

# A. Orientation

## Class Schedule - October 2023

Classes meet Monday through Thursday afternoons

The "a" classes begin at 1:10pm, and the "b" classes begin at 2:10pm and end at 5:40pm

Any exceptions to the timing of classes are listed with the class title. (e.g., 21a and 21b)

Friendly reminder, the following classes: 21b, 33b, 47b, 48b, 49b, 56a/b, cannot be made-up in the make-up room. To schedule a sit in, students should contact the Student Administrator.

### Week 1

| Date    |    | Title   | Preparation   | Assignments and Exams   |
|---------|----|---|---|---|
| 10/2/23 | 0a | Orientation:<br>The TLC Learning Environment                          | Packet A: 1-38.   | Log into your Classmarker account.  |
| 10/2/23 | 0b | Orientation:<br>People, Study Skills, and Quality of Touch            | Trail Guide: 49-50 and 63-66.<br>Packet A: 39-56.   |   |
| 10/3/23 | 1a | H&H: Disease and Prevention I   | Trail Guide: deltoid. Packet H: 37-42   | <b>For testing purposes, only review the deltoid for 1a/b.</b>  |
| 10/3/23 | 1b | H&H: Disease and Prevention II  | Packet H: 43-54   |   |
| 10/4/23 | 2a | Kinesiology:<br>Names and Locations of Bones and Posterior Muscles    | Trail Guide: trapezius. Salvo: Pages 416-417. Packet E-17. RQ - Packet A-120 <b>and A-136.</b>          | <b>Join Quizlet! A-48.</b><br><a href="https://quizlet.com/join/zZf79yQFr">https://quizlet.com/join/zZf79yQFr</a>                                     |
| 10/4/23 | 2b | H&H:<br>Tools of the Trade  | Salvo: Chapter 3. Packet F: 1-16. RQ - Packet A: 121-122.   |   |
| 10/5/23 | 3a | H&H:<br>Self Care - Health, Wellness, Nutrition, and Stress Reduction | Trail Guide: latissimus dorsi and teres major. Salvo: Chapter 4. Packet H: 1-6. RQ - Packet A: 123-124. | <b>3a Student Handbook Review Questions.</b><br>Due before class starts. Turn assignments in through Classmarker.com. See Packet A: 115-118 for info. |
| 10/5/23 | 3b | Swedish:<br>Body Mechanics, Client Positioning, and Draping           | Salvo: Chapter 7. Packet F: 17-24. RQ - Packet A: 125-126.  | <b>Swedish Supplies:</b><br>For every class have a set of twin-size sheets, a twin-size blanket, and 2 pillowcases.                                   |

## Week 2

| Date     |    | Title   | Preparation  | Assignments and Exams  |
|----------|----|---|--|--|
| 10/9/23  | 4a | Swedish:<br>Effects of Massage<br>Therapy and Massage<br>Techniques | Trail Guide: rhomboid<br>major and minor, and<br>triceps brachii. Salvo:<br>Chapter 8. Packet F: 25-28.<br>RQ - Packet A-127.  | <b>4a Autobiography and<br/>Photo</b> Due before class<br>starts. See Packet B-4 for<br>more info.   |
| 10/9/23  | 4b | Swedish: Technique<br>Demo and Practice -<br>Posterior Upper Body   | Packet F: 29-30.   |  |
| 10/10/23 | 5a | A&P:<br>Introduction to the<br>Human Body -<br>Cells                | Trail Guide: erector spinae<br>group (spinalis,<br>longissimus, iliocostalis).<br>Salvo: Pages 384-391. Packet<br>E: 1-6. RQ - Packet A-128.   |  |
| 10/10/23 | 5b | Kinesiology:<br>AOIs -<br>Posterior Upper Body                      | Use A-51 to study the terms<br>kinesiology, lateral, medial,<br>anterior, posterior, belly,<br>tendon, action, origin, and<br>insertion. Use Trail Guide to<br>study the AOIs of deltoid,<br>traps, lats, teres major,<br>triceps, rhomboids, and<br>erectors. | <b>5b Kinesiology Quiz</b><br>25 questions in 20 minutes.<br>See Packet A: 73 and 75-80<br>for info. |
| 10/11/23 | 6a | A&P:<br>Introduction to the<br>Human Body -<br>Tissues              | Trail Guide: gluteals<br>(maximus, medius, and<br>minimus). Salvo: Pages 391-<br>398. Packet E: 7-10. RQ -<br>Packet A-129.  |  |
| 10/11/23 | 6b | Swedish: Technique<br>Review and Practice -<br>Posterior Upper Body | Packet F: 29-30.   | <b>Swedish Supplies:</b><br>Starting today, have your<br>own lubricant and holster.                  |
| 10/12/23 | 7a | A&P:<br>Introduction to the<br>Human Body -<br>Body Compass         | Trail Guide: hamstrings<br>(semitendinosus,<br>semimembranosus, biceps<br>femoris). Salvo: Pages 398-<br>406. Packet E: 11-14. RQ -<br>Packet A-130.   | <b>7a Review Questions</b><br>Due before class starts.<br>See Packet A: 119-130, A-113<br>for info.  |
| 10/12/23 | 7b | Swedish: Technique<br>Demo and Practice -<br>Posterior Lower Body   | Packet F: 31-34.   |  |

## Week 3

| Date     | Title |  | Preparation  | Assignments and Exams   |
|----------|-------|--|--|---|
| 10/16/23 | 8a    | Quiz   | Trail Guide: gastrocnemius and soleus. Study all packet material from classes: 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a.           | <b>8a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 10/16/23 | 8b    | Kinesiology:<br>AOIs -<br>Posterior Lower Body                                 | Use Trail Guide to study the AOIs of glutes, hamstrings, gastrocnemius, and soleus.  | <b>8b Kinesiology Quiz</b><br>25 questions in 20 minutes. Packet A-73.  |
| 10/17/23 | 9a    | H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries | Salvo: Pages 16-33. Packet H: 7-14. RQ - Packet A: 132-133.  |   |
| 10/17/23 | 9b    | Business:<br>Introduction  | Business Mastery: Chapters 1-3. Packet B: 1-30, especially B-5 for the assignment done in class.                                 | <b>9b Purpose, Priorities, and Goals</b> This will be done in class, assessed, and graded. Packet B: 6-7. Bring your Business book to every business class. |
| 10/18/23 | 10a   | Exam   | Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, and 8b.   | <b>10a Exam</b> Given at the start of class. 50 questions in 40 minutes. Packet A-73.   |
| 10/18/23 | 10b   | Swedish:<br>Technique Review and Practice - Posterior Upper and Lower Body     | Packet F: 35-36, and 58. You will begin to learn how to write SOAP notes in this class.  | <b>In Class:</b> Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and date on intake form.                        |
| 10/19/23 | 11a   | H&H:<br>Infection Control  | Trail Guide: tibialis anterior, fibularis longus, fibularis brevis.<br>Salvo: Pages 180-191. Packet H: 15-20. RQ - Packet A-134. | Note: you will find tibialis anterior in the Trail Guide index under "Extensors of the Ankle and Toes".   |
| 10/19/23 | 11b   | Swedish: Technique Demo and Practice - Posterior and Anterior Foot             | Packet F: 37-38.   |   |

## Week 4

| Date     | Title |  | Preparation  | Assignments and Exams  |
|----------|-------|--|--|--|
| 10/23/23 | 12a   | Kinesiology:<br>Muscle Names<br>and Locations -<br>Anterior                          | Trail Guide: quadriceps<br>femoris group. Trail Guide:<br>Pages 35-36, 61-62, 296-297,<br>and 366-367.   | <b>Note: quadriceps femoris<br/>group includes:</b><br>1. Rectus femoris<br>2. Vastus medialis<br>3. Vastus lateralis<br>4. Vastus intermedius |
| 10/23/23 | 12b   | Swedish: Technique<br>Demo and Practice -<br>Anterior Lower Body<br>and Abs          | Packet F: 39-44.   |  |
| 10/24/23 | 13a   | A&P:<br>Skeletal System -<br>Cells, Tissues, and<br>Bone Shapes                      | Trail Guide: pectoralis<br>major & abdominals (rectus<br>abdominis). Salvo: Pages<br>412-415. Packet E: 15-16. RQ<br>- Packet A-135.                   |  |
| 10/24/23 | 13b   | Kinesiology:<br>AOIs -<br>Anterior Lower Body<br>and Upper Torso                     | Use Trail Guide to study the<br>AOIs of tibialis anterior,<br>fibularis longus, and<br>fibularis brevis, quads,<br>rectus abdominis, and pec<br>major. | <b>13b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.                                     |
| 10/25/23 | 14a   | H&H: Compassionate<br>Care for All People  | Trail Guide: biceps brachii<br>and coracobrachialis.<br>Packet H: 55-64.   |  |
| 10/25/23 | 14b   | Swedish: Technique<br>Review and Practice -<br>Feet, Anterior Lower<br>Body, and Abs | Packet F: 45-46, and 58.   | <b>In Class:</b> Internship-<br>evaluated partial SOAP<br>notes. See 10b for details.  |
| 10/26/23 | 15a   | A&P:<br>Skeletal System -<br>Bony Landmark<br>Palpation                              | Trail Guide: levator scapula<br>and sternocleidomastoid.<br>Salvo: Pages 416-417 and<br>461-492. Packet E: 19-20. RQ<br>- Packet A-137.                |  |
| 10/26/23 | 15b   | Swedish: Technique<br>Demo and Practice -<br>Chest and Arms                          | Packet F: 47-50.   |  |

## Week 5

| Date     | Title |  | Preparation   | Assignments and Exams   |
|----------|-------|--|---|---|
| 10/30/23 | 16a   | A&P:<br>Skeletal System -<br>Synovial Joints   | Trail Guide: scalenes.<br>Salvo: Pages 418-427. Packet<br>E: 21-24. RQ - Packet A-138.  | <b>Note - scalenes include:</b><br>1. Anterior 2. Middle<br>3. Posterior  |
| 10/30/23 | 16b   | Swedish:<br>Technique Demo<br>and Practice -<br>Neck, Face, and Scalp  | Packet F: 51-54.  | <b>Swedish Supplies:</b> Starting<br>with this class, have cotton<br>squares/rounds, face lotion,<br>and alcohol-free toner for<br>sensitive skin.  |
| 10/31/23 | 17a   | A&P:<br>Skeletal System -<br>Joint Actions<br>and Articulations and<br>Prep Quiz                             | Trail Guide: temporalis,<br>masseter, occipitofrontalis.<br>Trail Guide: Pages 23-24,<br>and 34. Salvo: Pages 422-<br>427. Packet E: 25-26. RQ -<br>Packet A-139. Study all<br>packet material from 9a, 9b,<br>11a, 12a, and 13b. | <b>17a Quiz</b> Given at the start<br>of class. 25 questions in 20<br>minutes. Packet A-73.<br><b>17a Review Questions</b><br>Due before class starts.<br>Packet A: 131-140.                          |
| 10/31/23 | 17b   | Kinesiology:<br>AOIs -<br>Anterior Shoulder,<br>Anterior Neck,<br>and Head                                   | Use Trail Guide to study the<br>AOIs of biceps, levator,<br>coracobrachialis, scalenes,<br>frontalis, occipitalis, SCM,<br>temporalis, and masseter.  | <b>17b Kinesiology Quiz</b><br>25 questions in 20 minutes.<br>Packet A-73.  |
| 11/1/23  | 18a   | H&H: Therapeutic<br>Relationships-<br>Conflict, Transference,<br>Dual Relationship, and<br>Sexual Misconduct | Salvo: Chapter 2.<br>Packet H: 27-34.<br>RQ - Packet A-149.   |   |
| 11/1/23  | 18b   | Swedish: Technique<br>Review and Practice -<br>Chest, Arms, Neck,<br>Face, and Scalp                         | Packet F: 55-56, and 58.  | <b>In Class:</b> Partial SOAP notes.  |
| 11/2/23  | 19a   | Quiz   | Study all packet material<br>from classes: 13a, 14a, 15a,<br>16a, and 17a.  | <b>19a Quiz</b> Given at the start<br>of class. 25 questions in 20<br>minutes. Packet A-73.   |
| 11/2/23  | 19b   | Swedish:<br>Guided Full Body   | Prepare to perform a 60-<br>minute full-body Swedish<br>massage with nothing<br>excluded. Note: the order<br>and pace of the session will<br>be set by the instructor who<br>will be guiding you.                                 | <b>"Dress Like An Intern"</b><br>Packet I: 6-7.<br><b>Early Warning!</b> Begin<br>assignment 43a Swedish<br>Outside Massages,<br>particularly OMF #1 - Full<br>Body Swedish Only. Packet<br>A: 59-60. |

## Week 6

| Date    | Title |   | Preparation   | Assignments and Exams  |
|---------|-------|---|---|--|
| 11/6/23 | 20a   | Treatment Planning: Intake, Assessment, and Documentation | Salvo: Chapter 10.<br>Packet F: 57-62.<br>RQ - Packet A: 142-143.   |  |
| 11/6/23 | 20b   | Swedish: Full Body Demo and Interviewing Practice         | <b>Note:</b> RQ - Packet A: 144-147 will be done in class.<br>Packet F-58.  |  |
| 11/7/23 | 21a   | Exam  | 2-hour class. Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, and 17a/b.  | <b>21a Exam</b> Given at the start of class. 100 questions in 80 minutes. Cumulative. Packet A-73.   |
| 11/7/23 | 21b   | H&H: Emergency Preparedness (2.5 hours)                   | 2.5-hour class. CPR and First Aid certification in this class. Salvo: Pages 191-196. Packet H: 21-26. RQ - Packet A-148.  | <b>Note:</b> This class cannot be made-up in the make-up room. To be exempt bring a copy of your "CPR and First Aid Certificate".  |
| 11/8/23 | 22a   | A&P: Skeletal System - Appendicular and Axial Divisions   | Trail Guide: supraspinatus. Salvo: Pages 415-417. Packet E-17. RQ - Packet A-136.   | <b>"Dress Like An Intern"</b><br>Packet I: 6-7.  |
| 11/8/23 | 22b   | Swedish: Touch Assessment                                 | Prepare to perform Swedish massage on 1 assigned body area. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | 22b Swedish: Touch Assessment Packet A: 81-84. <b>Bring A: 83 for grading</b> , optional laptop/tablet for Quizlet, and be prepared to retake or make up missed tests. <b>In Class:</b> Internship-evaluated full SOAP notes. Packet F-58. |
| 11/9/23 | 23a   | Pathology: Medications                                    | Werner: Appendix C (7e) or Appendix A (5e & 6e). Packet E: 27-36. RQ - Packet A-150.  | <b>"Dress Like An Intern"</b><br>Packet I: 6-7.  |
| 11/9/23 | 23b   | Swedish: Practical Exam                                   | Prepare to perform a 60-minute full-body Swedish massage with nothing excluded.   | <b>23b Swedish: Practical Exam</b> Grader-evaluated full SOAP notes as in 22b. Packet A: 91-94. Packet F: 35, 45, 55, and 58. <b>Bring A: 93 for grading.</b>  |

## Week 7

| Date     |     | Title  | Preparation   | Assignments and Exams  |
|----------|-----|--|---|--|
| 11/13/23 | 24a | A&P:<br>Muscular System -<br>Organization of<br>Skeletal Muscle                | Trail Guide: infraspinatus<br>and teres minor. Salvo:<br>Pages 439-443. Packet E: 37-<br>40. RQ - Packet A-151. | <b>24a Hydro Theory Review<br/>Questions</b> due before class<br>starts. Completed in<br>ClassMarker. Pages A: 207-<br>214   |
| 11/13/23 | 24b | Hydrotherapy:<br>Theory and<br>Technique Demo                                  | Salvo: Chapter 12.<br>Packet G: 1-14.<br>RQ - Packet A-152.   | <b>Hydrotherapy Supplies:</b><br>Your packet   |
| 11/14/23 | 25a | A&P: Muscular<br>System - Mechanism<br>of Contraction                          | Trail Guide: subscapularis.<br>Salvo: Pages 443-446.<br>Packet E: 41-44.  |  |
| 11/14/23 | 25b | Hydrotherapy:<br>Dry Brushing,<br>Cold Water Wash,<br>Hand & Foot<br>Treatment | Packet G: 15-19.  | <b>Hydrotherapy Supplies:</b><br>Dry brush, wash cloth, 1/2<br>cup of ground coffee or sea<br>salt, cream or lotion, small<br>bowl or cup, spoon, 3 bath<br>towels, 6 hand towels, and 1<br>set of sheets and blanket,<br>plus 1 medium trash bag. |
| 11/15/23 | 26a | A&P:<br>Muscular System -<br>Fiber Types, Actions,<br>and Contractions         | Trail Guide: pectoralis<br>minor.<br>Salvo: Pages 446-450. Packet<br>E: 45-48.                                  |  |
| 11/15/23 | 26b | Hydrotherapy:<br>Cold Water Treading,<br>Aromatic Hot Towel<br>Treatment       | Packet G: 21-24.  | <b>Hydrotherapy Supplies:</b><br>Flip-flops or sandals, shorts<br>or pants rolled up, 5 hand<br>towels, essential oil<br>(optional), plus supplies for 2<br>treatments from 25b plus 1<br>medium trash bag.  |
| 11/16/23 | 27a | Pathology:<br>Musculoskeletal<br>System  | Werner: Chapter 3.<br>Packet E: 49-54.<br>RQ - Packet A-153.  | <b>End of First Quarter:</b> You<br>will be issued a Quarterly<br>Report within 2 weeks.   |
| 11/16/23 | 27b | Hydrotherapy:<br>Cold and Contrast<br>Treatments                               | Packet G: 25-28.  | <b>Hydrotherapy Supplies:</b><br>5 hand towels, 1 set of sheets<br>and blankets, plus 1 medium<br>trash bag.   |

## Week 8

| Date     |     | Title  | Preparation  | Assignments and Exams  |
|----------|-----|--|--|--|
| 11/20/23 | 28a | A&P:<br>Integumentary System   | Trail Guide: serratus anterior.<br>Salvo: Chapter 22. Packet E: 55-58. RQ - Packet A-154.          |  |
| 11/20/23 | 28b | Integration Massage:<br>Swedish and Hydrotherapy                         | Packet F: 58, and 63-64.   | <b>Hydrotherapy Supplies:</b><br>Have supplies set up for 3-4 treatments from 25b, 26b, or 27b, 1 set of sheets and blankets, plus 1 medium trash bag. <b>In Class:</b> Full SOAP notes. |
| 11/21/23 | 29a | Pathology:<br>Integumentary System                                       | Werner: Chapter 2.<br>Packet E: 59-64.   |  |
| 11/21/23 | 29b | Kinesiology:<br>AOIs -<br>Glenohumeral and Scapulothoracic Joint Muscles | Use Trail Guide to study the AOIs of the 4 rotator cuff muscles, pec minor, and serratus anterior. | <b>29b Kinesiology Quiz</b><br>25 questions in 20 minutes.<br>Packet A-73.   |
| 11/22/23 |     | Thanksgiving Break   | No Class Today   |  |
| 11/23/23 |     | Thanksgiving Break   | No Class Today   |  |



## Week 9

| Date     |     | Title  | Preparation   | Assignments and Exams   |
|----------|-----|--|---|---|
| 11/27/23 | 30a | Kinesiology:<br>Synergists -<br>Glenohumeral and<br>Scapulothoracic Joint<br>Muscles | Trail Guide: pages 63-66.<br>RQ - Packet A: 155-156.                                      | <b>30a Review Questions</b><br>Due before class starts.<br>Packet A: 141-158.   |
| 11/27/23 | 30b | Passive Stretches:<br>Technique Demo and<br>Practice - Upper Body                    | Salvo: Pages 161-166.<br>Packet F: 65-70.<br>RQ - Packet A-157.                           |   |
| 11/28/23 | 31a | Quiz   | Study all packet material<br>from classes: 18a, 20a/b,<br>21b, 23a, 24b, 29b, and 30a.    | <b>31a Quiz</b> Given at the start<br>of class. 25 questions in 20<br>minutes. Packet A-73.   |
| 11/28/23 | 31b | Passive Stretches:<br>Technique Demo<br>and Practice -<br>Lower Body                 | Salvo: Pages 166-174.<br>Packet F: 71-74.   |   |
| 11/29/23 | 32a | Quiz   | Study all packet material<br>from classes: 24a, 25a, 26a,<br>27a, 28a, 29a, 30b, and 31b. | <b>32a Quiz</b> Given at the start<br>of class. 25 questions in 20<br>minutes. Packet A-73.   |
| 11/29/23 | 32b | Passive Stretches:<br>Guided Full Body   | Packet F: 75-76.  | <b>Early Warning!</b><br>Begin working on your<br>assignment 43a Swedish:<br>Outside Massages,<br>particularly OMF #2 -<br>Passive Stretches and BMTs<br>Only. Packet A: 61-62. |
| 11/30/23 | 33a | H&H:<br>Communication Skills   | Salvo: Chapter 2.<br>Packet H: 35-36.   | Log into your student portal<br>and review your grade<br>report an attendance record.<br>Will you be eligible for clinic<br>by class 56?  |
| 11/30/23 | 33b | Chair Massage:<br>Technique Demo<br>and Practice                                     | Salvo: Chapter 15.<br>Packet C: 1-10.<br>RQ - Packet A-166.                               | Note: This class cannot be<br>made-up in the make-up<br>room.   |

## Week 10

| Date    | Title |   | Preparation  | Assignments and Exams   |
|---------|-------|---|--|---|
| 12/4/23 | 34a   | Exam  | 2.5-hour class.<br>Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 22a, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, and 31b. | <b>34a Exam</b> Given at the start of class. 150 questions in 120 minutes. Cumulative. Packet A-73.   |
| 12/4/23 | 34b   | Chair Massage: Technique Review and Practice (2 hours)              | 2-hour class. Salvo: Chapter 15. Packet C: 11-12.  |   |
| 12/5/23 | 35a   | A&P: Cardiovascular System - Blood Cells, Tissues, and the Heart    | Trail Guide: adductor group (magnus & gracilis). Salvo: Pages 690-694. Packet E: 65-68. RQ - Packet A: 159-164. RQ - Packet A-167.   |   |
| 12/5/23 | 35b   | Integration Massage: Swedish and Passive Stretches                  | Packet F: 58, and 77-78.   | Full SOAP notes.  |
| 12/6/23 | 36a   | A&P: Cardiovascular System - Blood Vessels and Paths of Circulation | Trail Guide: iliopsoas. Salvo: Pages 692-700. Packet E: 69-72. RQ - Packet A-168.  |   |
| 12/6/23 | 36b   | Business: Professional Ethics                                       | Read the State laws and rules by searching for "Texas massage rules" or go to: <a href="http://www.tdlr.texas.gov/mas/laws-rules.htm">www.tdlr.texas.gov/mas/laws-rules.htm</a><br>Packet B: 31-32.                  | <b>36b State Law Review Questions</b><br>Due before class starts. Packet B-8. RQ - Packet A: 159-164. |
| 12/7/23 | 37a   | Pathology: Circulatory System                                       | Werner: Chapter 5. Packet E: 73-74. RQ - Packet A-169.   |   |
| 12/7/23 | 37b   | Business: State Massage Law and Find a Job                          | Business Mastery: Chapters 7-11. Packet B: 33-36. RQ - Packet A-170.   |   |

## Week 11

| Date     |     | Title  | Preparation   | Assignments and Exams   |
|----------|-----|--|---|---|
| 12/11/23 | 38a | A&P:<br>Lymphatic System<br>and Immunity                                   | Trail Guide: sartorius and<br>tensor fasciae latae.<br>Salvo: Chapter 27.<br>Packet E: 75-78.<br>RQ - Packet A: 171-172.  | <b>Early Warning!</b><br>Due by class 48b.<br>Get Access to Exam Coach.<br>Packet A-74.   |
| 12/11/23 | 38b | Body Mobilization<br>Techniques:<br>Technique Demo and<br>Practice - Prone | Packet F: 79-82.  |   |
| 12/12/23 | 39a | Pathology:<br>Lymph and<br>Immune System                                   | Werner: Chapter 6.<br>Packet E: 79-82.<br>RQ - Packet A-173.  |   |
| 12/12/23 | 39b | BMTs: Technique<br>Demo and Practice -<br>Supine                           | Packet F: 83-84.  |   |
| 12/13/23 | 40a | A&P:<br>Reproductive System  | Trail Guide: lateral rotators<br>of the hip (piriformis and<br>quadratus femoris). Salvo:<br>Chapter 25. Packet E: 83-86.<br>RQ - Packet A-174.   |   |
| 12/13/23 | 40b | BMTs:<br>Guided Full Body  | Packet F: 85-86.  | <b>Early Warning!</b><br>Begin working on your<br>assignment 43a Swedish:<br>Outside Massages,<br>particularly OMF #2 -<br>Passive Stretches and BMTs<br>only. Packet A: 61-62. |
| 12/14/23 | 41a | Pathology:<br>Reproductive System  | Werner: Chapter 11.<br>Packet E: 87-88.<br>RQ - Packet A-175.   | <b>41a Review Questions</b><br>Due before class starts.<br>Packet A: 165-178.   |
| 12/14/23 | 41b | Business:<br>Get a Job   | Business Mastery: Chapters<br>12, 13, 14, and Pages 204-<br>205, 274-276. Packet B: 37-<br>41. RQ - Packet A-176.<br>Bring information to<br>complete a resume and<br>begin a cover letter. | <b>41b Resume</b><br>Done in class.<br>Packet B: 9, and 37-41.<br>We recommend that you<br>bring a laptop or tablet to<br>this class.   |

## Week 12

| Date     |     | Title  | Preparation   | Assignments and Exams  |
|----------|-----|--|---|--|
| 12/18/23 | 42a | Quiz   | Study all packet material from classes: 35a, 36a, 37a, 38a, 39a, 40a, and 41a.  | <b>42a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 12/18/23 | 42b | Kinesiology:<br>AOIs -<br>Coxal and<br>Tibiofemoral Joint<br>Muscles       | Use Trail Guide to study the AOIs of adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, and quadratus femoris.   | <b>42b Kinesiology Quiz</b><br>25 questions in 20 minutes. Packet A-73.  |
| 12/19/23 | 43a | Kinesiology:<br>Synergists -<br>Coxal and<br>Tibiofemoral Joint<br>Muscles | Trail Guide: Pages 302-305.<br>RQ - Packet A-177.   | <b>43a Swedish: Outside Massages</b> Due before class starts. Complete 2 OMFs and 2 SOAP notes using Swedish for #1 and Passive Stretches and BMTs for #2. Packet A: 57-62.                        |
| 12/19/23 | 43b | Integration Massage:<br>Swedish, Passive<br>Stretches, and BMTs            | Packet F: 87-88.  |  |
| 12/20/23 | 44a | Quiz   | Study all packet material from classes: 33b, 37b, 41b, 42b, and 43a.  | <b>44a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 12/20/23 | 44b | Integration Massage:<br>Practical Exam                                     | Prepare to perform a 60-minute full body massage integrating Swedish, Passive Stretches, and BMTs.  | <b>44b Integration Massage: Practical Exam</b> Packet A: 91-92, and 95-96.<br><b>Grader-evaluated</b> full SOAP notes. Bring A: 95 for grading.<br><b>"Dress Like An Intern"</b><br>Packet I: 6-7. |
| 12/21/23 | 45a | History of Massage:<br>Prehistoric through<br>Modern Era                   | Salvo: Chapter 1.<br>Packet F: 89-96.<br>RQ - Packet A-182.   |  |
| 12/21/23 | 45b | Business:<br>Self-employment<br>and Marketing                              | Business Mastery: Chapters 15 and 30, and Skim Chapter 16. Packet B: 42-52.<br>RQ - Packet A-183.<br><b>45b Target Market Analysis</b> Done in class. Packet B 11-14. | <b>45b Typed Cover Letter</b><br>Due before class starts. Packet B-9.  |

## Week 13

| Date     | Title        | Preparation       | Assignments and Exams |
|----------|--------------|-------------------|-----------------------|
| 12/25/23 | Winter Break | No Class All Week |                       |

## Week 14

|        |     |   |  |  |
|--------|-----|---|--|--|
| 1/1/24 |     | New Year's Day  | No Class Today   |  |
| 1/2/24 | 46a | Exam  | Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, and 43a. | <b>46a Exam</b> Given at the start of class. 200 questions in 160 minutes. Cumulative. Packet A-73.  |
| 1/2/24 | 46b | Chair Massage: Technique Review                                 | 1.5-hour class. Packet C: 11-12.   |  |
| 1/3/24 | 47a | A&P: Pregnancy  | Trail Guide: brachialis. Salvo: Pages 227-236 and 674-683. Packet E: 89-96. RQ - Packet A-184.   |  |
| 1/3/24 | 47b | Side-lying and Pregnancy Massage: Technique Demo and Practice   | Packet F: 97-100.  | <b>Side-lying Supplies:</b> 2 pillows and 4 pillowcases, or 1 pillow, 1 body pillow, 2 pillow cases, and an extra flat sheet or 2 more pillow cases. Note: This class cannot be made-up in the make-up room. |
| 1/4/24 | 48a | A&P: Nervous System - Introduction, Physiology, and Cells       | Trail Guide: brachioradialis. Salvo: Pages 625-630. Packet E: 97-102. RQ - Packet A-185.   | <b>Side-lying Supplies:</b> Same as 47b.   |
| 1/4/24 | 48b | Side-lying and Pregnancy Massage: Technique Review and Practice | Packet F: 97-100.  | <b>Get Access to Exam Coach</b> Done before class starts. Packet A-74. Note: This class cannot be made-up in the make-up room.   |

## Week 15

| Date    | Title |  | Preparation   | Assignments and Exams  |
|---------|-------|--|---|--|
| 1/8/24  | 49a   | A&P: Nervous System - Synaptic Transmission and Central Nervous System | Trail Guide: flexors of the wrist and fingers (flexor digitorum superficialis). Salvo: Pages 630-636. Packet E: 103-108. RQ - Packet A-186.   |  |
| 1/8/24  | 49b   | Side-lying and Pregnancy Massage: Guided Full Body                     | Packet F: 97-100.   | <b>Side-lying Supplies:</b><br>Same as 47b. Note: This class cannot be made-up in the make-up room.        |
| 1/9/24  | 50a   | A&P: Nervous System - Peripheral Nervous System                        | Trail Guide: extensors of the wrist and fingers (extensor digitorum). Salvo: Pages 636-642. Packet E: 109-112. RQ - Packet A-187.             |  |
| 1/9/24  | 50b   | Business: Marketing  | Business Mastery: Chapters 24, 26, 27, & 31. Packet B: 53-60. Packet B-55 for the ABMP.com "Website Builder" instructions. RQ - Packet A-188. | <b>50b Strategies and Tactics</b><br>Done in class.<br>Packet B: 17-18.                                    |
| 1/10/24 | 51a   | A&P: Nervous System - Autonomic Nervous System and Sensory Receptors   | Salvo: Pages 642-647. Packet E: 113-116. RQ - Packet A-189.   |  |
| 1/10/24 | 51b   | Kinesiology: AOIs - Elbow, Wrist, and Finger Joint Muscles             | Use Trail Guide to study the AOIs of brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum.                     | <b>51b Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 1/11/24 | 52a   | Pathology: Nervous System  | Werner: Chapter 4. Packet E: 117-122. RQ - Packet A: 179-180. RQ - Packet A: 190-191.   |  |
| 1/11/24 | 52b   | Integration Massage: Deep Swedish                                      | Packet D: 1-4.  |  |

## Week 16

| Date    |     | Title   | Preparation   | Assignments and Exams   |
|---------|-----|---|---|---|
| 1/15/24 | 53a | Deep Tissue:<br>Introduction  | Trail Guide: quadratus<br>lumborum.<br>Packet D: 5-10.                                  | <b>53a Internship Orientation<br/>Review Questions</b> Due on<br>paper before class starts.<br>Packet A: 179-180. Use<br>Packet I: 1-20 to do this<br>assignment.             |
| 1/15/24 | 53b | Deep Tissue:<br>Technique Demo and<br>Practice - Posterior<br>Upper Body                | Packet D: 11-14.  |   |
| 1/16/24 | 54a | A&P:<br>Endocrine System  | Salvo: Chapter 24.<br>Packet E: 123-132.<br>RQ - Packet A: 192-193.                     |   |
| 1/16/24 | 54b | Deep Tissue:<br>Technique Demo<br>and Practice -<br>Posterior Lower Body                | Packet D: 15-18.  | <b>Early Warning!</b><br>Begin working on your<br>assignment 60a, OMF #3 -<br>Deep Tissue: Posterior<br>Upper and Lower Body<br>Only. Packet A: 63-64.                        |
| 1/17/24 | 55a | Pathology:<br>Endocrine System  | Werner: Chapter 9.<br>Packet E: 133-134.<br>RQ - Packet A-194.                          | <b>55a Review Questions</b><br>Due before class starts.<br>Packet A: 181-194.<br><b>End of Second Quarter:</b><br>You will be issued a<br>Quarterly Report within 2<br>weeks. |
| 1/17/24 | 55b | Deep Tissue:<br>Technique Review<br>and Practice -<br>Posterior Upper and<br>Lower Body | Packet D: 19-20.<br>Packet F-58.  | <b>In Class:</b> Full SOAP notes.   |
| 1/18/24 | 56a | Internship Orientation  | Packet I: 1-40.   | <b>"Dress Like An Intern"</b><br>Packet I: 6-7. Note: This class<br>cannot be made-up in the<br>make-up room.   |
| 1/18/24 | 56b | Mock Internship   | Packet I: 1-40.<br><b>Note:</b> This class cannot be<br>made-up in the make-up<br>room. | <b>In Class:</b> Internship-<br>evaluated full SOAP notes.  |

## Week 17

| Date    | Title |  | Preparation  | Assignments and Exams   |
|---------|-------|--|--|---|
| 1/22/24 | 57a   | Quiz   | Study all packet material from classes: 48a, 49a, 50a, 51a, 52a, 54a, and 55a.   | <b>57a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.   |
| 1/22/24 | 57b   | Deep Tissue: Technique Demo and Practice - Anterior Lower Body             | Packet D: 21-26.   |   |
| 1/23/24 | 58a   | Quiz   | Study all packet material from classes: 45a, 45b, 47a, 50b, 51b, 56a, and 56b.   | <b>58a Prep Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 1/23/24 | 58b   | Deep Tissue: Technique Demo and Practice - Anterior Upper Body             | Packet D: 27-30.   | <b>Early Warning!</b><br>Begin working on your assignment 60a Deep Tissue: Outside Massages, particularly OMF #4 - Deep Tissue: Anterior Upper and Lower Body Only.<br>Packet A: 65-66.   |
| 1/24/24 | 59a   | A&P: Psychoneuro-immunology  | Packet E: 135-144.<br>RQ - Packet A-196.   |   |
| 1/24/24 | 59b   | Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body | Packet D: 31-32.   |   |
| 1/25/24 | 60a   | Exam   | Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, 43a, 45a/b, 47a, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, and 56a/b. | <b>60a Exam</b> Given at the start of class. 200 questions in 160 minutes. Cumulative.<br><br><b>60a Deep Tissue: Outside Massages</b> Due before class starts. Complete 2 OMFs using Deep Tissue, Prone only #3 and Supine only #4, and 2 SOAP notes. Packet A: 57-58 and 63-66. |
| 1/25/24 | 60b   | Chair Massage: Technique Review  | 1.5-hour class.<br>Packet C: 11-12.  |   |



## Week 18

| Date    | Title |   | Preparation  | Assignments and Exams  |
|---------|-------|---|--|--|
| 1/29/24 | 61a   | A&P:<br>Respiratory System  | Trail Guide: diaphragm.<br>Salvo: Chapter 28. Packet E: 145-150. RQ - Packet A: 197-198.   |  |
| 1/29/24 | 61b   | Deep Tissue:<br>Guided Full Body  | Packet D: 33-34.   |  |
| 1/30/24 | 62a   | Pathology:<br>Respiratory System  | Werner: Chapter 7.<br>Packet E: 151-152.<br>RQ - Packet A-199.   |  |
| 1/30/24 | 62b   | Deep Tissue:<br>Touch Assessment  | Prepare to perform a Deep Tissue massage on 1 assigned body area. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment.                                      | <b>62b Deep Tissue: Touch Assessment</b> Packet A: 81-82, and 85-86.<br><b>Bring A: 85 for grading,</b> optional laptop/tablet for Exam Coach/Quizlet, and be prepared to retake or make up missed tests.<br><b>"Dress Like An Intern"</b><br>Packet I: 6-7. |
| 1/31/24 | 63a   | A&P:<br>Digestive System  | Salvo: Chapter 29.<br>Packet E: 153-160.<br>RQ - Packet A: 200-201.  |  |
| 1/31/24 | 63b   | Integration Massage:<br>Swedish, Passive Stretches, BMTs, and Deep Tissue | Packet D: 35-38.<br>Packet F-58.   | <b>In Class:</b> Full SOAP notes with date, first names, and last names. Signatures and date on intake form.   |
| 2/1/24  | 64a   | Pathology:<br>Digestive System  | Werner: Chapter 8.<br>Packet E: 161-164.<br>RQ - Packet A-202.   |  |
| 2/1/24  | 64b   | Business:<br>Taxes and Bookkeeping  | Business Mastery:<br>Chapter 20.<br>Packet B: 23-24, and 61-65.<br>RQ - Packet A-203.<br><br><b>64b Cash Flow Forecast</b><br>Will be completed in this class and then will be summarized in Section 4 of the Executive Summary.<br>Packet B: 23-24. | <b>64b Executive Summary</b><br>Packet 21-22, Sections 1-3 to be done <b>before</b> this class. Section 4 will be done in class and then the completed Executive Summary will be handed in at end of class.  |

## Week 19

| Date   |     | Title  | Preparation  | Assignments and Exams  |
|--------|-----|--|--|--|
| 2/5/24 | 65a | A&P:<br>Urinary System                                   | Salvo: Chapter 30.<br>Packet E: 165-170.<br>RQ - Packet A: 204-205.        | <b>ABMP Exam Coach</b><br>Begin looking at the required preparations for the MBLEx Prep classes. Packet A-74.  |
| 2/5/24 | 65b | Business:<br>Meet Employers and Self-employed Therapists | Packet B: 25, and 66-67.<br>Have ready 10 questions to ask the panelists.  |  |
| 2/6/24 | 66a | Pathology:<br>Urinary System                             | Werner: Chapter 10.<br>Packet E: 171-172.<br>RQ - Packet A-206.            | <b>66a Review Questions</b><br>Due before class starts. Packet A: 195-206.   |
| 2/6/24 | 66b | Integration Massage:<br>Side-lying & Pregnancy Massage   | Packet F: 97-100.  | <b>Side-lying Supplies:</b><br>4 pillows and 4 pillowcases, or 2 pillows, 1 body pillow, 2 pillow cases, and an extra flat sheet or 2 more pillow cases. |
| 2/7/24 | 67a | Quiz   | Study all packet material from classes: 59a, 64b, and 65b.                 | <b>67a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 2/7/24 | 67b | Kinesiology:<br>AOIs - Review                            | Use Trail Guide to study the AOIs of <b>all 57 muscles covered so far.</b> | <b>67b Kinesiology Quiz</b><br>25 questions in 20 minutes. Packet A-73.  |
| 2/8/24 | 68a | Quiz   | Study all packet material from classes: 61a, 62a, 63a, 64a, 65a, and 66a.  | <b>68a Quiz</b> Given at the start of class. 25 questions in 20 minutes. Packet A-73.  |
| 2/8/24 | 68b | Integration Massage:<br>Receiver's Choice                |  |  |

## Week 20

| Date    |     | Title   | Preparation  | Assignments and Exams  |
|---------|-----|---|--|--|
| 2/12/24 | 69a | History of Massage:<br>Modalities   | Packet F: 101-104.   |  |
| 2/12/24 | 69b | History of Massage:<br>Bodywork Tree<br>and Demo                          | Packet F: 105-108.   |  |
| 2/13/24 | 70a | Exam  | Study all packet material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, 43a, 45a/b, 47a/b, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, 56a/b, 59a, 61a, 62a, 63a, 64a/b, 65a/b, 66a, and 67b. | <b>70a Exam</b> Given at the start of class. 200 questions in 160 minutes. Cumulative. |
| 2/13/24 | 70b | Chair Massage, BMTs, Passive Stretches, and Side-lying Review             | 1.5-hour class.<br>Packet C: 11-12.  |  |
| 2/14/24 | 71a | Sports Massage:<br>Theory   | Packet F: 109-114.   |  |
| 2/14/24 | 71b | Sports Massage:<br>Technique Demo and Practice - Pre-Event and Post-Event | Packet F: 115-116.   | <b>Sports Massage Day!</b><br>Wear clothes that you can be stretched in.               |
| 2/15/24 | 72a | Orthopedic Massage:<br>Introduction                                       | Packet J: 1-35.  |  |
| 2/15/24 | 72b | Orthopedic Massage:<br>Techniques & Effects                               | Packet J: 36-48.   |  |

## Week 21

| Date    | Title |  | Preparation   | Assignments and Exams   |
|---------|-------|--|---|---|
| 2/19/24 | 73a   | Orthopedic Massage:<br>Introduction -<br>Piriformis & Sacroiliac                   | Trail Guide: lateral rotators<br>of the hip (quadratus<br>femoris and piriformis).<br>Packet J: 49-54.  |   |
| 2/19/24 | 73b   | Orthopedic Massage:<br>Technique Demo<br>and Practice -<br>Piriformis & Sacroiliac | Packet J: 55-62.  |   |
| 2/20/24 | 74a   | MBLEx Prep   | <b>ABMP Exam Coach</b><br>"Massage Theory".<br>Only 'Benefits and Effects'<br>and 'Cautions and<br>Contraindications' topics.<br>Packet A-74.   |   |
| 2/20/24 | 74b   | Orthopedic Massage:<br>Technique Review<br>and Practice - Piri/ SI                 | Packet J: 55-62 and 63-64.  |   |
| 2/21/24 | 75a   | MBLEx Prep   | Use Trail Guide to study the<br>AOIs of gluteals, erectors,<br>lats, biceps femoris,<br>quadratus femoris, and<br>piriformis.<br><br><b>ABMP Exam Coach</b><br>"Massage Professional<br>Practices". All 4 Topics.<br>Packet A-74. | <b>75a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.  |
| 2/21/24 | 75b   | Orthopedic Massage:<br>Spot Check -<br>Piriformis & Sacroiliac                     | Prepare to demonstrate the<br>Piriformis & Sacroiliac<br>protocol.<br>Packet J: 63-64.<br>Packet F-58.  | <b>75b Orthopedic Massage:<br/>Spot Check - Piriformis &amp;<br/>Sacroiliac</b> Packet A: 91-92,<br>and 97-98. <b>Bring A: 97 to<br/>class for grading.</b> |
| 2/22/24 | 76a   | Orthopedic Massage:<br>Introduction-<br>Low Back Pain                              | Trail Guide: quadratus<br>lumborum, and<br>transversospinalis group<br>(multifidi and rotatores).<br>Packet J: 65-68  |   |
| 2/22/24 | 76b   | Orthopedic Massage:<br>Technique Demo<br>and Practice -<br>Low Back Pain           | Packet J: 69-76.  | <b>Early Warning!</b><br>Begin working on OMF #5 -<br>Piriformis & SI OR Low Back<br>Pain. Packet A: 67-68.   |

## Week 22

| Date    |     | Title  | Preparation  | Assignments and Exams   |
|---------|-----|--|--|---|
| 2/26/24 | 77a | Special Populations: Introduction  | Salvo: Chapter 11. Packet K: 1-10.   |   |
| 2/26/24 | 77b | Orthopedic Massage: Technique Review and Practice - Low Back Pain              | Packet J: 69-76 and 77-78.   |   |
| 2/27/24 | 78a | Special Populations: Psychiatric Disorders                                     | Use Trail Guide to study the AOIs of erectors, lats, quadratus lumborum, multifidi, and rotatores. Werner: Pages 170-187. Packet K: 11-18. | <b>78a Kinesiology Quiz</b><br>Given at the start of class. 25 questions in 20 minutes. Packet A-73.              |
| 2/27/24 | 78b | Orthopedic Massage: Spot Check - Low Back Pain                                 | Prepare to demonstrate the the Low Back Pain protocol. Packet J: 77-78. Packet F-58.   | <b>78b Ortho Massage: Spot Check - Low Back Pain</b><br>Packet A: 91-92, and 99-100. <b>Bring A: 99 to class.</b> |
| 2/28/24 | 79a | Orthopedic Massage: Introduction - Rotator Cuff & Carpal Tunnel                | Trail Guide: flexors of the wrist and fingers (flexor pollicis longus and flexor digitorum profundus). Packet J: 79-84.                    |   |
| 2/28/24 | 79b | Orthopedic Massage: Technique Demo and Practice - Rotator Cuff & Carpal Tunnel | Packet J: 85-94.   |   |
| 2/29/24 | 80a | MBLEx Prep   | <b>ABMP Exam Coach</b> "Ethics, Boundaries, and Laws". All 4 Topics. Packet A-74.  |   |
| 2/29/24 | 80b | Orthopedic Massage: Technique Review and Practice - RC/CT                      | Packet J: 95-96.   |   |

## Week 23

| Date   | Title |  | Preparation  | Assignments and Exams   |
|--------|-------|--|--|---|
| 3/4/24 | 81a   | MBLEx Prep   | Use Trail Guide to study the AOIs of the rotator cuff, flex. dig. super. , ext. dig. , flex. pollicis long., and flex. dig. profundus.<br><b>ABMP Exam Coach</b> "Client Assessment and Session Planning". 8 Topics. | <b>81a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.              |
| 3/4/24 | 81b   | Orthopedic Massage:<br>Spot Check - RC/CT                              | Prepare to demonstrate the the Rotator Cuff & Carpal Tunnel. Packet J: 95-96.<br>Packet F-58.  | <b>81b Orthopedic Massage: Spot Check - RC/CT</b> Packet A: 91-92, and 91-102. <b>Bring A: 101 to class.</b>            |
| 3/5/24 | 82a   | Orthopedic Massage:<br>Introduction - Thoracic Outlet                  | Trail Guide: scalenes, pectoralis minor, and coracobrachialis.<br>Packet J: 97-101.  |   |
| 3/5/24 | 82b   | Orthopedic Massage:<br>Technique Demo and Practice - Thoracic Outlet   | Packet J: 102-106.   | <b>Early Warning!</b> Begin working on your OMF #6 - Rotator & Carpal or Thoracic Outlet. A: 69-70.                     |
| 3/6/24 | 83a   | Special Populations:<br>HIV and AIDS                                   | Packet K: 19-22.   |   |
| 3/6/24 | 83b   | Orthopedic Massage:<br>Technique Review and Practice - Thoracic Outlet | Packet J: 102-106 & 107-108.   | <b>End of Third Quarter:</b><br>A Quarterly Report will be issued within 2 weeks.                                       |
| 3/7/24 | 84a   | MBLEx Prep   | Use Trail Guide to study the AOIs of pec. major & minor, coracobrachialis, biceps, SCM, and scalenes.<br><b>ABMP Exam Coach</b> "Pathology". Only Basics, Medications, and Integumentary System.                     | <b>84a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.                              |
| 3/7/24 | 84b   | Orthopedic Massage:<br>Spot Check - Thoracic Outlet                    | Prepare to perform the Thoracic Outlet protocol. Same as class 81b.<br>Packet J: 107-108.  | <b>84b Orthopedic Massage: Spot Check - Thoracic Outlet</b> Packet A: 91-92, and 103-104. <b>Bring A: 103 to class.</b> |

## Week 24

| Date    | Title |  | Preparation  | Assignments and Exams  |
|---------|-------|--|--|--|
| 3/11/24 | 85a   | Orthopedic Massage:<br>Introduction -<br>Neck Pain                     | Trail Guide:<br>transversospinalis<br>(semispinalis capitis), and<br>splenius capitis and cervicis.<br>Packet J: 109-112.  | <b>85a Orthopedic Massage:<br/>Outside Massages</b><br>Due before class starts.<br>Packet A: 57-58 and 67-70.  |
| 3/11/24 | 85b   | Orthopedic Massage:<br>Technique Demo and<br>Practice - Neck Pain      | Packet J: 113-116.   |  |
| 3/12/24 | 86a   | MBLEx Prep   | <b>ABMP Exam Coach</b><br>"Special Populations".<br>All 7 Topics. Packet A-74.   |  |
| 3/12/24 | 86b   | Orthopedic Massage:<br>Technique Review<br>and Practice - Neck<br>Pain | Packet J: 113-116 & 117-118.   |  |
| 3/13/24 | 87a   | MBLEx Prep   | Use Trail Guide to study the<br>AOIs of semispinalis,<br>splenius capitis & cervicis.<br><b>ABMP Exam Coach</b><br>"Career Development".<br>All 4 Topics. Packet A-74.   | <b>87a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73.   |
| 3/13/24 | 87b   | Orthopedic Massage:<br>Touch Assessment                                | Prepare to perform 1 of the<br>5 orthopedic protocols.   | <b>87b Orthopedic Massage:<br/>Touch Assessment</b><br>Packet A: 81-82, and 87-88.<br><b>Bring A: 87 to class for<br/>grading,</b> laptop/tablet for<br>Exam Coach/Quizlet, and be<br>prepared to retake/make up<br>missed tests.<br><b>"Dress Like An Intern"</b><br>Packet I: 6-7. |
| 3/14/24 | 88a   | Deep Massage:<br>History   | Packet L: 1-8.<br>Lauterstein: Chapters 1-2.   |  |
| 3/14/24 | 88b   | Deep Massage:<br>Introduction  | Packet L: 9-16. Lauterstein:<br>Chapters 3-6 and pages 102-<br>104, and 172-174.<br>Thixotrophy, Tensegrity,<br>and Role of the Nervous<br>System, Steps of a Fulcrum,<br>Working State, and<br>Working Signs. |  |

## Week 25

| Date    |     | Title   | Preparation   | Assignments and Exams  |
|---------|-----|---|---|--|
| 3/18/24 | 89a | Practice MBLEx<br>(2.5 hours)   | 2.5-hour class. The previous 88 classes are the preparation for this exam.  | <b>89a Practice MBLEx</b><br>Given at the start of class.<br>100 questions in 120 minutes.<br>Packet A-73. |
| 3/18/24 | 89b | Chair Massage, BMTs, Passive Stretches, and Side-lying Massage<br>(2 hours) | 2-hour class.<br>Packet C: 11-12.   |  |
| 3/19/24 | 90a | Kinesiology: Palpation - Posterior Back and Neck                            | Use Trail Guide to study the AOIs of erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis and cervicis, and semispinalis capitis. | <b>90a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 3/19/24 | 90b | Deep Massage: Technique Demo and Practice - Posterior Back and Neck         | Packet L: 17-26.<br>Lauterstein: Chapter 7<br>Lauterstein: Pages 140-142, and 166-171.  |  |
| 3/20/24 | 91a | Kinesiology: Palpation - Anterior and Posterior Legs                        | Use Trail Guide to study the AOIs of gluteals, fibularis longus and brevis, tibialis anterior, soleus, hamstrings, gastrocnemius, TFL, and quads.                             | <b>91a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 3/20/24 | 91b | Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs     | Packet L: 27-36.<br>Lauterstein: Chapters 9 and 11.   |  |
| 3/21/24 | 92a | Deep Massage: Working at Interface & The Seven Dimensions of Touch          | Packet L: 37-40.<br>Lauterstein: Chapters 6, 8, 10, 12, 14, 16, and 18.<br>Lauterstein: Pages 13-23.  |  |
| 3/21/24 | 92b | Deep Massage: Technique Review and Practice - Posterior                     | Packet L: 17-30.<br>Lauterstein: Chapter 7, 9, and 11 and pages 140-142, and 166-171.   |  |



## Week 26

| Date    |     | Title  | Preparation   | Assignments and Exams  |
|---------|-----|--|---|--|
| 3/25/24 | 93a | Kinesiology:<br>Palpation -<br>Anterior Torso<br>and Arms                              | Use Trail Guide to study the<br>AOIs of rectus abdominis,<br>diaphragm, deltoid, pec<br>major, biceps brachii,<br>triceps brachii, and<br>brachialis. | <b>93a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 3/25/24 | 93b | Deep Massage:<br>Technique Demo and<br>Practice - Anterior<br>Torso and Arms           | Packet L: 41-48.<br>Lauterstein: Chapter 13 and<br>15.  |  |
| 3/26/24 | 94a | Kinesiology:<br>Palpation -<br>Neck, Face, and Scalp                                   | Use Trail Guide to study the<br>AOIs of scalenes, frontalis,<br>temporalis, and masseter.   | <b>94a Kinesiology Quiz</b><br>Given at the start of class.<br>25 questions in 20 minutes.<br>Packet A-73. |
| 3/26/24 | 94b | Deep Massage:<br>Technique Demo<br>and Practice -<br>Anterior Neck,<br>Face, and Scalp | Packet L: 49-54.<br>Lauterstein: Chapter 17.  |  |
| 3/27/24 | 95a | Special Populations:<br>Seniors  | Packet K: 23-28.  |  |
| 3/27/24 | 95b | Deep Massage:<br>Technique Review<br>and Practice -<br>Anterior                        | Packet L: 31-36 and 41-54.<br>Lauterstein: Chapters 15<br>and 17.   |  |
| 3/28/24 | 96a | Special Populations:<br>Hospice and<br>End of Life                                     | Packet K: 29-38.  |  |
| 3/28/24 | 96b | Deep Massage:<br>Guided Full Body  | Packet L: 16.<br>Lauterstein: Chapter 19.   |  |

## Week 27

| Date   | Title |  | Preparation  | Assignments and Exams   |
|--------|-------|--|--|---|
| 4/1/24 | 97a   | Special Populations:<br>Cancer                         | Packet K: 39-58.   |   |
| 4/1/24 | 97b   | Deep Massage:<br>Touch Assessment                      | Prepare to massage 1 assigned body area such as the posterior upper body, posterior lower body, anterior lower body, or anterior upper body. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | <b>97b Deep Massage: Touch Assessment</b><br>Packet A: 81-82 and 89-90.<br><b>Bring A: 89 to class for grading</b> , optional laptop/tablet for Exam Coach/Quizlet, and be prepared to retake or make up missed tests.<br><b>"Dress Like An Intern"</b><br>Packet I: 6-7. |
| 4/2/24 | 98a   | Critical Thinking<br>Case Studies<br>(30 minutes)      | 30 minute class. Use your critical thinking skills to create interview questions and design a session outline for your unique client.  |   |
| 4/2/24 | 98b   | Integration Massage:<br>Receiver's Choice<br>(4 hours) | 4 hour class. Prepare to integrate various modalities to create a 90 minute session.   |   |
| 4/3/24 | 99a   | Completion<br>(4 hours and 15 minutes)                 | Be prepared to share thoughts, feelings, and experiences to bring closure to your TLC education.   | <b>Clean Sweep!</b><br>Please continue to maintain records of your grades at least until you get your official transcript. Thank you!   |
| 4/3/24 | 99b   | Exit Meeting<br>(15 minutes)                           | To be scheduled only <b>after</b> you have met all academic and financial requirements.  | Please use link provided in the "Completion" email.   |

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