzes:

- 6a Kinesiology Quiz (A-73, and A: 75-80)
  - 20 multiple-choice questions in 20 minutes
  - Study terms on page A-55 and
  - AOIs for deltoid, traps, lats, teres major, rhomboids, triceps, and erectors

Preparation for upcoming classes:

- 4a Swedish: Effects of Massage Therapy & Massage Techniques
  - Trail Guide: rhomboid minor and major, and triceps brachii
  - Salvo: Chapters 6
  - Packet F: 25-28
  - Packet A-127

- 4b Swedish: Technique Demo and Practice - Posterior Upper Body
  - Packet F: 29-30
  - Bring sheets and a blanket

Classroom Rules

Cell Phones – Turn it off!



And put it away!

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

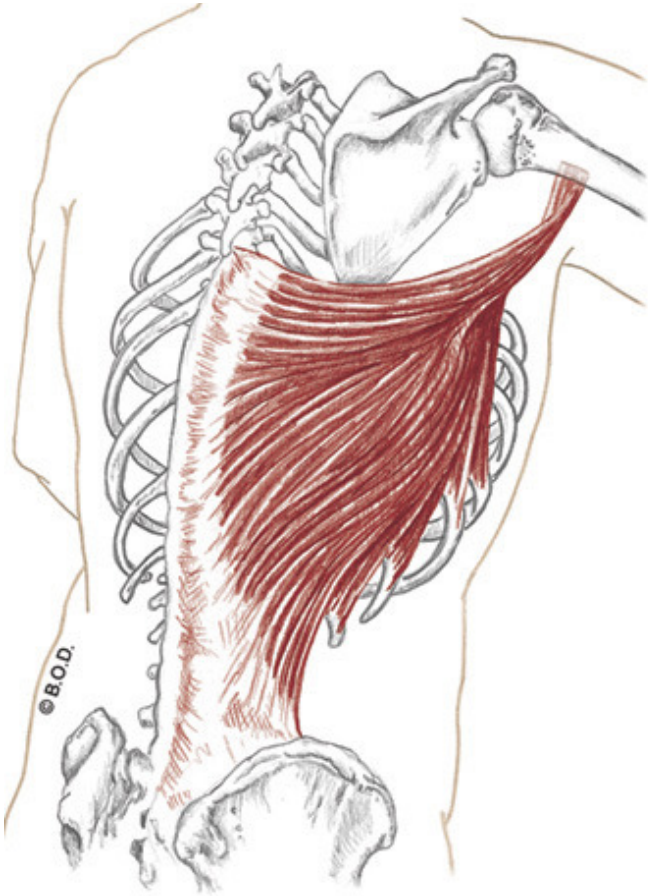
The following are not allowed:

- 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.

Latissimus dorsi

Trail Guide, Page 71



Posterior View

Latissimus dorsi is a broad, thin, superficial muscle of the low back.

The name means “widest of the back”.

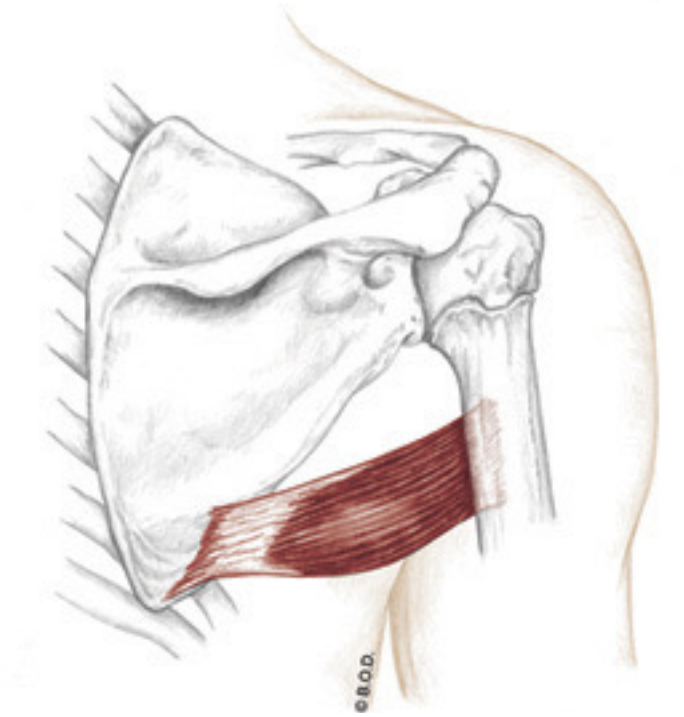
This image only shows the right side, but the full muscle is bilateral.

Bilateral Having two sides.

The abbreviation is Lats.

Teres major

Trail Guide, Page 71



Posterior View

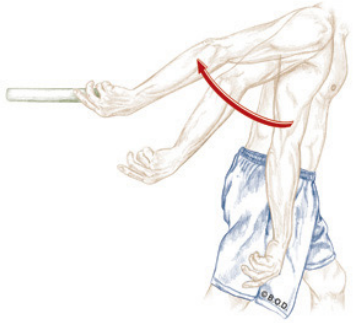
Teres major is called “lat’s little helper” because they are complete synergists.

Synergist Muscle that aids movement by contracting at the same time as the prime movers.

Although the teres major and teres minor share the same first name, they rotate the arm in opposite directions.

What actions are performed by the lats and teres major?

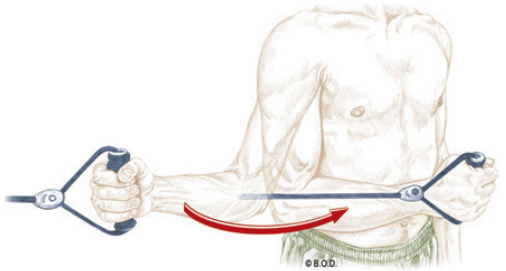
Actions of the lats and teres major



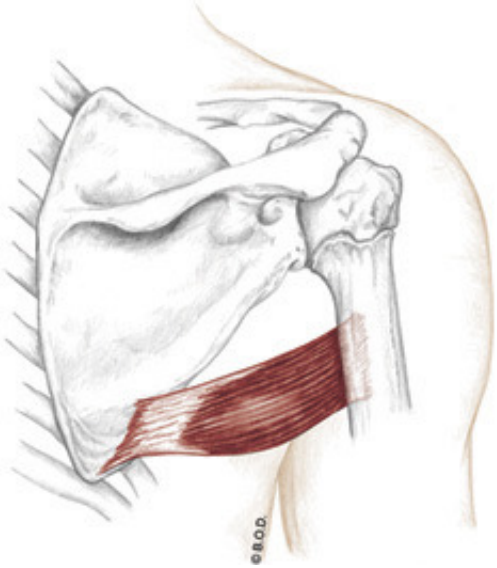
Glenohumeral extension



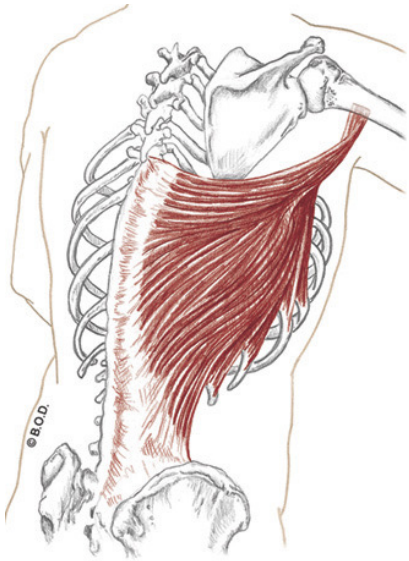
Glenohumeral adduction



Glenohumeral medial rotation



Posterior View



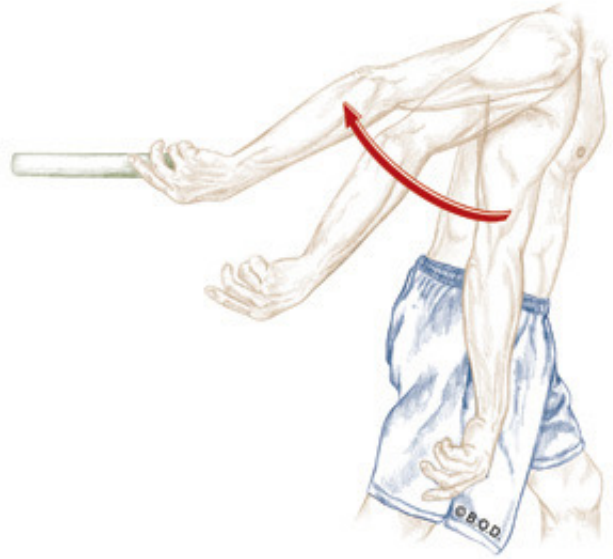
Posterior View

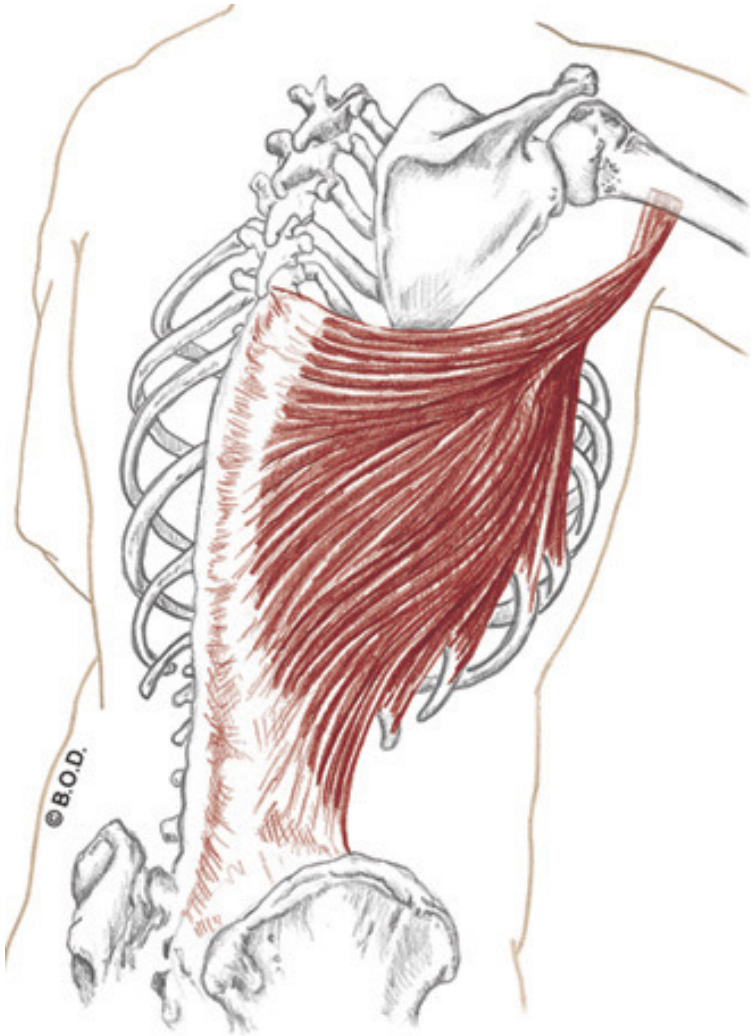
Latissimus dorsi

A Extend the shoulder (glenohumeral joint)
Adduct the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)

O Inferior angle of scapula
Spinous processes of last six thoracic vertebrae
Last three or four ribs
Thoracolumbar aponeurosis
Posterior iliac crest

I Intertubercular groove of the humerus





Posterolateral View

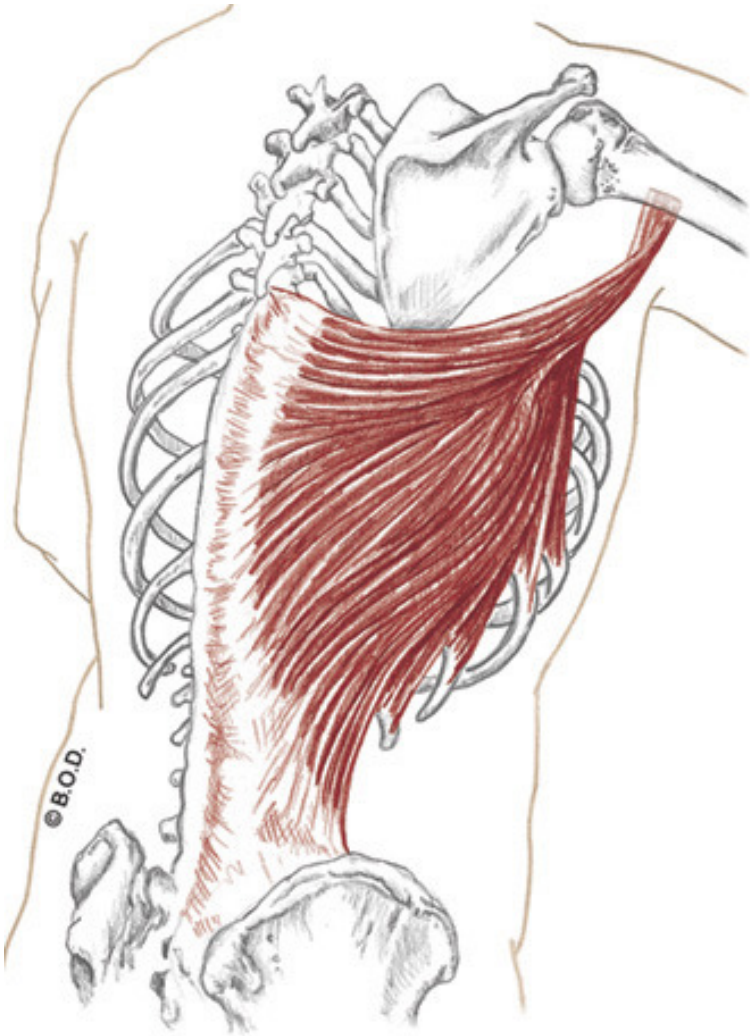
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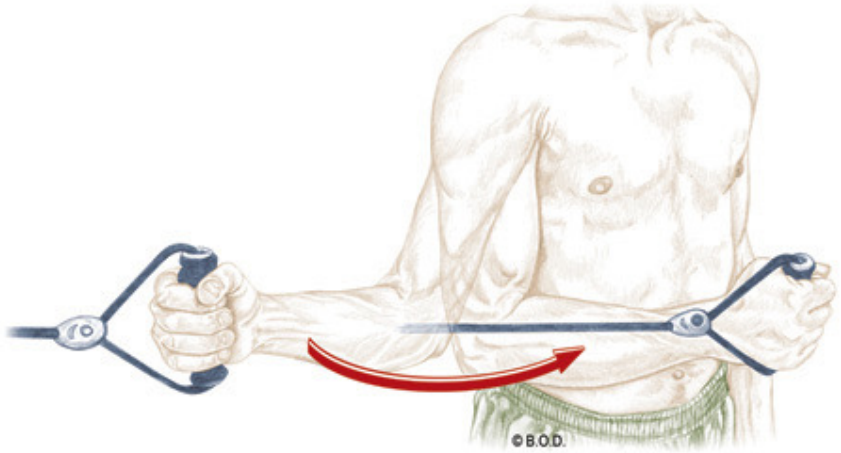
Posterolateral View

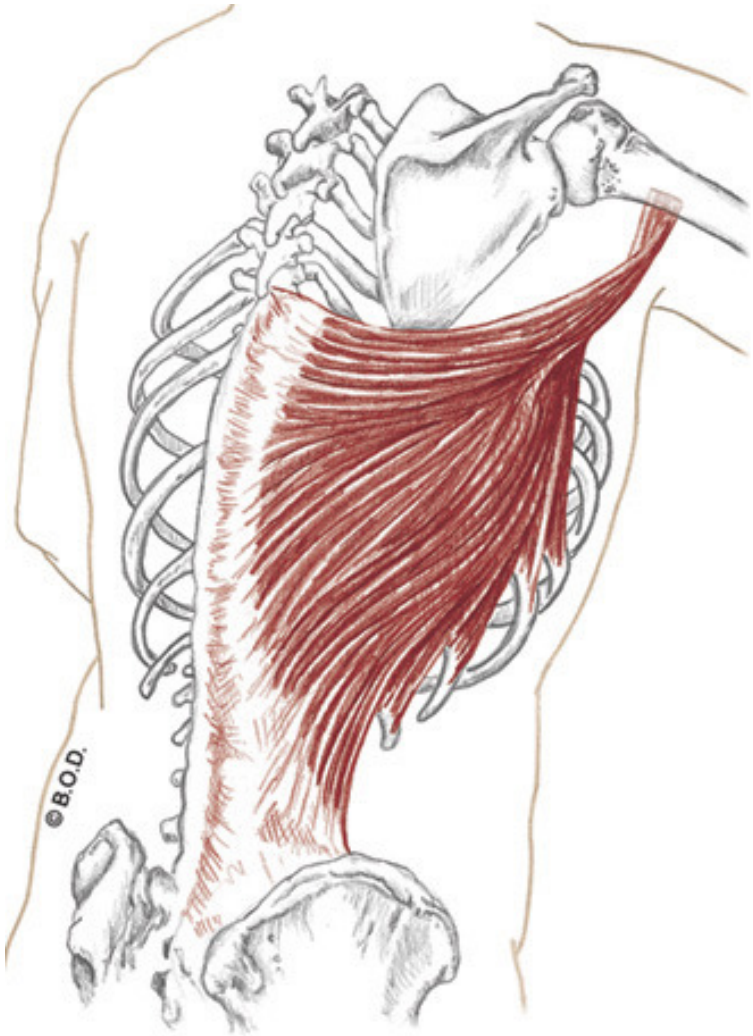
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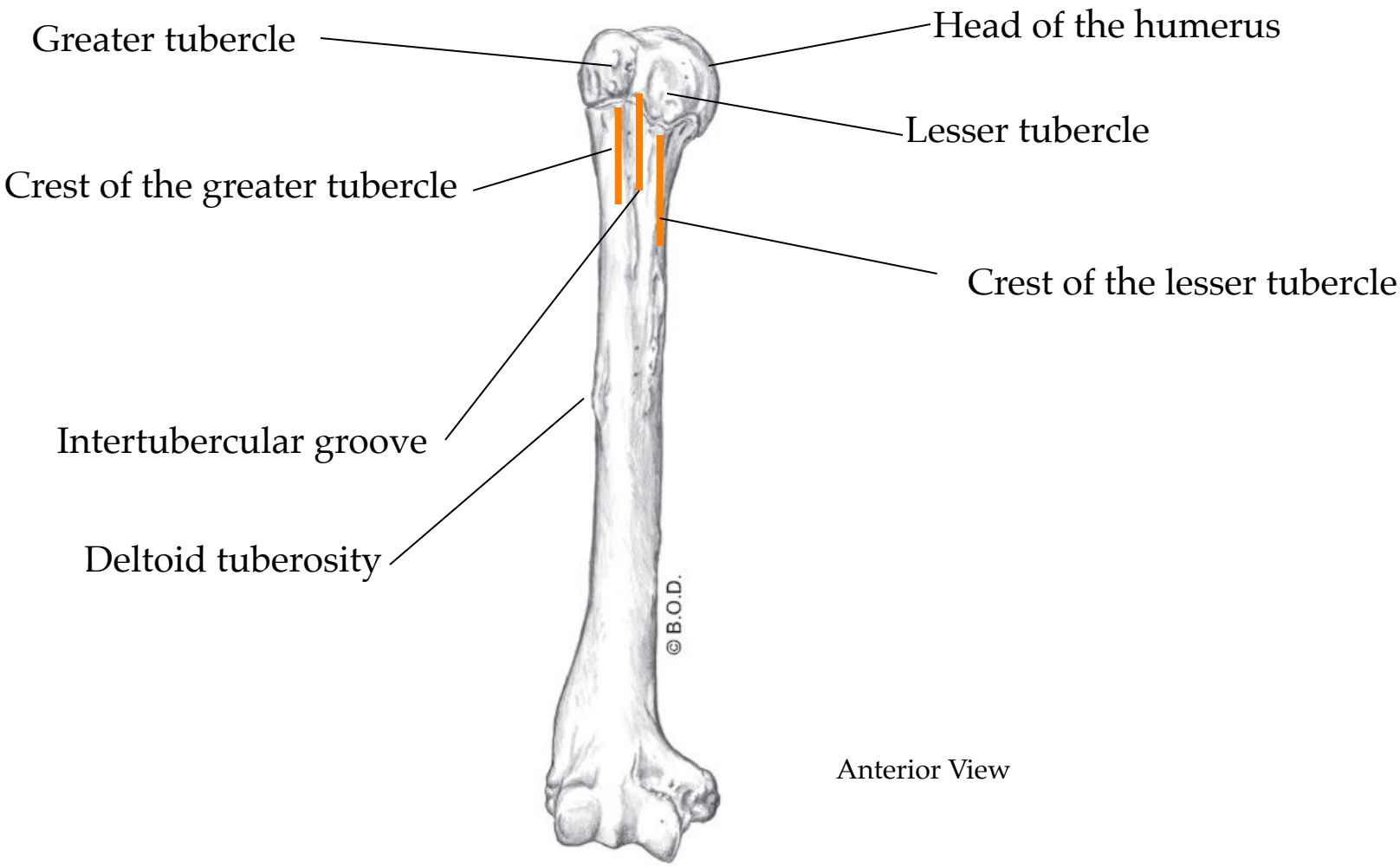




Posterolateral View

Bony Landmarks of the Humerus

Trail Guide, page 50

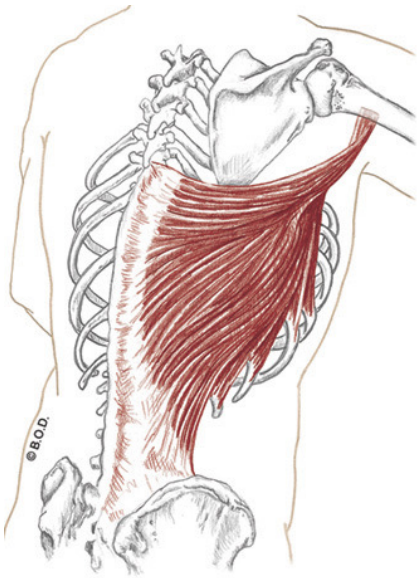


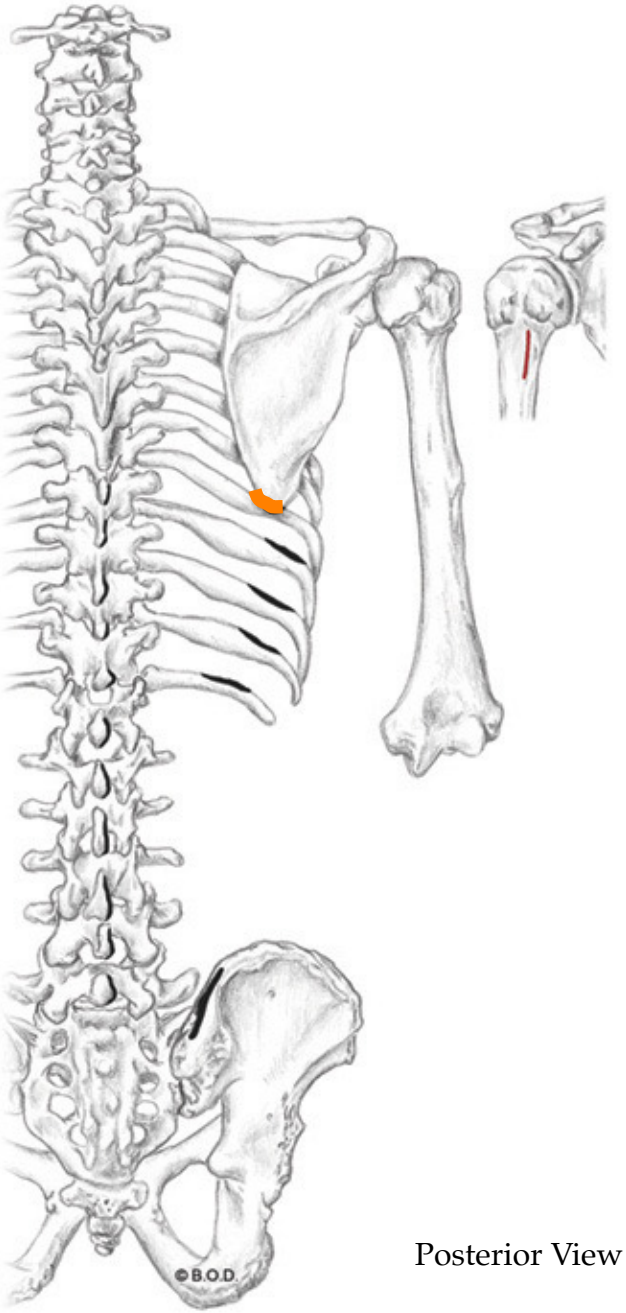
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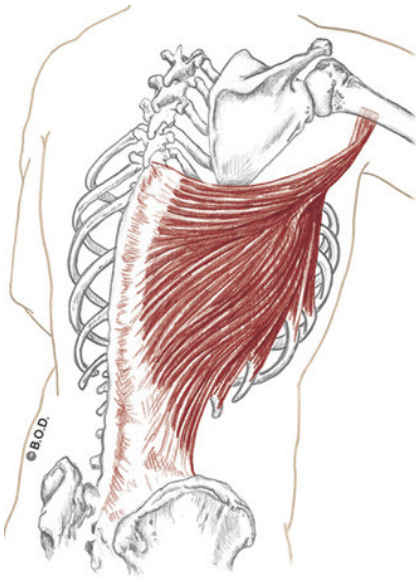
Posterior View

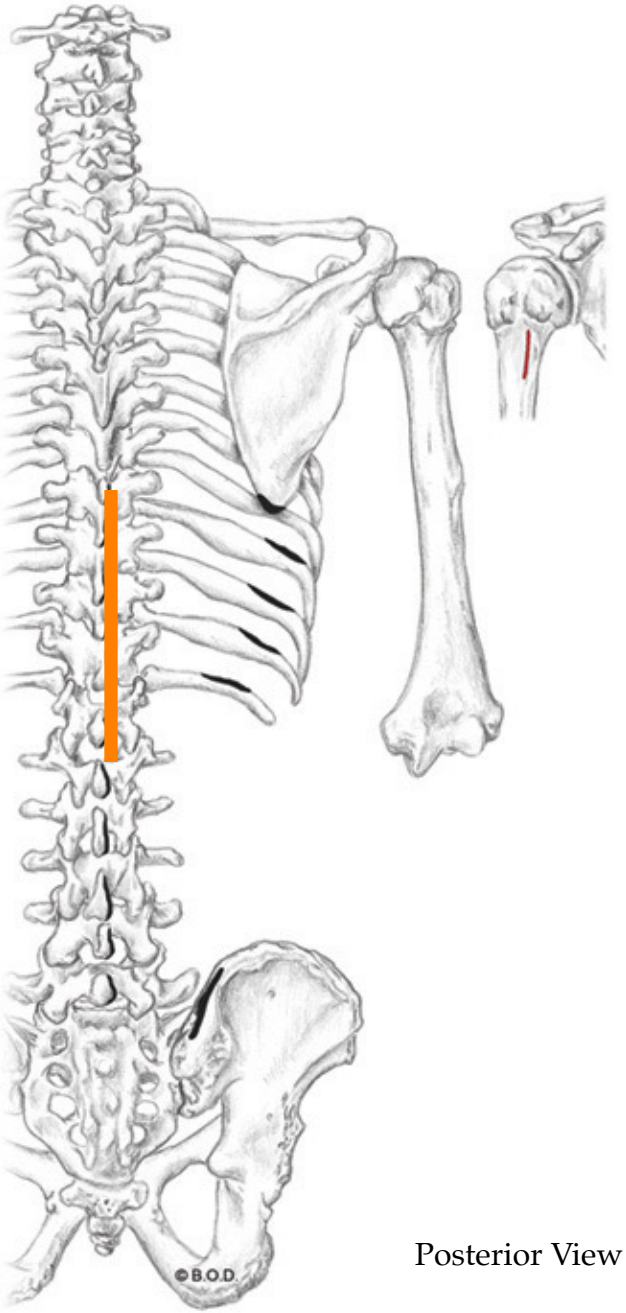
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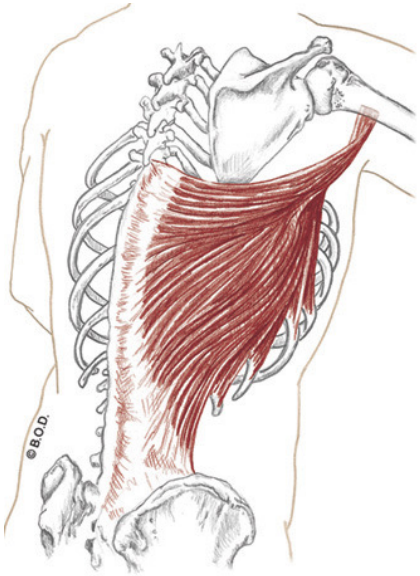
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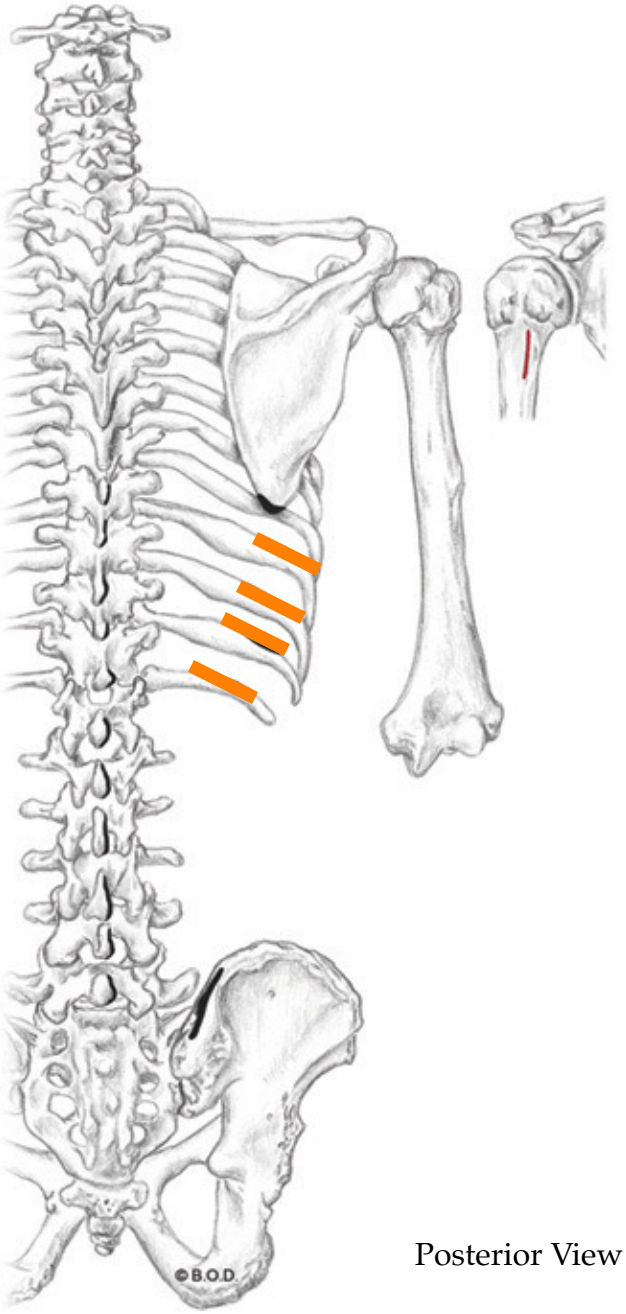
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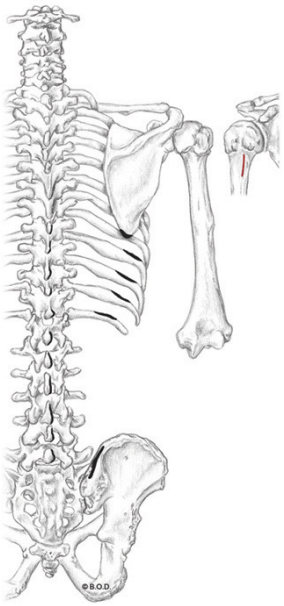
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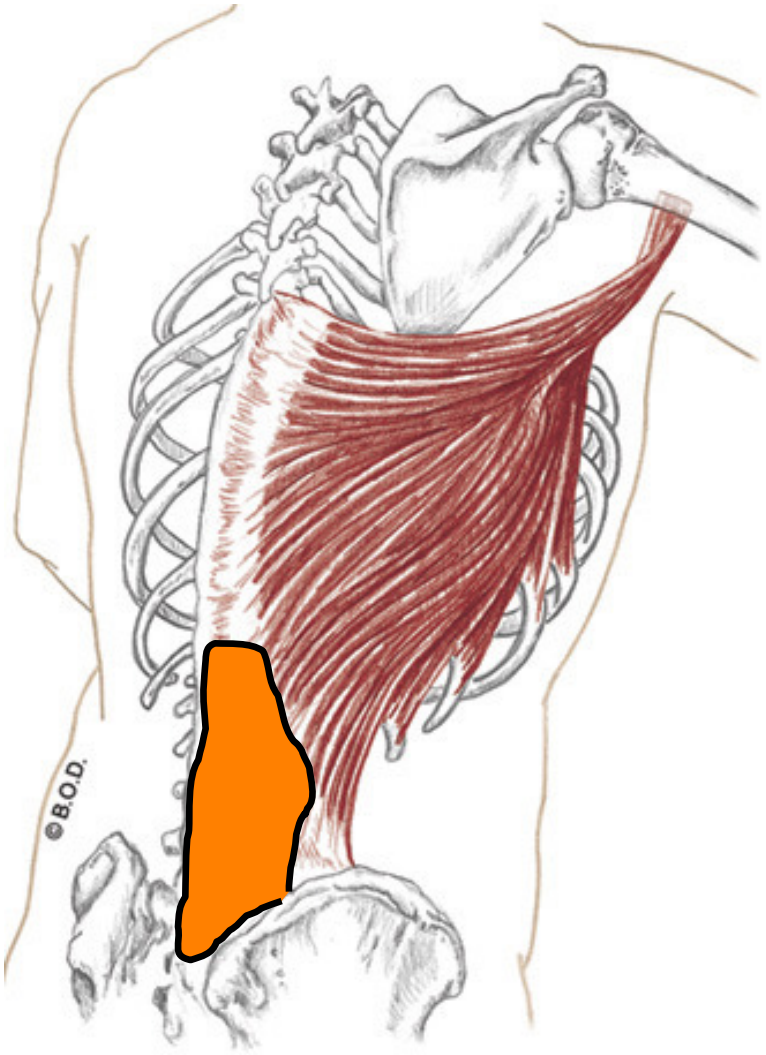
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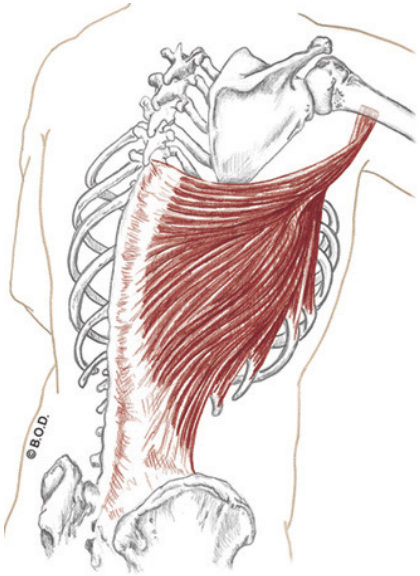
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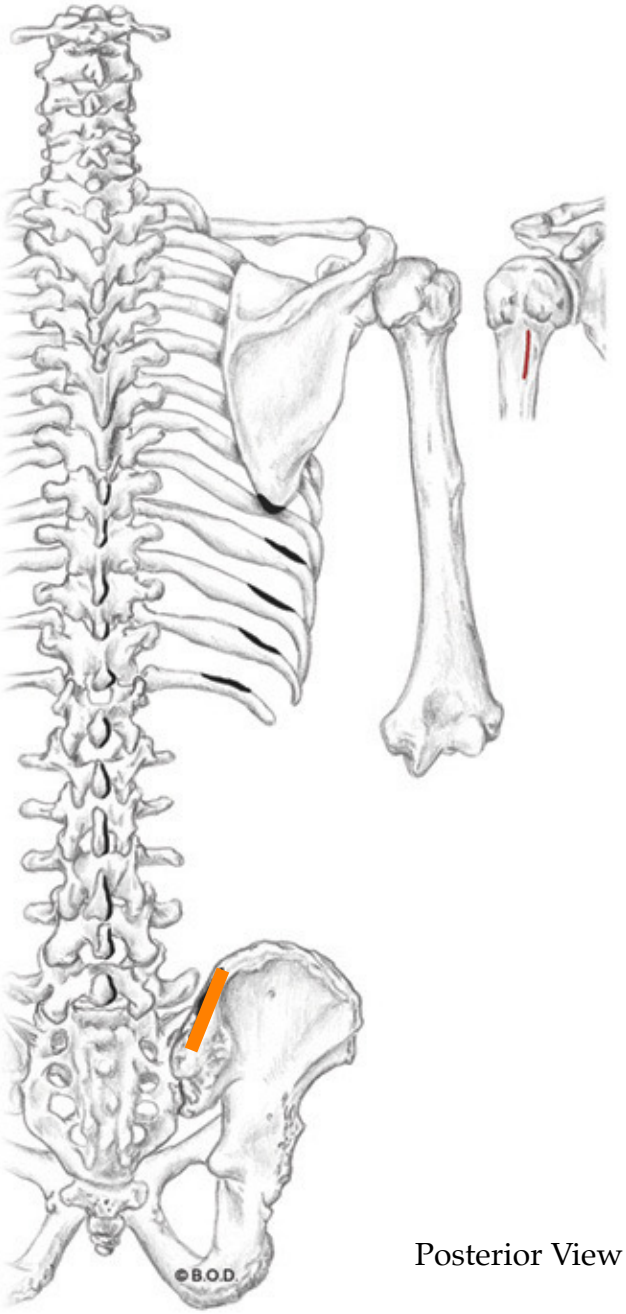
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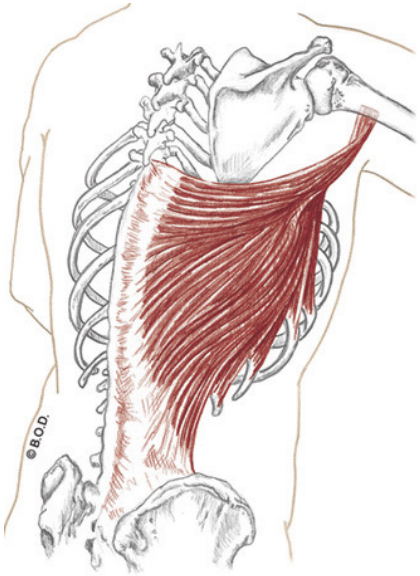
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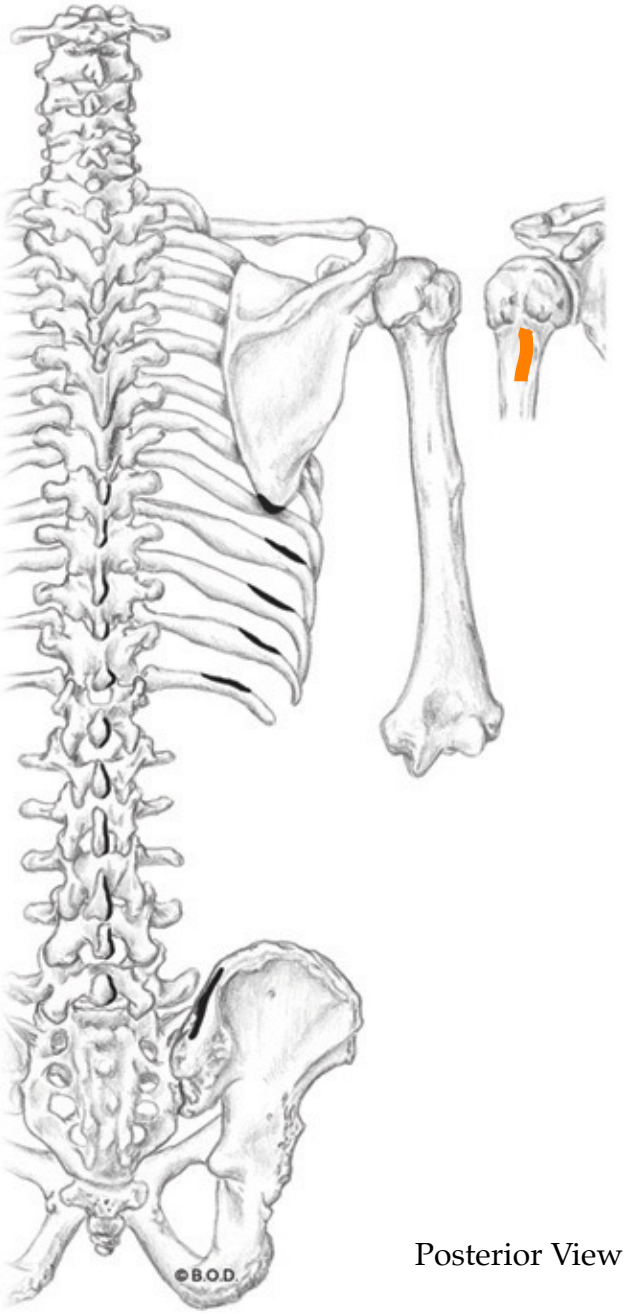
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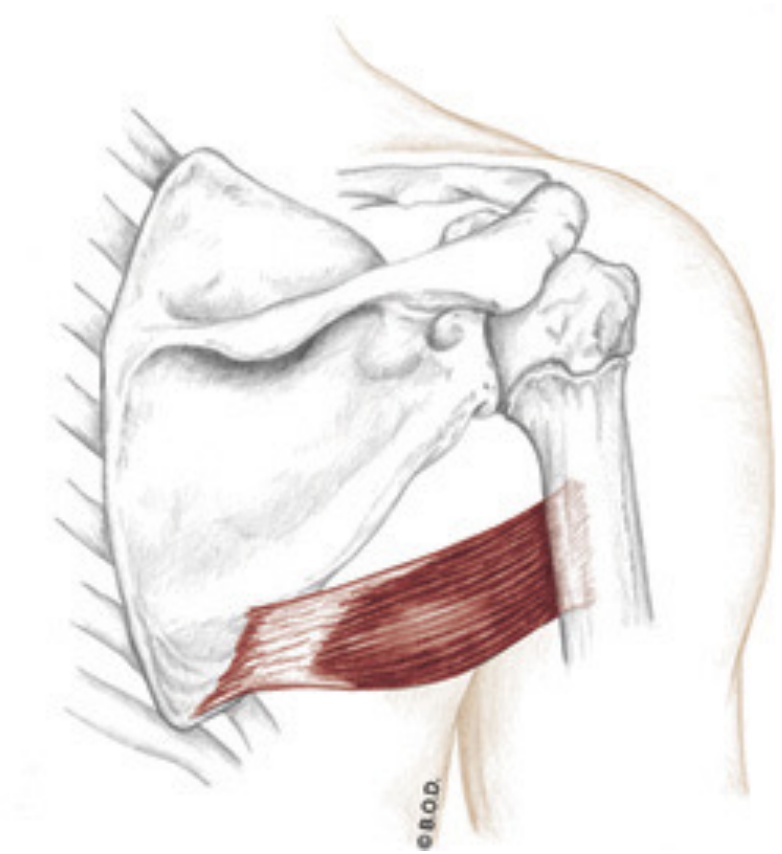
Posterior View

Teres major

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Lower one-third of lateral border of the scapula

I Crest of the lesser tubercle of the humerus



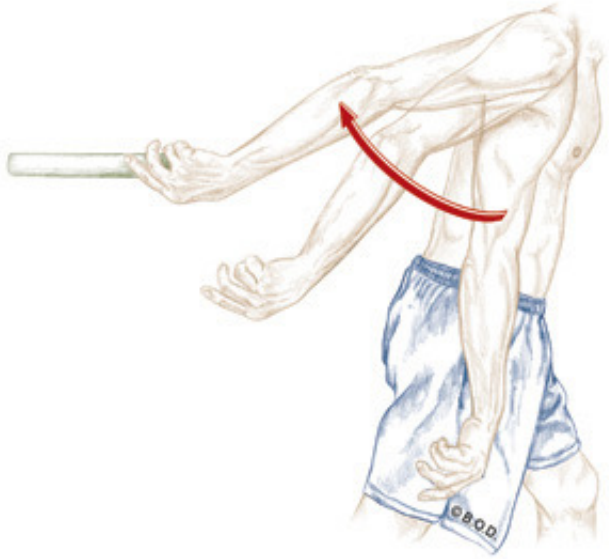
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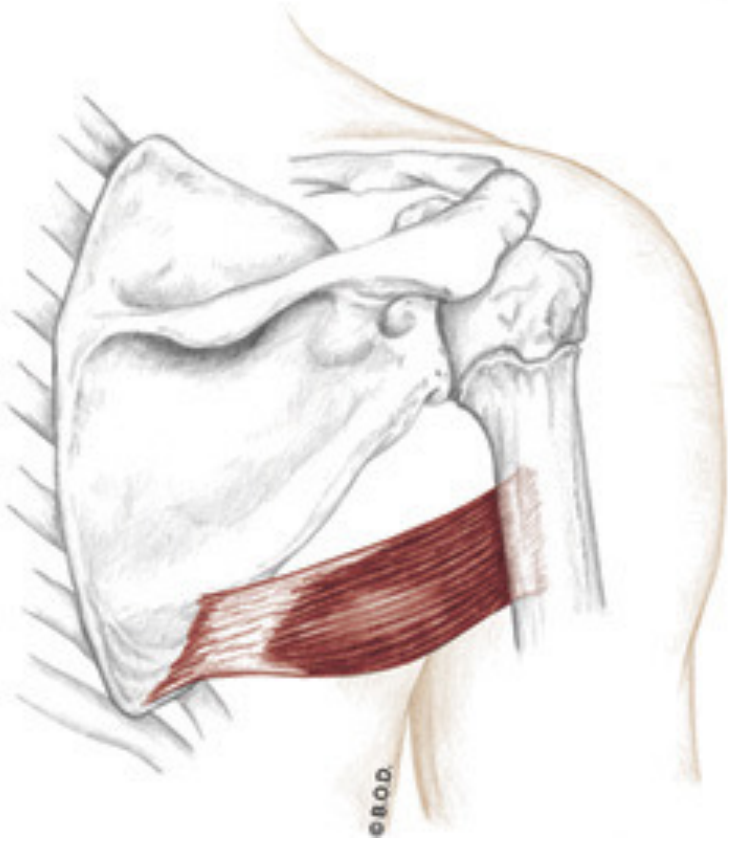
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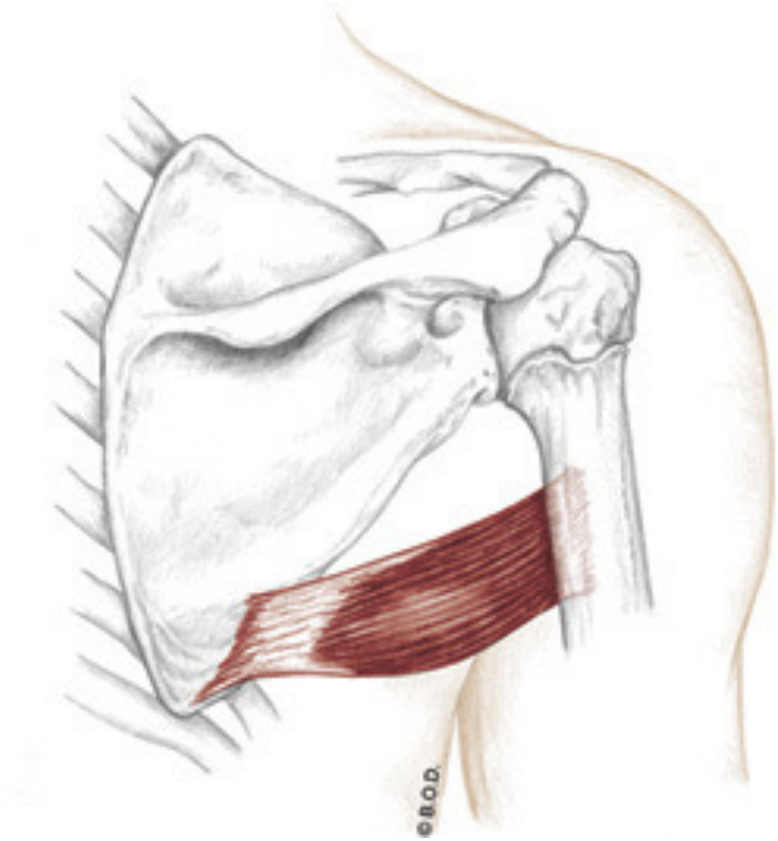
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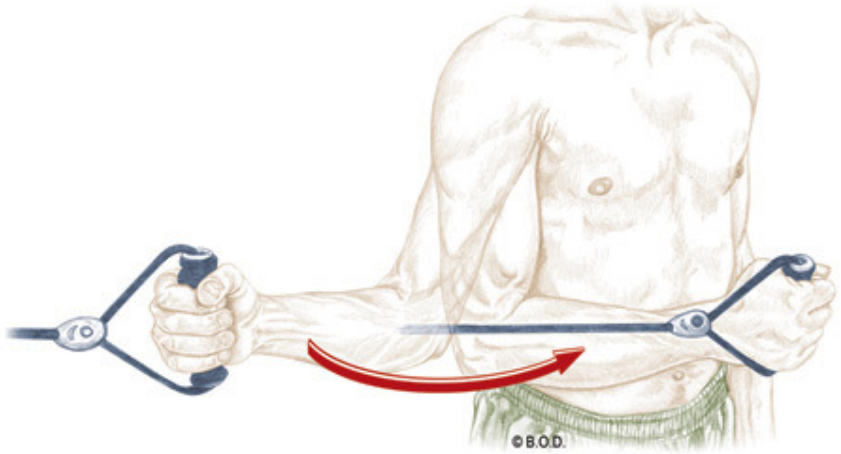
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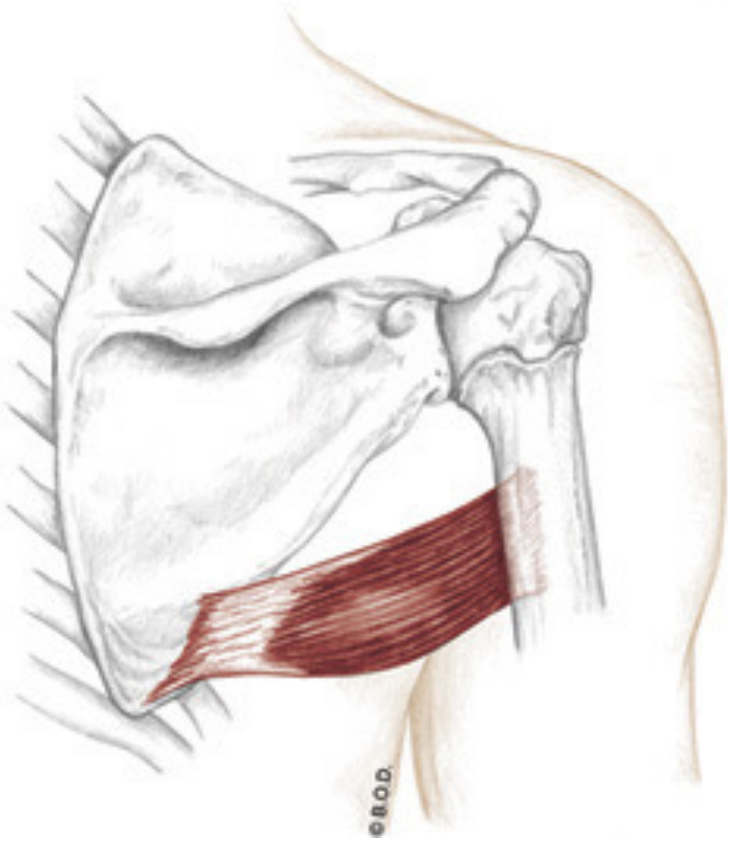
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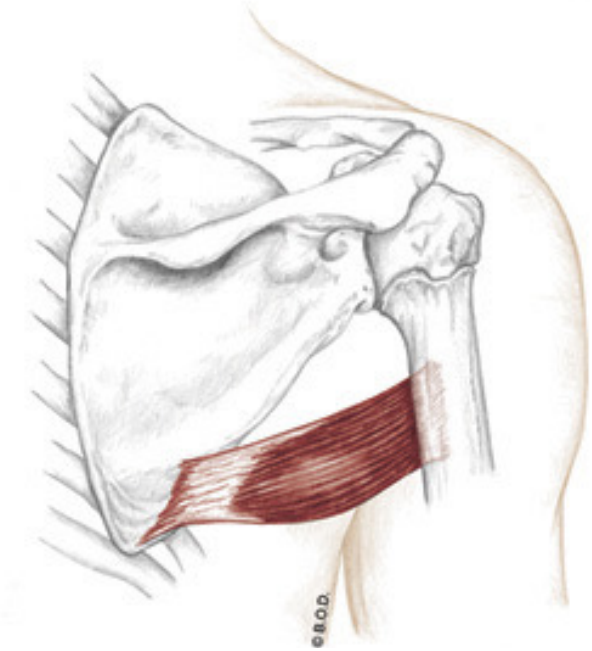
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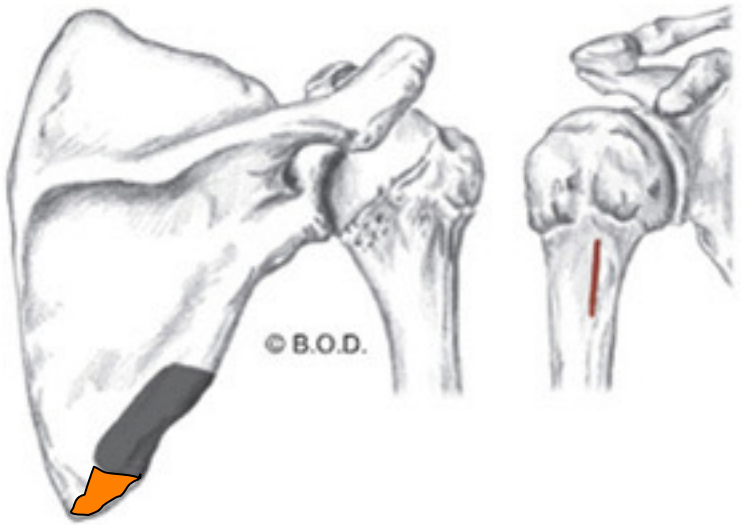
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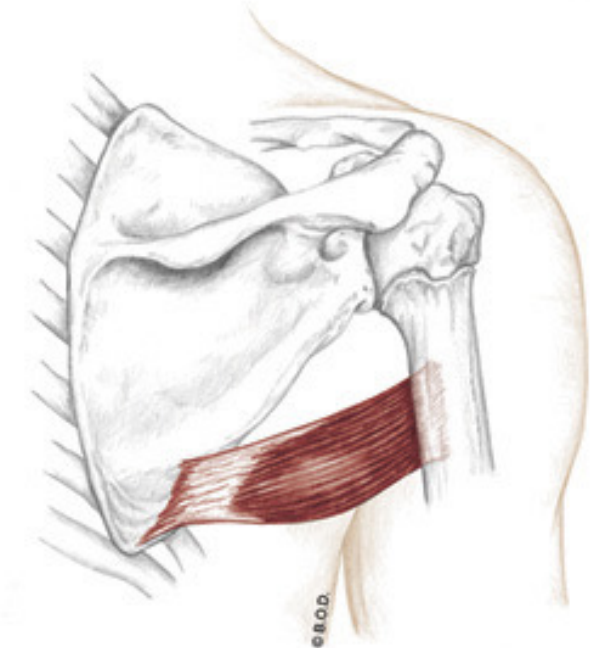
Anterior View

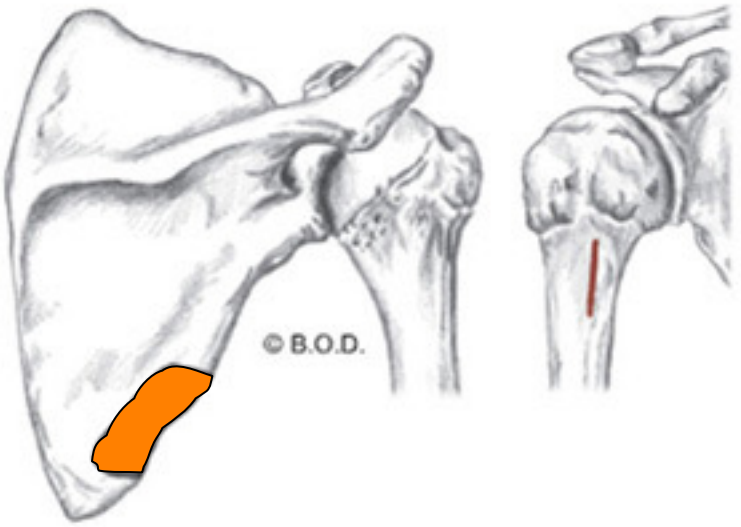
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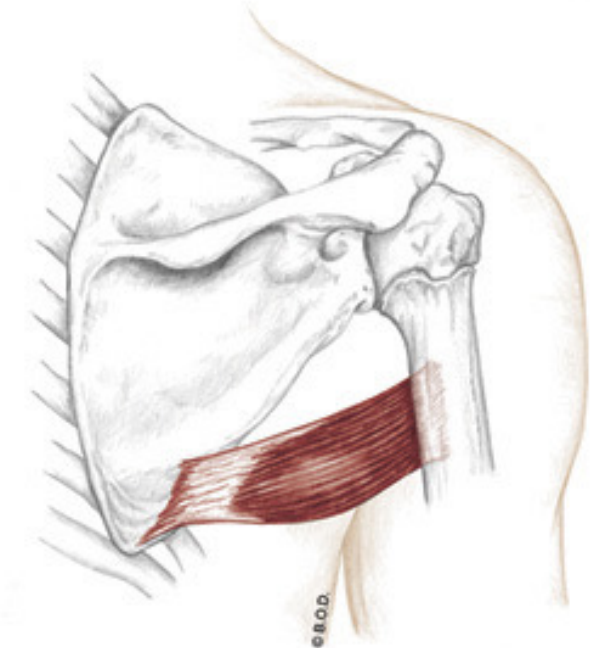
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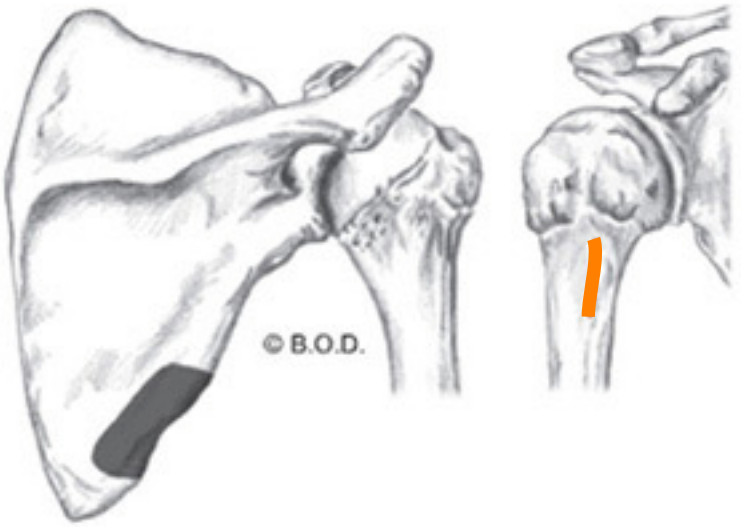
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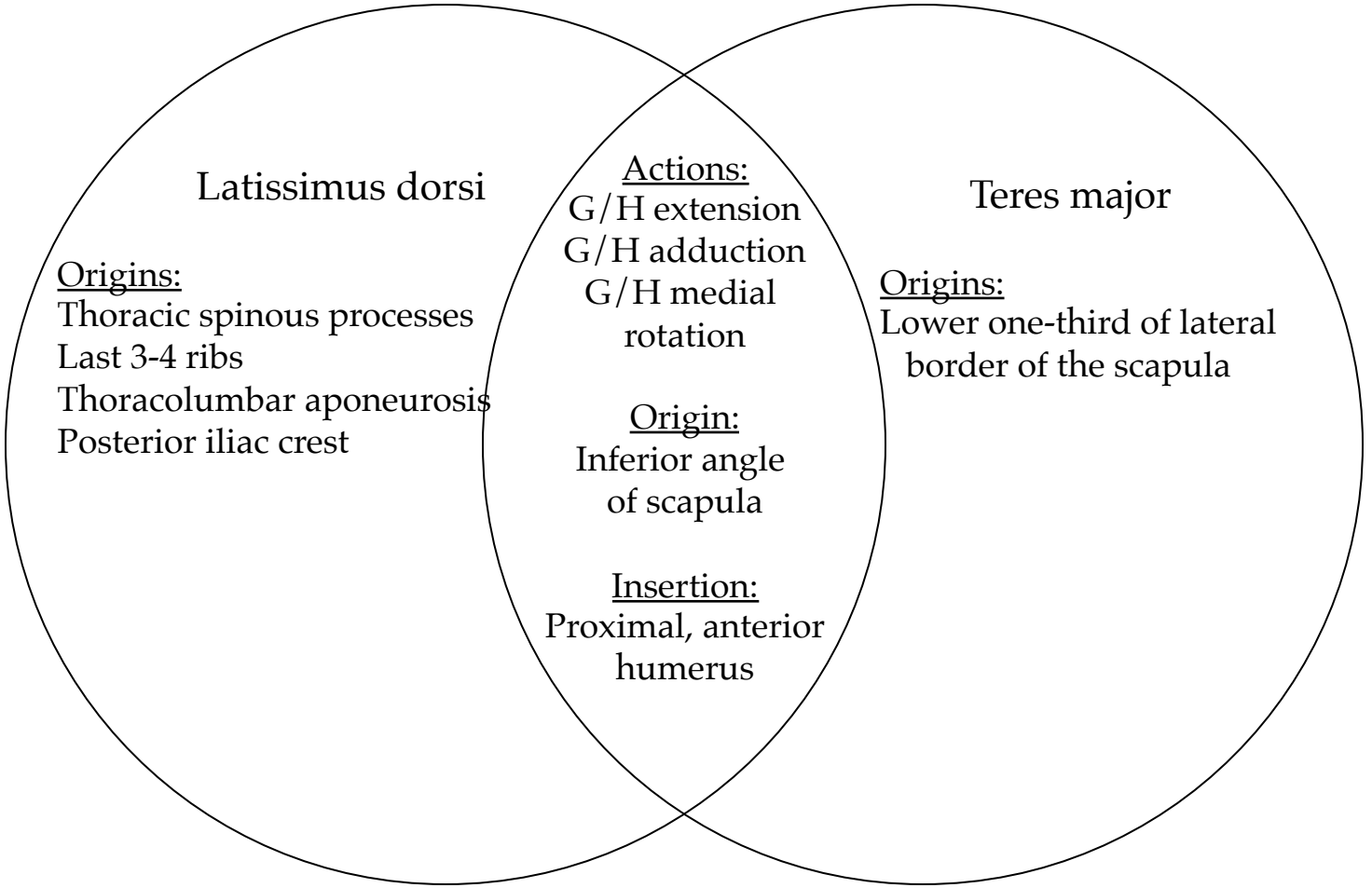




Posterior View

Anterior View

Venn diagram
(common details graph)



3a H&H: Self-Care -

Health, Wellness, Nutrition, and Stress Reduction

H-23

Introduction



Packet H - 23

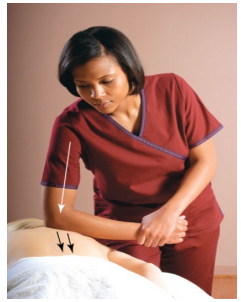
Every occupation can be stressful and therefore every one requires self-care.

Why health and wellness are important elements when practicing massage therapy as a career:

- It can be strenuous.
- It can be emotionally challenging.
- You want enjoyment and longevity in your career!
- A balanced practice will support a balanced life and vice versa.

Make health a priority for yourself and a context for lifelong learning and growth!

Health and Wellness

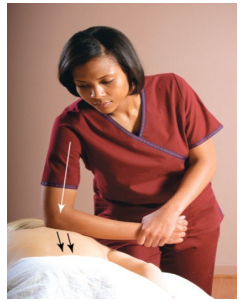


What is the difference between Health and Wellness?

Health

Wellness

Health and Wellness



Health A condition of physical, mental, and social well-being and the absence of disease.

Wellness An expression of health in which the individual is aware of, chooses, and practices healthy choices, creating a more successful and balanced life.


EMOTIONAL WELLNESS
PHYSICAL WELLNESS
SOCIAL WELLNESS
ENVIRONMENTAL WELLNESS
OCCUPATIONAL WELLNESS
SPIRITUAL WELLNESS
INTELLECTUAL WELLNESS
WELLNESS MODEL

Health and Wellness

Emotional Awareness and acceptance of the feelings and emotions of yourself and others

Health and Wellness

Environmental Recognize our ____interdependence____ with the environment. Help take care of world around you (as well as within you).



Health and Wellness

Intellectual Be open to new ideas. Stimulate your mind and curiosity.



Health and Wellness

Occupational Choose satisfying work. Receive regular ___massage___ sessions.



Health and Wellness

Social Cultivate and enjoy your friendships.



Health and Wellness

Spiritual Connect with higher a power. Consider meditation, prayer, etc.



Health and Wellness

Physical Proper nutrition, regular exercise, adequate sleep, and avoidance of bad habits



Physical Wellness

Recommended 30 to 60 minutes of moderate physical activity daily.

Physical fitness programs include:

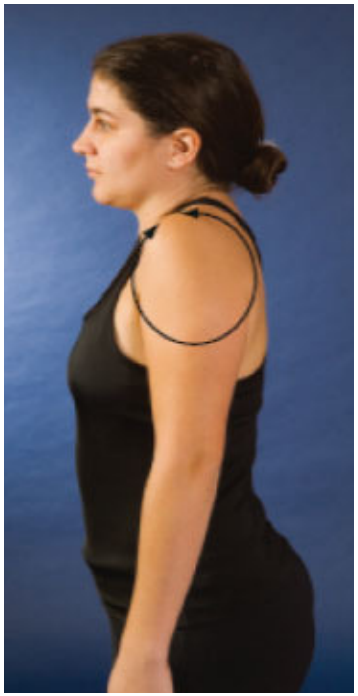
- Cardio or endurance training
- Stretching and balancing poses
- Core strengthening exercises
- Strength training



Stretching and Strengthening Activities for Massage Therapists

Warm-up

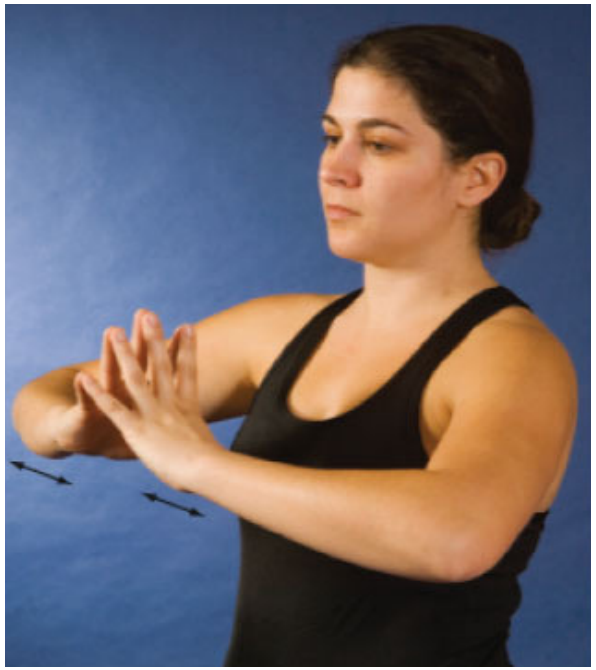
- Rub your palms and fingers together to generate friction and warmth.
- Vigorously rub the backs of your hands and arms
- Shake your hands and fingers at the wrists and drop your hands to your sides.
- Roll your shoulders forward for 10 repetitions, reverse direction and rotate your shoulders backward.



Stretching and Strengthening Activities for Massage Therapists

Finger stretch

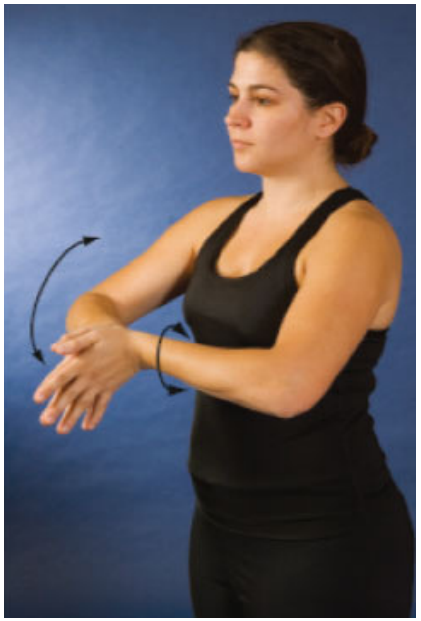
- Touch your finger and thumb pads together as you keep your wrists apart.
- Next, spread your fingers apart.
- Press and release pressure while maintaining contact.
- Repeat the press-and-release sequence 20 times.



Stretching and Strengthening Activities for Massage Therapists

Hand swishing

- Press your palms and fingers together at chest level with fingertips pointing up to your chin.
- Rotate your elbows until fingers are pointing downward toward the toes.
- Reverse back to the starting position.
- This motion should be playful, quick, and vigorous.
- Shoulders remain fixed during the movement.



Stretching and Strengthening Activities for Massage Therapists

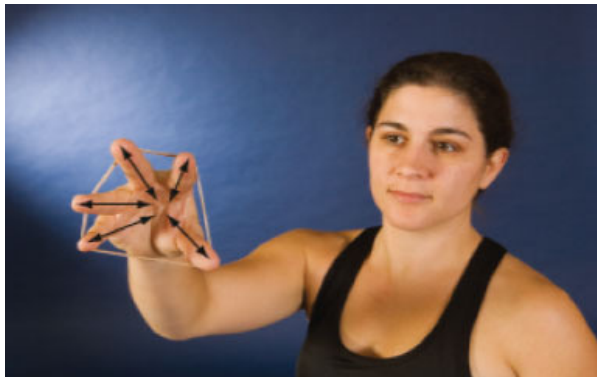
Wrist circles

- Begin with your arms at your sides. Flex your elbows 90 degrees, lifting your hands in front of you to chest level.
- With your fingers relaxed and extended, circle wrists in one direction for 10 revolutions, and then reverse the direction for 10 revolutions.
- Repeat wrist circles in both directions, but this time, close your hands into a fist.
- Perform 10 revolutions in both directions.

Stretching and Strengthening Activities for Massage Therapists

Rubber band stretch

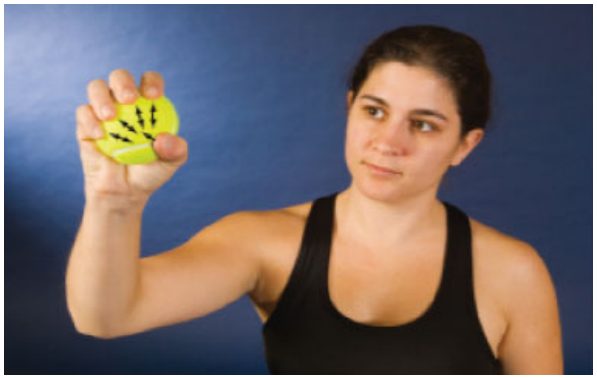
- Place a thick rubber band around the outside of the fingers at the level of the nail.
- Stretch the rubber band as you move the fingers apart.
- Repeat 10 times.
- Switch hands and repeat.
- If you find this exercise too much of a strain, use a thinner rubber band.



Stretching and Strengthening Activities for Massage Therapists

Ball squeeze

- Place a tennis ball or racquetball in the palm of your hand, and wrap your fingers around it.
- Squeeze the ball firmly for 5 seconds.
- Repeat 10 times.
- Switch hands and repeat.



Nutrition

Nutrition The way our bodies take in and use food .

Diet Food or drink consumed to supply the processes of nutrition.

Nutrient A substance that provides nourishment and affects metabolic processes such as cell growth and repair. Examples: protein, carbohydrates, fats, vitamins, minerals, water, and dietary fiber.

Nutrition

Proteins Composed of amino acids. Assist growth and energy needs. Help build and repair tissues and blood. Help form antibodies to fight infections.



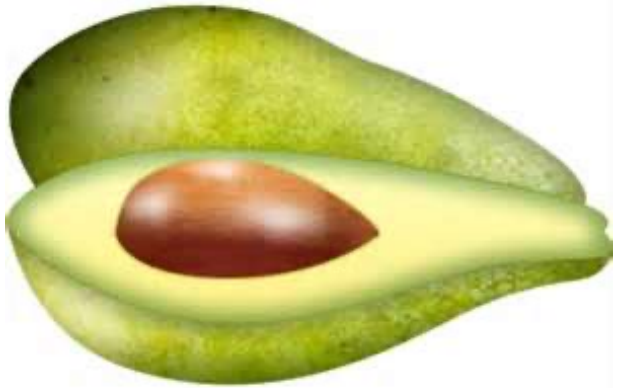
Nutrition

Carbohydrates (AKA: saccharides, sugars) Most common and preferred source of __energy__ for the body.



Nutrition

Fats (AKA: triglycerides) Energy source that acts more as a reserve stored for later use. Protect and insulate the body.



Nutrition

Vitamins Water or fat soluble. Essential for __metabolic__ reactions in the body.



Nutrition

Minerals Chemical elements found in nature. Vital in regulating many body functions.



Nutrition

Water Most important nutrient. Regulates body temperature and transports all other nutrients. Recommended __half__ ounce per pound of body weight per day.

I weigh 180 pounds,

so I should drink 90 ounces

or 2.6 liters per day.



Nutrition

Dietary fiber (AKA: roughage) Found in the walls of plant cells.

Types: soluble and insoluble.

Soluble dietary fiber Reduces cholesterol levels.
Examples: dried beans and peas, oats, barley, fruits.

Insoluble dietary fiber Acts as a laxative.
Examples: fruits, vegetables, and whole grains.



Sleep

Sleep is a recurring state of __relaxation__ characterized by an altered state of consciousness, inhibited sensory activity, muscular inhibition, and reduced interactions.

- Sleep allows the body to rest, recharge, and heal from the day's wear and tear.
- The amount and quality of sleep you get daily affect many aspects of your life.
- Adequate sleep is important for learning and memory, regulating metabolism, mood, health, and safety.
- Sleep deprivation contribute to slips/falls and errors in judgment, including road accidents.

Stress Reduction

Stress The response of the body to any ___demand___ placed on it. Up to a certain point it is healthy.



Stress Reduction

Most stress-diseases are related to psychological stress (this relates to our perceptions of and attitudes toward stress, as much or more than the circumstances.

Stress Reduction

What are three circumstances that are currently causing you stress?

Stress Reduction

What are some of your usual perceptions or attitudes that may add to your stress?

Stress Reduction

Stress Reduction Techniques

– Deep breathing modulates your stress response dramatically.

– Affirmations. What beliefs may or may not be serving you? What positive statements, thoughts, or beliefs could help you change your attitude?

– Prioritize. Manage your time and space.

– Meditation

– Enjoy yourself!

3a H&H: Self-Care -
Health, Wellness, Nutrition, and Stress Reduction