



91a Kinesiology: Palpation Anterior and Posterior Legs



91a Kinesiology: Palpation Anterior and Posterior Legs Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
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<u>55 minutes</u>	<u>Palpation skills</u>
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60 minutes	Total
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■ **Assessments:**

- 96b Deep Massage Touch Assessment
Packet A:81-82; 89-90

■ **Quizzes:**

- 94a Kinesiology Quiz
 - See syllabus for list of muscles to review
 - 75 questions in 60 minutes

■ **Preparation for upcoming classes:**

- 91b Deep Massage: Technique Demo and Practice – Anterior and Posterior Legs
 - Lauterstein: Chapters 9 and 11.
- 92a Deep Massage: Working at Interface & The Seven Dimensions of Touch
 - Lauterstein: Chapters 6, 8, 10, 12, 14, 16, and 18.
 - Lauterstein: Pages 13-23.
- 92b Deep Massage: Technique Review and Practice – Posterior
 - Lauterstein: Chapters 7, 9, and 11.
 - Lauterstein: Pages 140-142 and 166-171.



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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Palpation

Set Up by the Students

- Students form groups of 3.
- Each group sets up a table and gets 1 face cradle, 1 bolster, and 2 chairs.
- Receivers must remain clothed.
- There will be no need of sheets except for a face cradle cover.

Demo and Practice

- All of the students come to a central table to watch a brief demonstration of how to palpate one of the focus muscles:
 - List and identify the bony landmarks, especially origins and insertions.
 - List and identify the muscle bellies and tendons.
 - List and explain the actions.
 - Demo how to palpate the muscle while simultaneously offer resistance to the action, “Contract, relax. Contract, relax.”
 - The students go back to their table to practice the palpation.
 - 2 students palpate the third student collaboratively.
 - The instructor and assistant circulate to offer guidance and touch comparisons:
- This process repeats for each muscle that will be palpated.
- Once all the focus muscles have been palpated on the first student, repeat the process so that each student will palpate twice and be palpated once.



Study and Palpation

Use the remaining time for study and palpation of the following muscles:

- Gluteals
- Hamstrings
- Triceps surae
- Quads
- TFL
- Tibialis anterior
- Fibularis longus/brevis



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