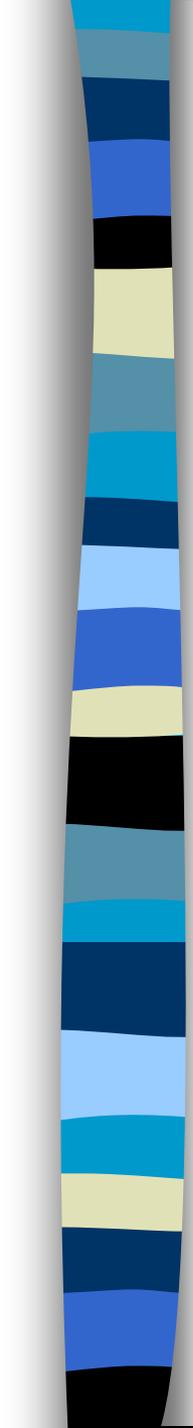




58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body



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

Class Outline

May need to adjust the schedule if "a" class runs long.

15 minutes

Break

5 minutes

Attendance, Breath of Arrival, and Reminders

75 minutes

1st trade technique demo and practice

20 minutes

Break and switch tables

75 minutes

2nd trade technique demo and practice

20 minutes

Break down, clean up, and discussion

Total time: 3 hours 30 minutes



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

- 62a Deep Tissue Outside Massages (due before class starts)
- 64b Executive Summary (due before the end of class)
Packet pages 21-22; Sections 1-4 to be done *in* class.
The completed Executive Summary to be handed in at end of class.

Quizzes and Exams:

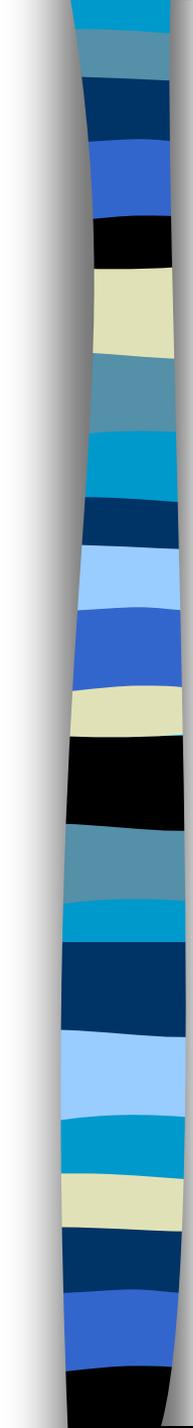
- 60a Exam

Practical Exams:

- 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

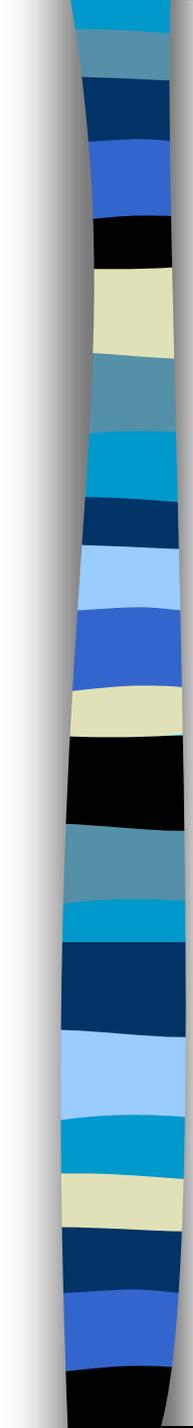
Punctuality - everybody's time is precious

- 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:

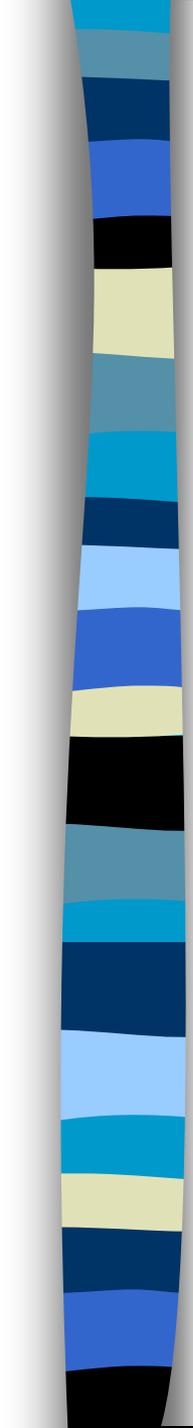
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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

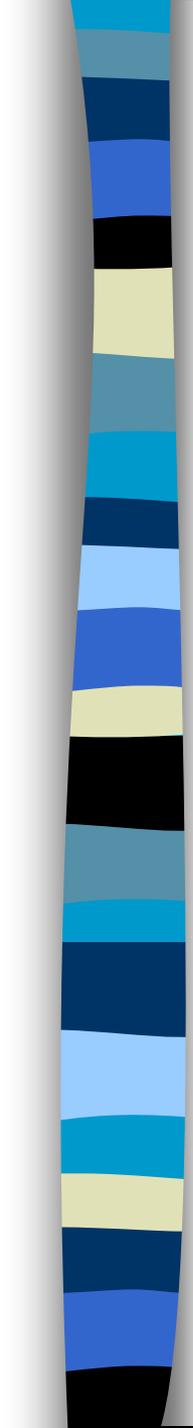
Packet D - 27



Pectoralis Major

Compressive Effleurage

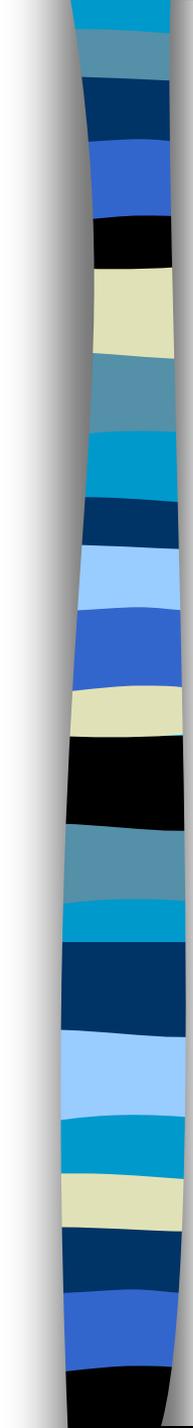
- Warm, mobilize, and soften
- Standing in a lunge next to the client's torso, face up the table
- Using the heel of the inside hand, compress pectoralis major and stroke toward the insertion with the fingers leading the way
- Using the outside hand, follow up with a lighter, soothing stroke leading 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

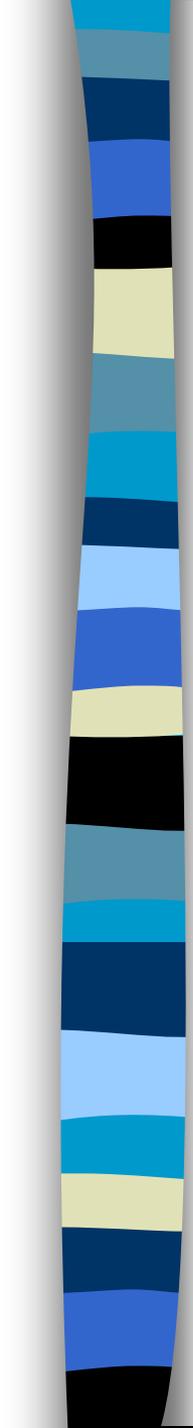
- Warm, mobilize, and soften
- Standing in a short lunge near the client's shoulder, face the table
- Using your fingertips, apply circular friction to pectoralis major
- Begin with superficial friction, sliding over the skin
- As you encounter areas of interest you may sink to a deeper level and apply 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

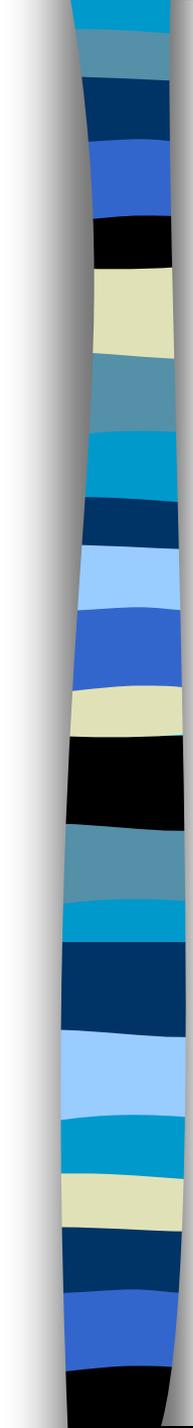
- Warm, mobilize, and soften
- Standing alongside the client, face up the table
- Inside hand flexes the client's elbow to 90 degrees
- **First:** the outside hand compresses the anterior deltoid with the thenar eminence as the inside hand medially rotates the shoulder
- Abduct the client's shoulder 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

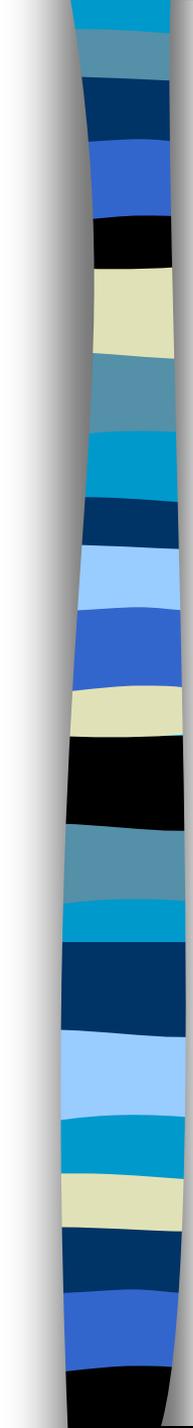
- Warm, mobilize, and soften
- Standing in a lunge alongside the client, face up the table
- Using thumbs or fingertips, cross fiber friction the bellies of the forearm flexors and extensors
- Use whatever arm position allows you good access and contact, while properly supporting client
- Vary the pace 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

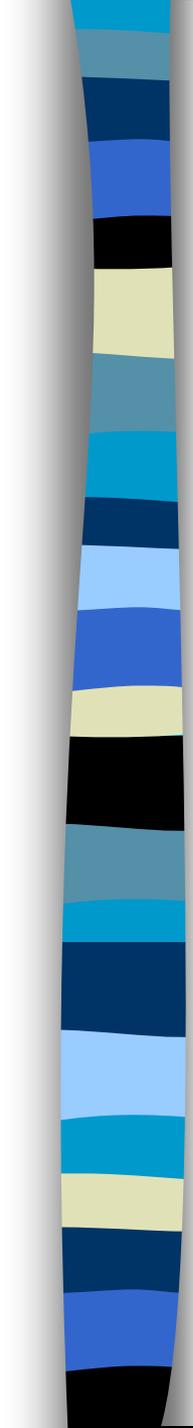
- Warm, mobilize, and soften
- Standing by the thigh, face up the table
- Grasp the forearm with both thumbs together on top, near the lateral epicondyle, and the fingertips curled into the forearm flexors on bottom
- Squeeze and strip distally by leaning back, drawing your contact through the bellies 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

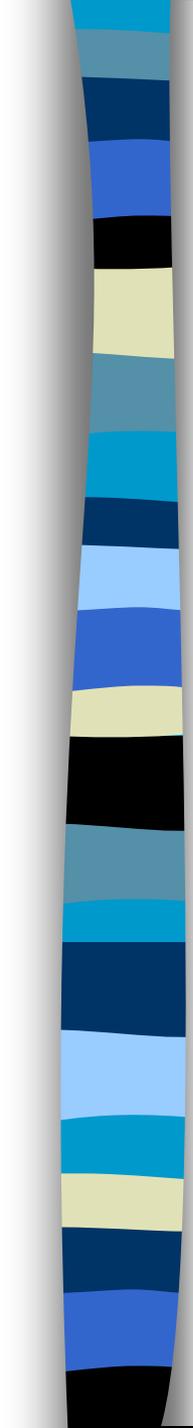
- BMT Fiber Spreading

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