

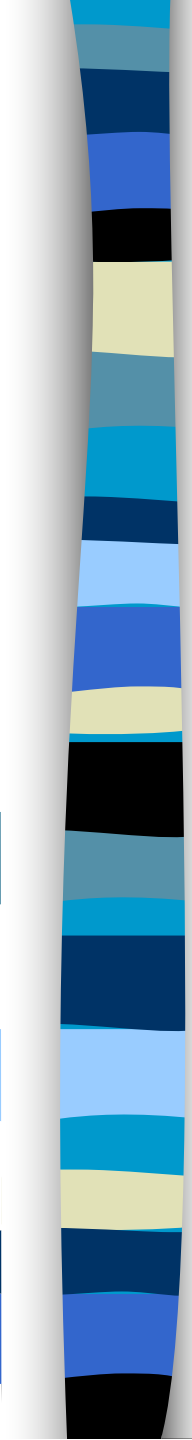


78b Orthopedic Massage: Spot Check - Low Back Pain



78b Orthopedic Massage: Spot Check - Low Back Pain 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

Early Warning:

- 85a Orthopedic Massage: Outside Massages – Begin these now!

Quizzes:

- 84a Kinesiology Quiz (pec major and minor, coracobrachialis, biceps, SCM, scalenes, rotator cuff, flex. Dig. Super., ext. dig., flex. Pollicis longus, flex dig. profundis)
– 50 questions in 40 minutes

Spot Checks:

- 78b Orthopedic Massage: Spot Check – Low Back Pain – **NOW!!**
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 79a Orthopedic Massage: Introduction – Rotator Cuff and Carpal Tunnel
-Packet J: 79-84
- 79b Orthopedic Massage: Technique Demo and Practice – Rotator Cuff and Carpal Tunnel
-Packet J: 85-94
- 80a MBLEx PREP
- 80b Orthopedic Massage: Technique Review and Practice – Rotator Cuff and Carpal Tunnel



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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J - 77



PRONE

1. Low back: superficial fascia assessment
2. Low back: myofascial release
3. Low back: warming and softening
4. Erector spinae: deep longitudinal stripping
5. Quadratus lumborum: deep longitudinal stripping
6. Lamina groove: deep longitudinal stripping

SIDE-LYING

7. Side-lying: draping and positioning
8. Quadratus lumborum: pin and stretch with active engagement
9. Quadratus lumborum: active-assisted stretch after PIR

SUPINE

10. Iliopsoas: active-assisted stretch after PIR
11. Quadriceps femoris: superficial fascia assessment
12. Quadriceps femoris: myofascial release
13. Quadriceps femoris: warming and softening
14. Quadriceps femoris: deep longitudinal stripping

PRONE

15. Rectus femoris: passive stretch



Low Back Pain

PRONE

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Low Back Pain

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