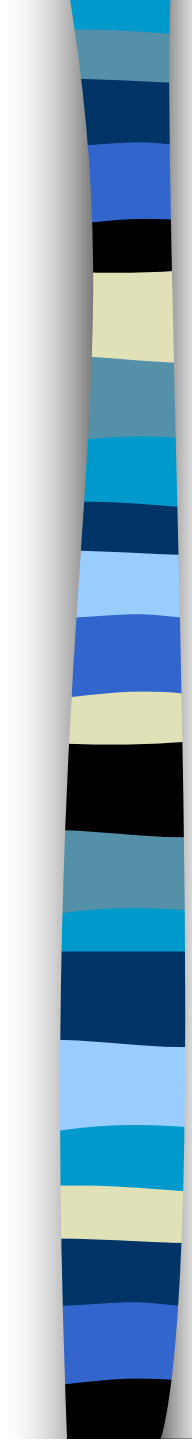




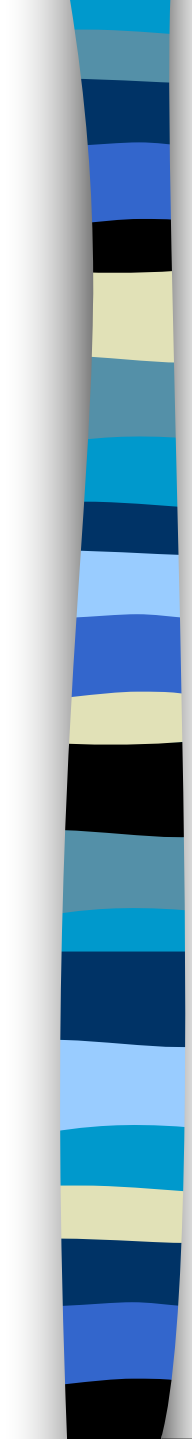
55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body



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Class Outline

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



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Class Reminders

Assignments:

- In class: Full SOAP Notes with date, first/last names; signatures and date on intake form
- 55a End of Second Quarter (you will receive a Quarterly Report within 2 weeks)
- 62a Deep Tissue Outside Massages (due before class starts)

Quizzes and Exams:

- 57a Quiz (45a/b, 47a, 48a, 49a, 50a/b, 51a/b, 52a, 54a, 55a, and 56a/b)
- 60a Exam

Practical Exams:

- 62b Deep Tissue: Touch Assessment

Preparation for upcoming classes:

- 56a/b Internship: ***This class cannot be made up in the make-up room.*** To schedule a sit-in, please contact the Student Administrator. See Packet pages I-40ff.
- 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.



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Packet D – 19

Full SOAP notes. Preparation for clinic:

1. Sign Intake after client signs
2. Full names and Dates ASAP
3. Fill out Subjective, Objective top lines and before assessment during interview
4. As your client is changing, fill out Objective Prone and Supine and start your plan
5. Once client is dressed, get their after Assessment
You'll only have 5-15 minutes in Clinic, be quick and thorough.



Posterior Upper

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

Posterior Lower

Latissimus Dorsi, Erector Spinae, and Gluteals

- Broad Cross Fiber

Gluteus Maximus

- Deep Effleurage

Hamstrings

- Deep Effleurage
- Deep Transverse Friction and Melting

Gastrocnemius and Soleus

- Deep Effleurage
- Stripping



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