

MODIFIED LESSONS

7	5/28	E	<ul style="list-style-type: none">• QUIZ 3 & MUSCLE FACTS REVIEW: SETS 10 - 11• CHAIR MASSAGE REVIEW/PRACTICE• CHAIR MASSAGE ASSESSMENT (20 minutes)• Introduce Working with Lotion & Pressure Scale 1 - 3• TECHNIQUES (SKIN-TO-SKIN): GLIDING (Glides, Contra glides, and alternating glides with palms and thumb glides down lamina grooves) —BACK
-9-	6/4	E	<ul style="list-style-type: none">• QUIZ 4 & ETHICS• DRILLS (SKIN-TO-SKIN): GLIDING (Glides, Contra glides, and alternating glides with palms and thumb glides down lamina grooves)—BACK • TECHNIQUES: DRAPING, GLIDING, KNEADING—POSTERIOR LEGS• TECHNIQUES: KNEADING (TWISTY FISTS)—HIPS (COVERED—NOT SKIN TO SKIN)

2024 Wood Dragon		MASSAGE THEORY, PRACTICE & ETHICS (MASSAGE 1) 5/6 - 8/20 . Mon & Tues . 9am - 1pm	
#	DATE	INS.	FOCUS
1	5/6	A	Introductions, Syllabus/Course Overview, Program Orientation, Self-care Brainstorm, Self-care for Massage Therapists (see study guide), Hygiene (see study guide), Fingernail Grooming, General Body Mechanics (Squat/Lunge)
-2-	5/7	E	Introductions, Ethics Ideas, Principles of Body Mechanics (see study guide), Basic Terminology Page 1 (see study guide), Self-Care (Meditation & Breathwork),
▽▽ CLOTHED TABLE & CHAIR MASSAGE ▽▽			
3	5/13	A	<ul style="list-style-type: none"> • LESSONS: General Indications & Contraindications (see study guide), General Guidelines for Massage (see study guide), Table Opening/Closing, Basic Terminology Page 2 & 3 (see study guide), Intro to Swedish Massage History Basics (see study guide) • MUSCLE FACTS REVIEW: SETS 1 - 6 • TECHNIQUES (TABLE/CLOTHED): <u>KNEADING</u> (upper traps, upper & lower extremities, hands and feet) & <u>THUMB FRICTION</u> (upper traps, rhomboids, erectors, prone)
-4-	5/14	E	<ul style="list-style-type: none"> • QUIZ 1 & ETHICS • DRILLS (CLOTHED): Body Mechanics, Table Setup/Breakdown, KNEADING (upper traps, upper & lower extremities, hands and feet) & THUMB FRICTION (upper traps, rhomboids, erectors, prone) • TECHNIQUES (TABLE/CLOTHED): <u>PERCUSSION</u> (back, hips, hams) & <u>VIBRATION</u> (back)
5	5/20	A	<ul style="list-style-type: none"> • MUSCLE FACTS REVIEW: SETS 7 - 9 • DRILLS (CLOTHED): PERCUSSION (back, hips, hamstrings) & VIBRATION (back) • TECHNIQUES (TABLE/CLOTHED): <u>COMPRESSION</u> (posterior: back, hips, hams, calves) • 1-HOUR CLOTHED TABLE MASSAGE
-6-	5/21	E	<ul style="list-style-type: none"> • QUIZ 2 & ETHICS • CLOTHED TABLE MASSAGE PRACTICE • Introduction to <u>CHAIR MASSAGE</u> (shoulders, back, hips, arms and hands, neck, scalp)
	5/27		NO CLASSES - MEMORIAL DAY
7	5/28	E	<ul style="list-style-type: none"> • QUIZ 3 & ETHICS • CHAIR MASSAGE REVIEW/PRACTICE • CHAIR MASSAGE ASSESSMENT (20 minutes)

▽▽ UNCLOTHED TABLE MASSAGE ▽▽

8	6/3	A	<ul style="list-style-type: none"> • MUSCLE FACTS REVIEW: SETS 10 - 11 • Swedish Massage Theory & Practice, Body Mechanics, Working with Lotion, Pressure Scale 1 - 3 • TECHNIQUES (SKIN-TO-SKIN): DRAPING, GLIDING, KNEADING—POSTERIOR LEGS & FEET
-9-	6/4	E	<ul style="list-style-type: none"> • QUIZ 4 & ETHICS • DRILLS (SKIN-TO-SKIN): DRAPING, GLIDING, KNEADING (Posterior Lower Extremities, Soles of Feet) • TECHNIQUES: KNEADING (TWISTY FISTS)—HIPS
10	6/10	A	<ul style="list-style-type: none"> • MUSCLE FACTS REVIEW: SETS 12 - 13 • DRILLS (SKIN-TO-SKIN): KNEADING (Hips—Twisty Fists) • TECHNIQUES (SKIN-TO-SKIN): DRAPING, GLIDING (palm, knuckles, thumbs), FRICTION (ALL), KNEADING, PERCUSSION (ALL), VIBRATION (ALL)—BACK
-11-	6/11	E	<ul style="list-style-type: none"> • QUIZ 5 & ETHICS • DRILLS (SKIN-TO-SKIN): DRAPING, GLIDING (palm, knuckles, thumbs), FRICTION (ALL), KNEADING, PERCUSSION (ALL), VIBRATION (ALL)—BACK • TECHNIQUES (SKIN-TO-SKIN): DRAPING, GLIDING, KNEADING—ANTERIOR LEGS & KNEES
12	6/17	A	<ul style="list-style-type: none"> • MUSCLE FACTS REVIEW: SETS 14 - 15 • DRILLS (SKIN-TO-SKIN): DRAPING, GLIDING, KNEADING—ANTERIOR LEGS & KNEES • TECHNIQUES (SKIN-TO-SKIN): GLIDING & JOINT MOVEMENT (ANKLE ROTATION, TOE ROTATION, FLEXION, CIRCUMDUCTION)—FEET
-13-	6/18	E	<ul style="list-style-type: none"> • QUIZ 6 & ETHICS • DRILLS (SKIN-TO-SKIN): GLIDING & JOINT MOVEMENT (ANKLE ROTATION, TOE ROTATION, FLEXION, CIRCUMDUCTION)—FEET • TECHNIQUES (SKIN-TO-SKIN): GLIDING (PALMS/FINGERS), LIFT & SMASH—ANTERIOR/LATERAL LEGS & KNEES
14	6/24	A	<ul style="list-style-type: none"> • DRILLS (SKIN-TO-SKIN): GLIDING (PALMS/FINGERS), LIFT & SMASH—ANTERIOR/LATERAL LEGS & KNEES • TECHNIQUES (SKIN-TO-SKIN): ABDOMINAL DRAPING & MASSAGE—ABDOMEN
-15-	6/25	E	<ul style="list-style-type: none"> • QUIZ 7 & ETHICS • DRILLS (SKIN-TO-SKIN): ABDOMINAL DRAPING & MASSAGE—ABDOMEN • TECHNIQUES (SKIN-TO-SKIN): GLIDING, KNEADING, COMPRESSION & JOINT MOVEMENT (WRIST FLEXION, FINGER ROTATION, FLEXION, CIRCUMDUCTION)—ARMS & HANDS

▽▽ UNCLOTHED TABLE MASSAGE ▽▽

16	7/1	A	MID-TERM WRITTEN EXAM
-17-	7/2	E	MID-TERM HANDS-ON EXAM (90 Minutes Each)
18	7/8	A	<ul style="list-style-type: none"> • DRILLS: CHEST DRAPING, GLIDING, KNEADING, COMPRESSION & JOINT MOVEMENT (WRIST FLEXION, FINGER ROTATION, FLEXION, CIRCUMDUCTION)—ARMS & HANDS • TECHNIQUES (SKIN-TO-SKIN): GLIDING, KNEADING, FRICTION—PECS & NECK
-19-	7/9	-A-	<ul style="list-style-type: none"> • QUIZ 8 & ETHICS • DRILLS (SKIN-TO-SKIN): GLIDING, KNEADING, FRICTION— GLIDING, KNEADING, FRICTION—NECK (SUB-OCCIPITALS, SPLENIUS CAPITUS, LEVATOR SCAP, SCALENES, SCM) • TECHNIQUES (CLOTHED): GLIDING—FACE & SCALP
20	7/15	A	<ul style="list-style-type: none"> • Deep Tissue Massage Theory & Practice, Body Mechanics, Working with Lotion, Pressure Scale 4 - 5 • TECHNIQUES (SKIN-TO-SKIN): DEEP TISSUE ELBOW GLIDES & FRICTION—POSTERIOR
-21-	7/16	E	<ul style="list-style-type: none"> • QUIZ 2 & ETHICS • FULL-BODY MASSAGE with DEEP TISSUE Integrations on posterior body
22	7/22	A	<ul style="list-style-type: none"> • LESSON: Myofascial Massage • TECHNIQUES (SKIN-TO-SKIN): MYOFASCIAL MASSAGE (Myofascial Stretching, Skin Rolling, Thumb Scoops—BACK
-23-	7/23	E	<ul style="list-style-type: none"> • DRILLS: MYOFASCIAL MASSAGE (Myofascial Stretching, Skin Rolling, Thumb Scoops—BACK • TECHNIQUES (SKIN-TO-SKIN): FULL-BODY MASSAGE with MYOFASCIAL MASSAGE Integrations
24	7/29	A	<ul style="list-style-type: none"> • LESSON: Trigger Point Therapy • TECHNIQUES (SKIN-TO-SKIN): SEATED/CLOTHED TRIGGER POINT THERAPY, TABLE TRIGGER POINT THERAPY—NECK, FULL-BODY MASSAGE with TRIGGER POINT THERAPY Integrations
-25-	7/30	E	<ul style="list-style-type: none"> • LESSON: Seated/Clothed Trigger Point Therapy • DRILLS: SEATED/CLOTHED TRIGGER POINT THERAPY—NECK & SHOULDERS • TECHNIQUES (SKIN-TO-SKIN): FULL-BODY MASSAGE with DEEP TISSUE, MYOFASCIAL & TRIGGER POINT Integrations
26	8/5	A	• TIMED FULL-BODY TIMED (90 MIN) PRACTICE
-27-	8/6	E	• TIMED FULL-BODY TIMED (90 MIN) PRACTICE

▽▽ UNCLOTHED TABLE MASSAGE ▽▽			
28	8/12	A	<ul style="list-style-type: none"> • MUSCLE FACTS & COMPREHENSIVE HANDS-ON MASSAGE THERAPY REVIEW/LAB • TIMED FULL-BODY TIMED (90 MIN) PRACTICE
-29-	8/13	E	<ul style="list-style-type: none"> • ETHICS & COMPREHENSIVE HANDS-ON MASSAGE THERAPY REVIEW • TIMED FULL-BODY TIMED (90 MIN) PRACTICE
30	8/19	A	FINAL WRITTEN EXAM
-31-	8/20	E	FINAL HANDS-ON EXAM (90 Minutes Each)

This Course Outline is subject to change at any time, with or without prior notice.