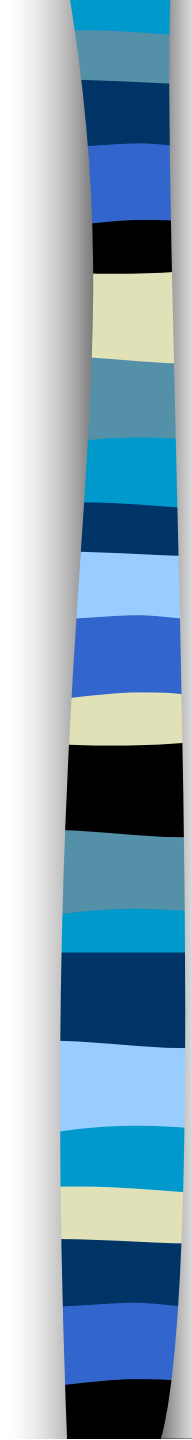


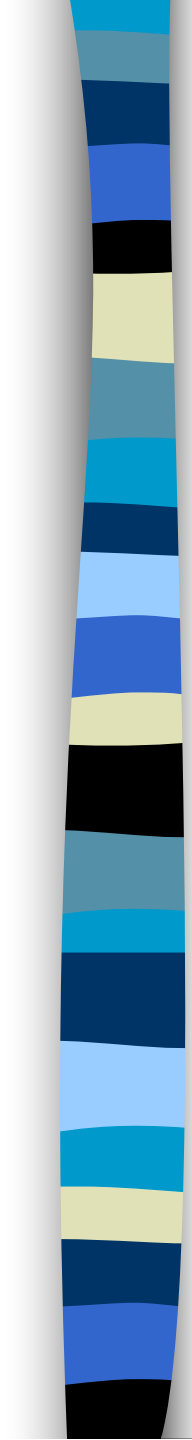


## 93a Kinesiology: Palpation Anterior Torso and Arms



## 93a Kinesiology: Palpation Anterior Torso and Arms Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	Palpation skills
<u>15 minutes</u>	<u>Active Study Skills</u>
60 minutes	Total



## 93a Kinesiology: Palpation Anterior Torso and Arms Class Reminders

### ■ Assessments:

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

### ■ Quizzes:

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

### ■ Preparation for upcoming classes:

- 93b Deep Massage: Technique Demo and Practice – Anterior Torso and Arms
  - Lauterstein: Chapters 13 and 15.
  - Packet L:41-48
- 94a Kinesiology: Palpation – Neck, Face, and Scalp
- 94b Deep Massage: Technique Demo and Practice – Anterior Neck, Face, and Scalp
  - Lauterstein: Chapters 15 & 17.



# 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.*



## 93a Kinesiology: Palpation Anterior Torso and Arms



# 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:**

- Rectus Abdominus
- Diaphragm
- Pectoralis Major
- Deltoid
- Biceps Brachii
- Brachialis
- Triceps Brachii



## 93a Kinesiology: Palpation Anterior Torso and Arms