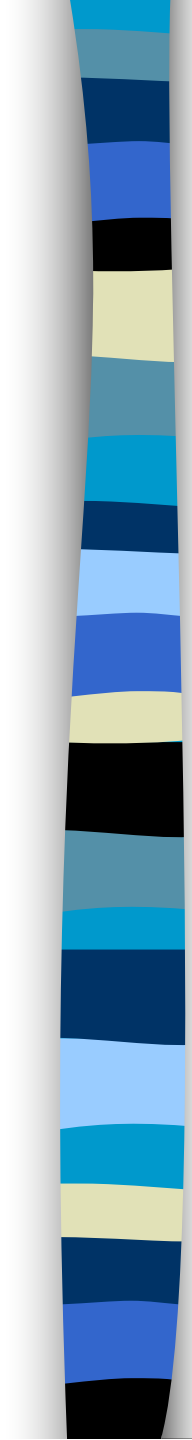




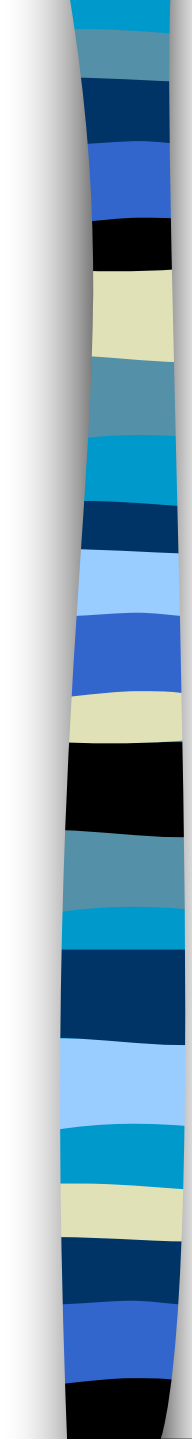
58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body



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Class Outline

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



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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 Exam
- 62b Deep Tissue: Touch Assessment

Preparation for upcoming classes:

- 59a A&P: Psychoneuroimmunology
 - Packet E: 135-144.
 - RQ Packet A-196.
- 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body
 - Packet D: 31-32.



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 - 27



Pectoralis Major

Compressive Effleurage

- Warm, mobilize, and soften
- Standing in a lunge next to the client's torso, face up the table
- Using the heel of the inside hand, compress pectoralis major and stroke toward the insertion with the fingers leading the way
- Using the outside hand, follow up with a lighter, soothing stroke leading with the heel of the palm
- Alternate between compressive and soothing strokes in a hand chasing hand fashion
- **Alternative:** use your outside hand to hold the client's forearm with the shoulder abducted 90 degrees and elbow bent, effleurage compressively with the inside hand
- Feel and listen for adhesions, trigger points, or areas of tension



Pectoralis Major

Superficial and Deep Friction

- Warm, mobilize, and soften
- Standing in a short lunge near the client's shoulder, face the table
- Using your fingertips, apply circular friction to pectoralis major
- Begin with superficial friction, sliding over the skin
- As you encounter areas of interest you may sink to a deeper level and apply deep friction (circular or cross-fiber), or melting
- Experiment with client's arm positioning and body position alongside table to introduce stretch or slack in the tissues.
- If client's arm is very heavy, the arm may remain by their side, or lay at the side or top corner of table if comfortable for client
- Feel and listen for adhesions, trigger points, or areas of tension



Anterior Deltoid, Biceps Brachii, Brachialis, and Coracobrachialis

BMT Fiber Spreading

- Warm, mobilize, and soften
- Standing alongside the client, face up the table
- Inside hand flexes the client's elbow to 90 degrees
- **First:** the outside hand compresses the anterior deltoid with the thenar eminence as the inside hand medially rotates the shoulder
- Abduct the client's shoulder to 90 degrees
- **Second:** apply compressions and fiber spreading to the biceps brachii as you medially rotate the shoulder, shifting contact each time you reset to address the full length of the biceps brachii
- **Third:** apply compressions and fiber spreading to the biceps brachii as you laterally rotate the shoulder, shifting contact each time you reset to address the full length of the biceps brachii
- Bring the arm back to about 30 degrees abducted, elbow flexed
- **Fourth:** Use your outside palm to compress brachioradialis and brachialis, and then move client's arm towards medial rotation, pronation, and elbow extension
- Feel and listen for adhesions, trigger points, or areas of tension



Forearm Flexors and Extensors

Superficial and Deep Friction

- Warm, mobilize, and soften
- Standing in a lunge alongside the client, face up the table
- Using thumbs or fingertips, cross fiber friction the bellies of the forearm flexors and extensors
- Use whatever arm position allows you good access and contact, while properly supporting client
- Vary the pace and depth according to your intention: Circulatory emphasis (quicker / lighter) versus more structural (slower / deeper)
- Feel and listen for adhesions, trigger points, or areas of tension



Forearm Flexors and Extensors

Stripping with Traction

- Warm, mobilize, and soften
- Standing by the thigh, face up the table
- Grasp the forearm with both thumbs together on top, near the lateral epicondyle, and the fingertips curled into the forearm flexors on bottom
- Squeeze and strip distally by leaning back, drawing your contact through the bellies of the flexors and extensors
- Lighten up as you pass the midway point (the muscles becomes very tendinous and too much pressure near the wrist could be painful)
- Feel and listen for adhesions, trigger points, or areas of tension



Thenar and Hypothenar Eminences

Cross Fiber Friction

- Warm, mobilize, and soften
- Standing by the thigh, face up the table
- Using thumb tips, apply cross fiber friction to the thenar and hypothenar eminences
- You may choose to interlace your fingers with those of the client, or not
- Feel and listen for adhesions, trigger points, or areas of tension



Overview: Anterior Upper Body

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



58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body