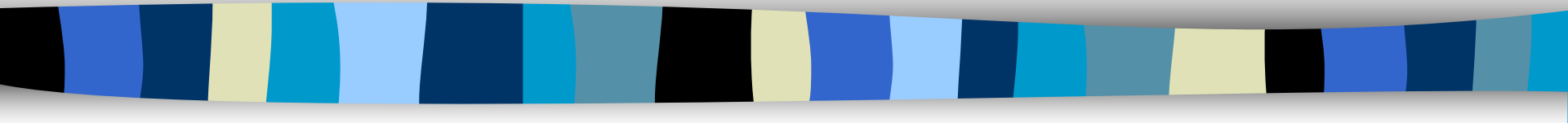


## 96b Deep Massage: Touch Assessment





# 96b Deep Massage: Touch Assessment

## Class Outline

- 10 **Break** Announce the return time and write it on the board.
- 5 **Attendance and Reminders** Display the reminders slide.
- 5 **Explanation of Touch Assessments**
  - Student is professionally dressed
  - Student has supplies and touch assessment form
  - Introductions and brief interview (contraindications, pressure)
  - Hands-on massage of the assigned body area
  - Last 5 minutes is used for feedback
- 20 **1<sup>st</sup> Session:** Posterior Upper Body (bilateral)
- 20 **2<sup>nd</sup> Session:** Posterior Lower Body (unilateral)
- 20 **3<sup>rd</sup> Session:** Posterior Lower Body (unilateral)
- 15 **Break** Announce the return time and write it on the board
- 20 **4<sup>th</sup> Session:** Anterior Lower Body (unilateral)
- 20 **5<sup>th</sup> Session:** Anterior Lower Body (unilateral)
- 20 **6<sup>th</sup> Session:** Anterior Upper Body (unilateral)
- 20 **7<sup>th</sup> Session:** Anterior Upper Body (unilateral)



## 96b Deep Massage: Touch Assessment

### Class Reminders

- **Assessments:**

- 96b Deep Massage Touch Assessment – **NOW!!**  
Packet A:81-82; 89-90

- **Preparation for upcoming classes:**

- 97a Myofascial and Fascia Techniques (Part III)
- 97b Myofascial and Fascia Techniques: Demo and Practice



# 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.*



## 96b Deep Massage: Touch Assessment



## Prone Position

### Posterior Upper

Fists Down Erectors

Nine Points (lumbar erectors, multifidus, quadratus lumborum)

Ironing Up Erectors (“Erector spinae and posterior ribs”)

Levator Scapula

### Posterior Neck

Trapezius

Semispinalis Capitis

Multifidus/Rotatores

### Posterior Lower

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus



## Supine Position:

### Anterior Lower

Half Moon Vector through the Legs

Tensor Fascia Latae, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris / Vastus Intermedius

Quadriceps Tendon / Patellar Ligament

Fibularis Longus (Peroneus)

Tibialis Anterior

Half Moon Vector through the Legs

### Anterior Upper

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

Scalenes

Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs



## 96b Deep Massage: Touch Assessment