

Chapter 7 Swedish Massage Movements and Swedish Gymnastics

Susan G. Salvo

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

1

Introduction

- Swedish massage
 - Systematic and scientific manipulation of soft tissues to establish and maintain health
 - Pehr Henrik Ling is father of Swedish massage
 - Johann Mezger introduced stroke names that used French terminology
 - Most widely used system in North America and includes Swedish gymnastics

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

2

Elements in Application of Strokes

- Intention, touch, pressure, depth, direction, excursion, rhythm, continuity, speed, duration, and sequence
- Involves hand movements and body mechanics
- Benefits that cannot be measured include talk, touch, and time

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

3

Intention

- Consciously sought goal or desired end
- All other elements are dependent on intention
- Our intention can alter the result of the massage session
- Be willing to listen, feel, and respond
- Create a session that is client focused and experience led

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

4

Touch

- Medium of massage
- Powerful tool, full of meaning and intention
- Beginning and ending touch very important



Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

5

Pressure and Depth

- Pressure is application of force applied to client's body
- Depth equals the distance traveled into the body's tissues, achieved through the application of pressure
- Hands, elbows, forearms, and tools are used to apply pressure
- Pressure may also be applied with the knees or feet

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

6

Pressure and Depth

- Use of pressure
 - Begin lightly and gradually increase to desired effect
 - Increase pressure by using your body weight
 - Even, consistent application of pressure builds trust
 - Never work past client's pain threshold
- Amount of pressure used depends on intent, condition of tissue, stroke being used, area of body, and client's response

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

7

Pressure and Depth

- Too much pressure can lead to muscle guarding and will lessen the effectiveness of the work
- Never apply heavy pressure on delicate or thin-tissued areas
- Observe client's facial expressions, breathing patterns, or any other messages of discomfort for signs that too much pressure is being used

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

8

Direction

- Down and forward (effleurage)
- Inward and up (pétrissage)
- Downward, back and forth (friction)
- Direction of pressure can make the difference when locating trigger points

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

9

Excursion

- Distance traversed during the length of a stroke (typically effleurage); depends on:
 - Muscle length
 - Area of tissue restriction
 - Topographical region
- Body stance and foot placement are vital for proper excursion

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

10

Speed

- Change of therapist's hand position over time or how rapidly or slowly a massage movement is being executed
- If movements are too fast or too slow, therapist may be unable to palpate and assess tissue properly
- Fast movements tend to stimulate and may alarm or fatigue the client
- Slow movements tend to be relaxing

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

11

Rhythm and Continuity

- Rhythm—repetition or regularity of massage movements
- Continuity—uninterrupted flow and unbroken transition from one stroke to the next
- Relaxed hands, foot placement, distance from table, and table height important

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

12

Duration

- Length of time spent on an area
- Too much massage on one area can cause problems
 - Bruising, soreness, inflammation
 - Use ice packs, variety of strokes to offset overwork
- Experience is the best teacher

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

13

Sequence

- Arrangement of massage strokes during a session
- Combination for each massage will be based on the plan of care
- Typical sequence: effleurage, pétrissage, friction (vibration and tapotement), and effleurage
- A good sequence helps prevent repetitive injury to the therapist

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

14

Routine

- Union of elements results in a routine
- Therapists learn and then modify routines
 - Seminars, continuing education
 - Evolution as a therapist
 - Individual client needs

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

15

Classification of Swedish Massage Movements

- Categorized into groups according to their application
 - Effleurage, pétrissage, friction, tapotement, vibration
 - Hybrid strokes and variations
 - Reinterpretation and regrouping is fine
- Rely on your experienced instructors to demonstrate, model, and guide

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

16

Effleurage

- Unbroken gliding stroke that follows contours of body
- Most commonly employed
- Applied with forearm or hands
- Used to introduce touch, assess, move blood and lymph, warm up tissues, flush out toxins, relieve pain, transition, and end

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

17

Effleurage

- Push downward and away, lean and drag
- Maintain contact on return, relaxed hands
- Work extremities proximally first, then distally
- Reduce pressure over bony areas
- One hand or forearm can be used for raking, ironing, or circular movements

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

18

Effleurage

- Wrist position and alignment important
- Apply pressure from the extremities centripetally



Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

19

Effleurage

- One-handed
- Two-handed
- Alternate hand
- Nerve stroke



Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

20

One-handed Effleurage



Figure 7-4 Thumb effleurage



Figure 7-5 Fist effleurage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

21

One-handed Effleurage



Figure 7-6 Forearm iron effleurage



Figure 7-7 Palmar circular effleurage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

22

Two-Handed Effleurage



Figure 7-8 Heart effleurage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

23

Two-Handed Effleurage



Figure 7-9 Two-handed effleurage up the leg

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

24

Two-Handed Effleurage



Figure 7-10 Two-handed effleurage up the arm

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

25

One-Handed Effleurage



Figure 7-11 One-handed circular effleurage on shoulder

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

26

Alternate-Hand Effleurage



Figure 7-12 Alternate-hand effleurage on prone client's leg.

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

27

Alternate-Hand Effleurage



Figure 7-13 Alternate hand (thumb) effleurage up one side of the paraspinals

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

28

Alternate-Hand Effleurage

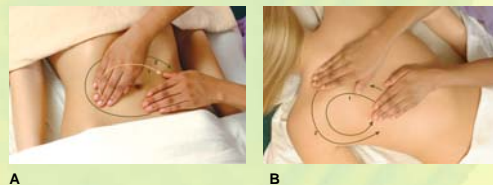


Figure 7-14 Raking up the paraspinals

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

29

Alternate-Hand Effleurage



A

B

Figure 7-15 A, Alternate hand circular effleurage on abdomen with client supine. B, Alternate hand circle effleurage on shoulder.

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

30

Nerve Stroke



Figure 7-16 Nerve stroke down the leg

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

31

Pétrissage

- Rhythmic lifting, squeezing, and releasing
- “Milks” wastes and nourishes with blood and oxygen
- Followed by friction and effleurage (or just effleurage) to flush wastes

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

32

Pétrissage

- Work an area with several repetitions
- Use a rhythmic circular pattern in general
- Use a back-and-forth motion for clients with a lot of hair
- Be careful not to cause pain
- Types are one-handed, two-handed, alternate hand, fulling, and skin rolling

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

33

Pétrissage

- Lifting skin and muscle with C-shaped hand, firmly knead, wring, or squeeze
- As one hand relaxes and releases, repeat with the other



Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

34

Pétrissage



Figure 7-18 Alternate hand pétrissage on quadriceps

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

35

One-Handed Pétrissage



Figure 7-19 One-handed pétrissage of triceps

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

36

One-Handed Pétrissage



Figure 7-20 One-handed pétrissage using the pads of fingers and thumb

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

37

Two-Handed Pétrissage

- Technique same as for one-handed pétrissage, except both hands lift, compress, and release tissue at same time
- Two-handed variations include “ocean waves” and “praying hands”

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

38

Two-Handed Pétrissage



Figure 7-21, A and B
Praying hands two-handed pétrissage on client's heel and calf

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

39

Two-Handed Pétrissage



Figure 7-22 Ocean waves across the anterior thigh

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

40

Two-Handed Pétrissage



Figure 7-23 Ocean waves across the low back

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

41

Alternate-Hand Pétrissage



Figure 7-24 Alternate-hand pétrissage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc. All rights reserved.

42

Fulling Pétrissage



Figure 7-25 Fulling pétrissage on the quadriceps

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

43

Skin Rolling



Figure 7-26 Skin rolling pétrissage on the back

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

44

Skin Rolling



Figure 7-27 Skin lifted between two hands while they lie flat over client's back

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

45

Skin Rolling



Figure 7-28 Skin lifted between fingers of one hand and thumb web of the other

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

46

Friction

- Rubbing one surface over another
- Often used to increase circulation in ligaments and tendons
- Applied with palms, thumbs, fingers, or elbow
- Choice of variations ranges from general to specific and depends on intent and size of area to be treated

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

47

Friction

- General applications include superficial warming friction, rolling and wringing
- Superficial warming friction is also called heat rub
- Rolling friction best used on extremities
- Wringing friction is applied vigorously with entire palmar surface of both hands

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

48

Friction

- Deep specific applications include cross-fiber, chucking, and circular
- Cross-fiber or deep transverse friction popularized by Dr. James Cyriax
- Chucking is also called parallel friction
- Circular friction is very useful around joints and other bony areas
- Promotes proper scar formation

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

49

Friction

- Techniques for deep friction include:
 - Therapist slides hands back and forth over skin or to deeper layers
 - Press down or around an area or use circular or linear reciprocating movements
 - Little or no lubricant

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

50

Superficial Warming Friction



Figure 7-29 Alternate hand superficial friction on the back of prone client

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

51

Superficial Warming Friction



Figure 7-30 A Superficial warming friction using knuckles of one hand on pecoralis major below clavicle with client supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

52

Superficial Warming Friction



Figure 7-30 B Superficial warming friction using fingertips up and down the paraspinals

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

53

Superficial Warming Friction



Figure 7-31 Sawing superficial friction

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

54

Rolling Friction



Figure 7-32 Rolling friction

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

55

Wringing Friction



Figure 7-33 Wringing friction

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

56

Cross-Fiber Friction



Figure 7-34 One thumb cross-fiber technique on the forearm musculature

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

57

Cross-Fiber Friction



Figure 7-35 Cross-fiber friction of the paraspinals using the tips of several fingers

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

58

Chucking Friction



Figure 7-36 Chucking friction on metatarsals with client supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

59

Circular Friction



Figure 7-37 Circular friction

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

60

Circular Friction



Figure 7-38 Palmar circular friction on the iliotibial band

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

61

Tapotement

- Repetitive staccato striking movements
 - Hands move simultaneous or alternate
 - Delivered with various surfaces of the hand
 - Stimulating, often used to finish an area
- Do not use after exercise or over kidneys
- Variation used depends on location and desired effect
- Rhythmic; gradually increase speed and pressure, then decrease

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

62

Tapotement

- Can be applied directly to skin or through a drape
- Keep wrists loose and fingers relaxed to achieve proper bounce-back
- Too much force can bruise a client
- Tapping includes “punctuated,” “pulsing,” and “raindrops”
- Pincement, also called “plucking,” resembles pétrissage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

63

Tapotement

- Hacking (quacking)—can be used to relax or stimulate muscle
- Cupping—good choice for loosening mucus and phlegm
- Pounding (loose fist beating or rapping)—used on large, muscular areas
- Clapping (slapping)—not recommended for survivors of abuse
- Diffused tapotement—for abdominal area

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

64

Tapping



Figure 7-39 Tapping tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

65

Raindrops Tapotement



Figure 7-40 Raindrops tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

66

Pincement



Figure 7-41 Pincement tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

67

Hacking



Figure 7-42 One-handed hacking

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

68

Quacking



Figure 7-43 Quacking tapotement, with hands lifted and with hands in contact with skin

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

69

Cupping



Figure 7-44 Cupping tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

70

Pounding



Figure 7-45 Pounding tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

71

Rapping



Figure 7-46 Rapping tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

72

Clapping



Figure 7-47 Clapping tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

73

Diffused



Figure 7-48 Diffused tapotement

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

74

Vibration

- Rapid shaking, quivering, trembling, or rocking movements
 - Fine, coarse, rocking
 - Hands do not break contact with skin
 - Apply with fingertips, full hand, or appliance
 - Client should feel onset and removal of pressure
 - Physically demanding for therapist

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

75

Vibration

- Use fingertips and hands for fine trembling
- Fine vibration may be stationary, gliding, or used with compression
- Coarse vibration involves grasping muscle, tissue, or limb and shaking or pulling vigorously for traction
- Coarse vibration is also called jostling
- For rocking vibration, move entire body in a natural rhythm

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

76

Vibration

- Rocking can be very comforting; pitch and catch client's body rhythmically
- Mechanical vibration is applied through a towel for client's comfort
 - Limit use of handheld or electric vibrators to avoid nerve damage in therapist and numbing in client
 - Practice safety and comfort measures with cord

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

77

Fine Vibration



Figure 7-49 Fine vibration on abdomen

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

78

Fine Vibration



Figure 7-50 Fine vibration sliding down the leg

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

79

Fine Vibration



Figure 7-51 Fine vibration slurping up the tissue

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

80

Jostling



Figure 7-52 Jostling

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

81

Jostling



Figure 7-53 Hip joint jostling

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

82

Jostling



Figure 7-54 Sliding down the back of the leg while coarsely vibrating with client supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

83

Rocking



Figure 7-55 Rocking vibration using hand over hand

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

84

Rocking



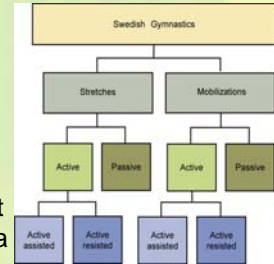
Figure 7-56 Rocking vibration with two hands

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

85

Swedish Gymnastics

- Can be used by the client at home to extend therapeutic benefit
- Applied at any time during a session, expanding treatment options and adding a kinesthetic element



Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

86

Swedish Gymnastics

- Joint mobilizations move a joint through normal range of motion
- Stretches involve a muscle (and synergist) drawn to fullest length
- Types are of stretches and joint mobilizations are
 - Passive movements
 - Active movements
 - Active-assisted movements
 - Active-resisted movements

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

87

Swedish Gymnastics

- Passive movements applied by therapist while client remains passive
- Active movements performed by client after therapist describes or demonstrates the movement
- Active assisted performed by client with therapist assistance
- Active resisted performed by client with therapist resistance

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

88

Swedish Gymnastics

- Stretches and mobilizations performed on clients to increase flexibility and mobility, reduce pain, and restore function
- Avoid physical or surgical abnormalities, fast or bouncy movements
- Range of motion is movement around a joint or set of joints

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

89

Swedish Gymnastics: Techniques

- Client in prone or supine position, depending on area to be treated
- Warm tissues and then perform three repetitions of hold and release
- Practice important; therapist must understand joint movements

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

90

Swedish Gymnastics

- Neck
 - Movements include flexion, extension, lateral flexion, and rotation
 - Performed supine
 - Gentle to moderate pressure

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

91

Neck



Figure 7-58 Neck circles

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

92

Neck



Figure 7-59 Neck lateral flexion

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

93

Neck



Figure 7-60 Neck lateral flexion with rotation

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

94

Neck



Figure 7-61 Neck forward flexion

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

95

Swedish Gymnastics

- Wrist and hand
 - Four movements: abduction, adduction, flexion, and extension
 - Performed prone and supine
 - Avoid excess pressure

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

96

Wrist and Hand



Figure 7-62 Flip wrist

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

97

Wrist and Hand



Figure 7-63 Interlace fingers during movements

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

98

Wrist and Hand



Figure 7-64 Metacarpal scissors

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

99

Wrist and Hand



Figure 7-65 Circumduct fingers with traction

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

100

Wrist and Hand



Figure 7-66 Pull fingers

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

101

Swedish Gymnastics

- Shoulder and elbow
 - Movements include flexion, extension, adduction, abduction, rotation, and circumduction
 - Best when supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

102

Shoulder and Elbow



Figure 7-67 Pull arm down side

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

103

Shoulder and Elbow



Figure 7-68 Pull abducted arm

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

104

Shoulder and Elbow



Figure 7-69 Push abducted arm

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

105

Shoulder and Elbow



Figure 7-70 Pull arm overhead

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

106

Shoulder and Elbow

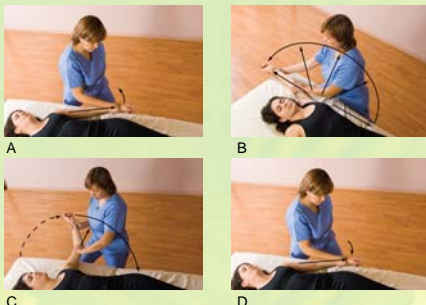


Figure 7-71 Big shoulder circles

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

107

Shoulder and Elbow



Figure 7-72 Little shoulder circles

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

108

Swedish Gymnastics

- Chest
 - Performed supine
 - Pulling and compressing of ribcage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

109

Chest



Figure 7-73 Lift ribcage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

110

Chest



Figure 7-74 Compress ribcage

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

111

Swedish Gymnastics

- Back
 - Performed supine
 - Spinal movements lengthen and twist

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

112

Back



Figure 7-75 Spinal twist

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

113

Swedish Gymnastics

- Hip and knee
 - Hip movements include adduction, abduction, and circumduction
 - Performed prone or supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

114

Hip and Knee



Figure 7-76 Leg pull

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

115

Hip and Knee



Figure 7-77 Leg rock

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

116

Hip and Knee



Figure 7-78 Hip clock stretch

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

117

Hip and Knee



Figure 7-79 Hip circles

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

118

Hip and Knee



Figure 7-80 Groin stretch

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

119

Hip and Knee



Figure 7-81 Hip rotations

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

120

Hip and Knee



Figure 7-82 Heel to hip

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

121

Hip and Knee



Figure 7-83 Hip hyperextension

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

122

Swedish Gymnastics

- Ankle and foot
 - Movements include dorsiflexion, plantar flexion, inversion, and eversion
 - Performed prone or supine

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

123

Ankle and Foot



Figure 7-84 Plantar flex ankle

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

124

Ankle and Foot



Figure 7-85 Dorsiflex ankle

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

125

Ankle and Foot



Figure 7-86 Leg rotations

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

126

Ankle and Foot



Figure 7-87 Metatarsal scissors

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

127

Ankle and Foot



Figure 7-88 Circumduct toes

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

128

Ankle and Foot



Figure 7-89 Pull toes

Copyright © 2008 by Saunders, an imprint of Elsevier Inc.
All rights reserved.

129