

## 96b Deep Massage: Guided Full Body





## 96b Deep Massage: Guided Full Body Class Outline

15 minutes	Break and set up
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	First trade
20 minutes	Switch and break
75 minutes	Second trade
15 minutes	Clean up and circle up
3 hours and 25 minutes with 5 minutes flex time	



## 96b Deep Massage: Touch Assessment

### Class Reminders

- **Assessments:**

- 96b Deep Massage Touch Assessment – **NOW!!**  
Packet A:81-82; 89-90

- **Preparation for upcoming classes:**

- 97a Myofascial and Fascia Techniques (Part II)
- 97b Myofascial and Fascia Techniques: Demo 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.*



## 96b Deep Massage: Touch Assessment



## Prone Position

### Posterior Upper

Fists Down Erectors

Nine Points (lumbar erectors, multifidus, quadratus lumborum)

Ironing Up Erectors (“Erector spinae and posterior ribs”)

Levator Scapula

### Posterior Neck

Trapezius

Semispinalis Capitis

Multifidus/Rotatores

### Posterior Lower

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus



## Supine Position:

### Anterior Lower

Half Moon Vector through the Legs

Tensor Fascia Latae, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris/Vastus Intermedius

Quadriceps Tendon/Patellar Ligament

Fibularis Longus (Peroneus)

Tibialis Anterior

Half Moon Vector through the Legs

### Anterior Upper

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

Scalenes

Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs



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