




## 84b Orthopedic Massage: Spot Check - Thoracic Outlet



# 84b Orthopedic Massage: Spot Check - Thoracic Outlet Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 <sup>st</sup> trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 <sup>nd</sup> 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

### **Final Warning:**

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

### **Spot Checks and Assessments:**

- 87b Orthopedic touch Assessment

### **Assignments:**

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

### **Preparation for upcoming classes:**

- 85a Orthopedic Massage: Introduction – Neck Pain  
- Packet J: 109-112
- 85b Orthopedic Massage: Technique Demo and Practice – Neck Pain  
- Packet J: 113-116
- 86a MBLEx Prep – all 7 topics
- 86b Orthopedic Massage: Technique review and Practice – Neck Pain
- 87a MBLEx Prep



# 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 J - 107



## SEATED

1. Vertebrobasilar insufficiency test (VBI test)

## SUPINE

2. Upper chest: superficial fascia assessment
3. Upper chest: myofascial release
4. Upper chest: warming and softening
5. Pectoralis minor: deep longitudinal stripping
6. Pectoralis minor: pin and stretch
7. Anterolateral neck: superficial fascia assessment
8. Anterolateral neck: myofascial release
9. Anterolateral neck: warming and softening
10. Scalenes: deep longitudinal stripping
11. Scalenes: deep longitudinal stripping with active lengthening after PIR
12. Brachial plexus: mobilization
13. Passive stretches: neck lateral flexion
14. Passive stretches: neck rotation




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1. Vertebrobasilar insufficiency test (VBI test)

## SUPINE

2. Upper chest: superficial fascia assessment
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## **SUPINE, continued**

7. Anterolateral neck: superficial fascia assessment
8. Anterolateral neck: myofascial release
9. Anterolateral neck: warming and softening
10. Scalenes: deep longitudinal stripping
11. Scalenes: deep longitudinal stripping with active lengthening after PIR
12. Brachial plexus: mobilization
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