



61b Deep Tissue: Guided Full Body



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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
<u>20 minutes</u>	<u>Break down, clean up, and discussion</u>
3 hours and 30 minutes total	



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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.
completed Executive Summary to be handed in at end of class.
- 66a Review Questions (due before class starts)

Quizzes and Exams:

- 62b Deep Tissue: Touch Assessment **Bring your grading sheet for evaluation A: 83**
- 66a Quiz (59a, 61a, 62a, 63a, 64a/b, 65a/b)
- 68a Kinesiology Quiz

Preparation for upcoming classes:

- 62a Pathology: Respiratory System
Packet E: 151-152.; RQ – Packet A-198
- 62b Deep Tissue Touch Assessment



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 - 33

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

Anterior Lower

Tensor Fasciae Latae

- BMT Fiber Spreading

Gluteus Medius, Gluteus Minimus, and TFL

- Stripping

Sartorius and Vastus Medialis

- Deep Effleurage

Rectus Femoris, Vastus Lateralis, and IT Tract

- Deep Effleurage

Distal Quadriceps and Quadriceps Tendon

- Petrissage

- Thumb Wringing/Fiber Spreading

Tibialis Anterior and Extensors of the Ankle and Toes

- Deep Longitudinal Stripping

Anterior Upper

Pectoralis Major

- Compressive Effleurage

- Superficial and Deep Friction

Anterior Deltoid, 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



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