



87b Orthopedic Touch Assessment



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Class Outline

- 15 **Break** Announce the return time and write it on the board.
 - 10 **Attendance and Reminders** Display the reminders slide.
 - **Each session includes:**
 - Student is professionally dressed
 - Student has supplies and assessment form
 - Introductions and brief interview (contraindications, pressure)
 - Hands-on massage of the assigned body area.
 - Last 5 minutes is used for feedback.
 - 20 **1st Session:** Piriformis & Sacroiliac (unilateral)
 - 20 **2nd Session:** Piriformis & Sacroiliac (unilateral)
 - 20 **3rd Session:** Low Back Pain (unilateral)
 - 15 **Break** Announce the return time and write it on the board.
 - 20 **4th Session:** Rotator Cuff & Carpal Tunnel (unilateral)
 - 20 **5th Session:** Rotator Cuff & Carpal Tunnel (unilateral)
 - 20 **6th Session:** Thoracic Outlet (unilateral)
 - 20 **7th Session:** Neck Pain (bilateral)
 - 10 **Discussion**
 - 10 **Break down and Clean up**
- 3 hours and 20 minutes plus 10 minutes of flex time**



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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, splenius cervicis, and semispinalis capitis)
50 questions in 40 minutes
- 94a Kinesiology Quiz
See syllabus for list of muscles to review
75 questions in 60 minutes

Preparation for upcoming classes:

- 88a Deep Massage History
- 88b Deep Massage Introduction
- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - 2-hour class.
 - Packet A-73..



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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62b Deep Tissue: Touch Assessment

Packet A: 85



62b Deep Tissue: Touch Assessment