

A. Orientation

Class Schedule - June 2025

Classes meet on Tuesday and Thursday evenings from 6:00pm to 10:30pm. The "A" classes begin at 6:00pm and the "B" classes begin at 7:00pm and end at 10:30pm.

Any exceptions to the timing of classes are listed with the class title. (e.g. 21b)

Friendly reminder, the following classes: 21b, 33b, 47b, 48b, 49b, 56a/b, cannot be made-up in the make-up room. To schedule a sit in, contact the Student Administrator.

RQ = Review questions, 'LMS'= Learning Mastery System, 'Salvo'/'Werner'/'Trail Guide'/'Business Mastery'/'Lauterstein'= Required textbooks for program.

Week 1

| Date | | Title | Preparation | Assignments and Exams |
|---------|----|---|---|-----------------------|
| 6/10/25 | 0a | Orientation: The TLC Learning Environment | Packet A: 1-38. | |
| 6/10/25 | 0b | Orientation: People, Study Skills, and Quality of Touch | Trail Guide: 49-50 and 63-66. Packet A: 39-56. | |
| 6/12/25 | 1a | H&H: Disease and Prevention I | Trail Guide: deltoid. Packet H: 3-8. | |
| 6/12/25 | 1b | H&H: Disease and Prevention II | Packet H: 9-20. | |

Week 2

| | | | | |
|---------|----|--|--|--|
| 6/17/25 | 2a | Kinesiology: Names and Locations of Bones and Posterior Muscles | Trail Guide: trapezius. Salvo: Pages 416-417. Packet E-17. RQ - Packet A-120 and A-136. | Join Quizlet! A-48. https://quizlet.com/join/zZf79yQFr |
| 6/17/25 | 2b | H&H: Tools of the Trade & Intro to Touch | Salvo: Chapter 3. Packet F: 1-16. RQ - Packet A: 121-122. Packet H: 21-22. | Nail Check: Students hands will be checked for compliance. |
| 6/19/25 | 3a | H&H: Self Care - Health, Wellness, Nutrition, and Stress Reduction | Trail Guide: latissimus dorsi and teres major. Salvo: Chapter 4. Packet H: 23-26. RQ - Packet A: 123-124. | 3a Student Handbook Review Questions. Due before class starts. Turn in assignments through LMS. See Packet A: 115-118 for info. |
| 6/19/25 | 3b | Swedish: Body Mechanics, Client Positioning, and Draping | Salvo: Chapter 7. Packet F: 17- 24. RQ - Packet A: 125-126. | Swedish Supplies: For every class have a set of twin-size sheets, a twin-size blanket, and 2 pillowcases. |

Week 3

| Date | | Title | Preparation | Assignments and Exams |
|---------|----|---|---|--|
| 6/24/25 | 4a | Swedish: Effects of Massage Therapy and Massage Techniques | Trail Guide: rhomboid major and minor, and triceps brachii. Salvo: Chapter 8. Packet F: 25-28. RQ - Packet A-127. | 4a Autobiography and Photo Due before class starts. See Packet B-4 for more info. |
| 6/24/25 | 4b | Swedish: Technique Demo and Practice - Posterior Upper Body | Packet F: 29-30. | Nail Re-check: Students hands will be checked for compliance. |
| 6/26/25 | 5a | A&P: Introduction to the Human Body - Cells | Trail Guide: erector spinae group (spinalis, longissimus, iliocostalis). Salvo: Pages 384- 391. Packet E: 1-6. RQ - Packet A-128. | |
| 6/26/25 | 5b | Kinesiology: AOIs - Posterior Upper Body | Use A-51 to study the terms kinesiology, lateral, medial, anterior, posterior, belly, tendon, action, origin, and insertion. | |

Week 4

| | | | | |
|--------|----|---|---|---|
| 7/1/25 | 6a | Kinesiology Quiz & A&P: Introduction to the Human Body - Tissues. | Trail Guide: gluteals (maximus, medius, and minimus). Salvo: Pages 391- 398. Packet E: 7-10. RQ - Packet A-129. Use Trail Guide to study the AOIs of deltoid, traps, lats, teres major, triceps, rhomboids, and erector spinae group. | 6a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. See Packet A: 73 and 75-80 for info. |
| 7/1/25 | 6b | Swedish: Technique Review and Practice - Posterior Upper Body | Packet F: 29-30. | Swedish Supplies: Starting today, students must have their own sacred earth vegan massage cream or Biotone Organics Pure touch massage cream for use in class. |
| 7/3/25 | 7a | A&P: Introduction to the Human Body - Body Compass | Trail Guide: hamstrings (semitendinosus, semimembranosus, biceps femoris). Salvo: Pages 398- 406. Packet E: 11-14. RQ - Packet A-130. | 7a Review Questions Due on LMS before class starts. See Packet A: 119-130, A-113 for info. |
| 7/3/25 | 7b | Swedish: Technique Demo and Practice - Posterior Lower Body | Packet F: 31-34. | |

Week 5

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|--|---|---|
| 7/8/25 | 8a | Quiz | Trail Guide: gastrocnemius and soleus. Study all material from classes: 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a. | 8a Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 7/8/25 | 8b | Kinesiology Quiz & Kinesiology: AOIs -Posterior Lower Body | Use Trail Guide to study the AOIs of glutes, hamstrings, gastrocnemius, and soleus. | 8b Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 7/10/25 | 9a | H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries | Salvo: Pages 16-33. Packet H: 27-34. RQ - Packet A: 132-133. | |
| 7/10/25 | 9b | Business: Introduction | Business Mastery: Chapters 1-3. Packet B: 1-30, especially B-5 for the assignment done in class. | 9b Purpose, Priorities, and Goals This will be done in class, assessed, and graded. Packet B: 6-7. Bring your Business book to every business class. |

Week 6

| | | | | |
|---------|-----|---|---|--|
| 7/15/25 | 10a | Exam | Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, and 8b. | 10a Exam Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 7/15/25 | 10b | Swedish: Technique Review and Practice - Posterior Upper and Lower Body | Packet F: 35-36, and 58. You will begin to learn how to write SOAP notes in this class. | In Class: Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and date on intake form. |
| 7/17/25 | 11a | H&H: Infection Control | Trail Guide: tibialis anterior, fibularis longus, fibularis brevis. Salvo: Pages 180-191. Packet H: 35-40. RQ - Packet A-134. | Note: you will find tibialis anterior in the Trail Guide index under "Extensors of the Ankle and Toes". |
| 7/17/25 | 11b | Swedish: Technique Demo and Practice - Posterior and Anterior Foot | Packet F: 37-38. | |

Week 7

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|---|---|--|
| 7/22/25 | 12a | Kinesiology: Muscle Names and Locations - Anterior | Trail Guide: quadriceps femoris group. Trail Guide: Pages 35-36, 61-62, 296-297, and 366-367. | Note: quadriceps femoris group includes: 1. Rectus femoris 2. Vastus medialis 3. Vastus lateralis 4. Vastus intermedius |
| 7/22/25 | 12b | Swedish: Technique Demo and Practice - Anterior Lower Body and Abs | Packet F: 39-44. | |
| 7/24/25 | 13a | A&P: Skeletal System - Cells, Tissues, and Bone Shapes | Trail Guide: pectoralis major & abdominals (rectus abdominis). Salvo: Pages 412- 415. Packet E: 15-16. RQ - Packet A-135. | |
| 7/24/25 | 13b | Kinesiology: AOIs - Anterior Lower Body and Upper Torso | Use Trail Guide to study the AOIs of tibialis anterior, fibularis longus, and fibularis brevis, quads, rectus abdominis, and pec major. | |

Week 8

| | | | | |
|---------|-----|--|---|--|
| 7/29/25 | 14a | Kinesiology Quiz & A&P: Skeletal System - Bony Landmark Palpation | Trail Guide: biceps brachii and coracobrachialis. Use Trail Guide to study the AOIs of tibialis anterior, fibularis longus, and fibularis brevis, quads, rectus abdominis, and pec major. Salvo: Pages 416- 417 and 461-492. Packet E: 19- 20. RQ - Packet A-137. | 14a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 7/29/25 | 14b | Swedish: Technique Review and Practice - Feet, Anterior Lower Body, and Abs | Packet F: 45-46, and 58. | In Class: Internship- evaluated partial SOAP notes. See 10b for details. |
| 7/31/25 | 15a | H&H: Compassionate Care for All People | Trail Guide: levator scapula and sternocleidomastoid. Packet H: 41-50. | |
| 7/31/25 | 15b | Swedish: Technique Demo and Practice - Chest and Arms | Packet F: 47-50. | |

Week 9

| Date | Title | | Preparation | Assignments and Exams |
|--------|-------|---|---|--|
| 8/5/25 | 16a | A&P: Skeletal System - Synovial Joints | Trail Guide: scalenes. Salvo: Pages 418-427. Packet E: 21-24. RQ - Packet A-138. | Note - scalenes include: 1. Anterior 2. Middle 3. Posterior |
| 8/5/25 | 16b | Swedish: Technique Demo and Practice - Neck, Face, and Scalp | Packet F: 51-54. | Swedish Supplies: Starting with this class, have cotton squares/rounds, face lotion, and alcohol-free toner for sensitive skin. |
| 8/7/25 | 17a | Quiz & A&P: Skeletal System - Joint Actions and Articulations | Trail Guide: temporalis, masseter, occipitofrontalis. Trail Guide: Pages 23-24, and 34. Salvo: Pages 422-427. Packet E: 25-26. RQ - Packet A-139. Study all material from 9a, 9b, 11a, 12a, and 13b. | 17a Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. 17a Review Questions Due on LMS before class starts. Packet A: 131-140. |
| 8/7/25 | 17b | Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head | | |

Week 10

| | | | | |
|---------|-----|---|---|---|
| 8/12/25 | 18a | Kinesiology Quiz & H&H: Therapeutic Relationships- Conflict, Transference, Dual Relationship, and Sexual Misconduct | Salvo: Chapter 2. Packet H: 51-58. RQ - Packet A-153. Use Trail Guide to study the AOIs of biceps, levator, coracobrachialis, scalenes, frontalis, occipitalis, SCM, temporalis, and masseter. | 18a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 8/12/25 | 18b | Swedish: Technique Review and Practice - Chest, Arms, Neck, Face, and Scalp | Packet F: 55-56, and 58. | In Class: Partial SOAP notes. |
| 8/14/25 | 19a | Quiz & A&P: Skeletal system - Synovial joints | Study all material from classes: 13a, 14a, 15a, 16a, and 17a. | 19a Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 8/14/25 | 19b | Swedish: Guided Full Body | Prepare to perform a 60- minute full-body Swedish massage with nothing excluded. Note: the order and pace of the session will be set by the instructor who will be guiding you. See packet F-35, F45-46, F55-56. | "Dress Like An Intern" Packet I: 6-7. Early Warning! Begin assignment 43a Swedish Outside Massages, particularly OMF #1 - Full Body Swedish Only. Packet A: 59-60. |

Week 11

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|---|---|---|
| 8/19/25 | 20a | Treatment Planning: Intake, Assessment, and Documentation | Salvo: Chapter 10. Packet F: 57-62. RQ - Packet A: 150-151. | |
| 8/19/25 | 20b | Swedish: Full Body Demo, Interviewing Practice, Full Soap Notes, Demo Score Sheet | Class handouts. Full soap notes and demo score sheet are in-class assignments. | |
| 8/21/25 | 21a | Exam | 2-hour class. Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, and 17a/b. | 21a Exam Given at the start of class. 100 questions in 80 minutes. Cumulative. Packet A-73. |
| 8/21/25 | 21b | H&H: Emergency Preparedness (2.5 hours) | 2.5-hour class. CPR and First Aid certification in this class. Salvo: Pages 191-196. Packet H: 59-64. RQ - Packet A-152. | Note: This class cannot be made-up in the make-up room. To be exempt bring a copy of your "CPR and First Aid Certificate". |

Week 12

| | | | | |
|---------|-----|---|---|---|
| 8/26/25 | 22a | A&P: Skeletal System - Appendicular and Axial Divisions | Trail Guide: supraspinatus. Salvo: Pages 415-417. Packet E-17. RQ - Packet A-136. | |
| 8/26/25 | 22b | Swedish: Touch Assessment | Prepare to perform Swedish massage on 1 assigned body area. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | 22b Swedish: Touch Assessment Packet A: 81-84. Bring A: 83 for grading, optional laptop/tablet for Quizlet, and be prepared to retake or make up missed tests. In Class: Internship-evaluated full SOAP notes. Packet F-58. "Dress Like An Intern" Packet I: 6-7. |
| 8/28/25 | 23a | Pathology: Medications | Werner: Appendix C (7e) or Appendix A (5e & 6e). Packet E: 27-36. RQ - Packet A-154. | |
| 8/28/25 | 23b | Swedish: Practical Exam | Prepare to perform a 60-minute full-body Swedish massage with nothing excluded. | 23b Swedish: Practical Exam Grader-evaluated full SOAP notes as in 22b. Packet A: 91-94. Packet F: 35, 45, 55, and 58. Bring A: 93 for grading. "Dress Like An Intern" Packet I: 6-7. |

Week 13

| Date | | Title | Preparation | Assignments and Exams |
|--------|-----|--|--|--|
| 9/2/25 | 24a | A&P: Muscular System - Organization of Skeletal Muscle | Trail Guide: infraspinatus and teres minor. Salvo: Pages 439- 443. Packet E: 37-40 RQ - Packet A-158. | 24a Hydro Theory Review Questions due before class starts. Completed in LMS. Pages A: 141-147 |
| 9/2/25 | 24b | Hydrotherapy: Theory and Technique Demo | Salvo: Chapter 12. Packet G: 1-14. RQ - Packet A-155-157. | Hydrotherapy Supplies: Your packet |
| 9/4/25 | 25a | A&P: Muscular System - Mechanism of Contraction | Trail Guide: subscapularis. Salvo: Pages 443-446. Packet E: 41-44. | |
| 9/4/25 | 25b | Hydrotherapy: Dry Brushing, Cold Water Wash, Hand & Foot Treatment | Packet G: 15-19. | Hydrotherapy Supplies: See page A-28. |

Week 14

| | | | | |
|---------|-----|--|---|--|
| 9/9/25 | 26a | A&P: Muscular System - Fiber Types, Actions, and Contractions | Trail Guide: pectoralis minor. Salvo: Pages 446-450. Packet E: 45-48. | |
| 9/9/25 | 26b | Hydrotherapy: Cold Water Treading, Hot Towel Treatment | Packet G: 21-24. | Hydrotherapy Supplies: See page A-28. |
| 9/11/25 | 27a | Pathology: Musculoskeletal System | Werner: Chapter 3. Packet E: 49-54. RQ - Packet A-159. | End of First Quarter: You will be issued a Quarterly Report within 2 weeks. |
| 9/11/25 | 27b | Hydrotherapy: Cold and Contrast Treatments | Packet G: 25-28. | Hydrotherapy Supplies: See page A-28. |

Week 15

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|--|---|--|
| 9/16/25 | 28a | A&P: Integumentary System | Trail Guide: serratus anterior. Salvo: Chapter 22. Packet E: 55-58. RQ - Packet A-160. | |
| 9/16/25 | 28b | Integration Massage: Swedish and Hydrotherapy | Packet F: 58, and 63-64. | Hydrotherapy Supplies: Have supplies set up for 3 treatments from 25b, 26b, and 27b. See page A-28. In Class: Full SOAP notes. |
| 9/18/25 | 29a | Pathology: Integumentary System | Werner: Chapter 2. Packet E: 59-64. | |
| 9/18/25 | 29b | Kinesiology: AOIs - Glenohumeral and Scapulothoracic Joint Muscles | | |

Week 16

| | | | | |
|---------|-----|---|---|---|
| 9/23/25 | 30a | Kinesiology Quiz & Kinesiology: Synergists - Glenohumeral and Scapulothoracic Joint Muscles | Trail Guide: pages 63-66. RQ - Packet A: 161-162. Use Trail Guide to study the AOIs of the 4 rotator cuff muscles, pec minor, and serratus anterior. | 30a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. 30a Review Questions Due on LMS before class starts. Packet A: 149-166. |
| 9/23/25 | 30b | Passive Stretches: Technique Demo and Practice - Upper Body | Salvo: Pages 161-166. Packet F: 65-70. RQ - Packet A-163. | |
| 9/25/25 | 31a | Quiz | Study all material from classes: 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b. | 31a Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 9/25/25 | 31b | Passive Stretches: Technique Demo and Practice - Lower Body | Salvo: Pages 166-174. Packet F: 71-74. | |

Week 17

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|--|---|--|
| 9/30/25 | 32a | Critical Thinking - Case Studies | Class handouts. | |
| 9/30/25 | 32b | Passive Stretches: Guided Full Body | Packet F: 75-76. | Early Warning! Begin working on your assignment 43a Swedish: Outside Massages, particularly OMF #2 - Passive Stretches and BMTs Only. Packet A: 61-62. |
| 10/2/25 | 33a | H&H: Communication Skills | Salvo: Chapter 2. Packet H: 65-66. | Log into your student portal and review your grade report an attendance record. Will you be eligible for clinic by class 56? |
| 10/2/25 | 33b | Chair Massage: Technique Demo and Practice | Salvo: Chapter 15. Packet C: 1-10. RQ - Packet A-174. | Note: This class cannot be made-up in the make-up room. |

Week 18

| | | | | |
|---------|-----|--|---|--|
| 10/7/25 | 34a | Exam | 2.5-hour class. Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 22a, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, and 31b. | 34a Exam Given at the start of class. 150 questions in 120 minutes. Cumulative. Packet A-73. Early Warning! Begin 36b State Law Review Questions. Packet A: 167-172. |
| 10/7/25 | 34b | Chair Massage: Technique Review and Practice (2 hours) | 2-hour class. Salvo: Chapter 15. Packet C: 11-12. | |
| 10/9/25 | 35a | A&P: Cardiovascular System - Blood Cells, Tissues, and the Heart | Trail Guide: adductor group (magnus & gracilis). Salvo: Pages 690-694. Packet E: 65-68. RQ - Packet A-175. | |
| 10/9/25 | 35b | Integration Massage: Swedish and Passive Stretches | Packet F: 58, and 77-78. | Full SOAP notes. |

Week 19

| Date | | Title | Preparation | Assignments and Exams |
|----------|-----|--|---|--|
| 10/14/25 | 36a | A&P: Cardiovascular System - Blood Vessels and Paths of Circulation | Trail Guide: iliopsoas. Salvo: Pages 692-700. Packet E: 69- 72. RQ - Packet A-176. | 36a State Law Review Questions Due on LMS before class starts. Packet B-8. RQ - Packet A: 167-172. |
| 10/14/25 | 36b | Business: Professional Ethics | Read the State laws and rules by searching for "Texas massage rules" or go to: www.tdlr.texas.gov /mas/laws-rules.htm Packet B: 31-32. | |
| 10/16/25 | 37a | Pathology: Circulatory System | Werner: Chapter 5. Packet E: 73-74. RQ - Packet A-177. | |
| 10/16/25 | 37b | Business: State Massage Law and Find a Job | Business Mastery: Chapters 7-11. Packet B: 33-36. RQ - Packet A-178. | |

Week 20

| | | | | |
|----------|-----|--|--|---|
| 10/21/25 | 38a | A&P: Lymphatic System and Immunity | Trail Guide: sartorius and tensor fasciae latae. Salvo: Chapter 27. Packet E: 75-78. RQ - Packet A: 179-180. | Early Warning! Due by class 48b. Get Access to Exam Coach. Packet A-74. |
| 10/21/25 | 38b | Body Mobilization Techniques: Technique Demo and Practice - Prone | Packet F: 79-82. | |
| 10/23/25 | 39a | Pathology: Lymph and Immune System | Werner: Chapter 6. Packet E: 79-82. RQ - Packet A-181. | |
| 10/23/25 | 39b | BMTs: Technique Demo and Practice - Supine | Packet F: 83-84. | |

Week 21

| Date | | Title | Preparation | Assignments and Exams |
|----------|-----|---|---|---|
| 10/28/25 | 40a | A&P: Reproductive System | Trail Guide: lateral rotators of the hip (piriformis and quadratus femoris). Salvo: Chapter 25. Packet E: 83-86. RQ - Packet A-182. | |
| 10/28/25 | 40b | Integration Massage: Swedish and BMT's | Packet F: 85-86. | Early Warning! Begin working on your assignment 43a Swedish: Outside Massages, particularly OMF #2 - Passive Stretches and BMTs only. Packet A: 61-62. |
| 10/30/25 | 41a | Pathology: Reproductive System & Special Populations:HIV& AIDS | Werner: Chapter 11. Packet E: 87-88. RQ - Packet A-183. Packet K: 19-22 | 41a Review Questions Due on LMS before class starts. Packet A: 173-185. |
| 10/30/25 | 41b | Business: Get a Job | Business Mastery: Chapters 12, 13, 14, and Pages 204-205, 274-276. Packet B: 37-41. RQ - Packet A-185. Bring information to complete a resume and begin a cover letter. | 41b Resume & Cover Letter Worked on in class: Due before class 45b. Packet B: 9, and 37-41. We recommend that you bring a laptop or tablet to this class. |

Week 22

| | | | | |
|---------|-----|--|---|---|
| 11/4/25 | 42a | Kinesiology: AOIs - Coxal and Tibiofemoral Joint Muscles | Trail guide: Pages 302-305. RQ - Packet A - 185. | |
| 11/4/25 | 42b | Kinesiology: Synergists: AOIs - Coxal and Tibiofemoral Joint Muscles | Trail Guide: Pages 302-305. | |
| 11/6/25 | 43a | Kinesiology Quiz & Kinesiology: Synergists - Coxal and Tibiofemoral Joint Muscles | Use Trail Guide to study the AOIs of adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, and quadratus femoris. | 43a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. 43a Swedish: Outside Massages Due before class starts. Complete 2 OMFs and 2 SOAP notes using Swedish for #1 and Passive Stretches and BMTs for #2. Packet A: 57-62. |
| 11/6/25 | 43b | Integration Massage: Swedish, Passive Stretches, and BMTs | Packet F: 87-88. | |

Week 23

| Date | Title | | Preparation | Assignments and Exams |
|----------|-------|--|--|--|
| 11/11/25 | 44a | Quiz | Study all material from: 33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a | 44a Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 11/11/25 | 44b | Integration Massage: Practical Exam | Prepare to perform a 60-minute full body massage integrating Swedish, Passive Stretches, and BMTs. | 44b Integration Massage: Practical Exam Packet A: 91-92, and 95-96. Grader-evaluated full SOAP notes. Bring A: 95 for grading. "Dress Like An Intern" Packet I: 6-7. |
| 11/13/25 | 45a | History of Massage: Prehistoric through Modern Era | Salvo: Chapter 1. Packet F: 89-96. RQ - Packet A-190. | |
| 11/13/25 | 45b | Business: Self-employment and Marketing | Business Mastery: Chapters 15 and 30, and Skim Chapter 16. Packet B: 42-52. RQ - Packet A-191. 45b Target Market Analysis Worked on in class: Due during class 50b Packet B 11-14. | 45b Typed Cover Letter & Resume Due before class starts. Can be emailed to Instructor or through LMS (if applicable). Packet B-9. |

Week 24

| | | | | |
|----------|-----|---|---|---|
| 11/18/25 | 46a | Exam | Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, and 43a. | 46a Exam Given at the start of class. 200 questions in 160 minutes. Cumulative. Packet A-73. |
| 11/18/25 | 46b | Chair Massage: Technique Review | 1.5-hour class. Packet C: 11-12. | |
| 11/20/25 | 47a | A&P: Pregnancy | Trail Guide: brachialis. Salvo: Pages 227-236 and 674-683. Packet E: 89-96. RQ - Packet A-192. | |
| 11/20/25 | 47b | Side-lying and Pregnancy Massage: Technique Demo and Practice | Packet F: 97-100. | Side-lying Supplies: 4 pillows and 5 pillowcases, OR 3 pillows, 1 body pillow, 3 pillow cases, and an extra flat sheet or 2 more pillow cases. Note: This class cannot be made-up in the make-up room. |

Week 25

| Date | Title | | Preparation | Assignments and Exams |
|----------|-------|---|--|---|
| 11/25/25 | 48a | A&P: Nervous System - Introduction, Physiology, and Cells | Trail Guide: brachioradialis. Salvo: Pages 625-630. Packet E: 97-102. RQ - Packet A-193. | Side-lying Supplies: Same as 47b. |
| 11/25/25 | 48b | Side-lying and Pregnancy Massage: Technique Review and Practice | Packet F: 97-100. | Get Access to Exam Coach Done before class starts. Packet A-74. Note: This class cannot be made-up in the make-up room. |
| 11/27/25 | | Thanksgiving Break | No Class Today | |

Week 26

| | | | | |
|---------|-----|--|---|--|
| 12/2/25 | 49a | A&P: Nervous System - Synaptic Transmission and Central Nervous System | Trail Guide: flexors of the wrist and fingers (flexor digitorum superficialis). Salvo: Pages 630-636. Packet E: 103-108. RQ - Packet A-194. | |
| 12/2/25 | 49b | Side-lying and Pregnancy Massage: Guided Full Body | | Side-lying Supplies: Same as 47b. Note: This class cannot be made-up in the make-up room. |
| 12/4/25 | 50a | A&P: Nervous System - Peripheral Nervous System | Trail Guide: extensors of the wrist and fingers (extensor digitorum). Salvo: Pages 636-642. Packet E: 109-112. RQ - Packet A-195. | |
| 12/4/25 | 50b | Business: Marketing | Business Mastery: Chapters 24, 26, 27, & 31. Packet B: 53-60. Packet B-55 for the ABMP.com "Website Builder" instructions. RQ - Packet A-196. | 50b Target Market Analysis and Strategies and Tactics To be worked on in class: Due before end of this class 50b. Packet B: 17-18. |

Week 27

| Date | Title | | Preparation | Assignments and Exams |
|----------|-------|--|---|--|
| 12/9/25 | 51a | A&P: Nervous System - Autonomic Nervous System and Sensory Receptors | Salvo: Pages 642-647. Packet E: 113-116. RQ - Packet A-197. | |
| 12/9/25 | 51b | Kinesiology: AOIs - Elbow, Wrist, and Finger Joint Muscles | | Early Warning! Begin 53a Internship Review Questions Packet A: 187-188 |
| 12/11/25 | 52a | Kinesiology Quiz & Pathology: Nervous System | Werner: Chapter 4. Packet E: 117-122. RQ - Packet A: 198-199. Use Trail Guide to study the AOIs of brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum. | 52a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73. |
| 12/11/25 | 52b | Integration Massage: Deep Swedish | Packet D: 1-4. | |

Week 28

| | | | | |
|----------|-----|---|---|---|
| 12/16/25 | 53a | Deep Tissue: Introduction | Trail Guide: quadratus lumborum. Packet D: 5-10 | 53a Internship Orientation Review Questions Due on paper before class starts. Packet A: 187-188. Use packet I: 1-14 to do this assignment. |
| 12/16/25 | 53b | Deep Tissue: Technique Demo and Practice - Posterior Upper Body | Packet D: 11-14. | |
| 12/18/25 | 54a | A&P: Endocrine System | Salvo: Chapter 24. Packet E: 133-134. RQ - Packet A: 200-201. | |
| 12/18/25 | 54b | Deep Tissue: Technique Demo and Practice - Posterior Lower Body | Packet D: 15-18. | Early Warning! Begin working on your assignment 62a, OMF #3 - Deep Tissue: Posterior Upper and Lower Body Only. Packet A: 63-64. |

Week 29

| Date | Title | | Preparation | Assignments and Exams |
|----------|-------|---|--|---|
| 12/23/25 | 55a | Pathology: Endocrine System | Werner: Chapter 9. Packet E: 133-134. RQ - Packet A-202. | 55a Review Questions Due on LMS before class starts. Packet A: 189-202. End of Second Quarter: You will be issued a Quarterly Report within 2 weeks. |
| 12/23/25 | 55b | Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body | Packet D: 19-20. Packet F-58. | In Class: Full SOAP notes. |
| 12/25/25 | | Winter Break | No Class Today | |

Week 31

| | | | | |
|--------|-----|--|--|---|
| 1/6/26 | 56a | Internship Orientation | Packet I: 1-32. | |
| 1/6/26 | 56b | Mock Internship | Packet I: 1-32. Note: This class cannot be made-up in the make-up room. | In Class: Internship-evaluated full SOAP notes. NOTE: Bring sheets that are clean and ready for YOUR CLIENT to lie on. "Dress Like An Intern" Packet I: 6-7. |
| 1/8/26 | 57a | Quiz | Study all material from classes: 45a/b, 47a, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, and 56a/b. | 57a Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 1/8/26 | 57b | Deep Tissue: Technique Demo and Practice - Anterior Lower Body | Packet D: 21-26. | |

Week 32

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|--|--|---|
| 1/13/26 | 58a | Clinical Assessment: Structural Anatomy (Part I) | Class handouts. | Note: Wear athletic or tight fitting clothing in order to make it easier to do the body viewing. |
| 1/13/26 | 58b | Deep Tissue: Technique Demo and Practice - Anterior Upper Body | Packet D: 27-30. | Early Warning! Begin working on your assignment 62a Deep Tissue: Outside Massages, particularly OMF #4 - Deep Tissue: Anterior Upper and Lower Body Only. Packet A: 65-66. |
| 1/15/26 | 59a | A&P: Psychoneuro- immunology | Packet E: 135-144. RQ - Packet A-204. | |
| 1/15/26 | 59b | Deep Tissue: Technique Review and Practice - Anterior Lower and Upper Body | Packet D: 31-32. | |

Week 33

| | | | | |
|---------|-----|------------------------------------|---|--|
| 1/20/26 | 60a | Exam | Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, 43a, 45a/b, 47a, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, and 56a/b. | 60a Exam Given at the start of class. 200 questions in 160 minutes. Cumulative. |
| 1/20/26 | 60b | Chair Massage: Technique Review | 1.5-hour class. Packet C: 11-12. | |
| 1/22/26 | 61a | A&P: Respiratory System | Trail Guide: diaphragm. Salvo: Chapter 28. Packet E: 145-150. RQ - Packet A: 205-206. | |
| 1/22/26 | 61b | Deep Tissue: Guided Full Body | Packet D: 33-34. | |

Week 34

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|---|---|---|
| 1/27/26 | 62a | Pathology: Respiratory System | Werner: Chapter 7. Packet E: 151-152. RQ - Packet A-207. | 62a Deep Tissue: Outside Massages Due before class starts. Complete 2 OMFs using Deep Tissue, Prone only #3 and Supine only #4, and 2 SOAP notes. Packet A: 57-58 and 63-66. |
| 1/27/26 | 62b | Deep Tissue: Touch Assessment | Prepare to perform a Deep Tissue massage on 1 assigned body area. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | 62b Deep Tissue: Touch Assessment Packet A: 81-82, and 85-86. Bring A: 85 for grading, optional laptop/tablet for Exam Coach/Quizlet, and be prepared to retake or make up missed tests. "Dress Like An Intern" Packet I: 6-7. |
| 1/29/26 | 63a | A&P: Digestive System | Salvo: Chapter 29. Packet E: 153-160. RQ - Packet A: 208-209. | |
| 1/29/26 | 63b | Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue | Packet D: 35-38. Packet F-58. | In Class: Full SOAP notes with date, first names, and last names. Signatures and date on intake form. |

Week 35

| | | | | |
|--------|-----|--|---|---|
| 2/3/26 | 64a | Pathology: Digestive System | Werner: Chapter 8. Packet E: 161-164. RQ - Packet A-210. | |
| 2/3/26 | 64b | Business: Taxes and Bookkeeping | Business Mastery: Chapter 20. Packet B: 23-24, and 61-65. RQ - Packet A-211. 64b Cash Flow Forecast Will be completed in this class and then will be summarized in Section 4 of the Executive Summary. Packet B: 23-24. | 64b Executive Summary Packet B: 21-22, Sections 1-4 to be done in class and then the completed Executive Summary will be handed in at end of class. |
| 2/5/26 | 65a | A&P: Urinary System | Salvo: Chapter 30. Packet E: 165-170. RQ - Packet A: 212-213. | ABMP Exam Coach Begin looking at the required preparations for the MBLEx Prep classes. Packet A-74. |
| 2/5/26 | 65b | Business: Meet Employers and Self-employed Therapists | Packet B: 25, and 66-67. Have ready 10 questions to ask the panelists. | |

Week 36

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|----------------------------------|--|---|
| 2/10/26 | 66a | Quiz | Study all material from classes: 59a, 61a, 62a, 63a, 64a/b, 65a/b. | 66a Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. 66a Review Questions Due on LMS before class starts. Packet A: 203-214. |
| 2/10/26 | 66b | Survey of Massage Modalities | Packet F: 101-104, 105-108 | |
| 2/12/26 | 67a | Pathology: Urinary System | Werner: Chapter 10. Packet E: 171-172. RQ - Packet A-214. | |
| 2/12/26 | 67b | Kinesiology: AOIs - Review | | |

Week 37

| | | | | |
|---------|-----|--|--|--|
| 2/17/26 | 68a | Kinesiology Quiz | Use Trail Guide to study the AOIs of all 57 muscles covered so far. | 68a Kinesiology Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 2/17/26 | 68b | Integration Massage: "Role Play Scenario" | NOTE: Students should bring pillows for side-lying, if needed. | Full SOAP notes and intake forms to be done in class. |
| 2/19/25 | 69a | Introduction to Myofascial Release | Class Handouts | |
| 2/19/25 | 69b | Myofascial Release: Demo and Practice | | |

Week 38

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|--|---|--|
| 2/24/26 | 70a | Exam | Study all material from classes 0b, 2a/b, 3a/b, 4a, 5a/b, 6a, 7a, 8b, 9a/b, 11a, 12a, 13a/b, 15a, 16a, 17a/b, 18a, 20a/b, 21b, 23a, 24a/b, 25a, 26a, 27a, 28a, 29a/b, 30a/b, 31b, 33b, 35a, 36a, 37a/b, 38a, 39a, 40a/b, 41a/b, 42b, 43a, 45a/b, 47a/b, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, 56a/b, 59a, 61a, 62a, 63a, 64a/b, 65a/b, 66a, and 67b. | 70a Exam Given at the start of class. 200 questions in 160 minutes. Cumulative. |
| 2/24/26 | 70b | Chair Massage Review (1.5 hours) | 1.5 hour class. Packet C: 11-12. | |
| 2/26/26 | 71a | Sports Massage: Theory | Packet F: 109-114. | |
| 2/26/26 | 71b | Sports Massage: Technique Demo and Practice - Pre-Event and Post-Event | Packet F: 115-116. | Sports Massage Day! Wear clothes that you can be stretched in. |

Week 39

| | | | | |
|--------|-----|---|---|--|
| 3/3/26 | 72a | Orthopedic Massage: Introduction | Packet J: 1-35. | |
| 3/3/26 | 72b | Orthopedic Massage: Techniques & Effects | Packet J: 36-48. | |
| 3/5/26 | 73a | Orthopedic Massage: Introduction - Piriformis & Sacroiliac | Trail Guide: lateral rotators of the hip (quadratus femoris and piriformis). Packet J: 49-54. | |
| 3/5/26 | 73b | Orthopedic Massage: Technique Demo and Practice - Piriformis & Sacroiliac | Packet J: 55-62. | |

Week 40

| Date | Title | | Preparation | Assignments and Exams |
|---------|-------|--|---|---|
| 3/10/26 | 74a | MBLEx Prep | ABMP Exam Coach "Massage Theory". Only 'Benefits and Effects' and 'Cautions and Contraindications' topics. Packet A-74. | |
| 3/10/26 | 74b | Orthopedic Massage: Technique Review and Practice - Piri/ SI | Packet J: 55-62 and 63-64. | |
| 3/12/26 | 75a | Special Populations: Introduction and Psychiatric Disorders | Salvo: Chapter 11 Werner: Pages 170-187. Packet K: 1-18. | |
| 3/12/26 | 75b | Orthopedic Massage: Spot Check - Piriformis & Sacroiliac | Prepare to demonstrate the Piriformis & Sacroiliac protocol. Packet J: 63-64. Packet F-58. | 75b Orthopedic Massage: Spot Check - Piriformis & Sacroiliac Packet A: 91-92, and 97-98. Bring A: 97 to class for grading. |

Week 41

| | | | | |
|---------|-----|--|--|---|
| 3/17/26 | 76a | Orthopedic Massage: Introduction- Low Back Pain | Trail Guide: quadratus lumborum, and transversospinalis group (multifidi and rotatores). Packet J: 65-68 | |
| 3/17/26 | 76b | Orthopedic Massage: Technique Demo and Practice - Low Back Pain | Packet J: 69-76. | Early Warning! Begin working on OMF #5 - Piriformis & SI OR Low Back Pain. Packet A: 67-68. |
| 3/19/26 | 77a | Myofascial and Fascia Techniques (Part II) | Class Handouts | |
| 3/19/26 | 77b | Orthopedic Massage: Technique Review and Practice - Low Back Pain | Packet J: 69-76 and 77-78. | |

Week 42

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|--|---|---|
| 3/24/26 | 78a | Kinesiology Quiz | Use Trail Guide to study the AOIs of erectors, lats, quadratus lumborum, multifidi, and rotatores, gluteals, hamstrings, quadriceps group, biceps femoris, quadratus femoris, and piriformis. | 78a Kinesiology Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 3/24/26 | 78b | Orthopedic Massage: Spot Check - Low Back Pain | Prepare to demonstrate the the Low Back Pain protocol. Packet J: 77-78. Packet F-58. | 78b Ortho Massage: Spot Check - Low Back Pain Packet A: 91-92, and 99-100. Bring A: 99 to class. |
| 3/26/26 | 79a | Orthopedic Massage: Introduction - Rotator Cuff & Carpal Tunnel | Trail Guide: flexors of the wrist and fingers (flexor pollicis longus and flexor digitorum profundus). Packet J: 79-84. | |
| 3/26/26 | 79b | Orthopedic Massage: Technique Demo and Practice - Rotator Cuff & Carpal Tunnel | Packet J: 85-94. | |

Week 43

| | | | | |
|---------|-----|---|--|--|
| 3/31/26 | 80a | MBLEEx Prep | ABMP Exam Coach "Ethics, Boundaries, and Laws" All 4 Topics. Packet A-74. | |
| 3/31/26 | 80b | Orthopedic Massage: Technique Review and Practice - RC/CT | Packet J: 95-96. | |
| 4/2/26 | 81a | MBLEEx Prep | ABMP Exam Coach "Client Assessment and Session Planning". 8 Topics. ABMP Exam Coach "Massage Professional Practices". All 4 Topics. Packet A-74. | |
| 4/2/26 | 81b | Orthopedic Massage: Spot Check - RC/CT | Prepare to demonstrate the Rotator Cuff & Carpal Tunnel. Packet J: 95-96. Packet F-58. | 81b Orthopedic Massage: Spot Check - RC/CT Packet A: 91-92, and 91-102. Bring A: 101 to class. |

Week 44

| Date | | Title | Preparation | Assignments and Exams |
|--------|-----|--|---|--|
| 4/7/26 | 82a | Orthopedic Massage: Introduction - Thoracic Outlet | Trail Guide: scalenes, pectoralis minor, and coracobrachialis. Packet J: 97-101. | |
| 4/7/26 | 82b | Orthopedic Massage: Technique Demo and Practice - Thoracic Outlet | Packet J: 102-106. | Early Warning! Begin working on your OMF #6 - Rotator & Carpal or Thoracic Outlet. A: 69-70. |
| 4/9/26 | 83a | Clinical Assessment: Structural Anatomy (Part II) | Class handouts. | Note: Wear athletic or tight fitting clothing in order to make it easier to do the body viewing. |
| 4/9/26 | 83b | Orthopedic Massage: Technique Review and Practice - Thoracic Outlet | Packet J: 102-106 & 107-108. | End of Third Quarter: A Quarterly Report will be issued within 2 weeks. |

Week 45

| | | | | |
|---------|-----|---|--|---|
| 4/14/26 | 84a | Kinesiology Quiz & MBLEx Prep | Use Trail Guide to study the AOIs of pec. major & minor, coracobrachialis, biceps, SCM, scalenes, rotator cuff, flex. dig. super. , ext. dig. , flex. pollicis long., and flex. dig. profundus. ABMP Exam Coach "Career Development". All 4 Topics. Packet A-74. | 84a Kinesiology Quiz Given at the start of class. 50 questions in 40 minutes. |
| 4/14/26 | 84b | Orthopedic Massage: Spot Check - Thoracic Outlet | Prepare to perform the Thoracic Outlet protocol. Same as class 81b. Packet J: 107-108. | 84b Orthopedic Massage: Spot Check - Thoracic Outlet Packet A: 91-92, and 103-104. Bring A: 103 to class. |
| 4/16/26 | 85a | Orthopedic Massage: Introduction - Neck Pain | Trail Guide: transversospinalis (semispinalis capitis), and splenius capitis and cervicis. Packet J: 109-112. | 85a Orthopedic Massage: Outside Massages Due before class starts. Packet A: 57-58 and 67-70. |
| 4/16/26 | 85b | Orthopedic Massage: Technique Demo and Practice - Neck Pain | Packet J: 113-116. | |

Week 46

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|--|--|---|
| 4/21/26 | 86a | MBLEx Prep | ABMP Exam Coach "Special Populations". All 7 Topics. Packet A-74. | |
| 4/21/26 | 86b | Orthopedic Massage: Technique Review and Practice - Neck Pain | Packet J: 113-116 & 117-118. | |
| 4/23/26 | 87a | MBLEx Prep | ABMP Exam Coach "Pathology". Only Basics, Medications, and Integumentary System. | |
| 4/23/26 | 87b | Orthopedic Massage: Touch Assessment | Prepare to perform 1 of the 5 orthopedic protocols. | 87b Orthopedic Massage: Touch Assessment Packet A: 81-82, and 87-88. Bring A: 87 to class for grading , laptop/tablet for Exam Coach/Quizlet, and be prepared to retake/make up missed tests. "Dress Like An Intern" Packet I: 6-7. |

Week 47

| | | | | |
|---------|-----|--|--|--|
| 4/28/26 | 88a | Deep Massage: History | Packet L: 1-8. Lauterstein: Chapters 1-2. | |
| 4/28/26 | 88b | Deep Massage: Introduction | Packet L: 9-16. Lauterstein: Chapters 3-6 and pages 102-104, and 172-174. Thixotrophy, Tensegrity, and Role of the Nervous System, Steps of a Fulcrum, Working State, and Working Signs. | |
| 4/30/26 | 89a | Practice MBLEx | The previous 88 classes are the preparation for this exam. | 89a Practice MBLEx Given at the start of class. 100 questions in 120 minutes. Packet A-73. |
| 4/30/26 | 89b | Chair Massage, BMTs, Passive Stretches, and Side- lying Massage | 2-hour class. Packet C: 11-12. | |

Week 48

| Date | | Title | Preparation | Assignments and Exams |
|--------|-----|---|--|--|
| 5/5/26 | 90a | Kinesiology Quiz | Use the Trail Guide to study the AOIs of erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis and cervicis, semispinalis capitis, gluteals, fibularis longus and brevis, tibialis anterior, soleus, gastrocnemius, hamstrings, TFL, and quads. | 90a Kinesiology Quiz Given at the start of class. 50 questions in 40 minutes. Packet A-73. |
| 5/5/26 | 90b | Deep Massage: Technique Demo and Practice - Posterior Back and Neck | Packet L: 17-26. Lauterstein: Chapter 7 Lauterstein: Pages 140-142, and 166-171. | |
| 5/7/26 | 91a | Kinesiology: Palpation - Anterior & Posterior Legs, Posterior Back & Neck | Use Trail Guide to study the AOIs of gluteals, fibularis longus and brevis, tibialis anterior, soleus, hamstrings, gastrocnemius, TFL, and quads. | |
| 5/7/26 | 91b | Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs | Packet L: 27-36. Lauterstein: Chapters 9 and 11. | |

Week 49

| | | | | |
|---------|-----|---|--|--|
| 5/12/26 | 92a | Deep Massage: Working at Interface & The Seven Dimensions of Touch | Packet L: 37-40. Lauterstein: Chapters 6, 8, 10, 12, 14, 16, and 18. Lauterstein: Pages 13-23. | |
| 5/12/26 | 92b | Deep Massage: Technique Review and Practice - Posterior | Packet L: 17-30. Lauterstein: Chapter 7, 9, and 11 and pages 140-142, and 166-171. | |
| 5/14/26 | 93a | Kinesiology: Palpation - Anterior Torso and Arms | | |
| 5/14/26 | 93b | Deep Massage: Technique Demo and Practice - Anterior Torso and Arms | Packet L: 41-48. Lauterstein: Chapter 13 and 15. | |

Week 50

| Date | | Title | Preparation | Assignments and Exams |
|---------|-----|--|--|--|
| 5/19/26 | 94a | Kinesiology Quiz & Kinesiology: Palpation - Neck, Face, and Scalp | Use Trail Guide to study the AOIs of scalenes, frontalis, temporalis, and masseter, rectus abdominis, quadratus lumborum, diaphragm, deltoid, pec major, biceps brachii, triceps brachii, and brachialis, gluteals, fibularis longus and brevis, tibialis anterior, soleus, hamstrings, gastrocnemius, TFL, quads and adductors. | 94a Kinesiology Quiz Given at the start of class. 75 questions in 60 minutes. Packet A-73. |
| 5/19/26 | 94b | Deep Massage: Technique Demo Review and Practice - Supine Anterior - Neck, Face, and Scalp | Packet L: 49-54. Packet L: 31-36 and 41-54. Lauterstein: Chapters 15 and 17. | |
| 5/21/26 | 95a | Special Populations: Seniors, Hospice and End of Life | Packet K: 23-28. Packet K: 29-38. | |
| 5/21/26 | 95b | Deep Massage: Guided Full Body | Packet L: 16. Lauterstein: Chapter 19. | |

Week 51

| | | | | |
|---------|-----|---|--|---|
| 5/26/26 | 96a | Special Populations: Cancer | Packet K: 39-58. | |
| 5/26/26 | 96b | Deep Massage: Touch Assessment | Prepare to massage 1 assigned body area such as the posterior upper body, posterior lower body, anterior lower body, or anterior upper body. Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment. | 96b Deep Massage: Touch Assessment Packet A: 81-82 and 89-90. Bring A: 89 to class for grading , optional laptop/tablet for Exam Coach/Quizlet, and be prepared to retake or make up missed tests. "Dress Like An Intern" Packet I: 6-7. |
| 5/28/26 | 97a | Myofascial and Fascia Techniques (Part III) | Class handouts. | |
| 5/28/26 | 97b | Myofascial and Fascia Techniques: Demo and Practice | | |

Week 52

| Date | | Title | Preparation | Assignments and Exams |
|--------|-----|--|---|---|
| 6/2/26 | 98a | Critical Thinking Case Studies (1 hour) | 1hr class. Use your critical thinking skills to create interview questions and design a session outline for your unique client. | |
| 6/2/26 | 98b | Integration Massage: Receiver's Choice (3.5 hours) | 3.5hr class. Prepare to integrate various modalities to create a 90 minute session. | |
| 6/4/26 | 99a | End of Scheduled Classes (4 hours and 15 minutes) | Be prepared to share thoughts, feelings, and experiences to bring closure to your TLC education. | Clean Sweep! Please continue to maintain records of your grades at least until you get your official transcript. Thank you! |
| | 99b | Exit Meeting (15 minutes) | To be scheduled only after you have met all academic and financial requirements. | Please use link provided in the "Finishing Up" email. |

Blank Page

Hydrotherapy Supplies for Classes 24b, 25b, 26b, 27b, 28.

| | |
|---|---|
| Class 24b | Hydrotherapy: Theory and Technique Demo Only your class binder is needed |
| For classes 25b, 26b, 27b, and 28b you will need 1 set of sheets, a blanket, a pillow case or face cradle cover, and an additional pillow case if you are doing chest draping. 1 medium plastic trash bag is also needed for each class to collect wet towels. | |
| Class 25b | Hydrotherapy: Dry Brushing, Cold Water Wash, Hand and Foot Treatment <u>Dry brushing</u> <ul style="list-style-type: none"> •1 Dry brush (may be purchased at TLC) <u>Cold Water Wash</u> <ul style="list-style-type: none"> •1 washcloth for the cold water wash <u>Hand and Foot Treatment</u> <ul style="list-style-type: none"> •Sea salt to create a scrub (4-5 spoonfuls) •Massage cream to make the scrub •Small cup for mixing up the scrub •1 bath towel to place under the legs/feet to collect the scrub •2 hand towels that will stay dry for collecting the scrub under each arm/hand •4 hand towels to place in the towel warmer to remove the scrub |
| Class 26b | Hydrotherapy: Cold Water Treading, Hot Towel Treatment <u>Cold Water Treading</u> <ul style="list-style-type: none"> •Flip flops/footwear to put your wet feet into after you tread water •Shorts/pants that you can roll up to your knee so they don't get wet •Towel for drying legs <u>Hot Towel Treatment</u> <ul style="list-style-type: none"> •2 hand towels to place in the towel warmer for the back/neck/face treatment <u>Select 1 additional treatment from the three treatments in Class 25b (see above)</u> <ul style="list-style-type: none"> •Dry Brushing •Cold Water Wash •Hand and Foot Treatment |
| Class 27b | Hydrotherapy: Cold and Contrast Treatments <ul style="list-style-type: none"> •4 hand towels or washcloths to dry hands after contrast treatments and to wipe up ice dripping from ice cup treatments |
| Class 28b | Integration Massage: Swedish and Hydrotherapy <ul style="list-style-type: none"> •Partners assigned in Class 27b for opportunity to prepare •Receiver chooses 3 treatments from classes 25b, 26b, and 27b: <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: center;"> Dry Brushing Hand and Foot Treatment Ice Cup Treatment </div> <div style="text-align: center;"> Cold Water Wash Hot Towel Treatment </div> </div> |

If you need further clarification, please speak with your instructor.