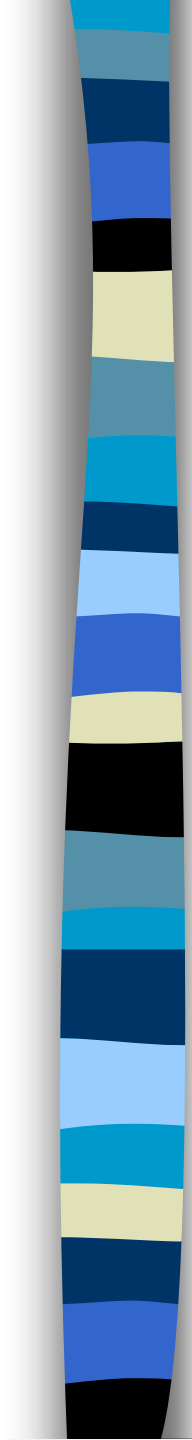


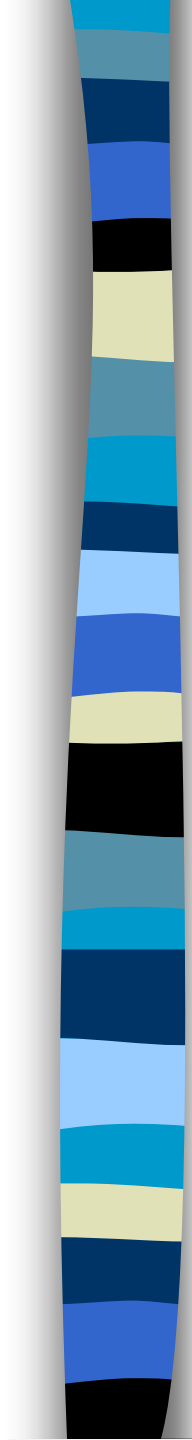


## 90a Kinesiology: Palpation Posterior Back and Neck



## 90a Kinesiology: Palpation Posterior Back and Neck Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
25 minutes	Kinesiology Quiz
<u>30 minutes</u>	<u>Palpation skills</u>
60 minutes	Total



# 90a Kinesiology: Palpation Posterior Back and Neck Class Outline

## Quizzes:

- 90a Kinesiology Quiz **NOW!!!**
- 91a Kinesiology Quiz  
(gluteals, hamstrings, gastrocnemius, soleus, TFL, quads, tibialis anterior, fibularis longus, fibularis brevis)
- 93a Kinesiology Quiz  
(rectus abdominis, diaphragm, pectoralis major, deltoid, biceps, brachialis, triceps)

## Touch Assessment:

- 97b Deep Massage: Touch Assessment

## Preparation for upcoming classes:

- 91a Kinesiology: Palpation – Anterior and Posterior Legs
- 91b Deep Massage: Technique Demo and Practice – Anterior and Posterior Legs
  - Lauterstein: Chapters 9 and 11.



# 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.*



## 90a Kinesiology: Palpation Posterior Back and Neck



# Palpation

## Set Up by the Students

- Students form groups of 3.
- Each group sets up a table and gets 1 face cradle, 1 bolster, and 2 chairs.
- Receivers must remain clothed.
- There will be no need of sheets except for a face cradle cover.

## Demo and Practice

- All of the students come to a central table to watch a brief demonstration of how to palpate one of the focus muscles:
  - List and identify the bony landmarks, especially origins and insertions.
  - List and identify the muscle bellies and tendons.
  - List and explain the actions.
  - Demo how to palpate the muscle while simultaneously offer resistance to the action, “Contract, relax. Contract, relax.”
  - The students go back to their table to practice the palpation.
  - 2 students palpate the third student collaboratively.
  - The instructor and assistant circulate to offer guidance and touch comparisons:
- This process repeats for each muscle that will be palpated.
- Once all the focus muscles have been palpated on the first student, repeat the process so that each student will palpate twice and be palpated once.



# Study and Palpation

**Use the remaining time for study and palpation of the following muscles:**

- Erector Spinae Group
- Multifidi
- Rotatores
- Quadratus Lumborum
- Levator Scapula
- Trapezius
- Splenius Capitis
- Splenius Cervicis
- Semispinalis Capitis



## 90a Kinesiology: Palpation Posterior Back and Neck