



6b Swedish:

Technique Review and Practice - Posterior Upper Body

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Technique Review and Practice - Posterior Upper Body Class Outline



| | |
|---------------------------|----------------------------------------------|
| 5 minutes | Attendance, Breath of Arrival, and Reminders |
| 30 minutes | Demo of Posterior Upper Body Swedish |
| 15 minutes | 15-minute break |
| 60 minutes | 1st massage |
| 15 minutes | 15-minute break |
| 60 minutes | 2nd massage |
| 10 minutes | Closing circle |
| 3 hours, 15 minutes Total | |



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Technique Review and Practice - Posterior Upper Body Reminders

Assignments:

- 7a Review Questions (A: 119-130)

Quizzes and Written Exams:

- 8a Written Exam Prep Quiz (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)
- 8b Kinesiology Quiz (A-73, gluteals, hamstrings gastrocnemius and soleus)
- 10a Written Exam (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)

Preparation for upcoming classes:

- 7a A&P: Introduction to the Human Body - Body Compass
 - Trail Guide: hamstrings
 - Salvo: Pages 399-409
 - Packet E: 11-14
 - RQ Packet A-129
- 7b Swedish: Technique Demo and Practice - Posterior Lower Body
 - Packet F: 31-34



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:

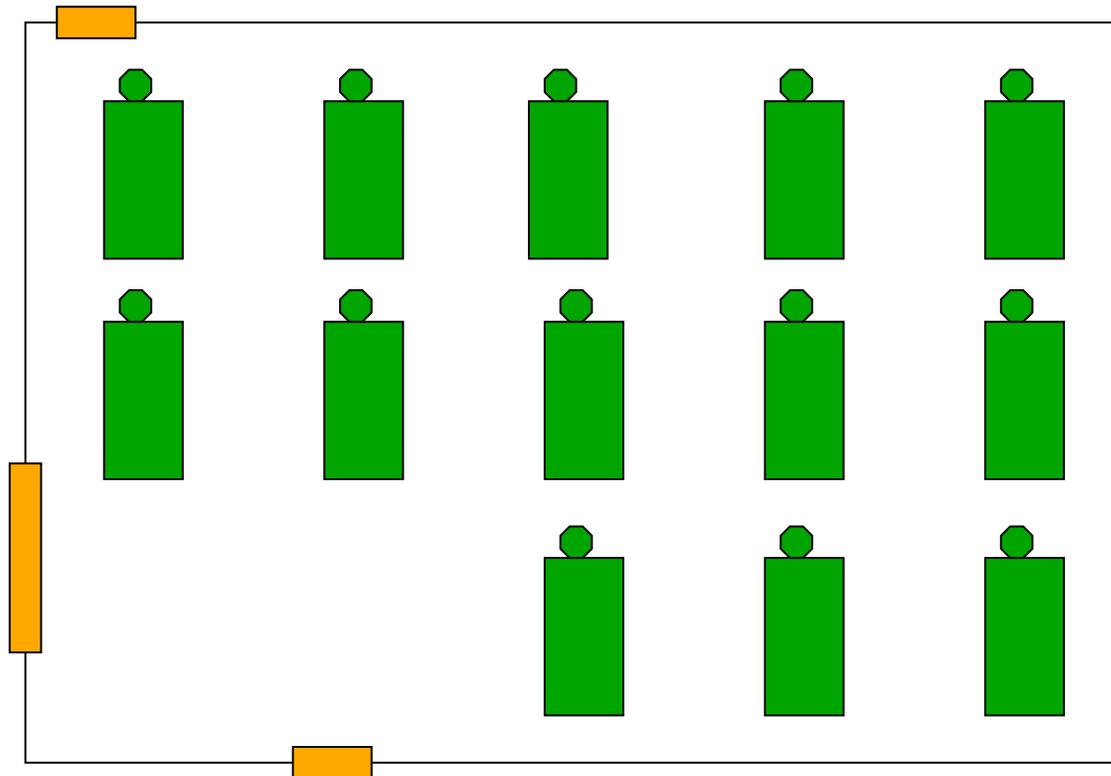
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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

First half of the massage trade

Table setup

- Set up the tables in the configuration below
- Get out your supplies and dress your table
- Adjust the table height
- Put all your stuff in the “basement”



Back Draping

Begin with the drape fully covering the shoulders.

Fold the sheet over the blanket 8 to 12 inches.

To undrape, move the blanket down to the top of the hips first, then move the sheet to the place where the gluteal cleavage begins.

Place the hands on top of the drape.





Resting stroke

- Establish contact at the sacrum and occiput, and relax

Drape (uncover) the back

- Draw down the sheet and blanket to the level of the gluteal cleavage
- Slide the hands out

Full back effleurage

- Apply oil, warm, and soften 3-6 times
- From the head of the table
- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Pulling and wringing

- Transition using an effleurage
- Horse stance at the low back
- Pull using alternating hands up the opposite side including the shoulder girdle
- Effleurage transition back down to the low back
- Wring up again along the same path
- Transition back up to the head of the table using effleurage return stroke

Repeat pulling and wringing on the other side



Circular effleurage around the scapula

- Move to alongside the shoulder facing up the table
- Outside hand supports the anterior, distal humerus
- Inside hand effleverages up the medial border of the scapula
- Laterally across the top or middle of the scapula
- Down the posterior axilla to the inferior angle

Position and effleurage the arm

- Supporting the elbow and wrist, move the arm to hang of the side of the table
- Effleurage the arm to apply lubricant

Knead upper traps and triceps

- Stand at the head of the table
- LIFT-SQUEEZE-RELEASE the traps from occiput to acromion to elbow

Reposition and full the arm

- Supporting the elbow and wrist, move the arm to alongside the body
- Facing up the table, squeeze down the arm and press into the hand

Squeeze and full down the arm

- Use the heels of your hands



Deep effleurage erectors

- Horse stance facing the midback
- Down-table hand on top, up-table hand on bottom
- Effleurage up the erectors from the low back
- Pass over the shoulder and brush down the arm
- Press into the hand

Deep cross fiber friction to the upper trapezius

- Sitting or kneeling at the head of the table, facing toward the feet
- Compress your thumb tips into upper trapezius
- Move the skin and superficial fascia posteriorly and anteriorly
- Progress beyond moderate pressure as it softens or as client indicates
- Address the area from the base of the neck to the acromion

Stripping the upper traps and rhomboids

- Stand in a lunge at the head of the table facing down the table
- Adjust position to be facing the head at a 45 degree angle
- One thumb strips the upper traps on the opposite side
- Two thumbs supporting each other strip the rhomboids on the opposite side



Circular effleurage around the scapula

- In a lunge at the head of the table, facing down the table
- Lateral hand stacked on top of the medial hand
- Effleurage down the medial border of the scapula
- Go laterally across the inferior angle of the scapula
- Come up the posterior axilla (armpit)
- Go across the top of the scapula

Full back effleurage

From the head of the table

- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Repeat on the other side starting with . . .



Circular effleurage around the scapula

- Move to alongside the shoulder facing up the table
- Outside hand supports the anterior, distal humerus
- Inside hand effleverages up the medial border of the scapula
- Laterally across the top or middle of the scapula
- Down the posterior axilla to the inferior angle

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- Address the area from the base of the neck to the acromion

Stripping the upper traps and rhomboids

- Stand in a lunge at the head of the table facing the head at a 45 degree angle
- Use your thumb to strip the upper traps on the opposite side
- Use two thumbs to strip the rhomboids on the opposite side



Circular effleurage around the scapula

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- Up the posterior axilla
- Across the top of the scapula

Full back effleurage

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- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput

Thumb circles on the erectors and sacrum

- Standing in a lunge at the head of the table, facing toward the feet
- Thumbs alternate circling down the erectors bilaterally
- Thoroughly cover the sacrum with thumb circles
- Return up to the neck using a raking, rocking return stroke

Unilateral thumb circles down the erectors

- Same as above just performed unilaterally



Figure eight on the sacrum

- Stand at the level of the sacrum facing across the table in a lunge
- Stack one hand on top of the other
- Lunge forward gliding beginning a figure eight pattern
- Return to your starting stance continuing the figure eight

Alternating effleurage of the back

- Stand at the head of the table facing toward the feet
- As one hand effleverages down its side of the back while the other hand effleverages up its side of the back
- Continue to alternate the directions of the gliding hands
- Adjust your stance with each change of direction to accommodate the hand traveling down the back

Full back effleurage

- From the head of the table
- Start at upper trapezius and go to the drape (include the sacrum)
- Return along lateral ribs and axilla, around deltoids and up to occiput



Back tapotement

- Stand at the hips facing across the table in a horse stance
- Begin loose-fist pounding tapotement on the gluteals unilaterally
- Turn your body to face down the table as you transition to ulnar hacking
- Begin backing up toward the head as you continue up the erectors unilaterally
- For now, always tapote parallel to the erector fibers
- As you tapote the shoulders, avoid striking the superficial bony landmarks
- Turn around to face up toward the head and begin backing down the table
- Ulnar hacking down the arm, avoiding the superficial bony landmarks
- Brush out the hand and give it a squeeze and repeat on the other side

Full back effleurage

Nerve strokes on the back

- Standing by the hips facing up toward the head
- Briskly and with moderate pressure, finger-trace down the back and arms

Cover the back

- Slide the hands under the drape without exposing the lower body
- Draw the sheet and blanket up to and over the shoulders



Resting stroke

- Establish contact at the sacrum and occiput, and relax

Thank your partner

Getting dressed

- Hand the clothes to the receiver
- Hold the blanket and top sheet up over the face and chest to allow them to get dressed more easily
- But be sure to keep the covered to provide privacy

Dressing the table

- Switch out the sheets
- Adjust the table height

Break time!

- Be back by the time indicated on the board



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