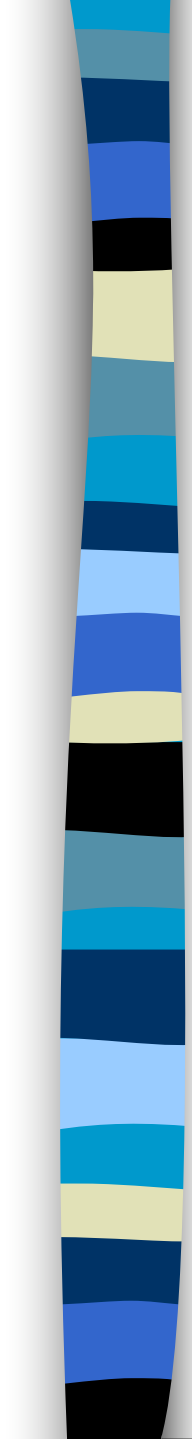




## 58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body



## 58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body Class Outline

*May need to adjust the schedule if "a" class runs long.*

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

# 58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body

## Class Reminders

### ABMP Exam Coach

“Access your ABMP account” using instructions on page A-74

Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section

Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

### Assignments:

- 62a Deep Tissue Outside Massages (due before class starts)
- 64b Executive Summary (due before the end of class)  
Packet pages 21-22; Sections 1-4 to be done *in* class.  
The completed Executive Summary to be handed in at end of class.

### Quizzes and Exams:

- 60a Exam

### Practical Exams:

- 62b Deep Tissue: Touch Assessment

### Preparation for upcoming classes:

- 59a A&P: Psychoneuroimmunology  
Packet E: 135-144.; RQ – Packet A-196.
- 59b Deep Tissue: Technique Review and Practice –  
Anterior Lower and Upper Body; Packet D: 31-32.



# 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.*



## 58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body

Packet D - 27



# Pectoralis Major

## Compressive Effleurage

- Warm, mobilize, and soften
- Standing in a lunge next to the client's torso, face up the table
- Using the heel of the inside hand, compress pectoralis major and stroke toward the insertion with the fingers leading the way
- Using the outside hand, follow up with a lighter, soothing stroke leading with the heel of the palm
- Alternate between compressive and soothing strokes in a hand chasing hand fashion
- **Alternative:** with shoulder abducted 90 degrees and elbow bent, use your outside hand to hold the client's forearm at the wrist and gently rotate arm superiorly (externally rotate) and effleurage compressively with the inside hand
- Feel and listen for adhesions, trigger points, or areas of tension



# Pectoralis Major

## Superficial and Deep Friction

- Warm, mobilize, and soften
- Standing in a short lunge near the client's shoulder, face the table  
**Alternatively:** face across the body at the chest to work origin to insertion
- Using your fingertips, apply circular friction to pectoralis major
- Begin with superficial friction, sliding over the skin
- As you encounter areas of interest you may sink to a deeper level and apply deep friction (circular or cross-fiber), or melting
- Experiment with client's arm positioning and body position alongside table to introduce stretch or slack in the tissues.
- If client's arm is very heavy, the arm may remain by their side, or lay at the side or top corner of table if comfortable for client
- Feel and listen for adhesions, trigger points, or areas of tension



# Anterior Deltoid, Biceps Brachii, Brachialis and Brachioradialis

## BMT Fiber Spreading

- Warm, mobilize, and soften
- Standing alongside the client at the shoulder, face the table
- Inside hand flexes the client's elbow to 90 degrees, with client's palm facing client to align the attachments
- **First:** with the palm of your up table hand, compress the anterior deltoid and biceps brachii with the thenar eminence as the inside hand medially rotates the shoulder (rotates inferiorly)
- Bring the arm back to 90 degrees abducted, elbow flexed, and switch hands holding the wrist
- **Second:** with the palm of your down table hand, compress the coracobrachialis and biceps brachii with the thenar eminence as the up table hand medially rotates the shoulder (rotates inferiorly)
- **Third:** face down the table and apply compressions and fiber spreading to the biceps brachii and brachialis with the inside hand as you laterally (rotate superiorly) the shoulder, shifting contact each time you reset to address the full length of the biceps brachii and brachialis
- **Fourth:** abduct the arm to 30 degrees, face slightly up the table, and use your outside palm to compress brachioradialis and brachialis while inside hand extends, medially rotates, and pronates the arm
- Feel and listen for adhesions, trigger points, or areas of tension





# Forearm Flexors and Extensors

## Superficial and Deep Friction

- Warm, mobilize, and soften
- Standing in a lunge alongside the client, face up the table
- Using thumbs or fingertips, cross fiber friction the bellies of the forearm flexors and extensors
- Use whatever arm position allows you good access and contact, while properly supporting client
- Vary the pace and depth according to your intention: Circulatory emphasis (quicker/lighter) versus more structural (slower/deeper)
- Feel and listen for adhesions, trigger points, or areas of tension



# Forearm Flexors and Extensors

## Stripping

- Warm, mobilize, and soften
- Standing by the thigh, face up the table
- Grasp the forearm with both thumbs together on top, near the lateral epicondyle, and the fingertips curled into the forearm flexors on bottom
- Squeeze and strip proximally, drawing your contact through the bellies of the flexors and extensors
- Lighten up as you pass the midway point (the muscles become very tendinous, and too much pressure near the elbow could be painful)
- Feel and listen for adhesions, trigger points, or areas of tension



# Thenar and Hypothenar Eminences

## Cross Fiber Friction

- Warm, mobilize, and soften
- Standing by the thigh, face up the table
- Using thumb tips, apply cross fiber friction to the thenar and hypothenar eminences
- You may choose to interlace your fingers with those of the client, or not
- Feel and listen for adhesions, trigger points, or areas of tension



# Overview: Anterior Upper Body

## **Pectoralis Major**

- Compressive Effleurage
- Superficial and Deep Friction

## **Anterior Deltoid, Coracobrachialis, Biceps Brachii, Brachialis, and Brachioradialis**

- BMT Fiber Spreading

## **Forearm Flexors and Extensors**

- Superficial and Deep Friction
- Stripping with Traction

## **Thenar and Hypothenar Eminences**

- Cross Fiber Friction



## 58b Deep Tissue: Technique Demo and Practice - Anterior Upper Body