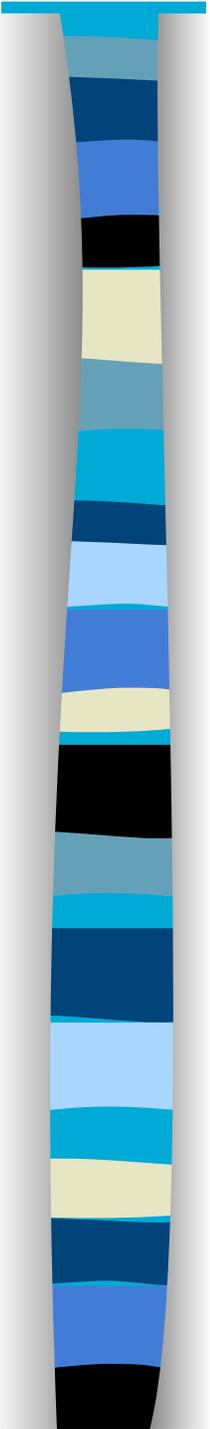
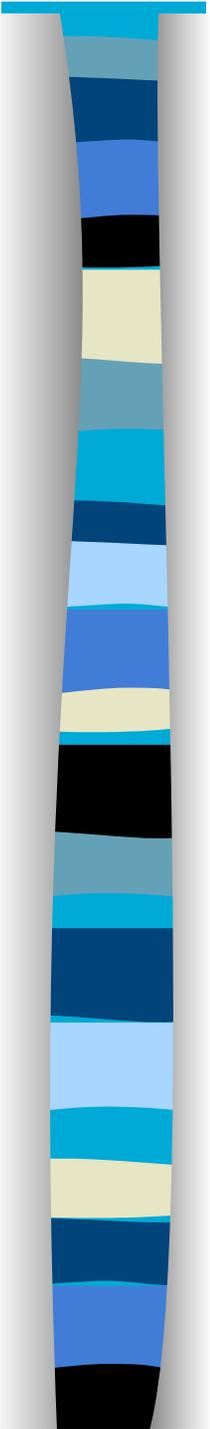


86b Orthopedic Massage: Technique Review and Practice - Neck Pain



86b Orthopedic Massage: Technique Review and Practice - Neck Pain Class Outline

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



86b Orthopedic Massage: Technique Review and Practice - Neck Pain Class Outline

■ **Written Exam:**

- 89a Practice MBLEx (100 questions in 120 minutes)

■ **Quizzes:**

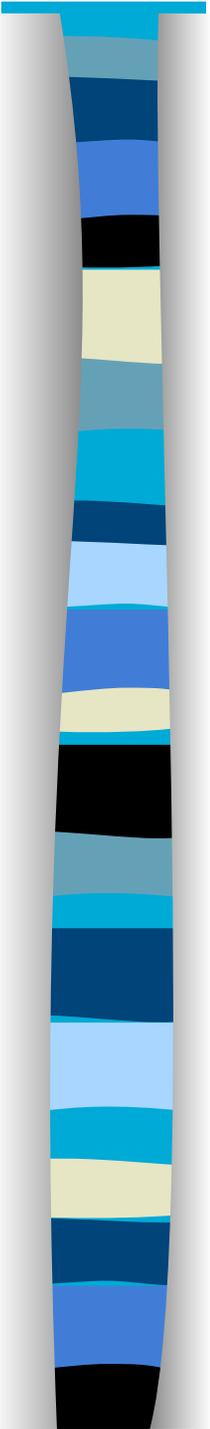
- 87a Kinesiology Quiz (semispinalis, splenius capitis, and splenius cervicis)
- 90a Kinesiology Quiz (erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis)

■ **Spot Checks:**

- 87b Orthopedic Massage: Touch Assessment
- **Bring your grading sheet for evaluation A: 87**

■ **Preparation for upcoming classes:**

- 87a MBLEx Prep
 - Using ABMP Exam Coach, select “Study Subjects”, and then “Career Development”
 - For each of the 4 Massage Theory Topics, “Take a Practice Quiz” 4 times (16 total)
 - Research anything that isn’t clear on the Internet and bring what you find to class
- 87b Orthopedic Massage: Touch Assessment



Classroom Rules

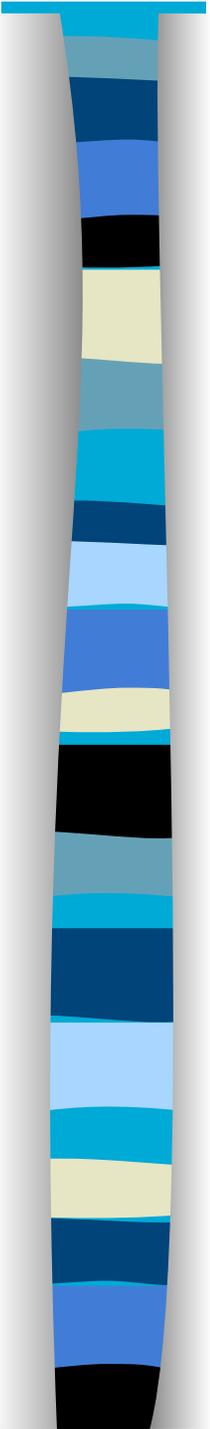
Punctuality - everybody's time is precious

- 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:

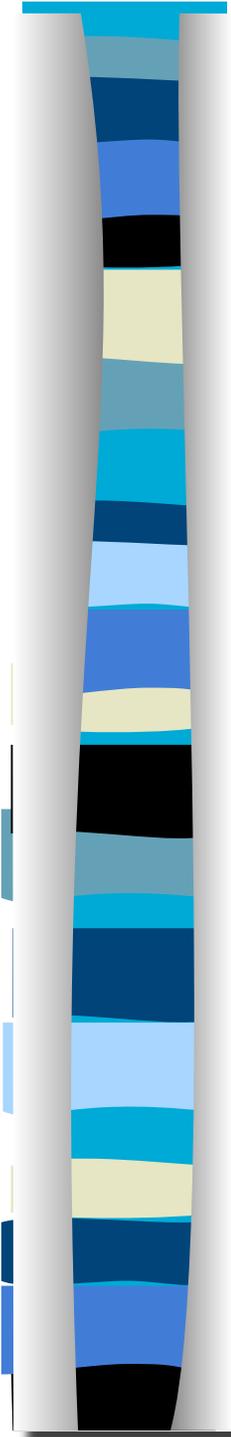
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



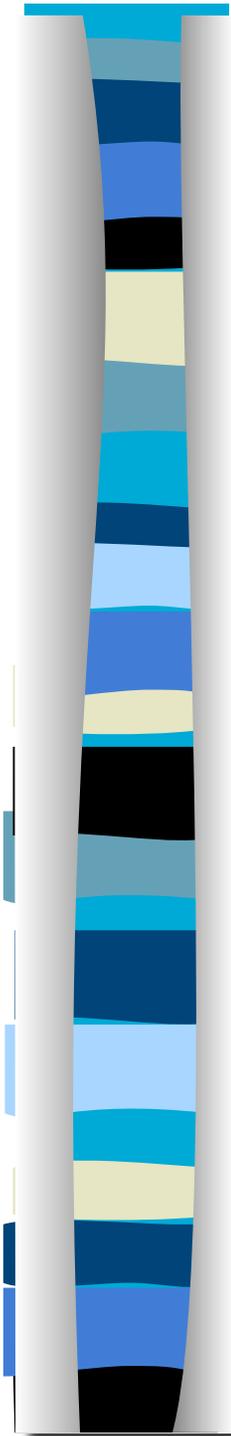
86b Orthopedic Massage:
Technique Review and Practice - Neck Pain

Packet J - 117

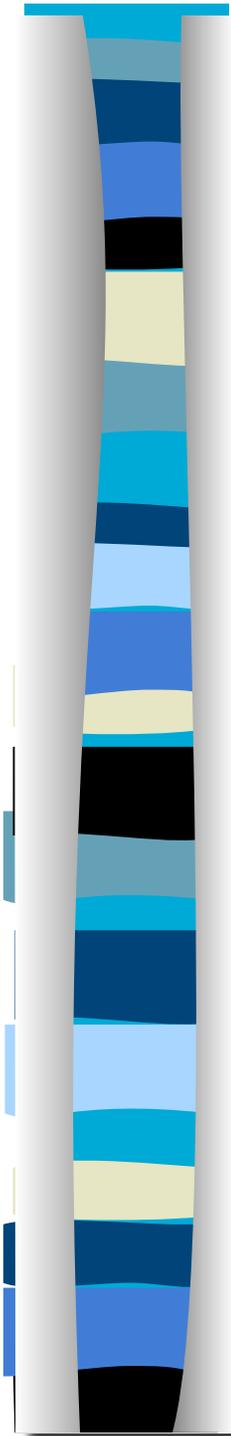


SUPINE

1. Posterolateral neck: superficial fascia assessment (bilateral)
2. Posterolateral neck: myofascial release
3. Posterolateral neck: warming and softening
4. Posterolateral neck: deep longitudinal stripping
5. Lamina groove: deep longitudinal stripping
6. Cervical extensors: deep stripping with active lengthening after PIR
7. Cervical lateral flexors: deep stripping with active lengthening after PIR
8. Passive stretches: neck lateral flexion
9. Passive stretches: neck rotation



The following slides are included in this presentation so that you may refer to the details of techniques during review classes.

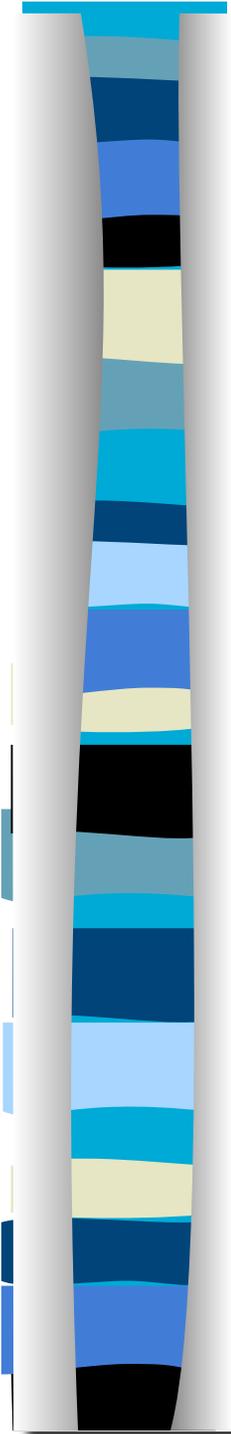


Soft-Tissue Manipulation Supine Details

SUPINE DETAILS - Neck Pain

1. Posterolateral neck: superficial fascia assessment (bilateral)

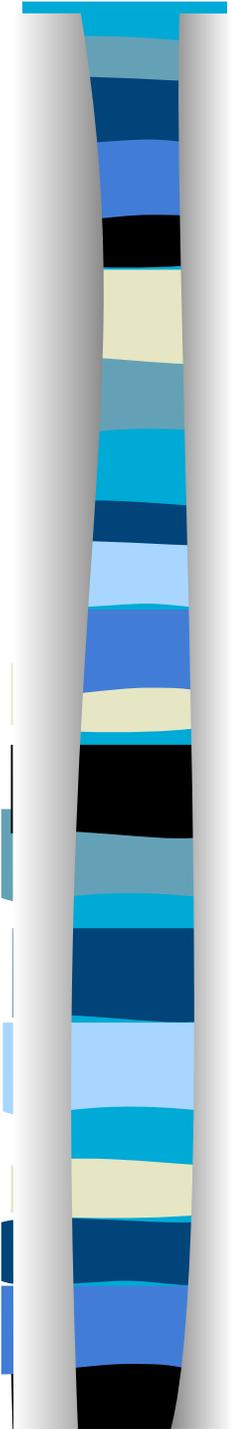
- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Take note of restrictions before switching to a different area or direction
- Use before and after treating superficial fascia to gauge progress¹

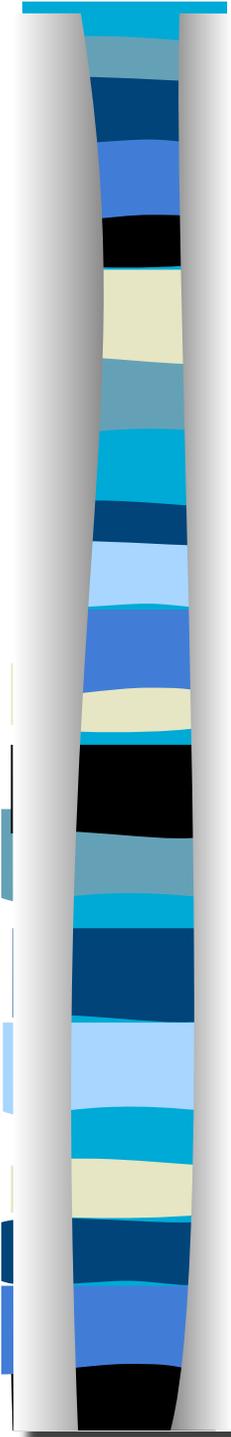


SUPINE DETAILS - Neck Pain

2. Posterolateral neck: myofascial release (bilateral)

- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Hold. Wait for a subtle tissue release or indication from the client
- Repeat in different areas or in different directions
- Address all restrictions discovered in the posterolateral neck





SUPINE DETAILS - Neck Pain

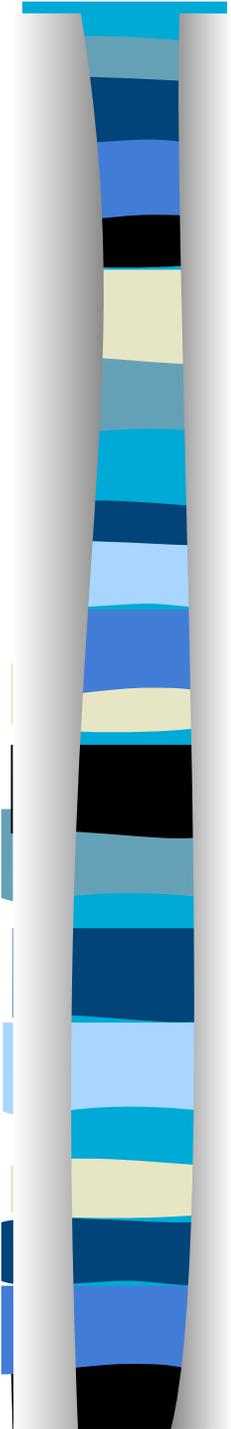
3. Posterolateral neck: warming and softening

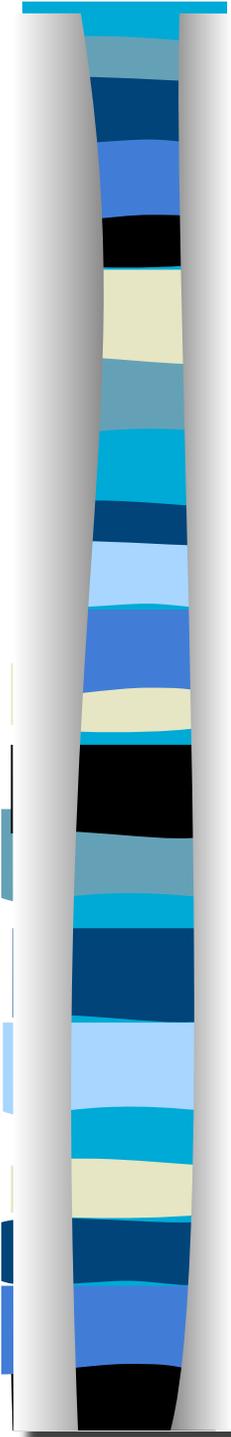
- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- BMT: head & neck rotation with posterior cervical compressions & release
- BMT: alternating scapular depressions with trapezius compressions
- Swedish:
 - Sit at the head of the table facing down toward the feet
 - Work unilaterally with head rolled slightly to the opposite side
 - Effleurage longitudinally
 - Fingertip circles
 - Broad cross-fiber with one thumb, progressing inferiorly
- Continue until the muscles are thoroughly warmed and softened

SUPINE DETAILS - Neck Pain

4. Posterolateral neck: deep longitudinal stripping

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, SCM, scalenes, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work unilaterally with head rolled slightly to the opposite side
- Use finger pads to work in 2 to 4 inch sections
- Work inferiorly
- Melt in or repeat in areas of palpated or reported tension
- Progressively work more deeply as tissues soften

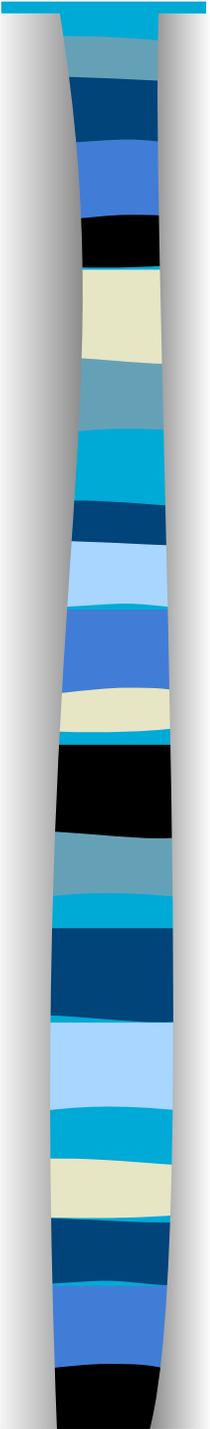




SUPINE DETAILS - Neck Pain

6. Cervical extensors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work unilaterally with the client's head in a neutral position
- Instruct the client:
 - "Using light pressure (25%), press your head back into the table" (isometric neck extension)
 - "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - "Now slowly lift your head bringing your chin to your chest"
- As the client does this, strip the cervical extensors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

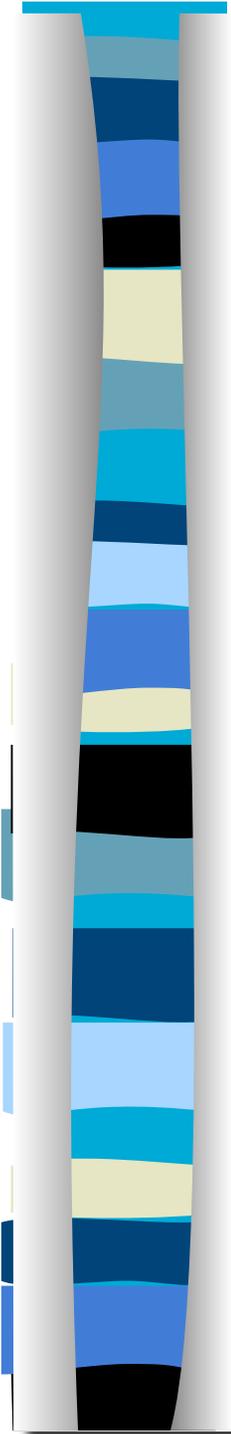
7. Cervical lateral flexors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, SCM, scalenes, splenius, and erectors
- Work unilaterally with the client's head in a neutral position
- Stand or sit by the belly facing toward the head of the table
- Place your outside hand along the side of the head to resist lateral flexion
- Instruct client:
 - "Keeping your nose pointing toward the ceiling, slide your left (right) ear toward your left (right) shoulder"
 - "Using light pressure (25%), press the side of your head into my hand" (isometric neck lateral flexion)
 - "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - "Now slowly slide your head toward the opposite shoulder."
- As the client does this, strip the cervical lateral flexors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften

SUPINE DETAILS - Neck Pain

8. Passive stretches: neck lateral flexion

9. Passive stretches: neck rotation



85b Orthopedic Massage: Technique Demo and Practice - Neck Pain

