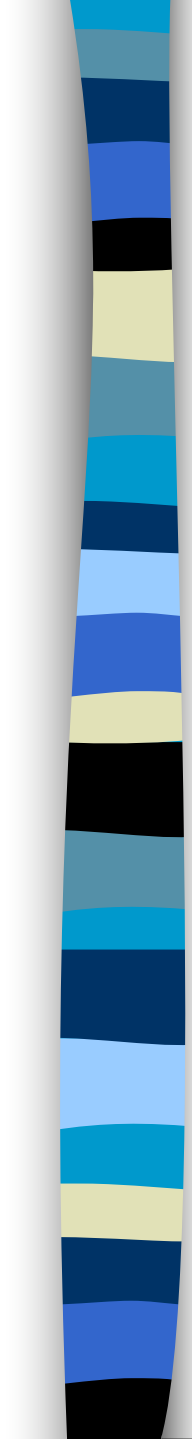


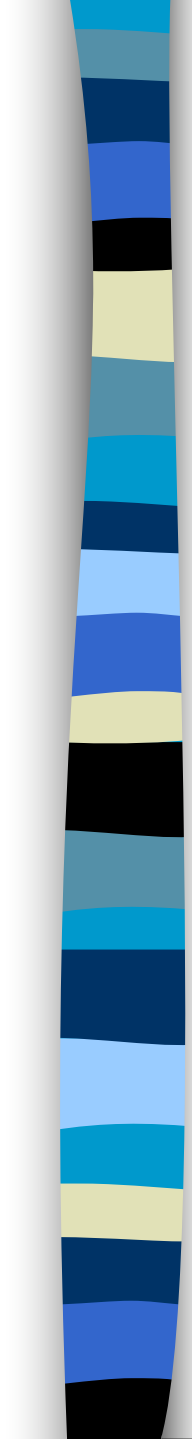


53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body



53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 nd trade technique demo and practice
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body

Class Reminders

Assignments:

- 55a Review Questions (due before class starts)

Quizzes:

- 57a Quiz (45a/b, 47a, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, and 56a/b)

Preparation for upcoming classes:

- 54a A&P: Endocrine System
Packet E: 123-132; RQ - Packet A: 192-193.
- 54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body
Packet D: 15-18.
- 56a/b Internship: ***This class cannot be made up in the make-up room.*** To schedule a sit-in, please contact the Student Administrator.
- 58a Clinical Assessment: Structural Anatomy (Part I)



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.



53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body

Packet D - 11



Overview: Posterior Upper Body

Infraspinatus and Teres Minor

- Deep Effleurage

Triceps Brachii

- Deep effleurage

Upper Trapezius, Supraspinatus, and Levator Scapula

- Deep Effleurage

Rhomboids

- Deep Effleurage

Erector Spinae Group

- Deep Effleurage

Quadratus Lumborum

- Deep Effleurage



Infraspinatus and Teres Minor

Deep Effleurage

- Warm, mobilize, and soften
- Hang the client's arm off the side of the table
- Stand alongside the client facing up the table
- Stand right next to the arm
- Work from origin to insertion using a loose fist of the inside hand
- Drop into your stance to achieve pressure
- Work more laterally than superiorly
- Feel and listen for adhesions, trigger points, or areas of tension



Triceps Brachii

Deep Effleurage

- Warm, mobilize, and soften
- Hang the client's arm off the side of the table
- Stand in a lunge alongside the client's waist facing up the table
- Outside hand grasps beneath the biceps and adducts the arm until your fingertips nestle against the table
- Work from insertion to origin using a loose fist of the inside hand addressing the medial and long heads of triceps brachii
- Drop into your stance to achieve pressure
- Inside hand switches to lightly traction the arm while the outside hand addresses the lateral head of triceps brachii
- Drop into your stance to achieve pressure
- Feel and listen for adhesions, trigger points, or areas of tension



Upper Trapezius, Supraspinatus, and Levator Scapula

Deep Effleurage

- Warm, mobilize, and soften
- Standing at the head of the table facing down
- Use soft fist of inside hand, thumb/radial side up
- Brace your elbow against your abdomen and lean in to increase pressure
- Compressively effleurage from base of neck to acromion
- Lighten up over bony areas
- Feel and listen for adhesions, trigger points, or areas of tension



Rhomboids

Deep Effleurage

- Warm, mobilize, and soften
- Standing at the head of the table facing down toward the feet
- Use your lunge for movement
- Use proximal ulna of the outside arm (left arm if you are working on the left side; right arm if you are working on the right side)
- Stroke inferiorly across the rhomboid insertions, tracing the medial border of the scapula from the superior angle and around to the lateral side of the inferior angle
- Feel and listen for adhesions, trigger points, or areas of tension



Erector Spinae Group

Deep Effleurage

- Warm, mobilize, and soften
- Stand facing down the table near the corner
- Use the proximal ulna of the inside arm to make two passes of deep effleurage down the back, beginning near T1
- **First pass:** the ulna is parallel to spine and positioned just lateral to spinous processes (Be careful not to dig into them)
- Sink in, then glide down through the lamina groove, addressing spinalis and multifidus, and end on the sacrum
- It may be necessary to lift the hand to avoid running it into the gluteals as you approach the low back. Be aware of how this movement sharpens your contact and reduce pressure accordingly



Erector Spinae Group

Deep Effleurage

- **Second pass:**
- Use the gluteal drape and uncover the glute
- Begin in same spot as first, near T1 with ulna parallel to spine
- Once you pass the inferior angle of the scapula, angle the forearm laterally; bring your wrist towards your torso as you continue to stroke inferiorly
- This pass is more lateral, addressing longissimus and iliocostalis
- When you reach the ilium, use the soft forearm flexors to cross over the iliac crest and finish stroke in the upper gluteals
- Feel and listen for adhesions, trigger points, or areas of tension



Quadratus Lumborum

Deep Effleurage

- Warm, mobilize, and soften
- Standing in a lunge next to the hip (ilium)
- Face up the table
- Use the forearm/proximal ulna of the inside hand to sink into the corner created by the spine and ilium; let your forearm rest in the “groove” between the last rib and the hip
- Bend your knees to draw the contact of your arm around the body, laterally and anteriorly, tracing the superior edge of the hip
- Move slowly and be careful of compressing the 12th rib
- Be careful not to pinch the body near the table
- Feel and listen for adhesions, trigger points, or areas of tension



Overview: Posterior Upper Body

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- Deep Effleurage

Quadratus Lumborum

- Deep Effleurage



53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body