

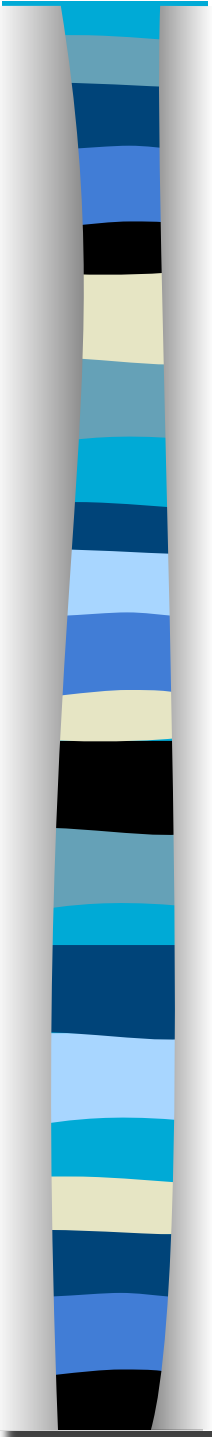


## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body



## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



# 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body Class Reminders

## Early Warning:

- By class 62b you must be signed-up and logged into [MassagePrep.training](#)

## Assignments:

- 60a Deep Tissue: Outside Massages (due before class starts)
- 64b Executive Summary (due before the end of class)
  - Packet 21-22
  - Sections 1-3 to be done *before* this class. Section 4 will be done in class.
  - The completed Executive Summary to be handed in at end of class.

## Exams:

- 60a Written Exam (250 questions in 3 hours and 20 minutes)
- 62b Deep Tissue: Touch Assessment

## Preparation for upcoming classes:

- 60a Written Exam (3.5 hours)
- 60b Chair Massage: Technique Review and Practice (1 hour)



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*



## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body

Packet D - 31



## Overview: Anterior Lower and Upper Body

### **Tensor Fasciae Latae**

BMT Fiber Spreading

### **Sartorius and Vastus Medialis**

Deep Effleurage

### **Rectus Femoris, Vastus Lateralis, and IT Tract**

Deep Effleurage

### **Gluteus Medius, Gluteus Minimus, and TFL**

Stripping

### **Distal Quadriceps and Quadriceps Tendon**

Petrissage

Thumb Wringing / Fiber Spreading

### **Tibialis Anterior and Extensors of the Ankle and Toes**

Deep Longitudinal Stripping

### **Pectoralis Major**

Compressive Effleurage

Superficial and Deep Friction

### **Anterior Deltoid, Biceps Brachii, Brachialis, and Brachioradialis**

BMT Fiber Spreading

### **Forearm Flexors and Extensors**

Superficial and Deep Friction

Stripping with Traction

### **Thenar and Hypothenar Eminences**

Cross Fiber Friction



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