




85b Orthopedic Massage: Technique Demo and Practice - Neck Pain



85b Orthopedic Massage: Technique Demo and Practice - Neck Pain Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 nd trade technique demo and practice
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



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Class Reminders

Exams and Quizzes:

- 89a Practice MBLEx
- 100 Questions in 120 minutes
- 90a Kinesiology Quiz (erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis and cervicis, semispinalis capitis)

Assessments:

- 87b Orthopedic Touch Assessment

Preparation for upcoming classes:

- 86a MBLEx Prep
- 86b Orthopedic Massage: Technique review and Practice – Neck Pain
- 87a MBLEx Prep



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 J - 113



Soft-Tissue Manipulation Supine Details



SUPINE DETAILS - Neck Pain

1. Posterolateral neck: superficial fascia assessment (bilateral)

- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Take note of restrictions before switching to a different area or direction
- Use before and after treating superficial fascia to gauge progress



SUPINE DETAILS - Neck Pain

2. Posterolateral neck: myofascial release (bilateral)

- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Hold. Wait for a subtle tissue release or indication from the client
- Repeat in different areas or in different directions
- Address all restrictions discovered in the posterolateral neck



SUPINE DETAILS - Neck Pain

3. Posterolateral neck: warming and softening

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- BMT: head & neck rotation with posterior cervical compressions & release
- BMT: alternating scapular depressions with trapezius compressions
- Swedish:
 - Sit at the head of the table facing down toward the feet
 - Work unilaterally with head rolled slightly to the opposite side
 - Effleurage longitudinally
 - Fingertip circles
 - Broad cross-fiber with one thumb, progressing inferiorly
- Continue until the muscles are thoroughly warmed and softened



SUPINE DETAILS - Neck Pain

4. Posterolateral neck: deep longitudinal stripping

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, SCM, scalenes, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work unilaterally with head rolled slightly to the opposite side
- Use finger pads to work in 2 to 4 inch sections
- Work inferiorly
- Melt in or repeat in areas of palpated or reported tension
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

5. Lamina groove: deep longitudinal stripping

- Address multifidi and rotatores
- Lamina groove is between transverse and spinous processes
- Sit at the head of the table facing down toward the feet
- Work unilaterally with head rolled slightly to the opposite side
- Use finger pads to work in 2 to 4 inch sections
- Work inferiorly
- Melt in or repeat in areas of palpated or reported tension
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

6. Cervical extensors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work unilaterally with the client's head in a neutral position
- Instruct the client:
 - o "Using light pressure (25%), press your head back into the table" (isometric neck extension)
 - o "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - o "Now slowly lift your head bringing your chin to your chest"
- As the client does this, strip the cervical extensors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

7. Cervical lateral flexors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, SCM, scalenes, splenius, and erectors
- Work unilaterally with the client's head in a neutral position
- Stand or sit by the belly facing toward the head of the table
- Place your outside hand along the side of the head to resist lateral flexion
- Instruct client:
 - o "Keeping your nose pointing toward the ceiling, slide your left (right) ear toward your left (right) shoulder"
 - o "Using light pressure (25%), press the side of your head into my hand" (isometric neck lateral flexion)
 - o "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - o "Now slowly slide your head toward the opposite shoulder."
- As the client does this, strip the cervical lateral flexors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

8. Passive stretches: neck lateral flexion

9. Passive stretches: neck rotation



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