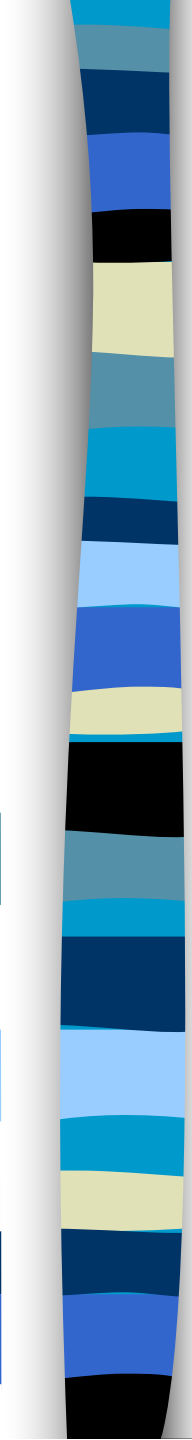




## 75b Orthopedic Massage: Spot Check Piriformis and Sacroiliac



# 75b Orthopedic Massage: Spot Check Piriformis and Sacroiliac

## 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	



# 75b Orthopedic Massage: Spot Check Piriformis and Sacroiliac

## Class Reminders

### Quizzes:

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

### Spot Checks:

- 78b Orthopedic Massage: Spot Check – Low Back Pain
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel

### Assignments:

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

### Preparation for upcoming classes:

- 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
- 77a Myofascial and Fascia Techniques (Part II)
- 77b Orthopedic Massage: Technique Demo and Practice – Low Back Pain  
- Packet J: 69-76 and 77-78
- 78a Kinesiology Quiz
- 78b Orthopedic Massage: Spot Check – Low Back Pain



# 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.*



## 75b Orthopedic Massage: Spot Check Piriformis and Sacroiliac

Packet J - 63



## PRONE

1. Sacroiliac ligament: deep transverse friction
2. Low back: superficial fascia assessment
3. Low back: myofascial release
4. Gluteals: draping
5. Gluteals: superficial fascia assessment
6. Gluteals: myofascial release
7. Low back: warming and softening
8. Low back: deep longitudinal stripping
9. Sacroiliac ligament: deep transverse friction
10. Hamstrings: warming and softening
11. Hamstrings: deep longitudinal stripping
12. Gluteals: warming and softening
13. Piriformis: deep longitudinal stripping
14. Piriformis: pin and stretch
15. Piriformis: deep longitudinal stripping after PIR
16. Piriformis: passive stretching after PIR
17. Sacroiliac ligament: deep transverse friction

## SUPINE

18. Gluteals: passive stretch
19. Low back: passive stretch
20. Hamstrings: active-assisted stretch with PIR



## PRONE - Piriformis and Sacroiliac

1. Sacroiliac ligament: deep transverse friction
2. Low back: superficial fascia assessment
3. Low back: myofascial release
4. Gluteals: draping
5. Gluteals: superficial fascia assessment
6. Gluteals: myofascial release
7. Low back: warming and softening
8. Low back: deep longitudinal stripping
9. Sacroiliac ligament: deep transverse friction
10. Hamstrings: warming and softening
11. Hamstrings: deep longitudinal stripping



## **PRONE - Piriformis and Sacroiliac**

12. Gluteals: warming and softening
13. Piriformis: deep longitudinal stripping
14. Piriformis: pin and stretch
15. Piriformis: deep longitudinal stripping after PIR
16. Piriformis: passive stretching after PIR
17. Sacroiliac ligament: deep transverse friction

## **SUPINE - Piriformis and Sacroiliac**

18. Gluteals: passive stretch
19. Low back: passive stretch
20. Hamstrings: active-assisted stretch with PIR





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