

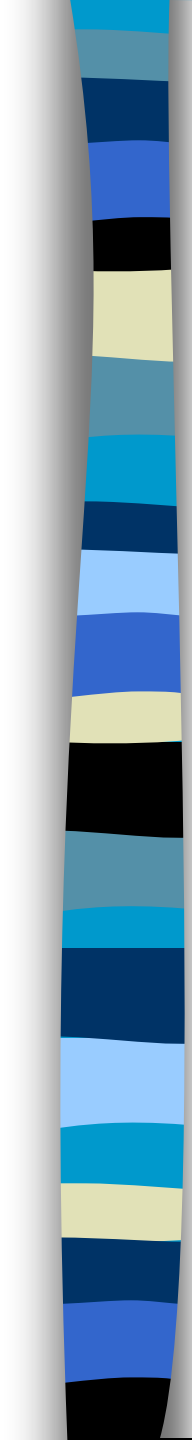


59b Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body



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 st trade technique demo and practice |
| 20 minutes | Break and switch tables |
| 75 minutes | 2 nd trade technique demo and practice |
| 20 minutes | Break down, clean up, and discussion |
| Total time: 3 hours 30 minutes | |



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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:

- 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.
completed Executive Summary to be handed in at end of class.

Exams:

- 60a Exam
- 62b Deep Tissue: Touch Assessment **Bring your grading sheet for evaluation A: 83**

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.



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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



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