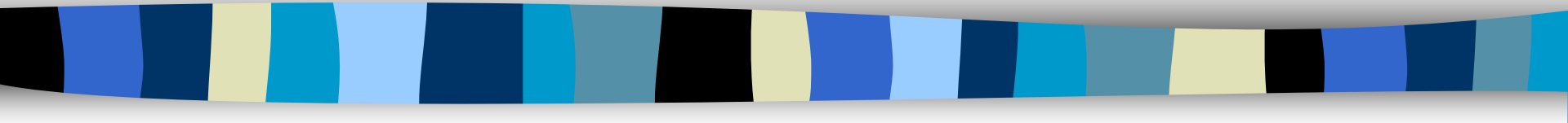
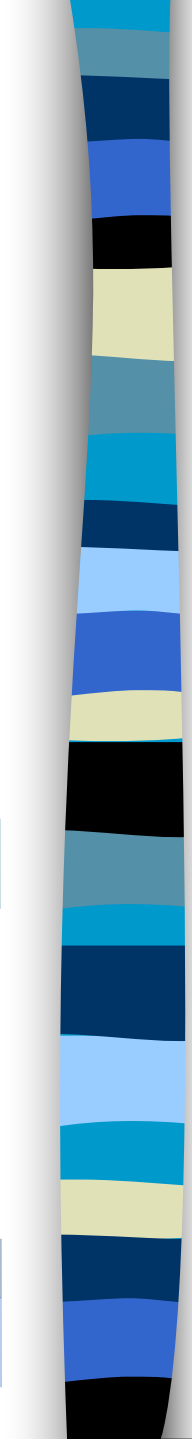


0b Orientation:

People, Study Skills, and Quality of Touch





0b Orientation:

People, Study Skills, and Quality of Touch

Class Outline

5 minutes	Attendance and Breath of Arrival
10 minutes	Howdy Partner
30 minutes	One-minute introductions
10 minutes	Your student packet
5 minutes	State License, FSMTB, MBLEx
20 minutes	Student Portal, ClassMarker, packet, illness
25 minutes	Learning how to learn & Self Care - Time and energy management
45 minutes	Introduction to Kinesiology and bony landmarks
5 minutes	Test Anxiety
20 minutes	Quality of Touch
5 minutes	Break down, clean up, and circle up
35 minutes	<u>Flex time for breaks, etc</u>
3h 30m	Total Class Time



Howdy Partner!

Learning objective: To meet and get to know one classmate.

Timing: 10 minutes

Instructions:

1. Stand up and find a classmate with whom you have not yet done Howdy Partner. Consider bowing instead of shaking hands.
2. Take 5 minutes to learn about each other:
 - a. First and last name
 - b. Pronouns
 - c. Most anticipated aspect of massage school
 - d. Favorite color, food, or animal



One-minute Introductions

Learning Objective: To hear a one-minute introduction from each of the students and instructors present.

Timing: 30 minutes

Each person uses 1 minute to share their:

- First and last name and your pronouns
- Motivation to learn massage



Open your Packet

Bring your packet to every class!

Time: 10 minutes

Sections: Table of Contents, A-L

Syllabus: A 1-28

Assignment Grid: A 29-32

Let's start by opening to page A-39 to talk about...



FSMTB

The Federation of State Massage Therapy Boards

Page A-39

Time: 5 minutes

- To ensure that massage therapy is provided in a safe and effective manner
- Texas and most other states are FSMTB members
- Kansas, Minnesota, Vermont, and Wyoming are not
- Hawaii and New York are regulated but not using the MBLEx yet
- The MBLEx is the licensing exam offered by FSMTB . . .



MBLEx

Massage and Bodywork Licensing Exam

To apply for the exam, complete the online application and pay \$265.

100 multiple-choice questions from 7 categories:

- Anatomy and Physiology **11%**
- Kinesiology **12%**
- Pathology **14%**
- Benefits and Effects of Massage Therapy **15%**
- Client Assessment and Treatment Planning **17%**
- Ethics, Boundaries, Laws, and Regulations **16%**
- Guideline for Professional Practice **15%**

Pearson Vue has multiple testing facilities where you can take the MBLEx



Student Portal

Time: 20 minutes

Students can access their grades, attendance record, and financial details by logging onto the Student Portal.

To register, go to studentsupportal.com

- Click Request New User ID
- Enter the following (note: it **must** match what is on record with TLC)
 - Social Security Number (without hyphens)
 - Your email address
 - Your date of birth
- Click Next



Student Portal

To register cont-

- Enter User ID (at least 10 characters)
- Enter Password (at least 8 characters, must contain 1 number)
- Confirm Password
- Create Validation Question
- Click Create User ID

Forgot your Password?

- Go to studentsupportal.com
- Click Forgot Password
- Enter answer to Validation Question
- Click Request Password

Forgot your User ID?

- Contact the Student Administrator

Student Portal- Home Screen

[Logout](#)[Menu](#)

The Lauterstein-Conway Massage School & Clinic

Welcome: [REDACTED]

* All information is accurate up to 24 hours ago. *

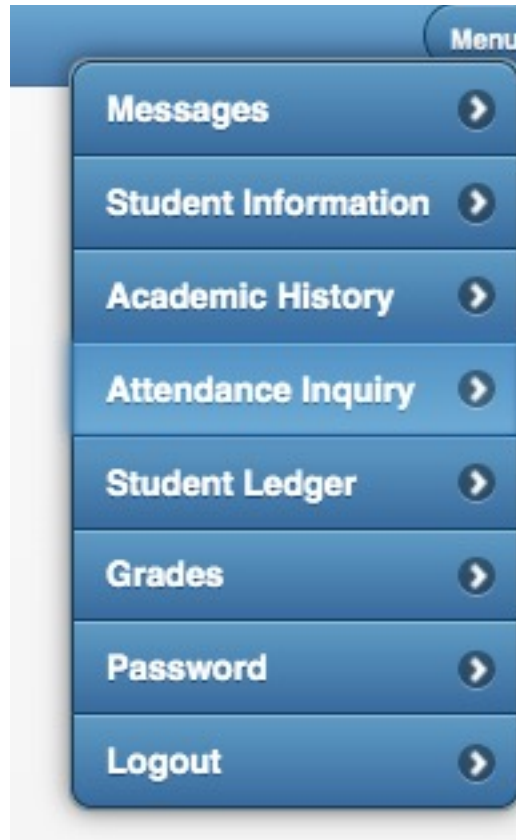
Most recent school-wide message (others found under MESSAGES in the menu):

Message:
05/09/2019: Students, TLC's financial module is still under development. For current amounts due, please refer to your statements or contact Eric Tebbetts at 512.374.9222, ext. 12 or eric@tlcschool.com. Thank you!

Student Information:

Name:	[REDACTED]
Billing Address:	[REDACTED]
Email:	[REDACTED]
Start Date:	06/20/2019
Estimated Grad Date:	04/16/2020
Status:	Active Earning
Program:	500-Hour Professional Massage Therapy
Account Balance:	3,774.31
Current Program GPA:	.00
Current Program Attendance:	H:MM Attended:15.00 H:MM Missed:129.00 ATT Percent:12.85%
	H:MM Make-Up:3.30

Student Portal- Will see Attendance Summary Report



Student Portal- Attendance Summary Report



Attendance Summary Report

Student Name: [REDACTED]

Semester: [REDACTED] 0-hr

Total Absences = 10

Total Tardies = 12

Total Missed Time = 41:26

Class #	Made Up	Absent Time
23b	09/24/2021	3:30
24a	09/24/2021	1
24b	09/28/2021	3:30
25a	09/28/2021	1
25b	09/29/2021	3:30
26a	09/29/2021	1
26b	10/05/2021	3:30
40a	11/18/2021	1
43a	11/02/2021	1
43b	11/02/2021	3:30
44a	10/27/2021	1
44b	10/27/2021	3:30
45a	10/26/2021	1
45b	10/26/2021	3:30
46a	11/03/2021	3
46b	11/03/2021	1:30
64a	11/22/2021	1
64b	11/22/2021	3:30

Class #	Made Up	Tardy Time
18a		0:01
21a		0:07
29a		0:08
29b		0:07
30b		0:03
33a		0:08
33b		0:03
35a		0:01
37a		0:03
38a		0:04
53a		0:10
61a		0:01

Class #	Reason
28a	Full NP

Student Portal- Menu Grades

Welcome: [REDACTED]

Grade Book

Additional Techniques (2019 January 500-hr)

Instructor: Cole
Course Dates: 05/02/2019 - 01/16/2020
GPA: 37.80
Status: OK

Hydro (2019 January 500-hr)

Instructor: Cole
Course Dates: 04/11/2019 - 01/16/2020
GPA: 69.20
Status: Grades Missing

Pathology (2019 January 500-hr)

Instructor: Cole
Course Dates: 03/28/2019 - 01/16/2020
GPA: 72.34
Status: Grades Missing

Physiology (2019 January 500-hr)

Instructor: Cole
Course Dates: 02/05/2019 - 01/16/2020
GPA: 72.30
Status: Grades Missing

Swedish Massage (2019 January 500-hr)

Instructor: Cole
Course Dates: 01/29/2019 - 01/14/2020
GPA: 66.75
Status: Grades Missing



Classmarker

Signing In

You will need to go to Classmarker.com and use the username and password emailed to you to sign in. Check your spam/promotions folder. If you haven't received your login information yet, please email Cristel at cristelm@tlcschool.com.

Once signed in, you will see 3 tabs:

- Group tests- Where tests and assignments will be listed.
- My Groups- Name of the class you are in.
- My Details- Please change your password and write it down in case you need to log in on a different device.



Classmarker

If you were absent on the day an assignment was due or turning in an assignment late, you will need to forward the results email to the Student Administrator unless told otherwise. See the student handbook for details.



Classmarker

Most tests and assignments **do not remain visible** to you through ClassMarker, the exception is review questions (RQ). After completing an assignment, you will be emailed a copy of the test/assignment with the correct answers. Keep these for studying purposes. It is recommended that you create a folder in your mailbox to keep your result emails accessible. If you are missing a result email, email the Education Director with the result you are missing.



Classmarker

Tests are only to be taken on ClassMarker during the scheduled testing time, while being proctored by an instructor. Taking tests outside of this time may be considered academic dishonesty. Classmarker **will not** be used while completing make-up hours. All tests completed outside of the scheduled testing time will be proctored and completed on a paper test.



Accessing the Digital Packet

The binder in front of you contains your syllabus, assignment grid, and most of the lectures converted from PowerPoint into Word. The table of contents informs you of the pages that are only accessible digitally. Pages in italics are only available digitally.

To access the complete packet, you will need to sign into your Google account. If you do not have a Google account, you will need to make a free one at gmail.com. Once you are signed in, go to Google apps and select Google Drive. In the right column, you should see 'shared with me'. In this section, you are looking for the folder '2023 TLC Massage School Packet'.



Accessing the Digital Packet

If you do not have access, please email tims@tlcschool.com from the email account you enrolled with, the gmail account that should be added. There is also a resource guide with helpful information to use throughout your education.

Accessing the Digital Packet

Once you open a section of the packet, you can utilize the outline button for quick access to the information you need.

F: Workbook- Swedish - Packet Pages - October 2022 116pgs .DOCX

File Edit View Insert Format Tools Help

100% Heading 1 Times ... 16 B I U A

←

4a Swedish: Effects of Massa...
7b Swedish: Technique Demo...
10b Swedish: Technique Revi...
11b Swedish: Technique Dem...
14b Swedish: Technique Revi...
15b Swedish: Technique Dem...
16b Swedish: Technique Dem...
– 18b Swedish: Technique Revi...
20a Treatment Planning: Inta...
28b Integration Massage: Sw...
30b Passive Stretches: Techn...

18b Swedish: Technique Review and Practice –
Chest, Arms, Neck, Face, and Scalp

Supine

1. Upper chest effleurage
 - a. **For clients without draped chest:** Full torso effleurage
 - b. **For clients with draped chest:** Upper chest, shoulder, and neck effleurage
2. Full arm effleurage
3. Go to head of table with client's arm
4. Effleurage deltoids, triceps, and latissimus dorsi
5. Knead deltoids, triceps, and latissimus dorsi
6. Effleurage pecs, deltoids, and biceps
7. Knead pecs, deltoids, and biceps
8. Traction and circumduct the arm



Class Health

If you have COVID, are experiencing symptoms of (any) illness, or believe you may have been exposed:

- Please do not come to the TLC Campus.
- Immediately contact the Director, Mark Dauenhauer, directly at markd@tlcschool.com.

Students that are scheduled for clinic, must contact the MTI on-duty at 512/374-9222 ext. 30 immediately. The MTI on-duty will cancel all appointments at no cost or penalty to the student.



Class Health

Students can choose to do one of the following:

1. Isolate for 10 calendar days and then get a rapid test.

-or-

2. Get a PCR test (a more conclusive test, but with longer turn-around time).

In both cases, you must email a screenshot of your test results to the Director. Home tests will **not** be accepted at this time.



Class Health

Students who miss class will need to make-up classes in the make-up room. Upon return, students' make-up fee will be waived, effective the date they notify the Director.

No student may return without clearance from the Director.



Study Skills

Page A-45

Learning How to Learn

Adult learners in vocational education have multiple responsibilities.

Think of your responsibilities and how you will manage your time with school:

- Bake cupcakes for new class
- Get oil changed
- Mow lawn
- Concert?
- Clean litter boxes



Study Skills

Daily / Weekly Goals

- Active Reading: Preparing for the upcoming week, looking over last week's material, writing down questions, preparing for the next test or assignment, etc.
- Active Study Skills: Listening to recorded lectures, watching practical videos, drawing/coloring muscles, creating flashcards, palpating, etc.
- Massage Practice: Schedule clients 2-3 times a week for 30-60 minute sessions (make sure they know what modality they are receiving and which area you will be working, this is your 'practice time', not their 'massage time'. They can book with you when you are in clinic for a custom session). You should be practicing every week starting at class 4.

Quizlet Flashcards

by LautersteinConway

Especially helpful if you don't have time to make your own flashcards!

- Turn to A-46 in your packet for Quizlet sign-up information
- Apps are also available for Android and Apple mobile devices





Active Study Skills

Before we look at Active Study Skills, can you name some Learning Styles . . .



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”
- Kinesthetic - Anatomy in 3D



Active Study Skills

Learning Styles:

- Reading, Writing, and Drawing - Flashcards, Textbooks, Note-taking
- Memorization using Memory Cues - “What’s my Line?”
- Visualization - “Seeing is Learning!”
- Kinesthetic - Anatomy in 3D
- Speaking and Hearing - “Everything I learned in massage school . . . I said out loud!”



Flashcards

Page A-47

For people who learn best by reading, writing, and drawing!

- Quizlet flashcards by LautersteinConway
- Trail Guide muscle flashcards
- Trail Guide Anatomy MAPP
- DIY flashcards


Trail Guide to the Body

Flashcards

Pre-made flashcards that match your textbook!

- Volume 1: 175 cards for bones, ligaments, and joints (\$22)
- Volume 2: 189 cards for muscles (\$22)

Latissimus Dorsi
la-tis-i-mus dor-si



A Extend the shoulder (glenohumeral joint)
Adduct the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)

O Inferior angle of scapula, spinous processes of last six thoracic vertebrae, last three or four ribs, thoracolumbar aponeurosis and posterior iliac crest

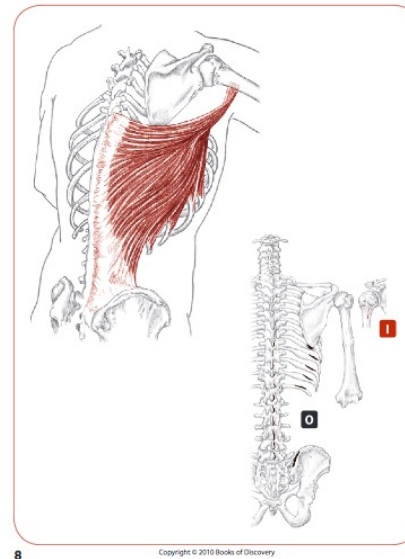
I Intertubercular groove of the humerus

N Thoracodorsal C6, 7, 8

Location Posterior axilla, lateral trunk
BLMs Lateral border of scapula
Action "Extend and medially rotate your shoulder"

*Lateral/posterior view
with posterior and anterior views*

8 p. 71, TGB



Trail Guide to the Body

Anatomy MAPP

Especially helpful for those who study best on the go!

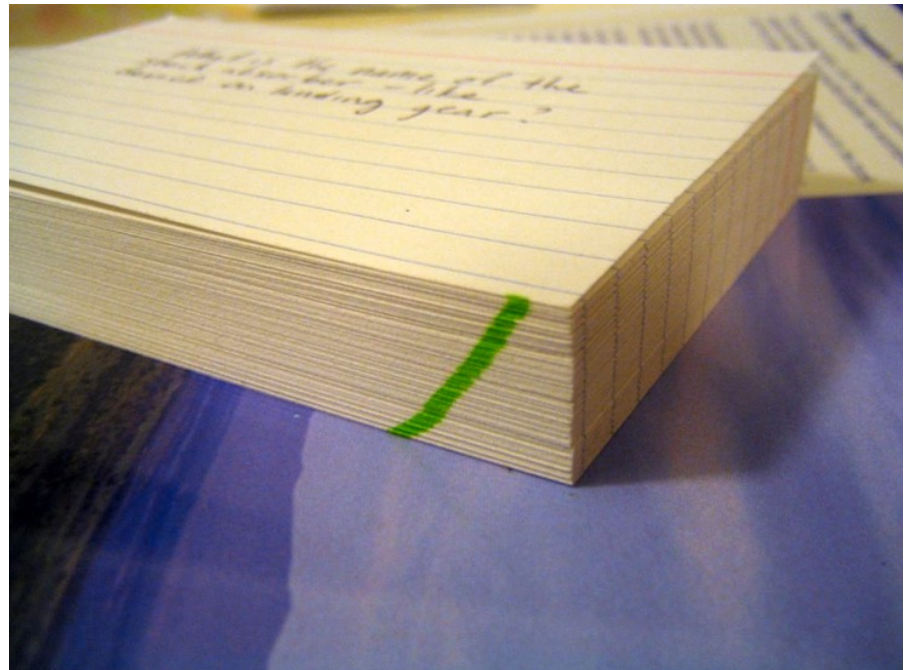
- All 364 images from Flashcards Volumes 1 and 2
- Questions from the Student Workbook
- Audio pronunciation for each muscle
- Available on Apple and Android devices (\$30)
- [Anatomy MAPP Link](#)



DIY Flashcards

Especially helpful for those who learn best by writing and doing!

- Making the flashcards can be a major part of the learning process
- 3x5 or 4x6 index cards



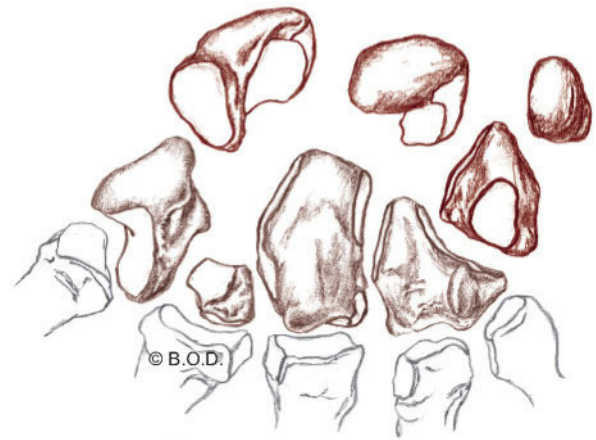
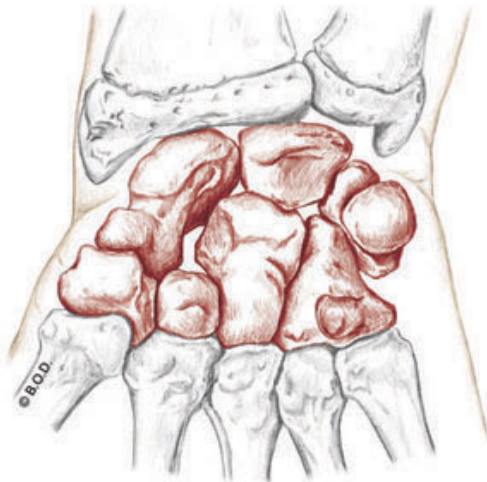
Memorization using Memory Cues

Acronyms, Songs, or Rhymes

Page A-48

“Steve Left The Party To Take Cathy Home”

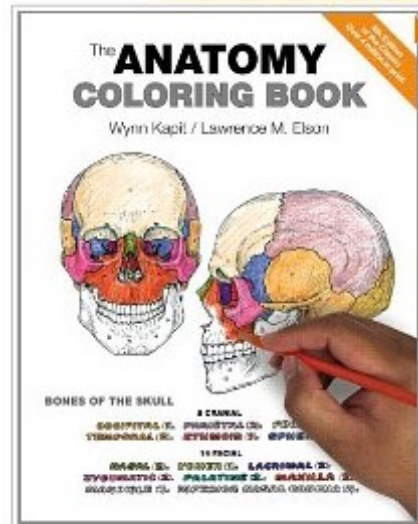
Scaphoid, Lunate, Triquetrum, Pisiform Trapezium, Trapezoid, Capitate, Hamate



Visualization

“Seeing is Learning!”

- Drawings
- Anatomy Coloring Book



Kinesthetic (hands-on activities)

Anatomy in 3D

- Anatomy in Clay Maniken: Human Skeletal Models
- Sculptures, collages, and movement activities
- [You Need to Have Hands-on Learning](#)





Speaking and Hearing

Verbalization and Pronunciation

- www.Merriam-Webster.com
- [Triquetrum](#)
- Iliopsoas
- Clavicle
- Acromion process
- Scapula



What to Study

Page A-49

For class (4th column)

Every class that uses the packet and/or a textbook will state what information you need in the preparation column. 6a is about anatomy and physiology of the tissues. Before the class, you should use the *Trail Guide* to study the 3 gluteal muscles, read pages 349-356 in *Massage Therapy Principles and Practices* (Salvo), review E: 7-10 in your packet (binder or digitally), and review the RQ (review questions), completing them before they are due.

What to Study

Week 4

10/8/22	6a	A&P: Introduction to the Human Body - Tissues	Trail Guide: gluteals (maximus, medius, and minimus). Salvo: Pages 349-356. Packet E: 7-10. RQ - Packet A-129.	
10/8/22	6b	Swedish: Technique Review and Practice - Posterior Upper Body	Packet F: 29-30.	Swedish Supplies: Starting today, have your own lubricant and holster.
10/8/22	7a	A&P: Introduction to the Human Body - Body Compass	Trail Guide: hamstrings (biceps femoris, semitendinosus, semimembranosus). Salvo: Pages 356-365. Packet E: 11-14. RQ - Packet A-130.	7a Review Questions Due before class starts. See Packet A: 119-130, A-113 for info.
10/8/22	7b	Swedish: Technique Demo and Practice - Posterior Lower Body	Packet F: 31-34.	



What to Study

For assignments (last column)

Some assignments will be due before the class starts (homework) and some will be done in class. Refer to the pages listed in this column for more information. Review Questions must be completed on classmarker to be accepted. If you were absent or turning them in late, forward the results email to Tilat@tlcschool.com.



What to Study

Page A-50

The '8b Kinesiology Quiz' is given at the start of class, has 25 questions (always multiple choice or true/false), has a time limit of 20 minutes, and will be over the muscles listed in the preparation column. *Use the Trail Guide to study the A(ctions), O(rigins), and I(nsertions) of:*

- Glutes- max, med, and min
- Hamstrings- biceps femoris, semimembranosus, and semitendinosus
- Triceps Surae- Gastroc and Soleus

What to Study

Week 5

Date	Title		Preparation	Assignments and Exams
10/15/22	8a	Written Exam Prep	Trail Guide: gastrocnemius and soleus. Study all packet material from classes: 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a.	8a Written Exam Prep Quiz Given at the start of class. 25 questions in 20 minutes. Packet A-73.
10/15/22	8b	Kinesiology: AOIs - Posterior Lower Body	Use Trail Guide to study the AOIs of gluteals, hamstrings, gastroc, and soleus.	8b Kinesiology Quiz Given at the start of class. 25 questions in 20 minutes. Packet A-73.

*Your syllabus will display 'Prep Quiz' instead on 'Written Exam Prep'.
All tests are multiple choice or true/false.



What to Study

Page A-50

For quizzes and exams (last column)

The '8a Prep Quiz' is given at the start of class, has 25 questions (always multiple choice or true/false), has a time limit of 20 minutes, and will be over the study material listed in the preparation column. *Study all packet material (and muscles) from classes:*

- 0b Orientation, deltoid, shoulder joint, anatomy terms, etc
- 2a Bones and posterior muscles, trapezius, etc
- 2b Tools of the trade, tables, lubricants, cleaning, etc
- 3a Self Care, lats, teres major, etc
- And 4a, 5a, 6a, and 7a.



Introduction to Kinesiology

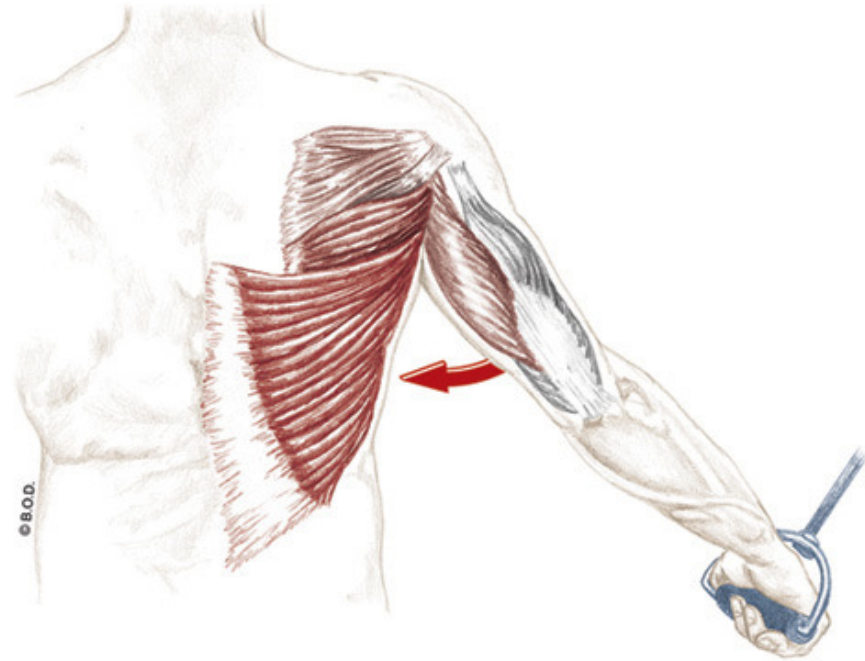
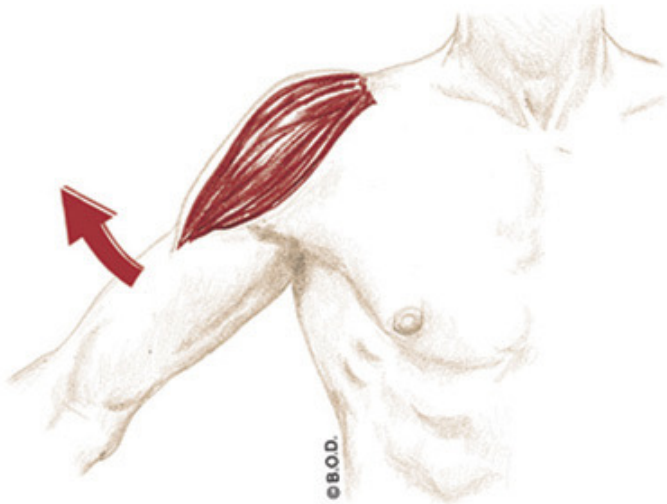
Page A-51

Learning Objective: To introduce some basic terminology to study the kinesiology of the glenohumeral joint (shoulder) and scapulothoracic joint

- What is Kinesiology?
- The Trail Guide to the Body: Introduction to your kinesiology textbook

What is Kinesiology?

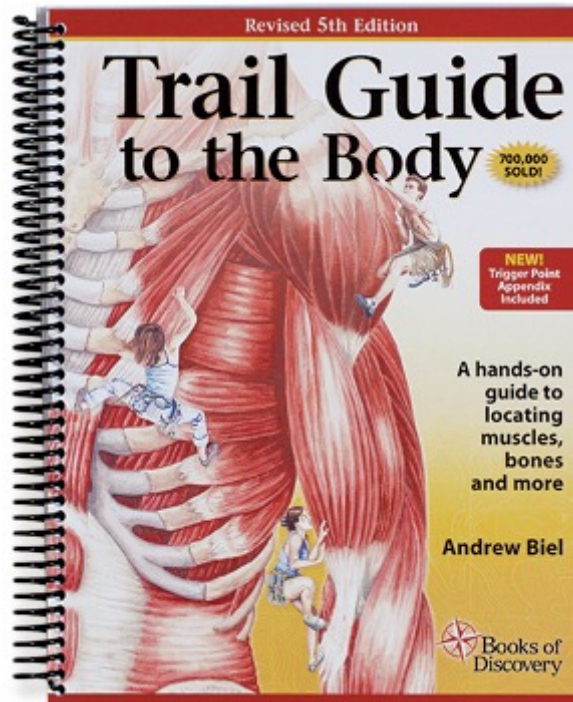
Kinesiology Study of human motion.



The Trail Guide to the Body

Introduction to your kinesiology textbook

Please get out your Trail Guide to the Body

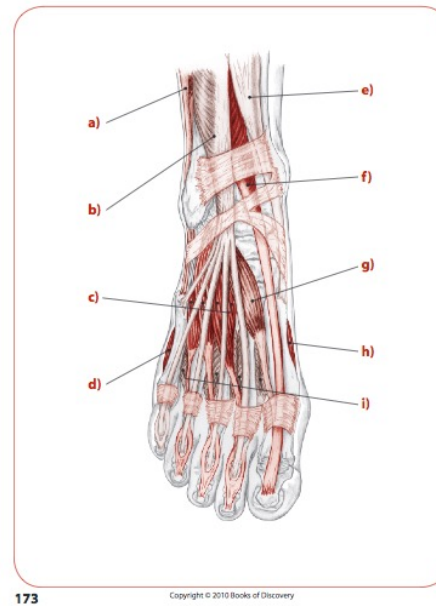
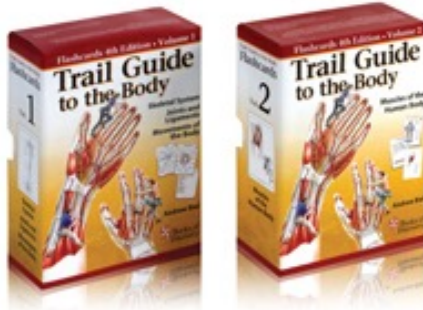


The Trail Guide to the Body

Open the front cover

Helpful Learning Tools - Flashcards:

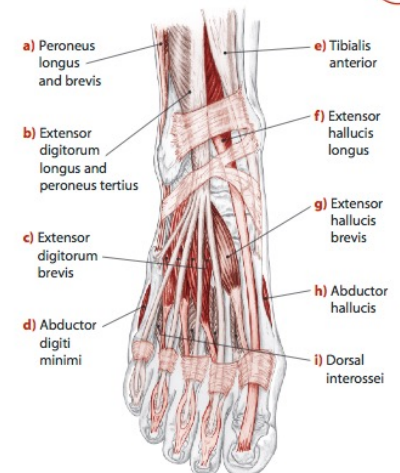
- Volume 1 (bones, \$22)
- Volume 2 (muscles, \$22)



173

Copyright © 2010 Books of Discovery

Muscles of the Foot 3



Dorsal view of right foot

173

p. 385, TGB

The Trail Guide to the Body

Turn the Page

e-XPLORE, Your Online Student Resource

- Primal Images
 - Interactive software
 - Add and remove layers
 - Rotate the structural model
- Overlay Images
- Audio Clips





The Trail Guide to the Body

Tips for learning Kinesiology

Start by identifying the joint and the bones or structures that create it, for example:

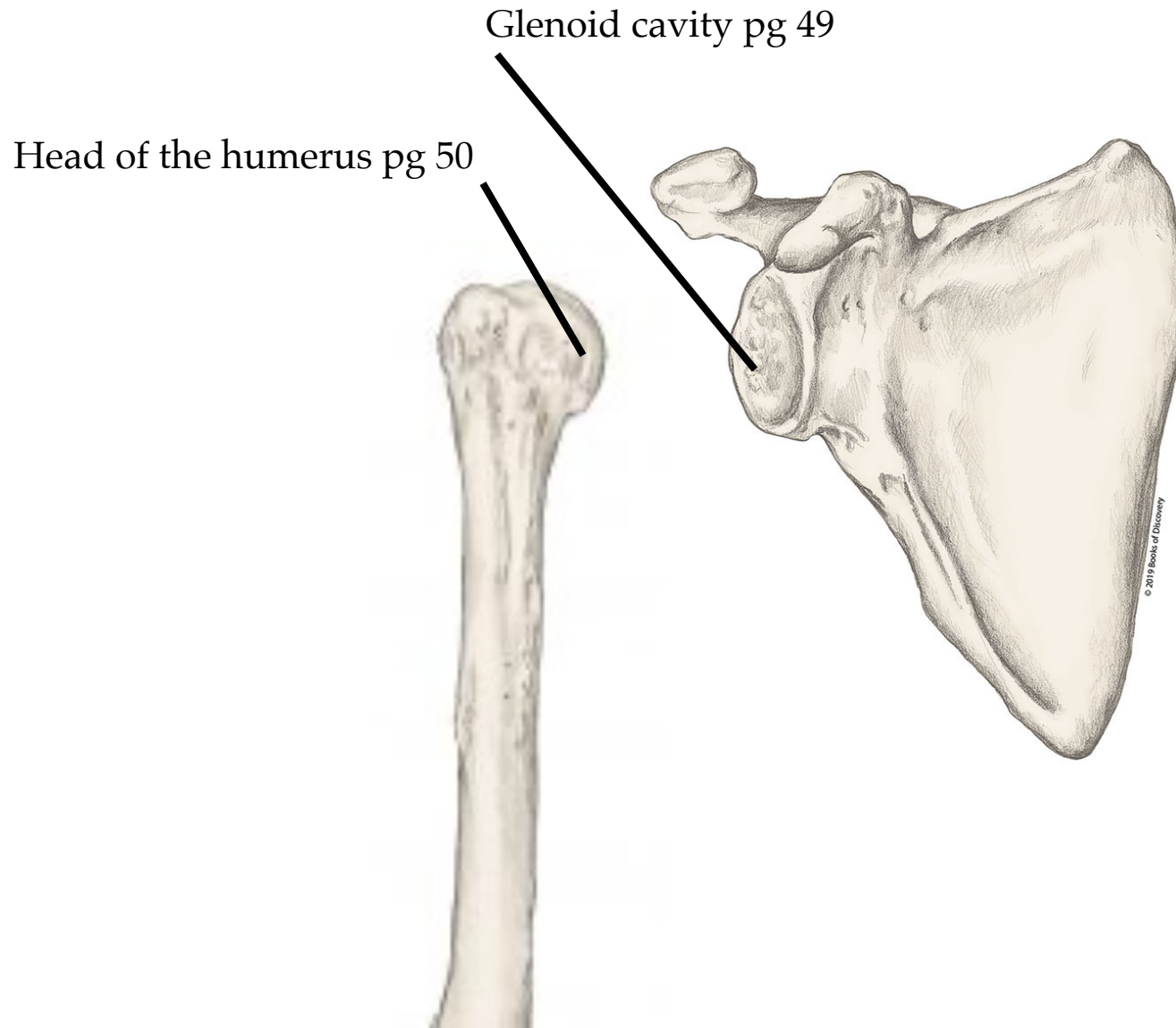
The shoulder joint aka: The Glenohumeral joint is created when the humerus and the scapula meet/join. Now, let's breakdown glenohumeral.

Gleno- is referring to the glenoid cavity or fossa (shallow depression) of the scapula (shoulder blade). This is the 'socket' the humerus will sit in. We recommend using the trail guide or skeleton to identify the boney landmarks you learn.

Humeral- is referring to the humerus. In order for a muscle to effect the shoulder joint, it *must* attach (origin or insertion) to the humerus. More specifically, the head (round end) of the humerus. This is the 'ball' that sits in the glenoid cavity.

The Trail Guide to the Body

Glenohumeral Joint



The Trail Guide to the Body

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The Trail Guide to the Body

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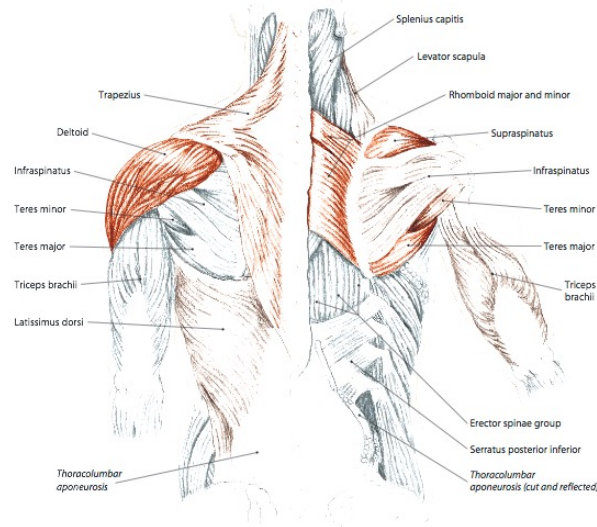
Muscles of the Shoulder and Arm

The muscles of the shoulder and arm are an amazingly diverse group. Some of them span across the back and rib cage, some attach at the cranium while others extend down to the elbow. All of the muscles create movement at the shoulder complex (formed by the scapula, clavicle and humerus). Some also elevate the ribs, extend the head and cervical vertebrae or bend the elbow (2.33–2.35).

The superficial muscles of the shoulder and back are

presented first, followed by the deeper muscles of the back and, lastly, the muscles of the arm. Some muscles are presented together to better understand how they function as a group.

Although the instructions for each muscle or muscle group specify the position in which to place your partner (prone, supine or seated), exploration in all positions is encouraged for a better understanding of the muscle(s) and the surrounding structures.



2.33 Posterior view of shoulder and back. Latissimus dorsi, trapezius and deltoid are removed on his right side.

The trapezius received its present name from the British anatomist William Cowper (c. 1700). Previously, it was called the *musculus cucullaris* (L. muscle hood), since the two trapezius muscles together resemble a monk's hood.



The Trail Guide to the Body

Muscles of the Human Body

Abdominals	209	Pectoralis Major	89
Adductor Group	319	Pectoralis Minor	92
Anconeus	139	Peroneus Longus and Brevis	376
Biceps Brachii	95	Plantaris	374
Brachioradialis	132	Platysma	257
Coracobrachialis	99	Popliteus	375
Deltoid	67	Pronator Teres	146
Diaphragm	213	Psoas Major	332
Erector Spinae Group	196	Pterygoids	259
Extensor Indicis	139	Quadratus Lumborum	207
...		...	

Name of structure (icon indicates if it is on the DVD)

Introduction describing a structure's function, depth and relationship to other structures

A list of the **Action**, **Origin**, **Insertion** and **Nerve** innervation of the muscle

O Illustration showing the **I** Origin and Insertion



Step-by-step instructions on how to **palpate** a structure



"Check It" questions will confirm your location. They may ask you about your location in relation to a nearby structure or ask you or your partner to create a movement. Unless otherwise indicated, the answers to the questions should be, "Yes!"



Alternative palpatory routes

Sternocleidomastoid

The sternocleidomastoid (SCM) is located on the lateral and anterior aspects of the neck. It has a large belly composed of two heads: a flat, clavicular head and a slender, sternal head (5.33). Both heads merge to attach behind the ear at the mastoid process. The carotid artery passes deep and medial to the SCM; the external jugular lies superficial to it.

- A** *Unilaterally:*
Laterally flex the head and neck to the same side
Rotate the head and neck to the opposite side
- Bilaterally:*
Extend the neck
Flex the neck
 Assist in inhalation

- O** *Sternal head:* Top of manubrium
Clavicular head: Medial 1/3 of clavicle

- I** Mastoid process of temporal bone, lateral superior nuchal line of occiput

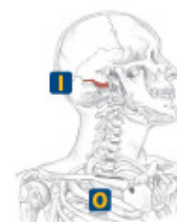
- N** C(1), 2, 3



- 1) Supine with practitioner at head of table. Locate the mastoid process of the temporal bone, the medial clavicle and the top of the sternum.
- 2) Draw a line between these landmarks to delineate the location of the SCM. Note how the two SCMs form a "V" on the front of the neck.
- 3) Ask your partner to raise her head very slightly off the table as you palpate the SCM. It will usually protrude visibly (5.35).

- ☒ *With your partner relaxed, can you grasp the SCM between your fingers and outline its shape?*

ster-no-kli-do-mas-toyd



5.35 Partner supine

Hi!

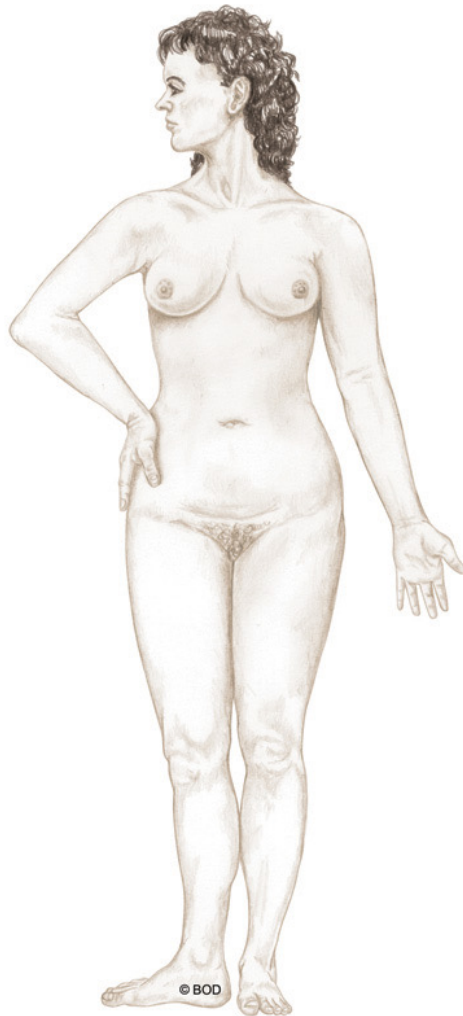


Pronunciation and etymology of anatomical terms

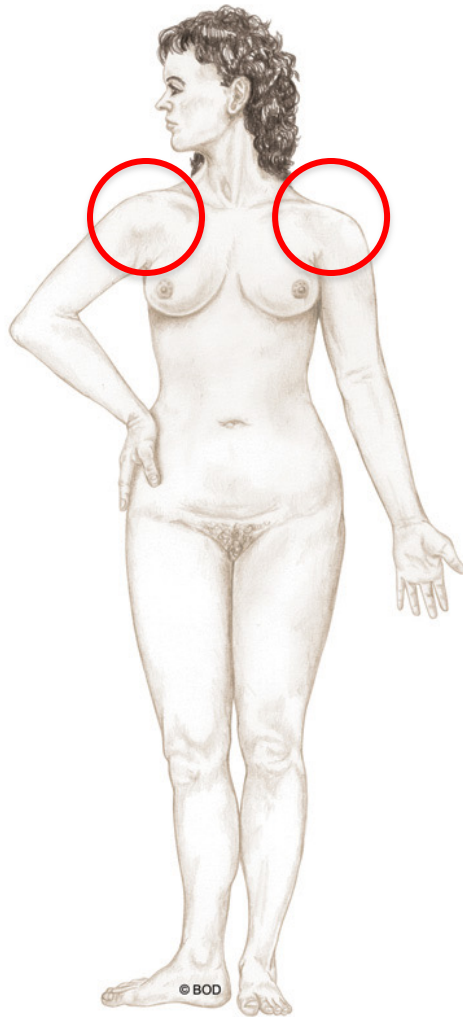
Look for **Mr. Bones** sharing cautionary advice or other helpful hints

Joints

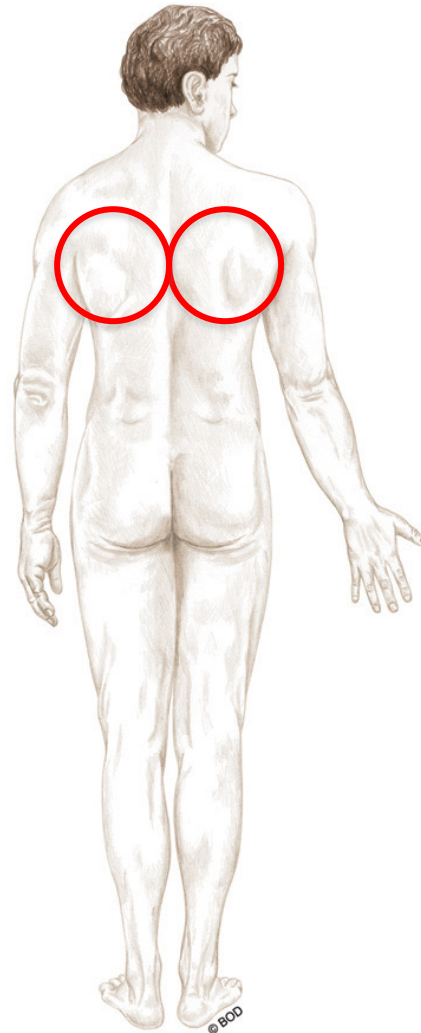
Glenohumeral vs Scapulothoracic



Glenohumeral Joint

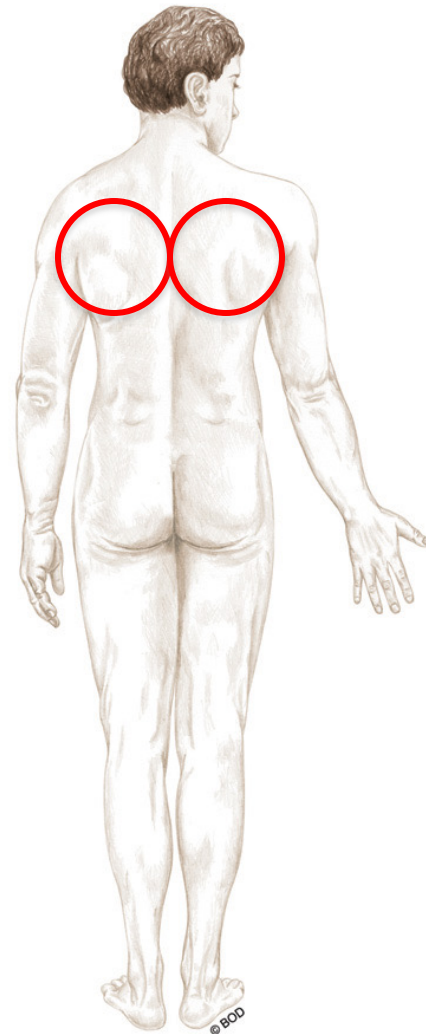
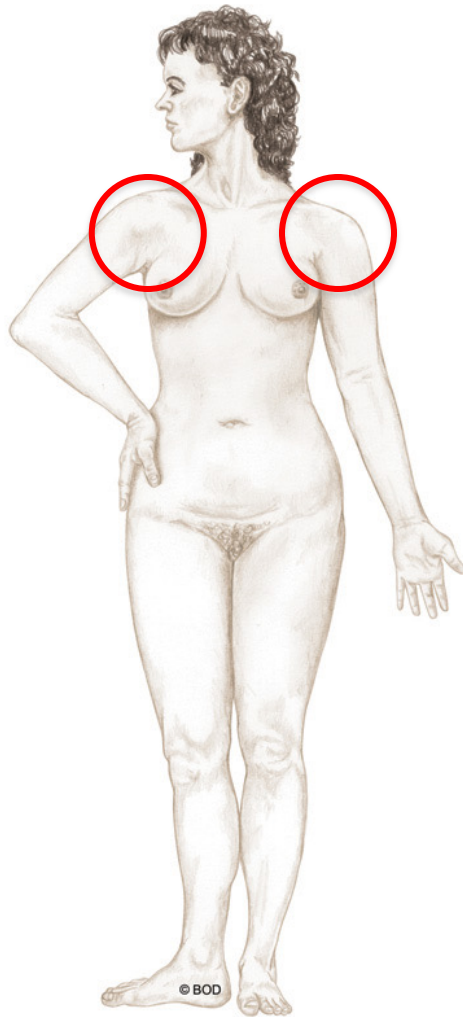


Scapulothoracic Joint

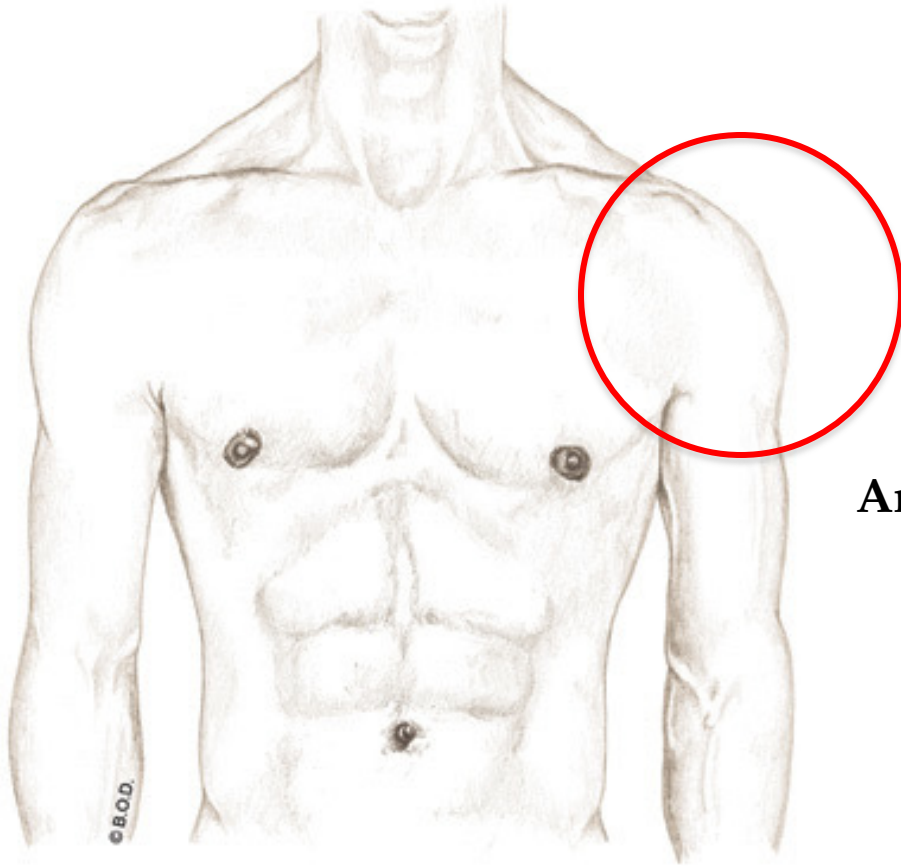


Joints

Glenohumeral and Scapulothoracic

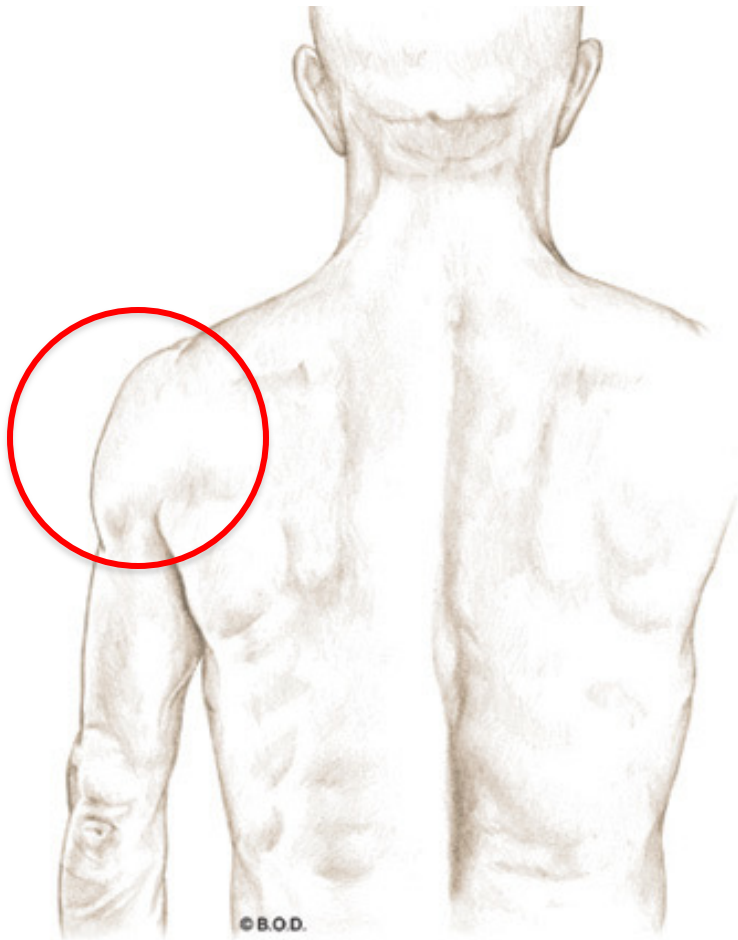


Anterior view of the Glenohumeral Joint



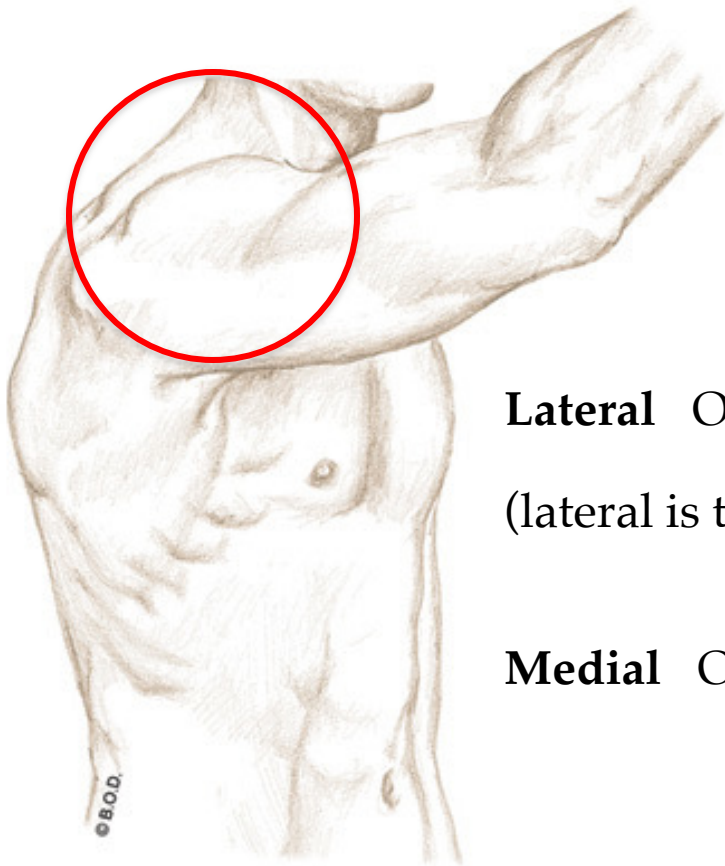
Anterior Pertaining to the front of a structure.

Posterior view of the Glenohumeral Joint



Posterior Pertaining to the back of a structure.
(posterior is the opposite of anterior)

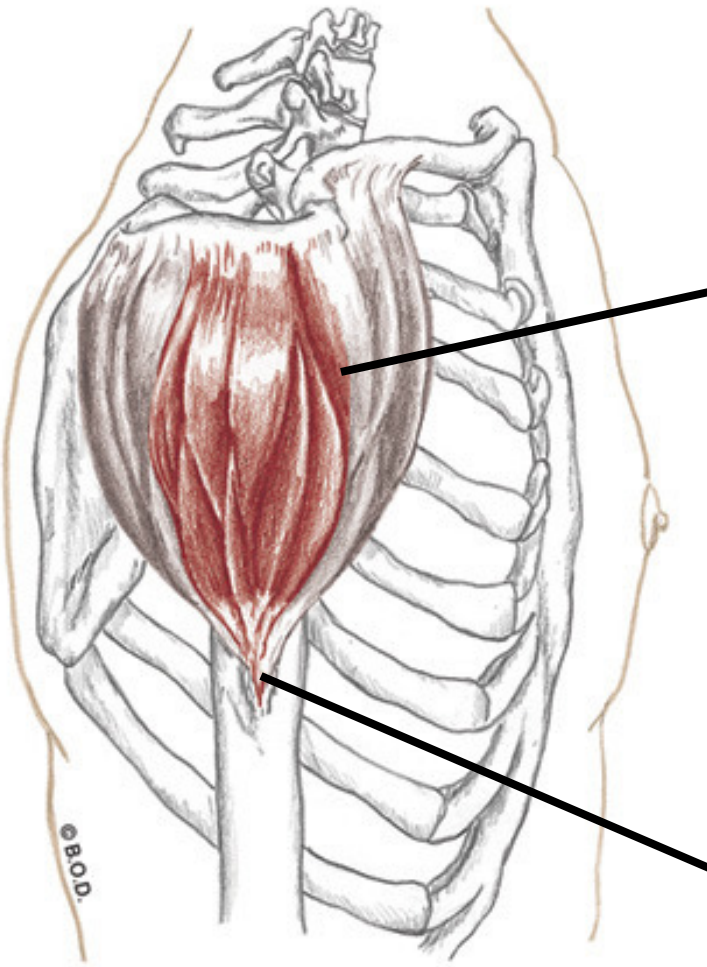
Lateral view of the Glenohumeral Joint



Lateral Oriented farther away from the midline of the body.
(lateral is the opposite of medial)

Medial Oriented toward or near the midline of the body.

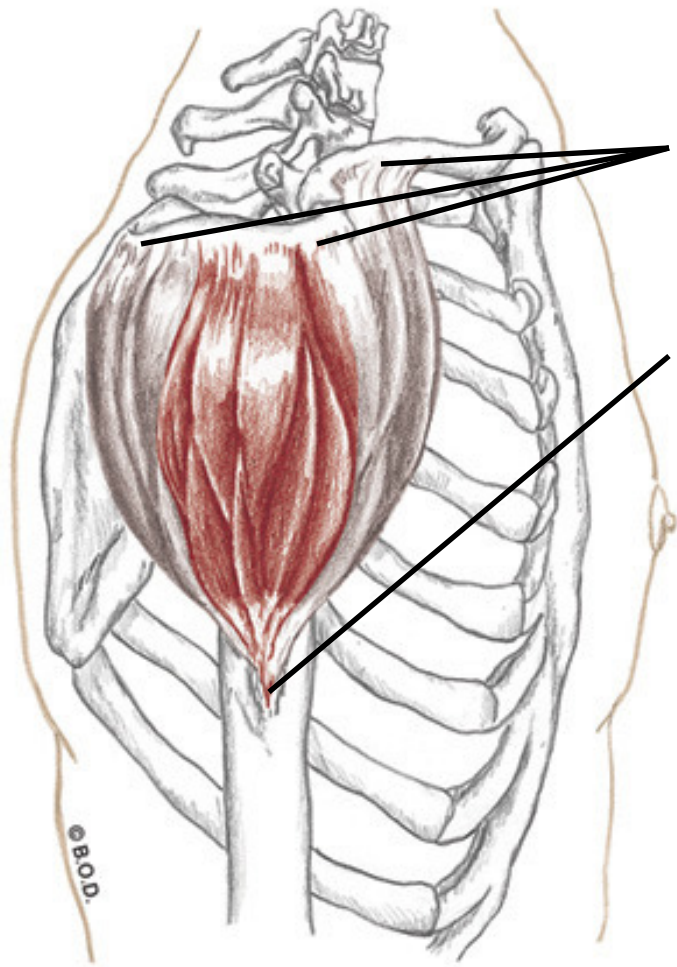
Belly versus Tendon



Belly The wide central portion of a skeletal muscle that contains the sarcomeres.

Tendon Cord-like structure anchoring the end of a muscle to a bone.

Lateral View



Origin Tendinous muscle attachment on the less movable bone or other structure. Typically medial or proximal to the insertion.

Insertion Tendinous muscle attachment on the more movable bone or structure. Typically lateral or distal to the origin.

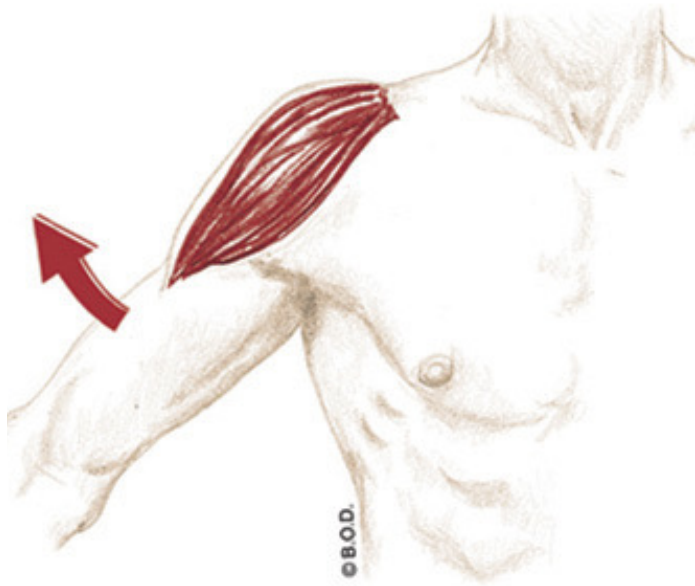
Lateral View

Muscle Actions

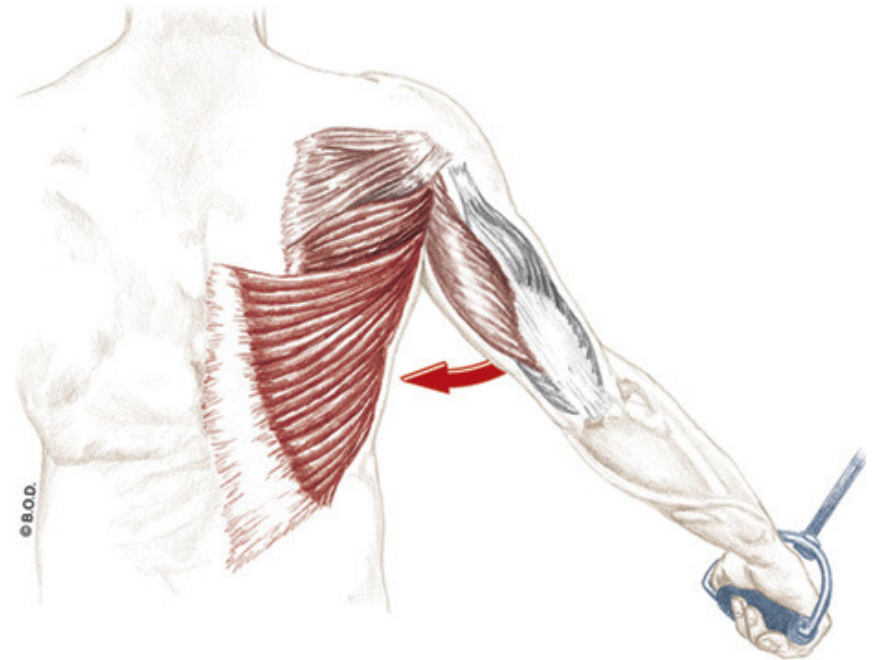
Action The movement or postural stabilization that happens as the result of muscular contraction.

What actions of the Glenohumeral joint (shoulder) can you name . . .

Abduct and Adduct the Shoulder (glenohumeral joint)



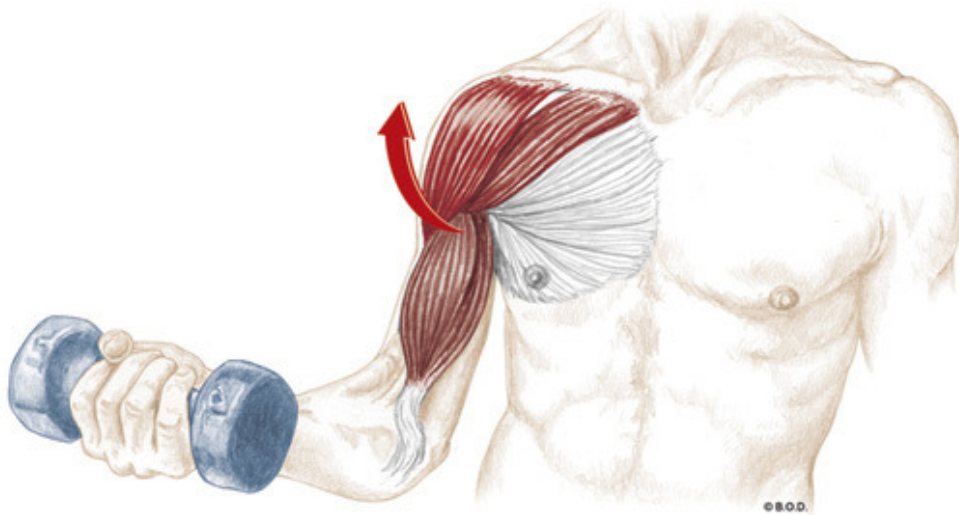
Glenohumeral Abduction
Anterior View



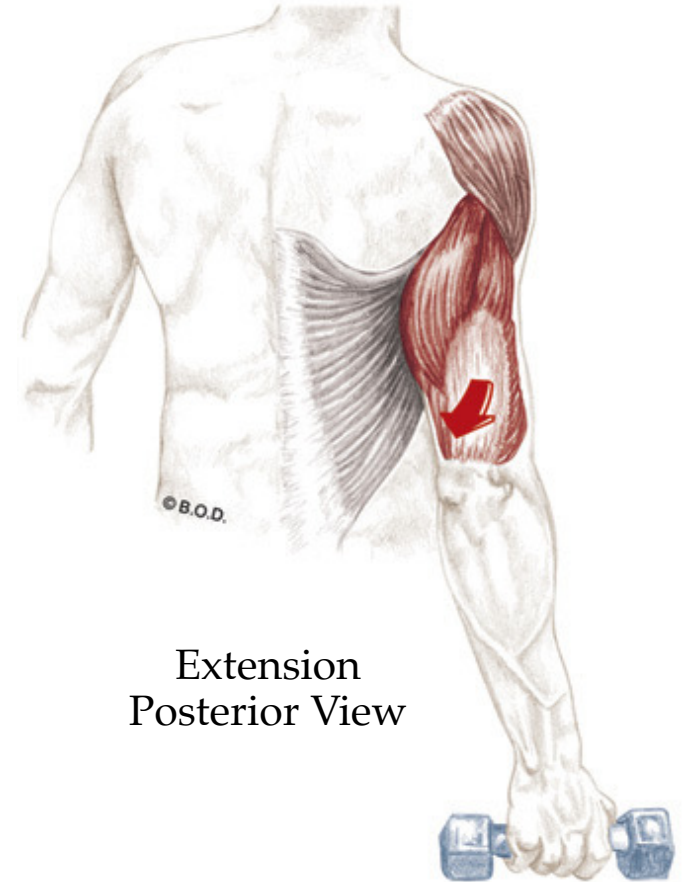
Glenohumeral Adduction
Posterior View

“Lift your arms straight up from the side of your body to make a T (abduction),
And then bring them back down to along side the body (adduction).”

Flex and Extend the Shoulder (glenohumeral joint)



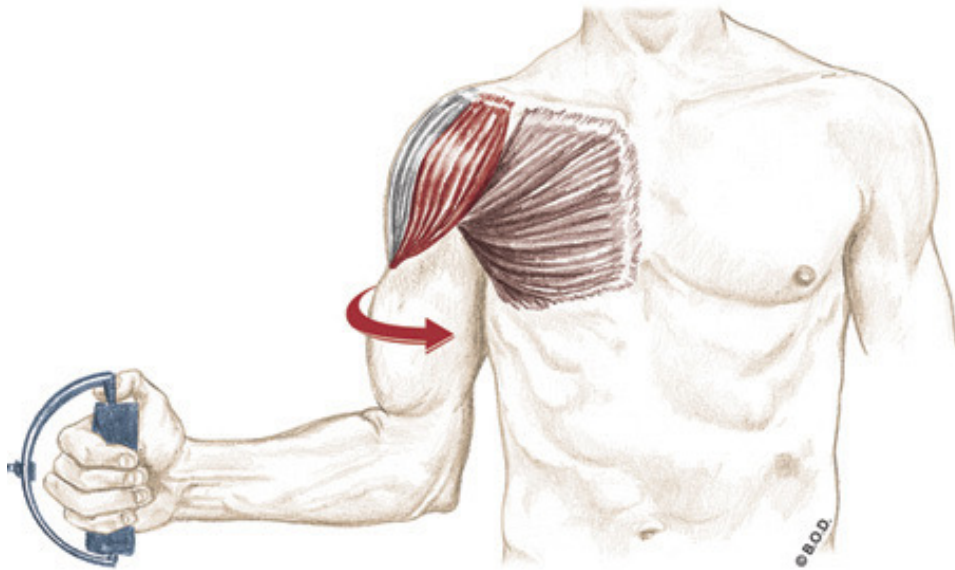
Flexion
Anterior View



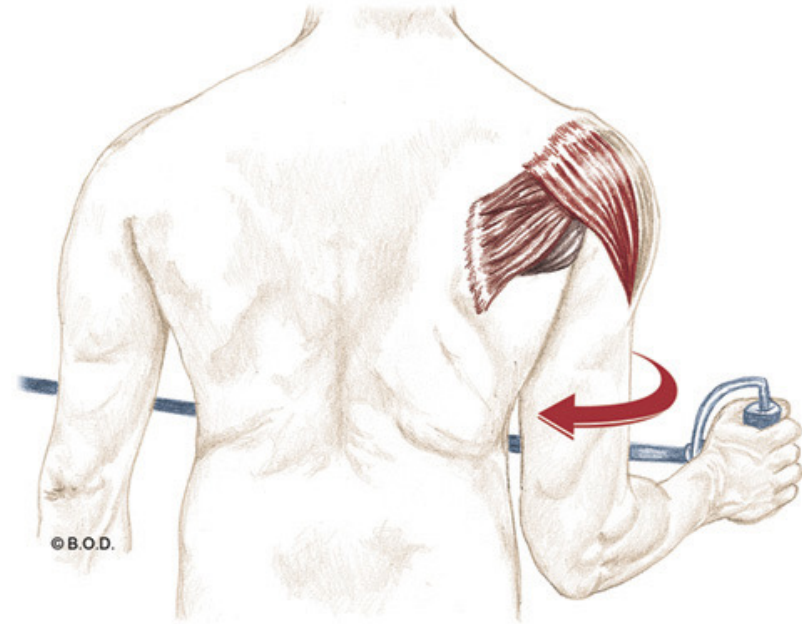
Extension
Posterior View

“Lift one arm straight forward (flexion), the other straight backward (extension)”

Medially Rotate and Laterally Rotate (glenohumeral joint)



Medial Rotation
Anterior View



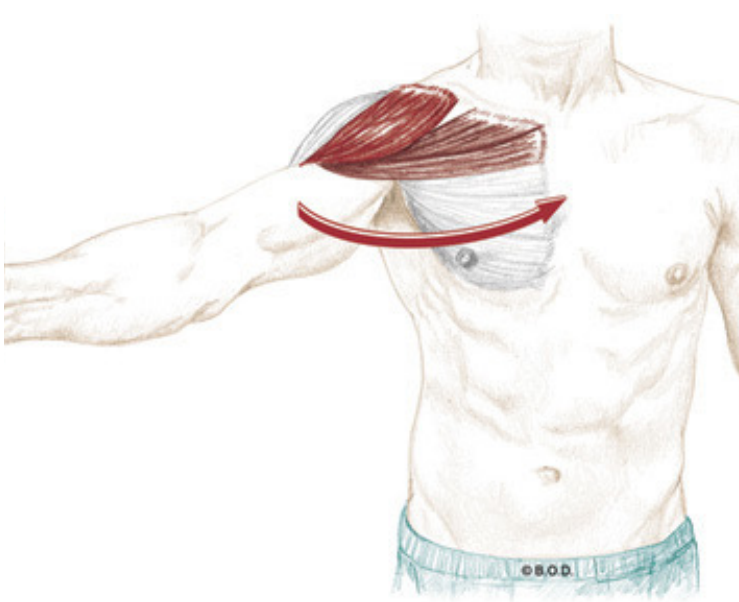
Lateral Rotation
Posterior View

“Flex your elbow and hold it tight against your body so that this movement is easier to see.

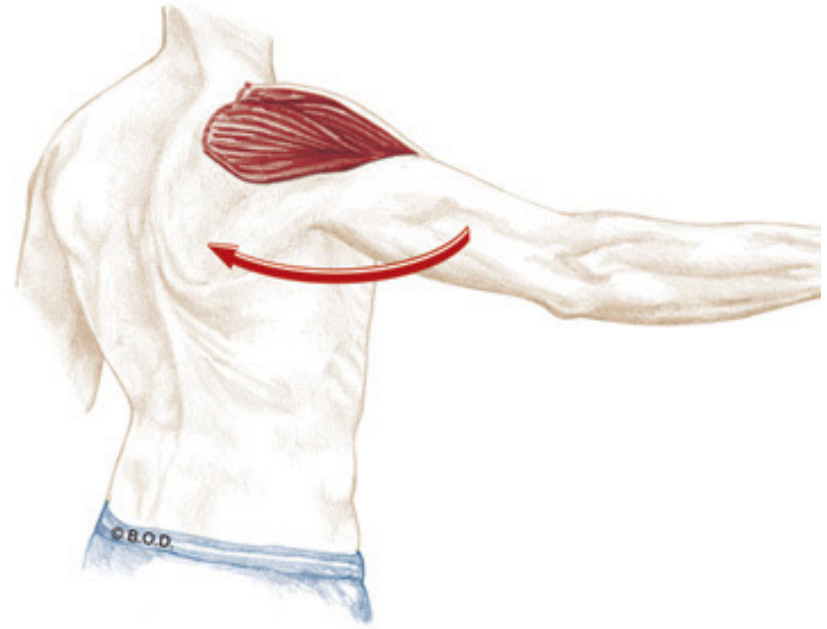
Now rotate your arm so your fist is near your belly (medial rotation).

Then rotate your arm in the other direction (lateral rotation)”

Horizontally Adduct and Horizontally Abduct (glenohumeral joint)



Horizontally Adduct
Anterior View



Horizontally Abduct
Posterior View

“Abduct your arm to the T position.

Keeping it level with the horizon, swing it in toward your chest (horizontal adduction).

Now swing it back the way it came (horizontal abduction)”

Glenohumeral Joint: 8 actions

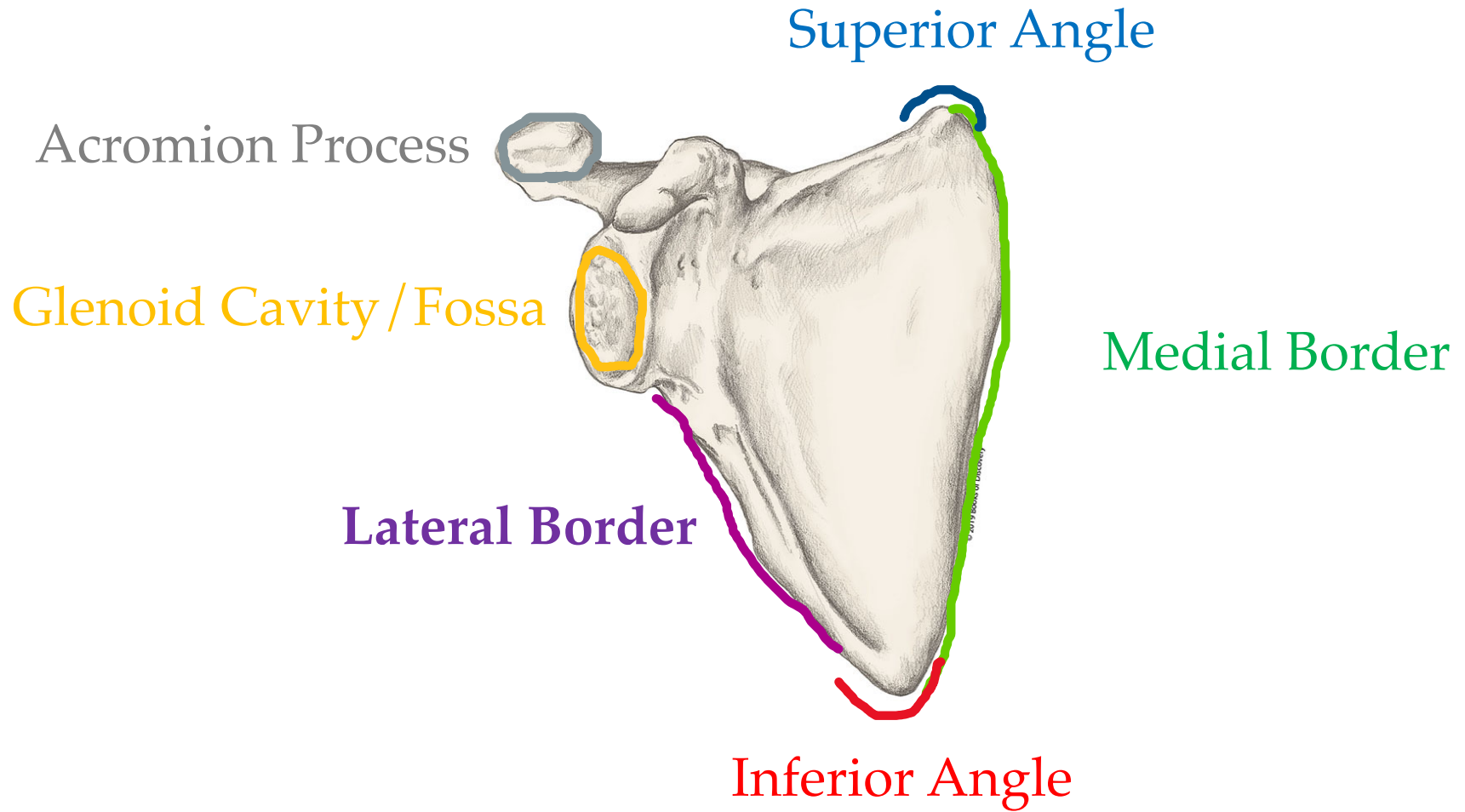
(consider drawing this on A-52!)

Abduction	Flexion	Medial Rotation	Horizontal Adduction
Adduction	Extension	Lateral Rotation	Horizontal Abduction

Learning Bony Landmarks- Scapula (shoulder blade)

Anterior view

Trail Guide pg 49

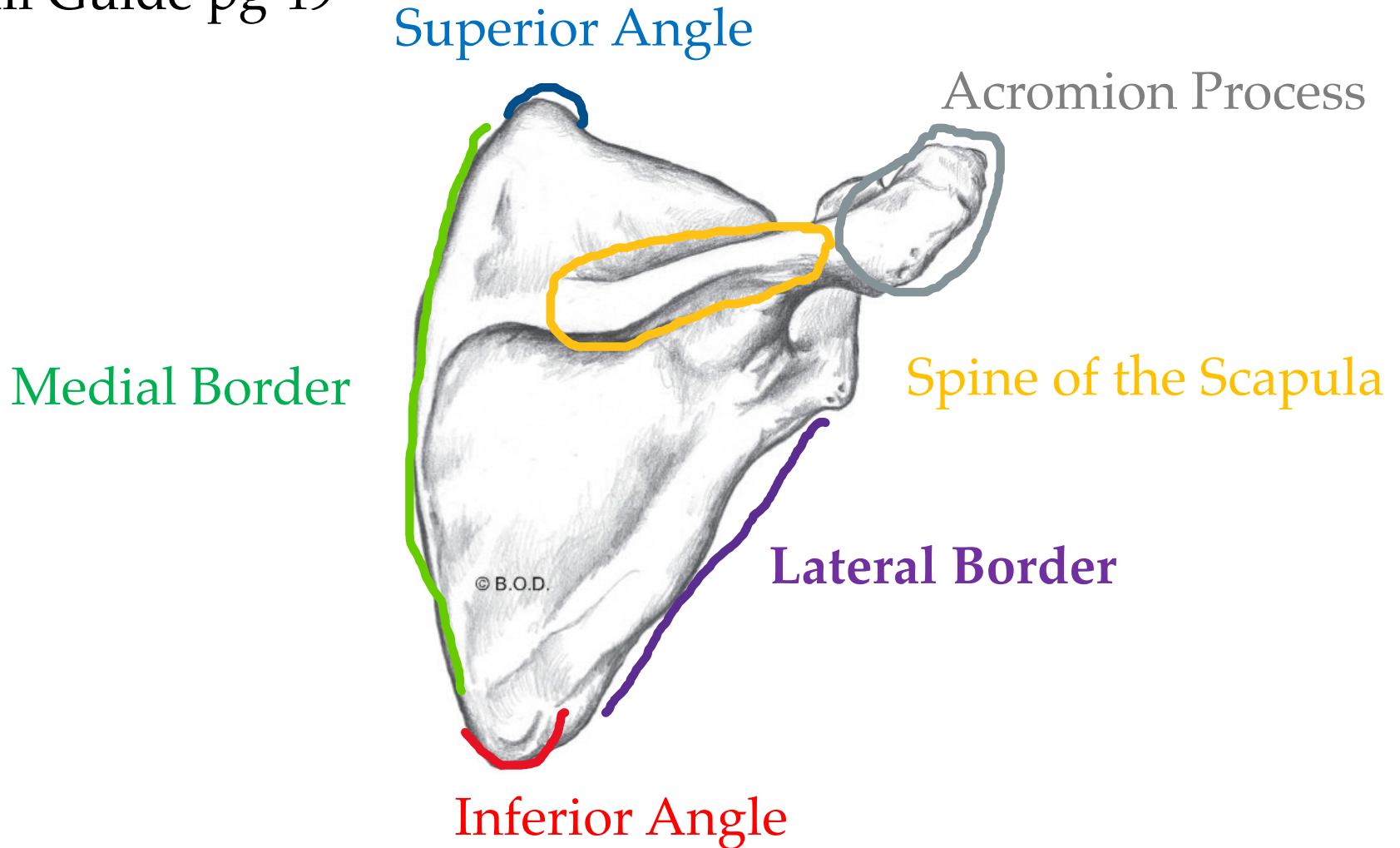


*Not all landmarks are labeled

Learning Bony Landmarks- Scapula (shoulder blade)

Posterior view

Trail Guide pg 49



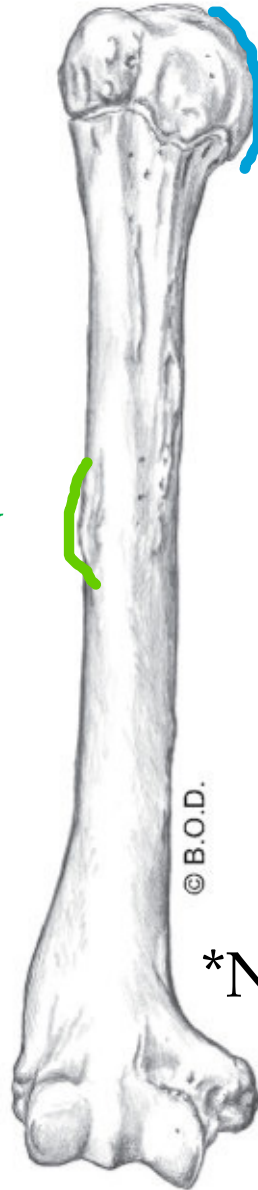
*Not all landmarks are labeled

Learning Bony Landmarks- Humerus (anterior view)

Trail Guide pg 50

Deltoid Tuberosity

Head of the Humerus



*Not all landmarks are labeled

Learning Bony Landmarks- Clavicle (collar bone)

Right clavicle

Trail Guide pg 50

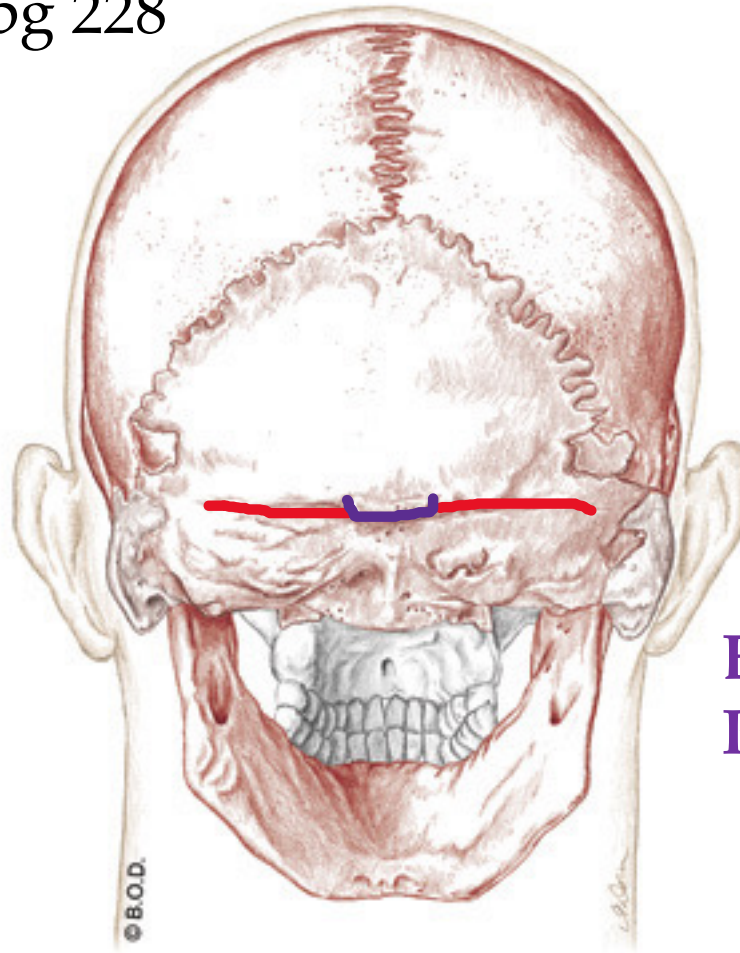
Lateral / acromial end
(acromion process of
the scapula)



Medial / sternal end
(sternum / breast bone)

*Not all landmarks are labeled

Learning Bony Landmarks- Skull
Posterior view
Trail Guide pg 228



Superior Nuchal Line

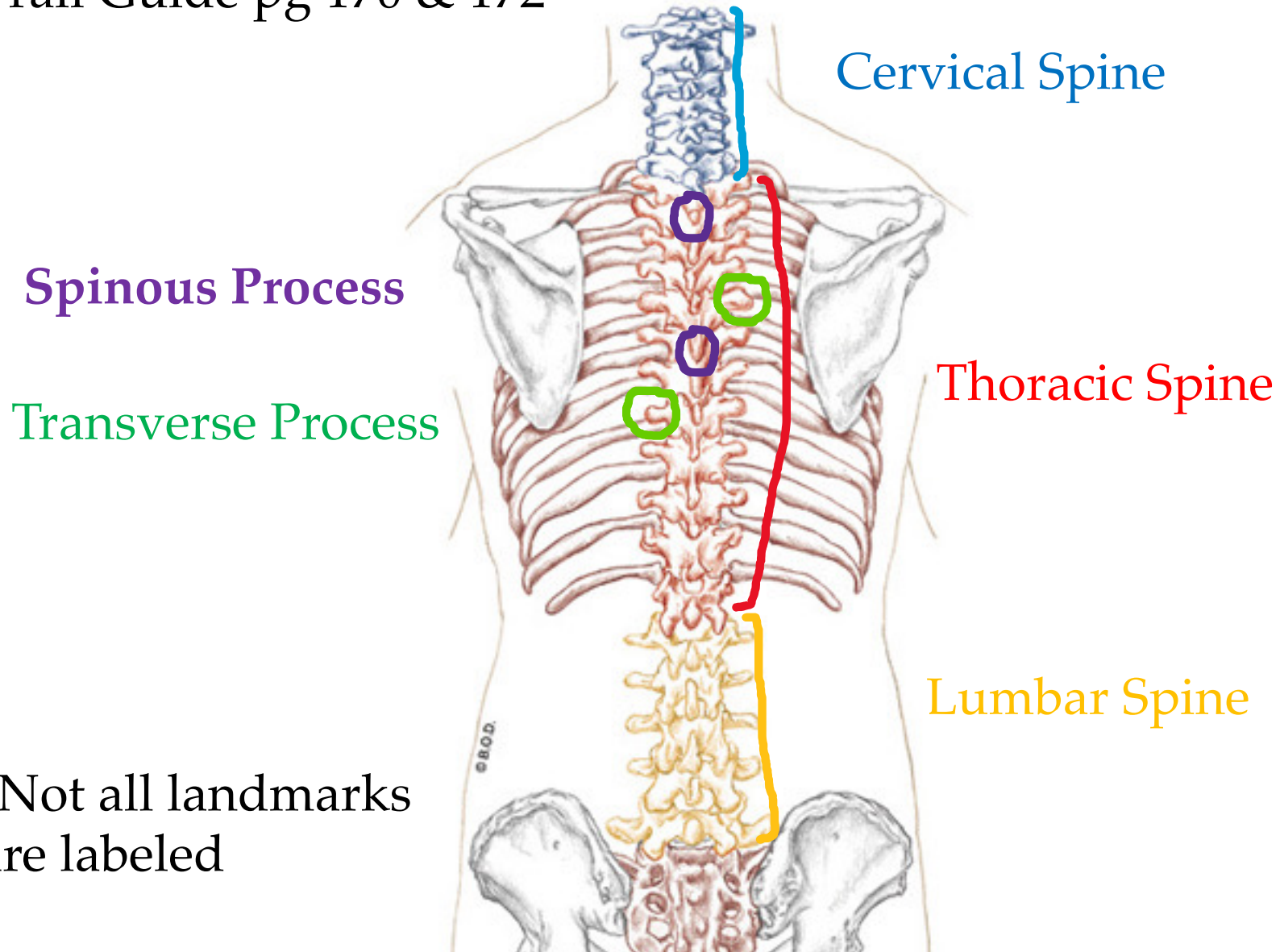
External Occipital
Protuberance

*Not all landmarks are labeled

Learning Bony Landmarks- Spine

Posterior view

Trail Guide pg 170 & 172



*Not all landmarks are labeled



Test Anxiety

Page A-53

Symptoms of Test Anxiety

Nausea / vomiting, light headed, diarrhea, shaking, tearful, headache, racing heart

Our Advice as a School who wants you to Succeed

If we see that you are suffering from anxiety symptoms, after the exam we should take a look at a different approach to reduce your anxiety and increase your preparedness.

“Anxiety is not a legal disability, so instructors will not give any special consideration, but they will provide you with some resources.”



Test Anxiety

How to Reduce It

- Share personal stories of test anxiety
- Over-preparing for classes, quizzes, and exams
- Prepare a little bit every day
- Use a variety of study strategies
- Use positive affirmations, put your faith in succeeding, don't bet against yourself
- Breathe
- Give yourself a practice test to warm up



Test Anxiety

Resources for Coping

- Counseling from the student administrator Tila Tapp
- Tutoring with an instructor
- Student Success Guide (online at abmp.com)
- Books:
 - ❑ *"No More Test Anxiety"*, Ed Newman
 - ❑ *"The secrets of taking any test"*, Judith Meyers
 - ❑ *"Test taking strategies and study skills for the utterly confused"*, Laura Rozakis
 - ❑ *"Test-taking strategies"*, Judi Kesselman-Turkel
- Audio tapes:
 - ❑ *"Tame test anxiety"*, Richard Driscoll



Test Anxiety

Anxiety Reduction Activities

- Stand in a circle
- Each student thinks about a simple body movement
- Ask for a volunteer to introduce their movement
- The other students mimic this movement
- Other volunteers introduce their movements and this continues until 2-5 movements total have been introduced
- Everybody cheers and claps their hands



Test Anxiety

Anxiety Reduction Activities

- Long deep breath with eyes closed, repeat the affirmations as they remain physically relaxed.
- “I am mentally, emotionally, and physically ready to take this exam.”
- “My brain is alert and ready. All the information I need is moving to the front of my brain now!”
- “I effortlessly recall the information for the test and I am ready to test now.”
(this last one is repeated three times)



Quality of Touch

First in-class hands-on experience

Learning objective: To experience and begin to understand the factors that contribute to quality of touch.

Timing: 20 minutes

Instructions:

1. Find your partner from Howdy Partner and have a seat next to each other
2. Decide who will give and who will receive
3. Giver – Sanitize your hands. **Please put on gloves if your client requests them or you would like to wear them**, begin by introducing yourself and ask the receiver if there are any shoulder areas that require lighter pressure or being avoided completely
4. Giver, get into position standing behind the receiver but do not make contact yet



Quality of Touch

First in-class hands-on experience

We will start by lightly placing our hands on the receiver's shoulders.
This is called a **resting stroke** because our hands just rest there lightly.

Sample session on next slide...



Quality of Touch

Approx 8 minute trade

- Resting stroke
- Gentle then firm alternating shoulder compressions
- Knead the shoulders from neck to deltoids
- Thumb circles on the rhomboids
- Step to the side of the chair and using a c-grip- knead the neck from shoulder to skull
- Then repeat or add strokes as needed to use up time
- End with tapotement
- Brushing off the shoulders
- Gentle shoulder squeezes
- And thanking them by name
- Sanitize hands and repeat

0b Orientation

People, Study Skills, and Quality of Touch

