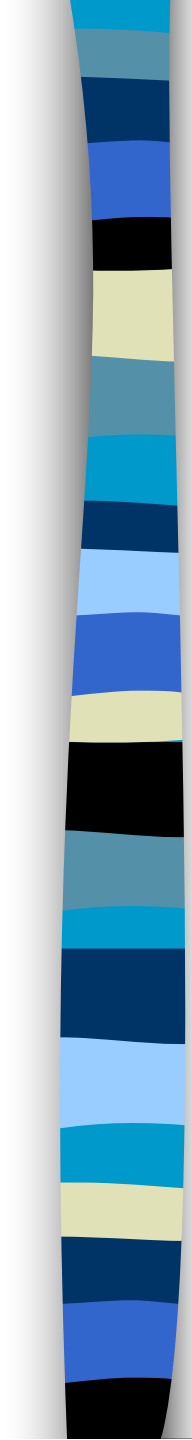


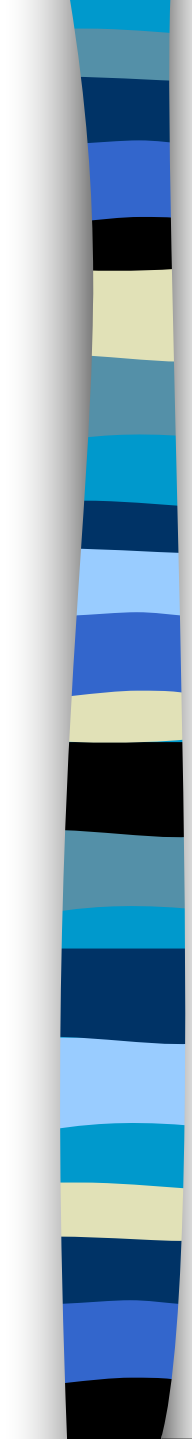


## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body



# 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body Class Outline

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



# 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body

## 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 23-24
  - 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:**

- 60a Exam
- 60b Chair Massage: Technique Review and Practice



# 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.*



## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body

Packet D - 31



# Overview: Anterior Lower and Upper Body

## **Tensor Fasciae Latae**

BMT Fiber Spreading

## **Sartorius and Vastus Medialis**

Deep Effleurage

## **Rectus Femoris, Vastus Lateralis, and IT Tract**

Deep Effleurage

## **Gluteus Medius, Gluteus Minimus, and TFL**

Stripping

## **Distal Quadriceps and Quadriceps Tendon**

Petrissage

Thumb Wringing/Fiber Spreading

## **Tibialis Anterior and Extensors of the Ankle and Toes**

Deep Longitudinal Stripping

## **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



## 59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body