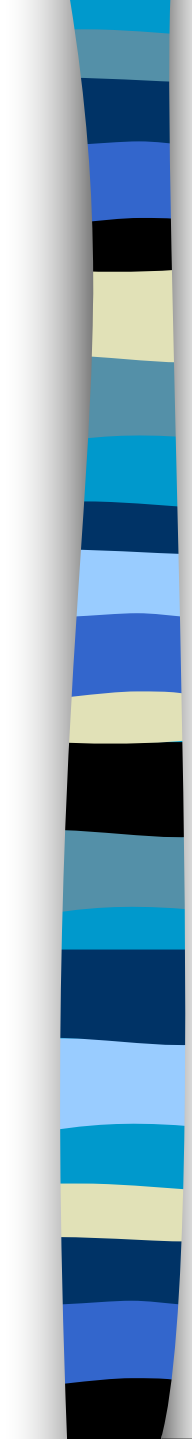
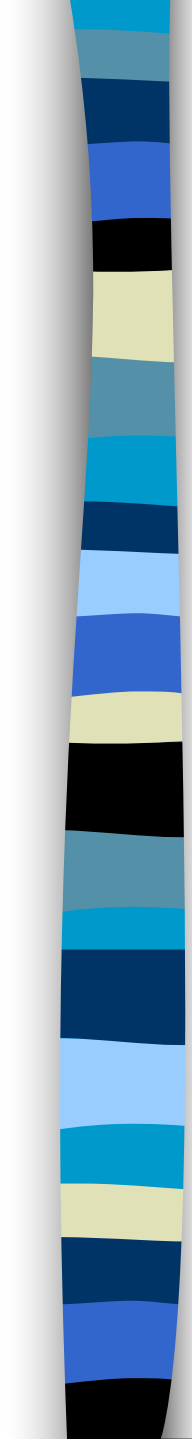


90a Kinesiology Quiz



90a Kinesiology: Palpation Posterior Back and Neck Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	Kinesiology Quiz
<u>15 minutes</u>	<u>Review</u>
60 minutes	Total



90a Kinesiology Quiz

Class Reminders

■ Assessments:

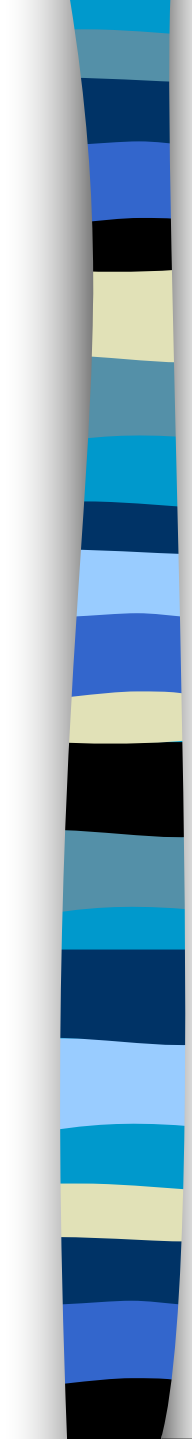
- 96b Deep Massage Touch Assessment
Packet A:81-82; 89-90

■ Quizzes:

- 90a Kinesiology Quiz – **NOW!!**
 - (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:

- 90b Deep Massage: Technique Demo and Practice – Posterior Back and Neck
 - Lauterstein: Chapter 7.
 - Lauterstein: Pages 140-142 and 166-171.
- 91a Kinesiology: Palpation – Anterior and Posterior Legs, Posterior Back, and Neck



Classroom Rules

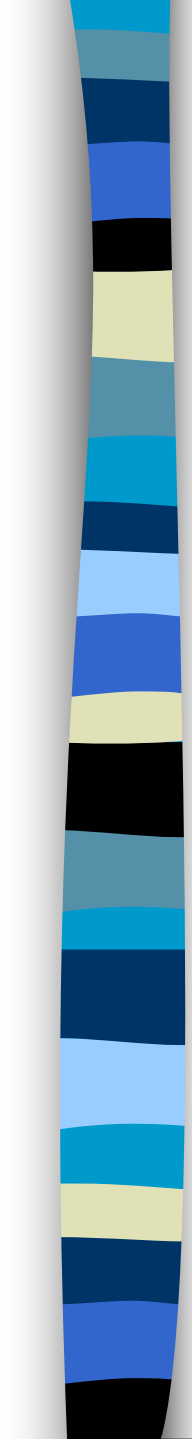
Punctuality - everybody's time is precious

- 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

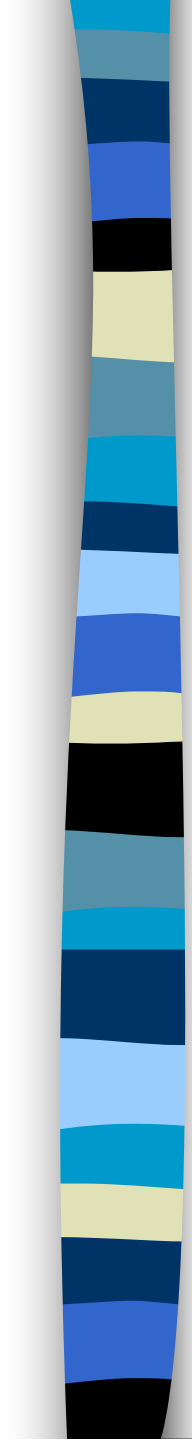
The following are not allowed:

- 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.



90a Kinesiology: Palpation Posterior Back and Neck



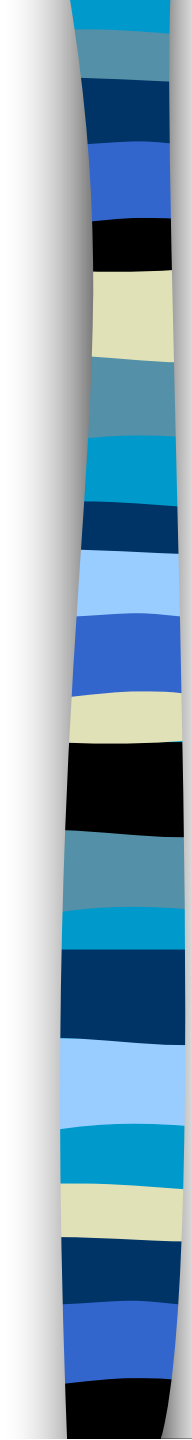
Palpation

Set Up by the Students

- Students form groups of 3.
- Each group sets up a table and gets 1 face cradle, 1 bolster, and 2 chairs.
- Receivers must remain clothed.
- There will be no need of sheets except for a face cradle cover.

Demo and Practice

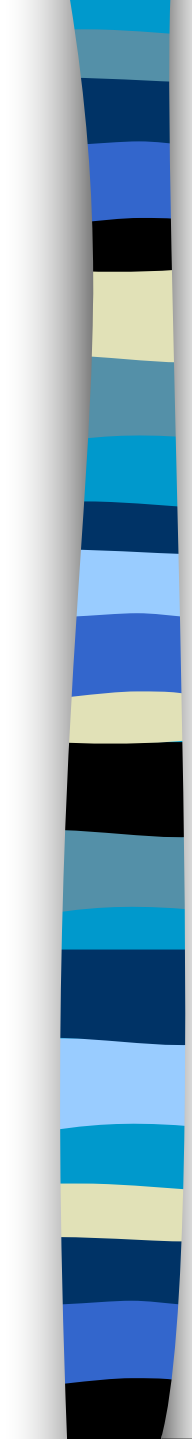
- All of the students come to a central table to watch a brief demonstration of how to palpate one of the focus muscles:
 - List and identify the bony landmarks, especially origins and insertions.
 - List and identify the muscle bellies and tendons.
 - List and explain the actions.
 - Demo how to palpate the muscle while simultaneously offer resistance to the action, “Contract, relax. Contract, relax.”
 - The students go back to their table to practice the palpation.
 - 2 students palpate the third student collaboratively.
 - The instructor and assistant circulate to offer guidance and touch comparisons:
- This process repeats for each muscle that will be palpated.
- Once all the focus muscles have been palpated on the first student, repeat the process so that each student will palpate twice and be palpated once.



Study and Palpation

Use the remaining time for study and palpation of the following muscles:

- Erector Spinae Group
- Multifidi
- Rotatores
- Quadratus Lumborum
- Levator Scapula
- Trapezius
- Splenius Capitis
- Splenius Cervicis
- Semispinalis Capitis



90a Kinesiology: Palpation Posterior Back and Neck