

## 38b Body Mobilization Techniques: Technique Demo and Practice – Prone

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
20	<b>Transition</b> <b>Break</b> Announce the return time and write it on the board.
10	<b>Attendance and Reminders</b> Display the reminders slide. <b>Lecture</b> (using PPT slides) <ul style="list-style-type: none"><li>• Introduction (3 slides)</li><li>• Distraction Principle (6 slides)</li><li>• Contraindications (5 slides)</li></ul>
70	<b>Receivers Undressing and Givers Stretching</b> <b>First Trade</b>
20	<b>Reset the tables for the next session</b> <b>Break</b> Announce the return time and write it on the board.
70	<b>Receivers Undressing and Givers Stretching</b> See above for details. <b>Second Trade</b> Refer to first trade for details.
20	<b>Tables undressed, cleaned, and put away</b> <b>Circle up</b> Review the “Reminders” for upcoming classes.
3h 30m	<b>Total Class Time</b>

### Learning Outcomes

- **Class Level**
  - Students will learn/practice to combine and utilize passive stretches, joint mobilization, and traction techniques for the prone body
  - Understand, identify and consider contraindications for client safety.

### Class Schedule – Student Preparation

- Packet F: 79-82.

### Topic Focus

- To become familiar enough with prone BMTs to be able to improve their skills by practicing it at home.

### Thoughts, Advice, or Warnings

- Make note of students who are hypermobile or have compromised joints.