

62b Deep Tissue: Touch Assessment

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Class Outline

- 10 **Break** Announce the return time and write it on the board.
- 5 **Attendance and Reminders** Display the reminders slide.
- **Each session includes:**
 - Student is professionally dressed
 - Student has supplies, assessment form
 - Introductions and brief interview (contraindications, pressure)
 - Hands-on massage of the assigned body area.
 - Last 5 minutes is used for feedback.
- 20 **1st Session:** Posterior Upper Body (bilateral)
- 20 **2nd Session:** Posterior Lower Body (unilateral)
- 20 **3rd Session:** Posterior Lower Body (unilateral)
- 15 **Break** Announce the return time and write it on the board.
- 20 **4th Session:** Anterior Lower Body (unilateral)
- 20 **5th Session:** Anterior Lower Body (unilateral)
- 20 **6th Session:** Anterior Upper Body (unilateral)
- 20 **7th Session:** Anterior Upper Body (unilateral)
- 10 **Break down and Clean up**
- 15 **Discussion**
- 3h 30m **Total Class Time**

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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:

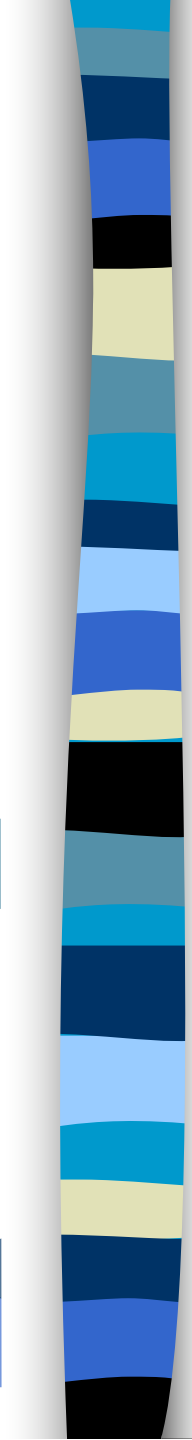
- 64b Executive Summary (due before the end of class)
Packet pages 21-22; Sections 1-4 to be done *in* class.
completed Executive Summary to be handed in at end of class.
- 66a Review Questions (due before class starts)

Quizzes and Exams:

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

Preparation for upcoming classes:

- 63a A&P: Digestive System
Packet E: 153-160.; RQ – Packet A-199-200
- 63b Integration Massage: Swedish, Passive Stretches, BMTs, and Deep Tissue
Packet F - 58



Classroom Rules

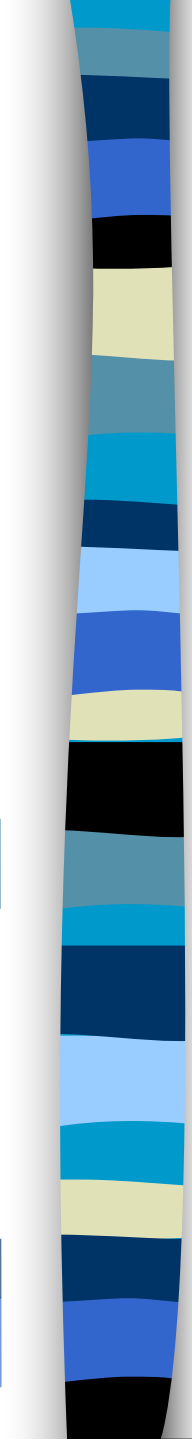
Punctuality - everybody's time is precious

- 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:

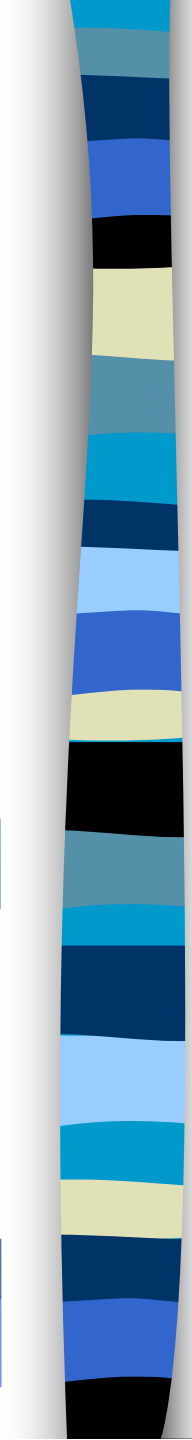
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



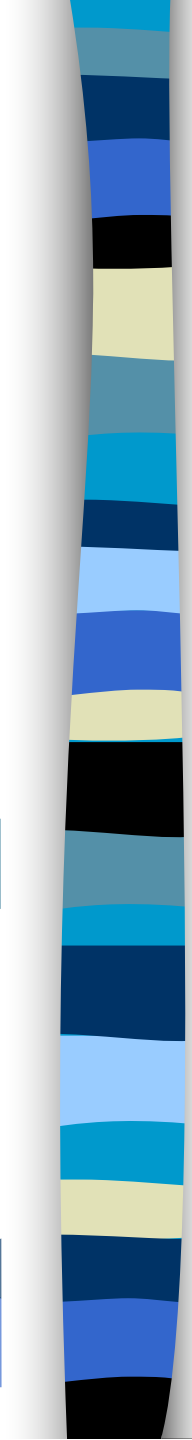
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Packet A: 85



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