



## 61b Deep Tissue: Guided Full Body



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## 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
<u>20 minutes</u>	<u>Break down, clean up, and discussion</u>
3 hours and 30 minutes total	



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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:

- 64b Executive Summary (due before the end of class)
  - Packet B 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.
- 66a Review Questions (due before class starts)

### Exams:

- 62b Deep Tissue: Touch Assessment

### Quizzes:

- 67a Quiz (study material from classes 59a, 64b, and 65b)
- 67b Kinesiology Quiz (all 57 muscles covered so far)
- 68a Quiz (61a, 62a, 63a, 64a, 65a, and 66a)

### Preparation for upcoming classes:

- 62a Pathology: Respiratory System
  - Packet E: 151-152.
  - RQ – Packet A-198.
- 62b Deep Tissue: Touch Assessment
  - Packet A: 81-82 and 85-86.



# 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 - 33



### **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

### **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



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