

In-Class Practice Guide: **Petrissage**

Name:	Class Date
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Directions: Use this handout to structure your in-class petrissage practice. Place a checkmark by entries as you practice and complete tasks. Practice massage for the entire allotted class period. If you end massage practice early, you will lose points.

1. Practice previously learned skills by refining your draping. Practice undraping and re-draping each of these regions (you do not need to practice these regions in order). Refer to the draping rubric for details:
 - ☐ Undrape and redrape the posterior legs
 - ☐ Undrape and redrape the anterior legs
 - ☐ Undrape and redrape the back
 - ☐ Undrape and redrape the arms
 - ☐ Undrape and redrape the abdominal area using a breast drape
2. Practice previously learned skills by refining your effleurage strokes using open palms and relaxed fists on each body region before you apply petrissage strokes. Refer to the effleurage rubric for details. Also, pay attention to the use of lubricant. Please don't use it too much!
3. Refer to the petrissage rubric to check your application methods. Practice firm petrissage with significant life, squeeze, and roll on each of these body areas:
 - ☐ Posterior legs
 - ☐ Gluteal muscles
 - ☐ Trapezius muscles
 - ☐ Anterior thighs
4. Refer to the petrissage rubric to check your application methods. Practice petrissage with less lift, squeeze, and roll on each of these body areas:
 - ☐ Anterior arms
 - ☐ Posterior arms
 - ☐ Anterior legs
 - ☐ Eyebrows
 - ☐ Lower back
 - ☐ Abdominals

5. Ask your exchange partner for feedback on these aspects of the practice session:

- ☐ Does my draping feel efficient (no rolling, unnecessary tucking, etc.), snug, and safe? What could I do to improve my draping from your perspective as a client?
- ☐ When I apply effleurage strokes with my full open palms and then with my soft fists, how does your experience of effleurage change? What could I do to improve my effleurage strokes from your perspective as a client?
- ☐ How is my use of lubricant? Does it feel like I'm using too much or too little?
- ☐ Do my petrissage strokes feel rhythmic and even?
- ☐ Do my petrissage strokes feel coordinated and synchronized?
- ☐ Would you like this petrissage stroke to have more or less lift, squeeze, and roll?
- ☐ Based on feedback from your exchange partner, what are two things you do well regarding draping, effleurage, and petrissage?

- ☐ Based on feedback from your exchange partner, what are two things you need to work on to improve your draping, effleurage, and petrissage?

Notes: