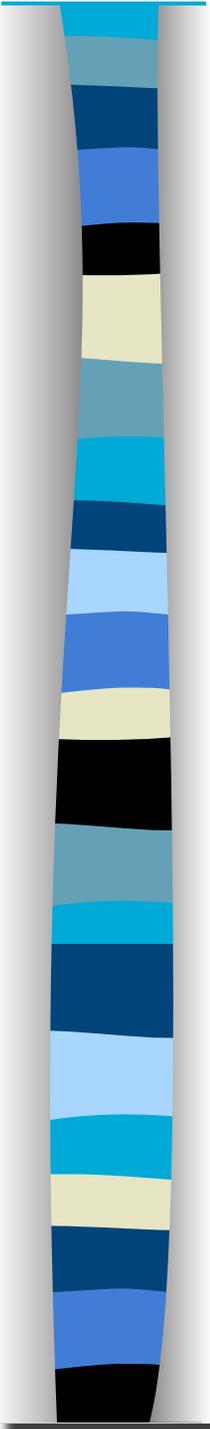


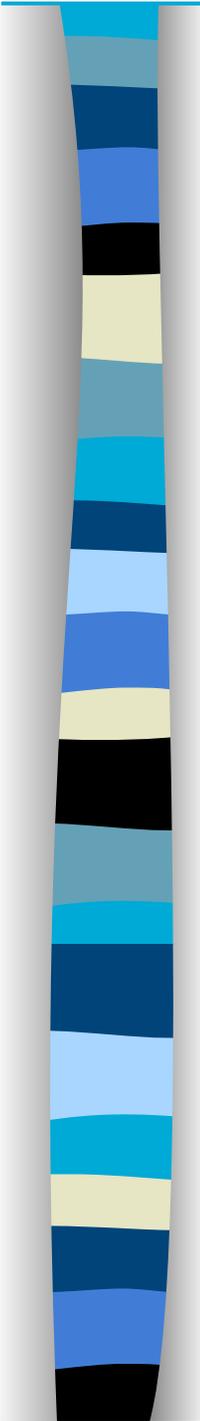
48b Side-lying and Pregnancy Massage:  
Technique Review and Practice



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

## Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



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

## Class Reminders

### Early Warning:

- By class 63b, you must be signed-up for and logged into [MassagePrep.training](https://www.massagerep.com/training)
- You will receive an email from our receptionist with instructions for signing up.

### Assignments:

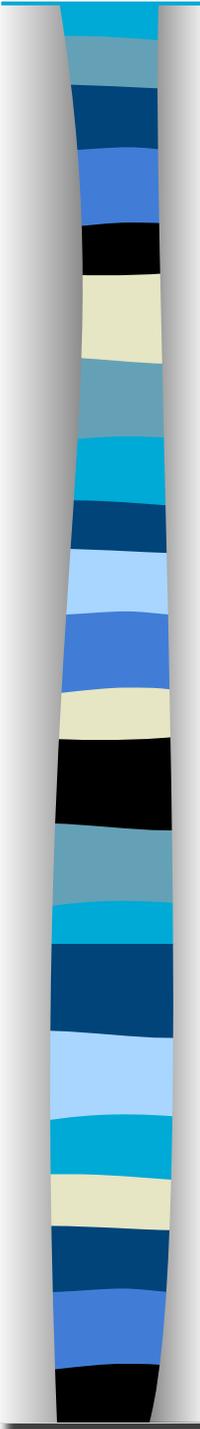
- 50b Business: Marketing: it is recommended that you watch the webinar listed in the Class Schedule.
- 53a Internship Orientation Review Questions (due before class starts)
- 55a Review Questions (due before class starts)

### Quizzes:

- 51b Kinesiology Quiz (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

### Preparation for upcoming classes:

- 49a A&P: Nervous System - Synaptic Transmission and Central Nervous System
- 49b Side-lying and Pregnancy Massage: Guided Full Body
  - Bring 2 pillows (standard size)
  - Bring 4 pillowcases (standard size)



# Classroom Rules

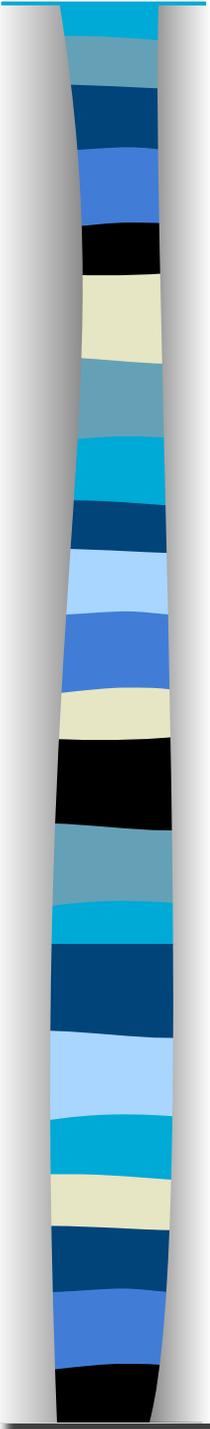
**Punctuality** - everybody's time is precious

- 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:**

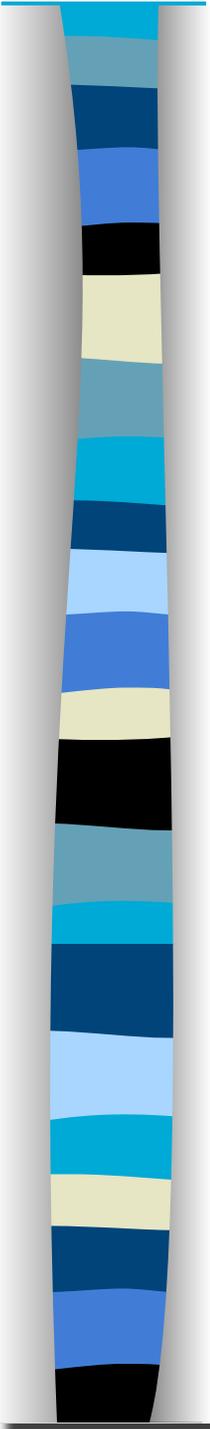
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*



## Position client on their side

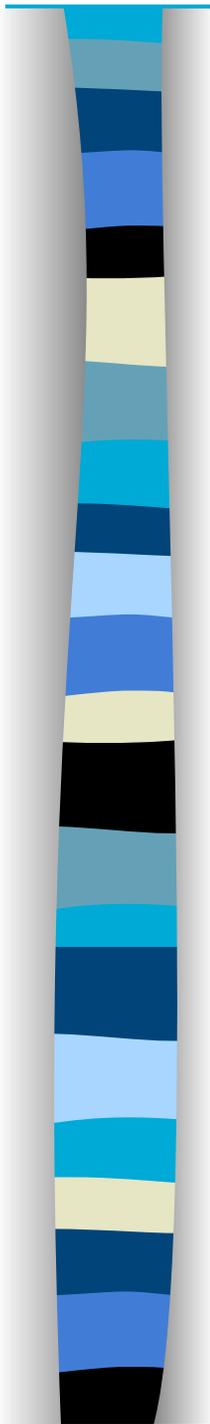
Note side of major discomfort – if severity of discomfort is not too bad, work the unaffected side first (this takes attention away from the affected side and helps the affected side to relax).



## 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 lower 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

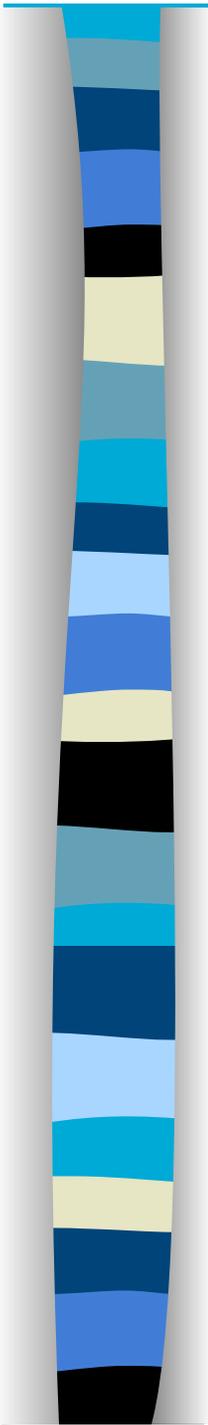
Wringing

Effleurage

Nerve strokes

Draping

Reposition client to opposite side. Repeat on other side.



### **Resting stroke**

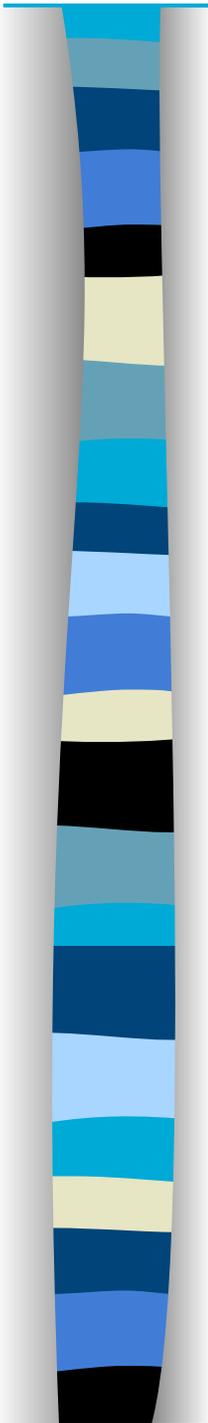
- Head-hand on the mid-back with fingers pointing toward the head
- Foot-hand on the lateral abdomen between the ribcage and iliac crest

### **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 upper leg, create a window with the sheet and tuck for security
- Should give access to the lateral side of upper leg, upper hip and gluteals, and medial side of lower leg and foot.



### **Foot of Upper 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).

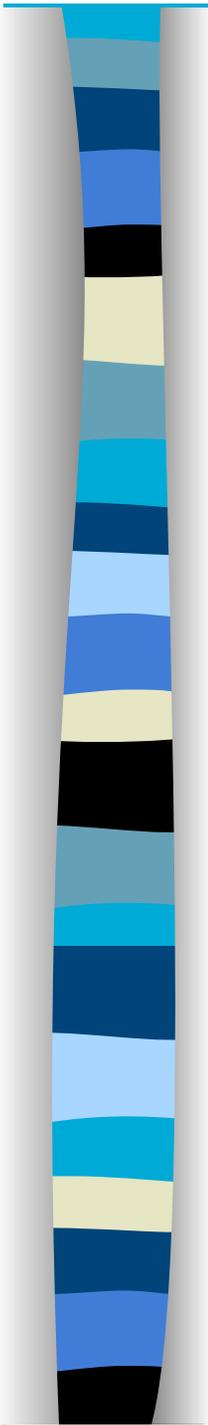
### **Effleurage the upper leg from ankle to hip**

### **Full the leg from ankle to hip**

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

### **Effleurage the upper 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**

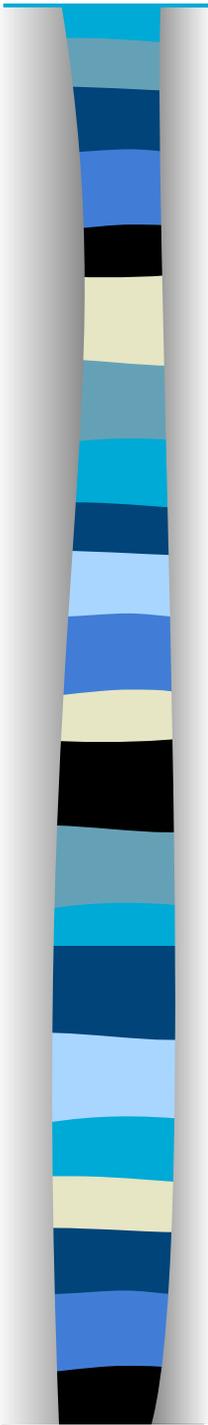
- From lateral to mid-line
- From superior to inferior (crest to ischial tuberosity)

### **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)



**Effleurance the upper leg from ankle to hip**

**Nerve strokes**

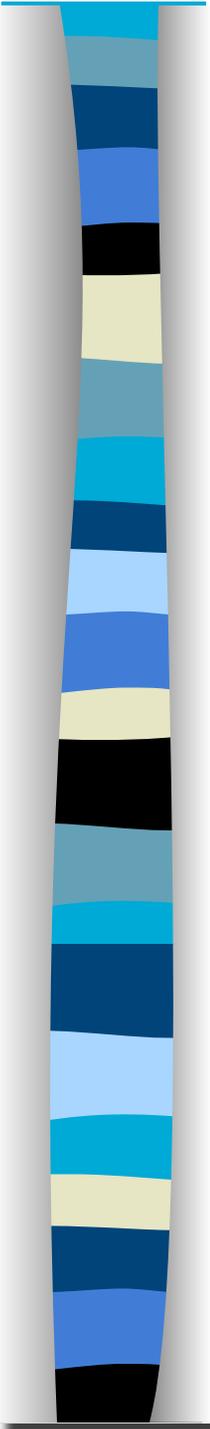
**IF the client is not pregnant:**

- Massage the foot and medial surface of the lower leg

**Cover the Legs**

**Draping the Back**

- Tuck the sheet between lower 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**

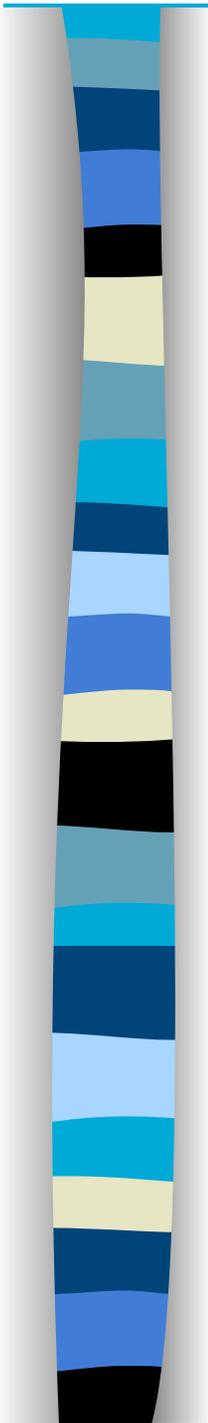
### **Melting between transverse processes and spinous processes**

- 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

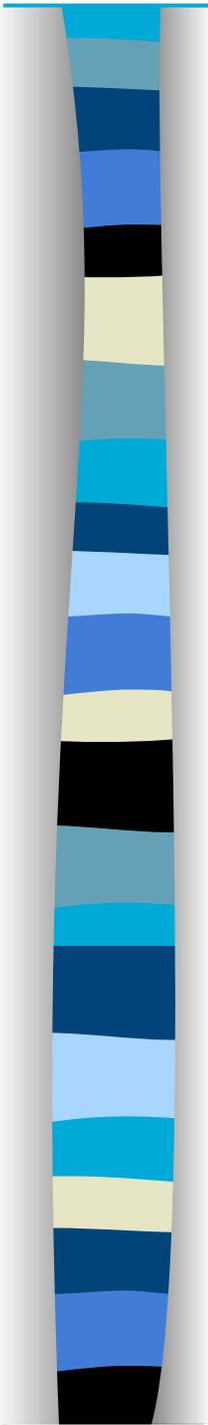
### **Whole arm wringing**

### **Effleurage the whole arm**

### **Nerve strokes**

### **Cover the arm**

**Reposition client to opposite side. Repeat on other side.**



### **Resting stroke**

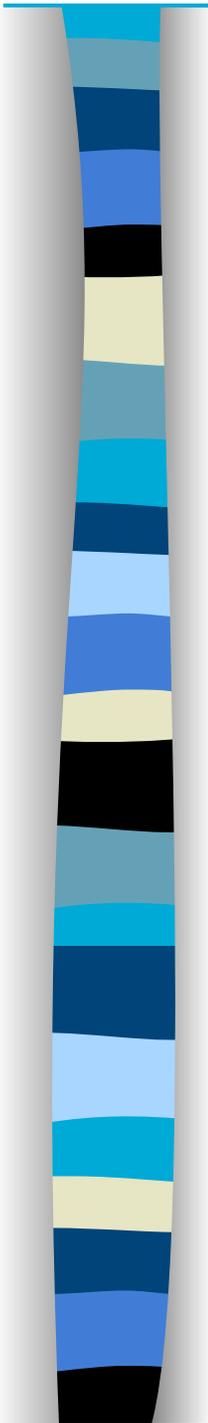
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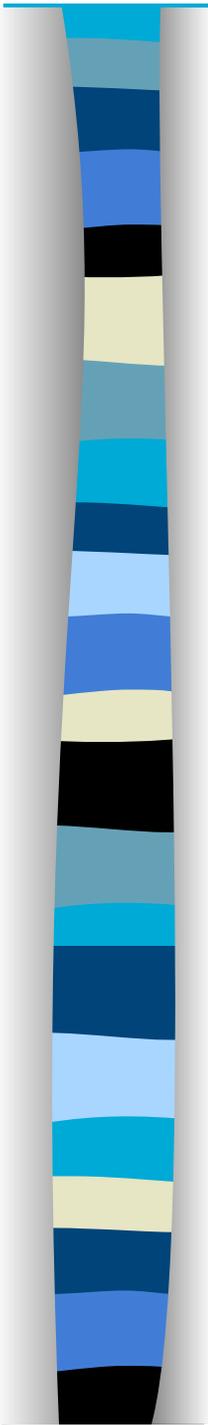
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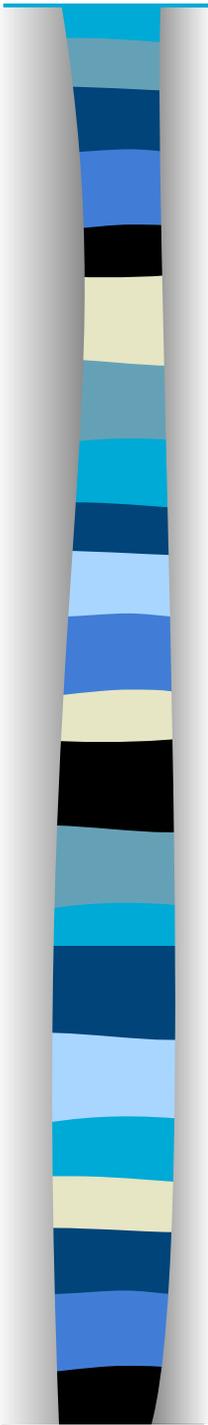
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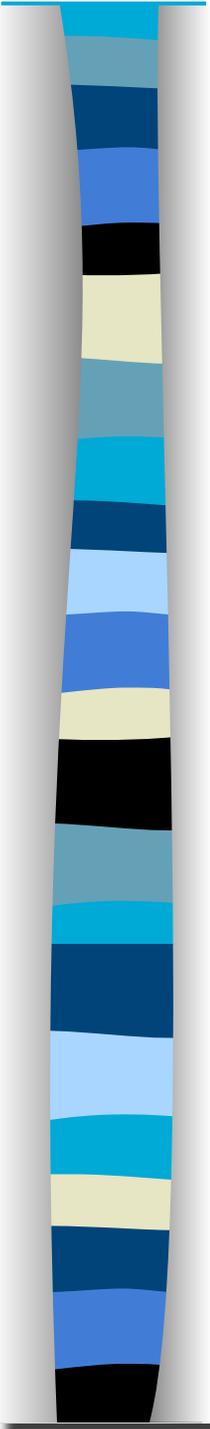
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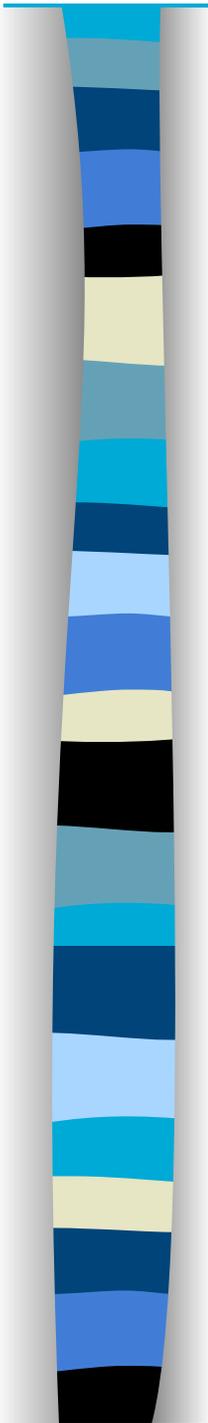
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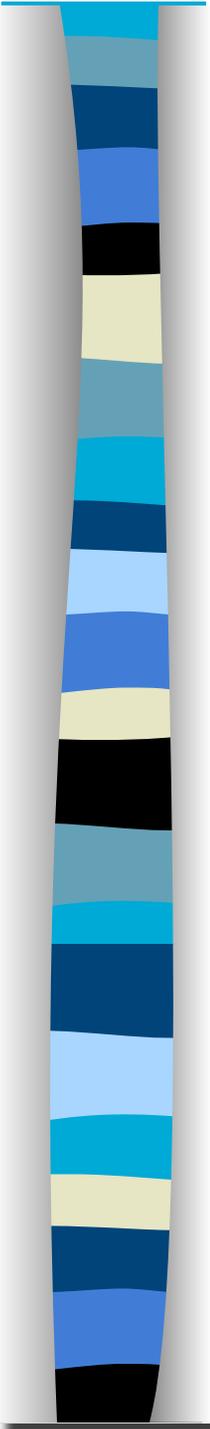
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### **Cover the arm**

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