

Home Study Practice Guide: **Petrissage**

Name:	Due Date / Points
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Directions: Use this handout to structure petrissage practice in an out-of-class exchange with a classmate. Review the petrissage rubric, fulling rubric, and wringing rubric for details. Along with this study guide, turn in a client health, wellness, and feedback form.

Use the questions on page 02 to prepare for the petrissage quiz (00/00/00). As you complete each learning task, check it off.

1. Practice effleurage strokes with the palms, forearms, and relaxed fists on all appropriate body areas. Be careful not to use too much lubricant!
2. Practice petrissage on these body areas:
 - ☐ Posterior legs
 - ☐ Back
 - ☐ Gluteal muscles
 - ☐ Anterior legs
 - ☐ Posterior arms
 - ☐ Anterior arms
3. Practice fulling petrissage on these areas:
 - ☐ Posterior and anterior legs
 - ☐ Posterior and anterior arms
4. Practice wringing petrissage on these areas:
 - ☐ Posterior and anterior legs
 - ☐ Posterior and anterior arms
 - ☐ Lower back
5. Ask your exchange partner for feedback. Describe two strengths in the application of petrissage and two areas for improvement.

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Prepare for the **Petrissage Quiz**

Directions: If you study this information, you'll be ready to pass the petrissage quiz on 00/00/00.

1. Define the term petrissage techniques.
2. List, from memory, the objective criteria for performing petrissage strokes (hint: review the petrissage rubric).
3. How are petrissage strokes adapted for different regions of the body? For example, how is petrissage applied to the face different from petrissage applied to the posterior leg?
4. Effleurage strokes are directed towards the heart. What direction are petrissage strokes directed?
5. Petrissage is a French word that means this.
6. Petrissage stimulates Golgi tendon organs to reduce muscle tone. What are Golgi tendon organs, and what do they do?
7. Petrissage decreases adhesions. What are adhesions, and how do they form? How might petrissage decrease adhesions?
8. What are standard cautions and contradictions for petrissage?
9. What are two variations of petrissage strokes you've learned so far?