



## 62b Deep Tissue: Touch Assessment

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## Class Outline

- 10 **Break** Announce the return time and write it on the board.
- 5 **Attendance and Reminders** Display the reminders slide.
- **Each session includes:**
  - Student is professionally dressed
  - Student has supplies, assessment form
  - Introductions and brief interview (contraindications, pressure)
  - Hands-on massage of the assigned body area.
  - Last 5 minutes is used for feedback.
- 20 **1<sup>st</sup> Session:** Posterior Upper Body (bilateral)
- 20 **2<sup>nd</sup> Session:** Posterior Lower Body (unilateral)
- 20 **3<sup>rd</sup> Session:** Posterior Lower Body (unilateral)
- 15 **Break** Announce the return time and write it on the board.
- 20 **4<sup>th</sup> Session:** Anterior Lower Body (unilateral)
- 20 **5<sup>th</sup> Session:** Anterior Lower Body (unilateral)
- 20 **6<sup>th</sup> Session:** Anterior Upper Body (unilateral)
- 20 **7<sup>th</sup> Session:** Anterior Upper Body (unilateral)
- 10 **Break down and Clean up**
- 15 **Discussion**
- 3h 30m **Total Class Time**

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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:

- 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.
- 66a Review Questions (due before class starts)

### Quizzes and Exams:

- 62b Deep Tissue: Touch Assessment (**Bring grading sheet for evaluation A: 83** **NOW!!**)
- 66a Quiz (59a, 61a, 62a, 63a, 64a/b, 65a/b)
- 68a Kinesiology Quiz

### Preparation for upcoming classes:

- 63a A&P: Digestive System  
Packet E: 153-160.; RQ – Packet A-199-200
- 63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue  
Packet F - 58



# 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 A: 85



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