



## 91a Kinesiology: Palpation Anterior and Posterior Legs



## 91a Kinesiology: Palpation Anterior and Posterior Legs Class Outline

|           |  |
|-----------|--|
| 5 minutes | Attendance, Breath of Arrival, and Reminders |
|-----------|--|

|                   |                         |
|-------------------|-------------------------|
| <u>55 minutes</u> | <u>Palpation skills</u> |
|-------------------|-------------------------|

|            |       |
|------------|-------|
| 60 minutes | Total |
|------------|-------|



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## ■ **Assessments:**

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

## ■ **Quizzes:**

- 94a Kinesiology Quiz
  - See syllabus for list of muscles to review
  - 75 questions in 60 minutes

## ■ **Preparation for upcoming classes:**

- 91b Deep Massage: Technique Demo and Practice – Anterior and Posterior Legs
  - Lauterstein: Chapters 9 and 11.
- 92a Deep Massage: Working at Interface & The Seven Dimensions of Touch
  - Lauterstein: Chapters 6, 8, 10, 12, 14, 16, and 18.
  - Lauterstein: Pages 13-23.
- 92b Deep Massage: Technique Review and Practice – Posterior
  - Lauterstein: Chapters 7, 9, and 11.
  - Lauterstein: Pages 140-142 and 166-171.



# 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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# 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:**

- Gluteals
- Hamstrings
- Triceps surae
- Quads
- TFL
- Tibialis anterior
- Fibularis longus/brevis



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