

**Swedish
Institute**
a College
of Health
Sciences

Swedish Massage II
Swedish Institute

COURSE DESCRIPTION:

3.0 credits

Swedish Massage II builds upon the student's base of myology, palpation and Swedish Massage I. It also begins to introduce subjective and objective assessments that will help prepare students for future classes and clinics, which involve more therapeutic approaches.

Students learn new techniques, including chair massage, muscle stripping and myofascial techniques. Students continue to develop their palpation skills and their understanding of the muscular layering of the body. Students then draw from their knowledge of anatomy to apply their massage techniques with increasing anatomical precision.

Through assigned reading and lecture, the students develop their understanding of the physiological effects of the new techniques, and add to their understanding of local and systemic cautions and contraindications for massage.

PREREQUISITE:

Swedish Massage I

PRE or CO-REQUISITES:

Anatomy and Physiology II
Neurology

CO-REQUISITE:

Tools of Assessment and Treatment

CLASS FORMAT:

The general format of the class includes a ten-minute stretch/exercise warm-up, a presentation of the massage techniques and sequences to be practiced for the session, discussion of theory, anatomical orientation, strokes, procedures, and practice time. During the term the students will massage the instructor for written feedback and guidance.

COURSE OBJECTIVES:

Competency in class is to be determined through visual evaluation by the instructor during the course, assessment of the student's massage skills performed on the instructor, a written exam, written session reports, and departmental practical final exam at the conclusion of the course. By the end of the term the student will be able to:

1. Describe the physiological effects of compression, effleurage, petrissage, friction, vibration/jostling, muscle stripping, myofascial techniques and tapotement as related to a massage treatment strategy; listing principles of tissue warming; describe how to use these strokes as assessment techniques; describe how to utilize them for specific desired physiological results.
2. Name at least four systemic conditions during which massage is contraindicated or modified, distinguish between the two, and describe possible modifications of treatment particular to these conditions.
3. Name at least four localized conditions in which massage is contraindicated to an area, and discuss how and where massage may be of benefit.
4. Document in writing the continued practice and refinement of his massage techniques in a minimum of five out-of-class practice sessions. In two sessions the student will receive a massage. In three sessions the student will give a massage.
5. Write a treatment plan for a "client." The plan will be based on the client's requests combined with subjective and objective findings. The plan will include cautions, contraindications and special bolstering. The plan will detail muscles and structures to be specifically addressed and the techniques that will be used.
6. Demonstrate proper draping techniques for the following: figure "4" position (prone & supine), sidelying position and for range of motion for the hip.
7. Demonstrate principles of body mechanics during massage in the areas of table height, alignment of the hips and spine, alignment of the wrists and thumbs (particularly relating to cross fiber friction and muscle stripping), and the use of weight and movement around the massage table.
8. Demonstrate, using the Swedish massage strokes of effleurage, petrissage, friction, vibration, and tapotement, the ability to adjust pressure, warm the tissues of underlying musculature for deeper work, transition smoothly from one stroke to another, and incorporate range of motion into a sequence.

9. Demonstrate the use of cross fiber friction to any muscle in the body of your instructors choosing. Be able to verbalize the origin and insertion of the muscle you are working.
10. Perform muscle stripping to any muscle in the body of your instructors choosing. Be able to verbalize the origin and insertion of the muscle you are working.
11. Demonstrate the principles of range of motion by performing them to the following joints: ankle, knee, hip, shoulder, elbow, wrist, digits, neck.
12. Demonstrate myofascial techniques using either the forearm, elbow, fist, or fingertips to the following structures; gastrocnemius/soleus, peroneal muscles, hamstrings, iliotibial band, quadriceps, gluteal muscles, erector spinae, trapezius, triceps brachii, biceps brachii and forearm flexors & extensors.
13. Perform a full-body chair massage sequence. Techniques will include: compression, jostling, petrissage, friction, shiatsu techniques including specific tsubo applications, and stretches. The student will also demonstrate correct body mechanics particularly in the areas of spinal alignment, weight transfer, and wrist and thumb alignment.

Except where otherwise noted, a student's hands-on work during class time and during practical hands-on testing will be demonstrated on a fellow student.

ACADEMIC STANDARDS:

Evaluation of student progress is based on visual evaluation by the instructor during the course, assessment of the student's massage skills performed on the instructor, a written exam, written session reports, and departmental practical final exam at the conclusion of the course.

Grading of the Swedish II massage course is divided into the following components:

Class Grade Components:

The student can only fail one Class Grade Component (Session Reports, Written Exam Grade, Classroom Grade) and still pass the course.

1. Session Reports:

Each student is required to write five session reports during the term. Three reports document experiences giving massages and two reports document experiences receiving them. All sessions are performed out of class. Clinical internship/ off-site internship experiences do not qualify for session report documentation. Credit assignments for session reports is as follows:

- 2 points – Session Reports passed in on time with acceptable content.
- 1 point – Session Report passed in late (only one assignment will be accepted late).
- 0 points – Session Report not passed in.

If students are absent they can have their session reports marked as on time if they pass it in the next time they are in school and have it date stamped by reception and placed in the teachers mailbox.

Session Reports are worth 10% of the Course Grade. A minimum score of 75% is necessary to pass this component. In other words a minimum of 4 session reports need to be passed in on time, with acceptable content, to pass this component.

2. **Written Exam:** One written exam will be given during Lesson 13 of the term. There will be no other written exam at the end of the term. The Written Exam is worth 20% of the Course Grade. A minimum grade of 65% is required to pass this component.

3. Classroom Grade:

The Classroom Grade is worth 35% of the Course Grade (10% Professionalism, 10% Participation, 15% Performance).

A minimum score of 26.25 (75%) or better is required to pass this component.

The following is a list of the criteria on which students will be graded and how it will be scored:

A. Professionalism:

- Follows guidelines listed in the syllabus.
- Takes responsibility for materials missed if absent.
- On-time for class and in returning from break.

- Shows respect for fellow students, instructor and assistant or apprentice.
- Wears a clean and appropriate uniform including appropriate footwear.
- Uses clean linens.
- Demonstrates attention to hygiene. Is free of body, tobacco and other odors.
- Maintains fingernails that are clean and trimmed short.
- Washes hands thoroughly before and after performing massage.
- Comes to class prepared.
- Demonstrates the ability to give clear feedback to fellow students.
- Demonstrates the ability to hear and adjust to feedback concerning behavior from the instructor and/or assistant or apprentice.

10 – Consistent in demonstrating all of the above at a very high level.

8 - 9 – Consistent in demonstrating most of the above at a satisfactory level.

6 - 7 – Inconsistent in demonstrating the above behaviors.

0 - 5 – Repeatedly fails to demonstrate the above behaviors.

B. Participation:

- Involved and attentive during classroom lectures and discussions.
- Involved and attentive during demonstrations and during hands-on time.
- Follows instructions, asks for clarification and help when needed.
- Hands in thoughtfully completed homework on time.
- Demonstrates the ability to hear and adjust to feedback concerning participation from the instructor and/or assistant or apprentice.

10 – Consistent in demonstrating all of the above at a very high level.

8 - 9 – Consistent in demonstrating most of the above at a satisfactory level.

6 - 7 – Inconsistent in demonstrating the above behaviors.

0 - 5 – Repeatedly fails to demonstrate the above behaviors.

C. Performance:

Evaluation of the performance grade will be based on visual observation of the student's hands-on work during class time.

- Demonstrates good body and hand mechanics.
- Demonstrates effective and appropriate application of techniques taught in this course.
- Demonstrates neat, secure and appropriate draping.
- Demonstrates appropriate use and care of bolsters, lubricants and equipment.
- Demonstrates adequate progress in hands-on skills taught throughout this course.
- Demonstrates the ability to hear and adjust to feedback concerning hands-on work from the instructor and/or assistant or apprentice.

15 – Performs at an exceptional, outstanding level.

13 - 14 – Performs at a solid, highly competent work level.

12 – Performs with basic competence.

11 – Needs improvement in the form of tutoring, practice sessions, etc.

10 – Deficient performance.

0 - 9 – Unacceptable performance.

4. **Massage of the Instructor:** This is an opportunity for each student to gain additional understanding of their strengths and weaknesses by receiving feedback and guidance regarding the student's hands on performance. Although there is no grade assigned to this component, massaging the instructor is required of each student. The student will receive written as well as verbal feedback. Massage of the Instructor is worth 0% of the Course Grade.

Final Exam Component:

The student must always pass their final to pass the course.

Practical Final Exam (with treatment plan): The *treatment plan* is begun by the student during lesson 14 as a preparation for the Final Exam. The plan assists the student in the process of designing a therapeutic one-hour session. In lesson 15 students will demonstrate friction techniques to 3 muscles of the instructors choosing and verbalize the muscles origins and insertions. The student then will need to demonstrate muscle stripping techniques to 3 muscles of the instructors choosing and again verbalize the muscles origins and insertions. The *Practical Final Exam* of a one-hour, full-body session including range of motion, muscle stripping, friction, etc. will take place during lesson 16, the final week of the term. The Practical Final Exam (including treatment plan) grade is worth 35% of the Course Grade. A minimum grade of 75% is required to pass this component.

Summary of Course Grade calculation:

An overall Course Grade of 70% or better is needed to pass the course.

Class Grade Components:

Session Reports	75% is passing	10% of Course Grade
Written Exam	65% is passing	20% of Course Grade
Classroom Grade	75% is passing	35% of Course Grade
Massage of the Instructor		0% of Course Grade

Final Exam Component:

Practical Final Exam	<u>75% is passing</u>	<u>35% of Course Grade</u>
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Course Grade:	70% is passing	100% of Course Grade
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Scale for converting number scores into letter grades.

95 - 100 = A
90 - 94 = A-
87 - 89 = B+
84 - 86 = B
80 - 83 = B-
75 - 79 = C+
70 - 74 = C
0 - 69 = F

POLICIES AND PROCEDURES:

Guidelines:

1. **Students need to be in full uniform from the beginning of class to the end of class (except for the time the student is being worked on).** This demonstrates a level of professionalism that we are fostering here at the Swedish Institute. For Swedish Massage II the uniform is the Swedish Institute T-shirt, dark blue or black pants, and non-skid, closed toe, low heeled shoes.
2. **Students need to remove all jewelry that might rub or scratch a “client” (including watches) before performing any hands-on work in class. Students need to remove necklaces while being worked on. Earrings worn to class should be small without any sharp edges.**
3. **Students are required to bring unscented lubricant, a clean white sheet, towel, and pillowcase (or face cradle cover) to class each week.** This will help create a clean and professional environment.
4. **Students must observe all hygiene standards.** No body odor or strong scents, hands washed/sanitized before and after working, nails clipped short, etc.
5. **There is no eating or drinking in the classroom.** This will help keep the classrooms neat, clean, odor free and prevent crumbs and sticky surfaces that invite insects and rodents. Eating and drinking is only to be done in the 5th floor student lounge. Drinking water from closed, non-breakable containers is allowed in the classroom.
6. **There is absolutely no cell phone usage in classrooms including calling, receiving calls, taking of photos or texting.** It is expected that all cell phones will be turned off before entering the classroom. This will reduce distractions, interruptions and noise. Cell phones are to be used only in the student lounge on the 5th floor.

7. **Do not open windows without clear instructions from the instructor.** The purpose of the latches on the top or lower windows can be counterintuitive. If latches are not secure the heavy windows can fall into the classroom and cause injury. If you would like a window to be opened for air circulation or to help control the classroom temperature, ask your instructor.
8. **Students are expected to keep eyes open in class during lecture, discussions and demonstrations.** If a student's eyes are closed, even if they are not asleep, they may be given a half or full-absence at the instructor's discretion. If there are extenuating circumstances that are affecting your ability to stay focused in class, please talk with your instructor.
9. **Students are expected to have completed all assignments and readings for a particular class before class time.** This will allow instructors to collect or talk about homework at the start of class and helps instill professionalism and respect for deadlines. Quizzes and exams will include material from readings and class discussions. If an aspect of the readings is unclear, please note the text and page number so your instructor can enhance your understanding.
10. **All hands-on practice for class assignments must be done under the supervision of a licensed massage therapist.** To facilitate this, practice sessions are offered regularly at the Swedish Institute. Schedules and information about practice sessions can be found in the student lounge, on the on-line student bulletin board, and in the sub-basement practice room.
11. **Students are expected to be on time at the beginning of class as well as on time coming back from every break. Leaving class during class time should be reserved for emergencies only.** This will help insure you don't miss important information. It will also allow instructors to maximize class time and will limit distractions to fellow students and the instructor. Your presence may also be needed when students are partnering for hands-on work. Arriving to class late, leaving class early, or stepping out during class time, may be marked as a late or half absence at the discretion of the instructor.

Attendance:

Students are responsible for being familiar with all material covered and for the completion of the assignments given in any missed class. Missed information should be obtained from the syllabus, readings and fellow students or by make-up classes or tutorials.

Students are allowed two absences. **Any absence over two absences will be grounds for failure unless the student makes up the missed class content in one of the following ways:**

1. The student attends another section of the course (during their current semester) in which the exact missed material is covered. This make-up must be documented and signed by the instructor of the make-up class and returned to the regular course instructor. There is a \$25 fee for this make-up.

2. The student arranges for a one-and-one-half-hour tutorial (\$40 fee) with an instructor, assistant, or apprentice, that covers the missed material. This tutorial must be completed with signed documentation returned to the regular course instructor.

If the make-up is not completed within 3 weeks from the date the last absence occurred, or by the end of the course, whichever comes sooner, the student will receive a grade of F-appeal for the course. The student will need to go through the appeal process as described in the Student Handbook. Successful appeal will result in a passing, but lowered course grade. Unsuccessful appeal will require a repeat of the course.

Any single absence or ½ absence beyond a third (made-up) absence constitutes a failure of the course and the student will need to repeat the course.

Missing the first 2 classes or any 3 consecutive classes constitutes an automatic failure of the course; make-ups will not be allowed in these cases.

If a student arrives substantially late or leaves class substantially early the student will receive either a half or full absence, at the discretion of the instructor.

Lateness Policy:

Lateness policy is separate from absence policy. Roll will be taken within the first five minutes of class. Students arriving after roll is taken, or who return late from break, or who leave class early will be marked late. Students are allowed three lates. Each late beyond that number will result in a 2 point deduction from their final numerical course grade before the final grade is converted to a letter grade.

For example, if a student's final grade for the course was a 93, but she had been late a total of 5 times during the semester, 2 points would be deducted from that grade for each late over the maximum allowed. In this case 4 points would be deducted and the final course grade would go from a 93 (A-) to an 89 (B+). In the case of a student with low passing grades, excessive lateness could result in failure, by the same process of point deductions.

Special note:

Excessive absence and/or lateness and/or failure to participate in classes may be grounds for course failure.

Retest:

Retests for students who receive a failing score on the Final Exam are offered only under extenuating circumstances and after successful appeal to the Faculty Review Committee (see Student Handbook). Appeals will only be considered if all other grade components are passing and attendance standards have been met.

Eligibility for Final Exam:

If a student has failed one grade component, and is within their attendance requirements, he may take the final exam. If the student passes their final exam the failing component will be averaged in to their final grade for the course.

Students who have failed two grade components will receive a conditional failure and be permitted to take the final exam if they are within their attendance requirements. After successful completion of their final they will need to submit a letter of appeal to the Faculty Review Committee to be considered for receiving a passing grade for the course.

SWEDISH MASSAGE II - SYLLABUS AND READINGS

INTRODUCTION TO MASSAGE THERAPY Second Edition, Mary Beth Braun & Stephanie Simonson –
Lippincott Williams & Wilkins, 2005

SAVE YOUR HANDS!, 2nd EDITION, Lauriann Greene & Richard W. Goggins –
Gilded Age Press, Inc., 2008

SWEDISH MASSAGE II STUDENT MANUAL – VERSION j, (Manual) - Swedish Institute, 8/07

BASIC CLINICAL MASSAGE THERAPY: INTEGRATING ANATOMY AND TREATMENT Second Edition,
James H. Clay and David M. Pounds, Lippincott Williams & Wilkins, 2008

<u>WEEK</u>	<u>LESSON</u>	<u>TOPICS</u>	<u>READINGS</u>
1	1	<i>Introduction</i>	<u>Syllabus</u> – pp. 1-15 <u>Introduction to Massage Therapy</u> – Connective Tissue Techniques pp. 446-451 <u>Manual</u> – pp. 5-14
2	2	<i>Posterior Lower Extremity</i>	<u>Manual</u> – pp. 15-23 <u>Basic Clinical Massage Therapy</u> – pp. 342-346, 350, 365, 388-397
3	3	<i>Lower Back & Posterior Hip</i>	<u>Manual</u> – pp. 33-42 <u>Basic Clinical Massage Therapy</u> – pp. 144-146, 250-262, 284-287, 291, 295, 309-325, 347-350 <u>Introduction to Massage Therapy</u> – Postural Assessment pp. 290-295
4	4	<i>Anterior Lower Extremity</i> Students Work on Instructor	<u>Manual</u> – pp. 45-54 <u>Basic Clinical Massage Therapy</u> – pp. 335-341, 349-360, 378-387
4	5	<i>Chair Massage</i>	<u>Introduction to Massage Therapy</u> – Chair Massage pp. 518-523 <u>Manual</u> – pp. 25-33 <u>Save Your Hands!</u> – pp. 141-155

IMPORTANT NOTE: Lesson 5 is a class teaching chair massage and will be taught in week 4 of the term on the day regularly scheduled for “Tools of Assessment & Treatment.” This class will still be credited as a Swedish II class and absences and lateness from this class will be counted for Swedish II.

5	6	<i>Review</i> Students Work on Instructor	<u>Manual</u> – pp. 57-60
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<u>WEEK</u>	<u>LESSON</u>	<u>TOPICS</u>	<u>READINGS</u>
6	7	<i>Upper Back & Rotator Cuff</i> Students Work on Instructor	<u>Introduction to Massage Therapy</u> – Endangerment Sites pp. 75-76 <u>Manual</u> – pg. 61-69 <u>Basic Clinical Massage Therapy</u> – pp. 106-113, 140-148, 151-165, 250-265
7	8	<i>Upper Extremity</i>	<u>Manual</u> – pp. 71-81 <u>Basic Clinical Massage Therapy</u> – pp. 149-150, 192-229
8	9	<i>Neck & Face</i> Students Work on Instructor	<u>Manual</u> – pp. 83-92 <u>Basic Clinical Massage Therapy</u> – pp. 82-85, 100-111, 114-117
9	10	<i>Chest & Abdomen</i> Students Work on Instructor	<u>Manual</u> – pp. 93-101 <u>Basic Clinical Massage Therapy</u> – pp. 129-139, 171-176, 201-202, 274-283, 298-304
10	11	<i>Sidelying Position</i>	<u>Introduction to Massage Therapy</u> – Sidelying Position pp. 370-375 <u>Manual</u> – pp. 103-108 <u>Basic Clinical Massage Therapy</u> – pp. 351-360
11	12	<i>Review</i>	<u>Manual</u> – pp. 109-113
12	13	<i>Written Exam</i> <i>Half-Hour Full-Body</i>	Date: _____ <u>Manual</u> – pp. 115-120
13	14	<i>Treatment Plans</i> <i>Postural Assessment</i> <i>Full-Body Massage</i>	<u>Manual</u> – pp. 121-126
14	15	<i>Full-Body Massage</i> <i>Preparation for Final</i> <i>Palpation Testing</i>	<u>Manual</u> – pp. 127-132
15	16	<i>Practical Final Exam:</i> <i>Treatment Plan with Full-Body</i>	Date: _____

ERRATA SHEET
for
Swedish Massage II - Student Manual – Version i

Pages 25-26

The “Chair Massage Lesson” is now being taught in week 4 on the day “Tools” is usually taught and is now being referred to as lesson 5 instead of lesson 3

Pages 68

The origin of serratus anterior should be “Ribs 1-8 anterolateral” not “Ribs 1-8 anteromedial”

Pages 135

The “Practical Final Exam” Form has been updated. Your instructor will distribute the updated version to you towards the end of the semester.

SPECIAL NOTES FOR USING THE TEXT “BASIC CLINICAL MASSAGE THERAPY”

Muscle Stripping:

In the book “Basic Clinical Massage Therapy” the author uses the term muscle stripping to mean “gliding pressure along a muscle, usually from one attachment to the other in the direction of the muscle fiber.” This differs from the Swedish Institute’s use of the term muscle stripping which additionally states that muscle stripping is “applied to specific bands of muscle.”

Body Mechanics:

The authors state in the text that due to the need to show certain landmarks and internal structures clearly, many compromises were made in the positioning of the therapist and client. As a result, the body mechanics in the illustration are sometimes not ideal, so should not necessarily be followed as examples of how to perform various strokes.

Draping:

The authors also clearly state that the illustrations in this books feature paid models, not clients, who are shown nude or with minimal draping. This technique was used to show clearly both internal structures and external body landmarks. The illustrations are not to be taken as examples of draping to be used during classes or for private clients. Draping options by the authors are shown in chapter 1, however they usually use a top sheet and do not reflect how we teach draping at the Swedish Institute. So, please follow draping protocols that have been taught in your Swedish I or II classes by your instructors.

Lesson 2

Achilles tendon	365
Flexor digitorum longus	380
Flexor hallucis longus	382
Gastrocnemius	389
Hamstrings	
Biceps femoris	344-345
Semimembranosus	343
Semitendinosus	342
Iliotibial band	349-350
Plantaris	392
Popliteus	388
Soleus	390-391
Tibialis posterior	393

Lesson 4

Deep lateral rotators	319-323
Erector spinae group	250-260
Gluteus maximus	309-310
Gluteus medius	310-311
Gluteus minimus	311-314

Latissimus dorsi	144-146
Piriformis	316-318
Quadratus lumborum.....	284-287
Sacrouberous ligament	291
Sciatic nerve	295
Tensor fascia latae	347-349

Lesson 5

Adductors of the hip	352-360
Extensor digitorum longus ..	380-381
Extensor hallucis longus	382-383
Iliotibial band	350
Lateral collateral ligament	
Medial collateral ligament	
Patellar ligament	338-339
Peroneals	384-386
Quadriceps group	335-339
Sartorius	340-341
Tibialis anterior	378-379

Lesson 7

Erector spinae group	250-260
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Infraspinatus	153-155
Latissimus dorsi	144-146
Levator scapulae	140-141
Rhomboids	142-143
Serratus anterior	162-163
Subscapularis	158-161
Supraspinatus	151-153
Teres major	147-148
Teres minor	156-157
Trapezius	106-109

Lesson 8

Abductor pollicis longus	219
Anconeus	199-200
Biceps brachii	193-194
Brachialis	195-196
Brachioradialis	209-210
Deltoid	149-150
Extensor carpi radialis brevis	211
Extensor carpi radialis longus	212
Extensor carpi ulnaris	213
Extensor digitorum	215
Extensor pollicis brevis	217
Extensor pollicis longus	218
Flexor carpi radialis	224
Flexor carpi ulnaris	225
Forearm flexor group	221-229
Forearm extensor group	211-220
Median nerve	228
Palmaris longus	223
Pronator teres	205-206
Supinator	203-204
Triceps brachii	197-198
Ulnar nerve	

We are very concerned with producing classroom materials that are helpful, clear, professional and accurate. Please submit any suggestions, or typos you notice, to the Department Chair. Thank you.

Lesson 9

Brachial plexus	103
Carotid Artery	

Internal jugular vein	
Masseter	84-85
Scalenes	102-105
Semispinalis capitis	110
Splenius capitis	111
Sternocleidomastoid	100-102
Suboccipitals	114-117
Rectus capitus posterior major	
Rectus capitus posterior minor	
Obliquus capitis superior	
Obliquus capitis inferior	
Trapezius	106-109
Temporalis	82-83

Lesson 10

Abdominal obliques	280-282
Coracobrachialis	201-202
Iliopsoas	298-304
Intercostals	174-176
Pectoralis major	130-134
Pectoralis minor	134-139
Rectus abdominus	275-277
Subclavius	129-130
Transverse abdominus	283

Lesson 11

Gracilis	356
Adductor longus	353
Adductor magnus	352