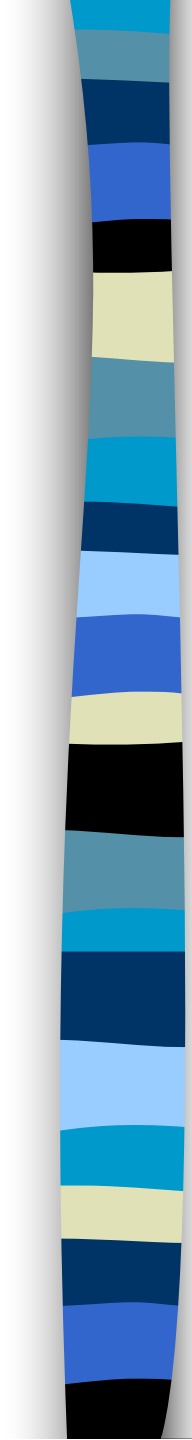




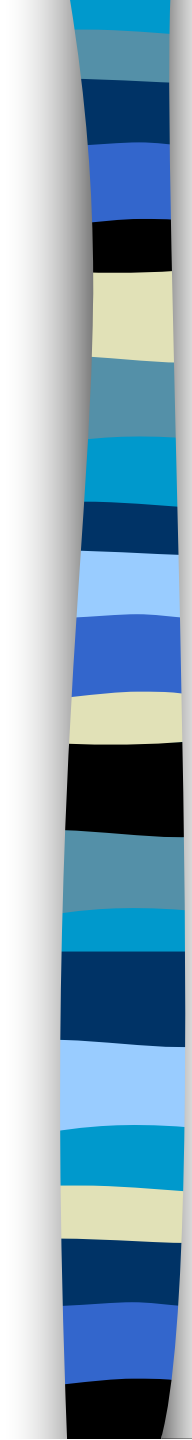
## 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body



# 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body

## Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 <sup>st</sup> trade
20 minutes	Break and switch tables
75 minutes	2 <sup>nd</sup> trade
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



# 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body

## Class Reminders

### In Class 55:

- Full SOAP notes with date and first and last names. Signatures and date on intake form

### Assignments:

- 55a - End of Second Quarter (you will receive a Quarterly Report within 2 weeks)
- 60a Deep Tissue: Outside Massages (due before class starts)

### Quizzes/Exams:

- 57a Quiz (48a, 49a, 50a, 51a, 52a, 54a, and 55a)
- 58a Quiz (45a, 45b, 47a, 50b, 51b, 56a, and 56b)
- 60a Exam

### Practical Exams:

62b Deep Tissue: Touch Assessment

### Preparation for upcoming classes:

- 56a Internship Orientation  
Packet I: 1-40.
- 56b Mock Internship  
Packet I: 1-40.
- 56a/b Internship: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



# 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.*



## 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body

Packet D – 19

### **Full SOAP notes. Preparation for clinic:**

1. Sign Intake after client signs
2. Full names and Dates ASAP
3. Fill out Subjective, Objective top lines and before assessment during interview
4. As your client is changing, fill out Objective Prone and Supine and start your plan
5. Once client is dressed, get their after Assessment  
You'll only have 5-15 minutes in Clinic, be quick and thorough.



## **Infraspinatus and Teres Minor**

- Deep Effleurage

## **Triceps Brachii**

- Deep Effleurage

## **Upper Trapezius, Supraspinatus, and Levator Scapula**

- Deep Effleurage

## **Rhomboids**

- Deep Effleurage

## **Erector Spinae Group**

- Deep Effleurage

## **Quadratus Lumborum**

- Deep Effleurage

## **Latissimus Dorsi, Erector Spinae, and Gluteals**

- Broad Cross Fiber

## **Gluteus Maximus**

- Deep Effleurage

## **Hamstrings**

- Deep Effleurage
- Deep Transverse Friction and Melting

## **Gastrocnemius and Soleus**

- Deep Effleurage
- Stripping



## 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body