

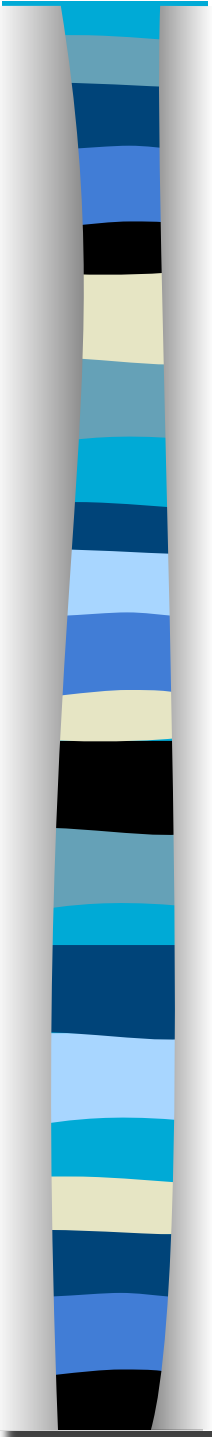


59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body



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



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Class Reminders

ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

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.



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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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