



## 74a MBLE<sub>x</sub> PREP



## 74a MBLEx PREP

5 minutes

Attendance, Breath of Arrival, and Reminders

55 minutes

MBLEx Review

60 minutes total

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## Class Reminders

### Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores) – 50 questions in 40 minutes

### Spot Checks:

- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

### Assignments:

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

### Preparation for upcoming classes:

- 74b Orthopedic Massage: Technique and Review and Practice – Piri/SI  
- Packet J: 55-62 and 63-64
- 75a Intro to Special Populations and Psychiatric Disorders  
- Packet K: 1-18
- 75b Orthopedic Spot Check  
- Bring A-97 for grading
- 76a Orthopedic Massage: Introduction – Low Back Pain  
- Packet j: 65-68
- 76b Orthopedic Massage: Technique Demo and Practice – Low Back Pain  
- Packet j: 69-76



# 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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**See Kahoot! 74a**



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