

Client eight week bodywork series - example

DISCLAIMER

Information you receive during the bodywork sessions is intended for educational purposes only and is not intended to be a substitute for medical advice. Always contact a medical professional if you feel you need medical advice or treatment

Wear loose fitting clothing, plan on taking it easy after your massage not recommended that you go back to work or out on the town. The work is a treatment think of it like your having minor outpatient surgery.

First Session - 2 1/2 hrs

Introductions Client completes forms

Discuss - forms, client handbook and intentions

Bodywork - Full Body Assessment Swedish massage



Therapist comments:

Second Session - 1 1/2 - 2 hrs

Therapeutic Thai - Unwinding the feet, legs, ankles and knees

Until we meet again - while walking notice if your feet are straight, you have a natural bounce and arms move at your sides.



Therapist comments:

Third Session - 1 1/2 - 2 hrs

*Therapeutic Thai - Unwinding the ankles, legs, knees, thighs, hips and pelvic
Until we meet again - notice how you are sitting, sit on your sit bones feet back, legs down. Move your
hips while walking. Check your computer screen is it straight in-front of you or do you have to look down
or up at it.*



Therapist comments:

Fourth Session - 1 1/2 - 2 hrs

*Therapeutic Thai - Unwinding the pelvic, abdomen, chest, arms and hands.
Until we meet again - open chest stretch, practice breathing all the way down to your abdomen, shoulders
pull back.*



Therapist comments:

Fifth Session - 1 1/2 - 2 hrs

*Therapeutic Thai - Unwinding lateral arms, oblique's, hips, gluts, legs and feet.
Until we meet again - stretch the feet, legs and hips.*



Therapist comments:

Sixth Session - 1 1/2 - 2 hrs

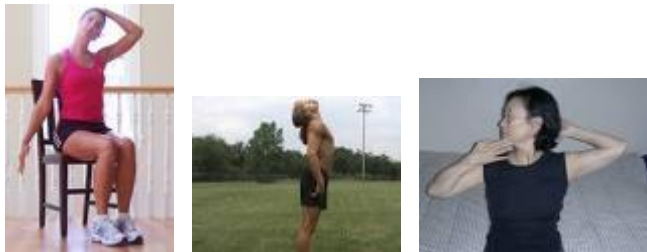
*Therapeutic Thai - Unwinding the posterior side, legs, thighs, gluts, lower, upper back and shoulders
Until we meet again stretch cats pose*



Therapist comments:

Seventh Session - 1 1/2 -2 hrs

*Therapeutic Thai - Unwinding the chest, neck, face and head
Until we me again neck stretch*



Therapist comments:

Eighth Session- 2 1/2 hrs

Therapeutic Swedish massage - full body final assessment



Therapist comments: