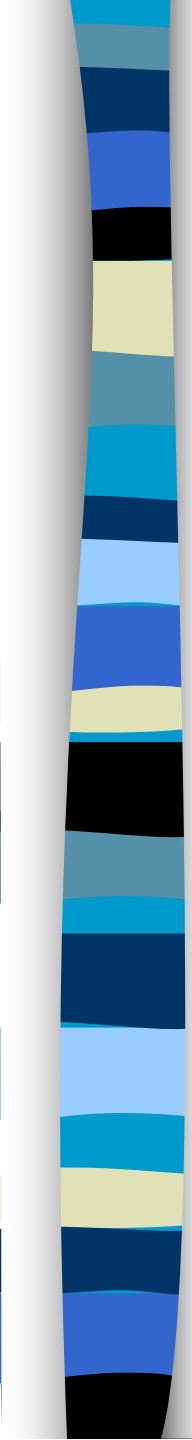


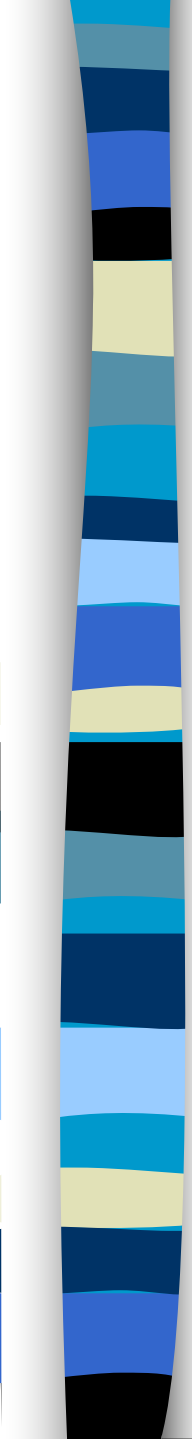
81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel



81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel

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	



81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel

Class Reminders

Early Warning:

- 85a Orthopedic Massage: Outside Massages – Begin these now!

Quizzes:

- 84a Kinesiology Quiz (pec major and minor, coracobrachialis, biceps, SCM, scalenes, rotator cuff, flex. Dig. Super., ext. dig., flex. Pollicis longus, flex dig. profundis)
– 50 questions in 40 minutes

Spot Checks:

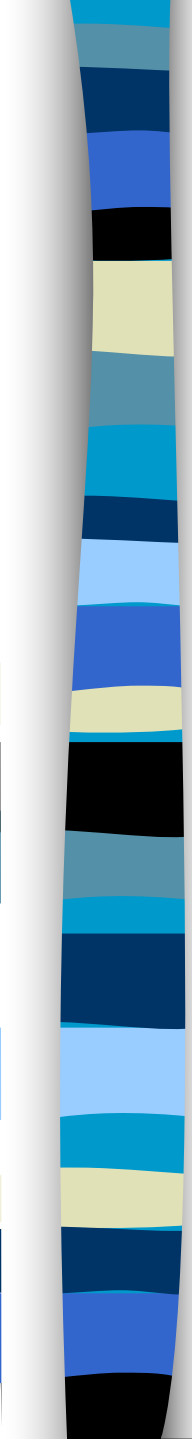
- 81b Orthopedic Massage: Sport Check – Rotator Cuff and Carpal Tunnel – **NOW!!**
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 82a Orthopedic Massage: Introduction – Thoracic Outlet
- Packet J:102-106
- 82b Orthopedic Massage: Technique Demo and Practice – Thoracic Outlet
- 83a Clinical Assessment: Structural Anatomy (Part II)
- 83b Orthopedic Massage: Technique Review and Practice – Thoracic Outlet
- 84a Kinesiology Quiz
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet



Classroom Rules

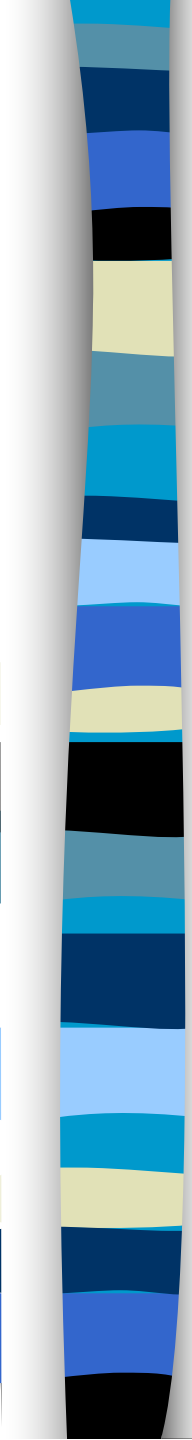
Punctuality - everybody's time is precious

- 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:

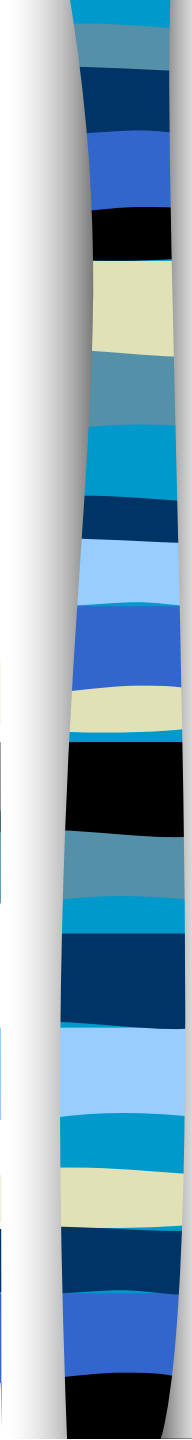
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel

J - 95

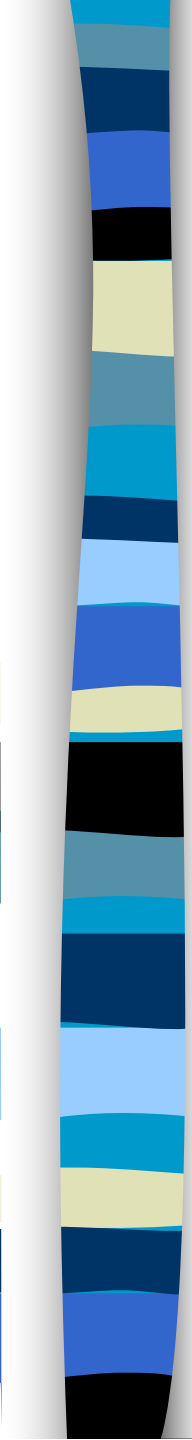


SEATED

1. TCL: myofascial release

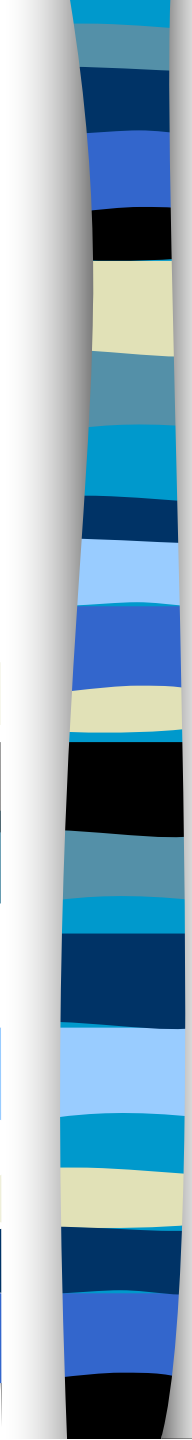
PRONE

2. Upper back and shoulder: superficial fascia assessment
3. Upper back and shoulder: myofascial release (bilateral)
4. Upper back and shoulder: warming and softening
5. Upper back and shoulder: deep longitudinal stripping
6. Supraspinatus insertion tendon: deep transverse friction
7. GH lateral rotators: warming and softening
8. GH lateral rotators: deep longitudinal stripping
9. GH lateral rotators: deep stripping with active engagement lengthening
10. GH lateral rotators: passive stretch
11. Triceps and anterior forearm: superficial fascia assessment
12. Triceps and anterior forearm: myofascial release
13. Triceps and anterior forearm: warming and softening
14. Anterior forearm: deep effleurage distally



SUPINE

15. Chest and anterior deltoid: superficial fascia assessment
16. Chest and anterior deltoid: myofascial release
17. Chest and anterior deltoid: warming and softening
18. Chest and anterior shoulder: deep longitudinal stripping
19. Subscapularis: deep friction and melting
20. Subscapularis: passive stretch
21. Anterior upper extremity: warming and softening
22. Finger and wrist flexors: deep stripping with active lengthening
23. Flexor pollicis brevis: passive stretch
24. Median nerve: mobilization

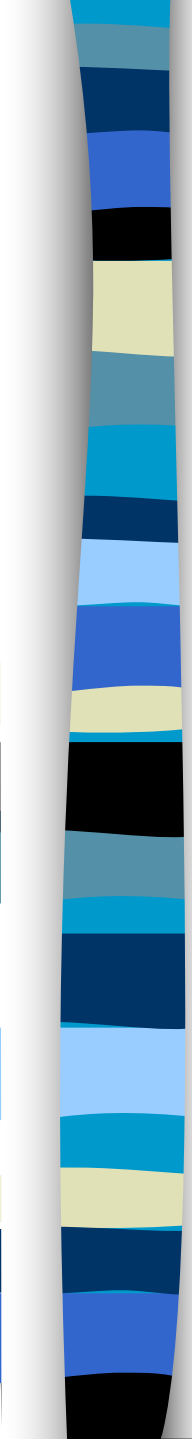


SEATED

1. TCL: myofascial release

PRONE

2. Upper back and shoulder: superficial fascia assessment
3. Upper back and shoulder: myofascial release (bilateral)
4. Upper back and shoulder: warming and softening
5. Upper back and shoulder: deep longitudinal stripping
6. Supraspinatus insertion tendon: deep transverse friction



PRONE

7. GH lateral rotators: warming and softening

8. GH lateral rotators: deep longitudinal stripping

9. GH lateral rotators: deep stripping with active engagement lengthening

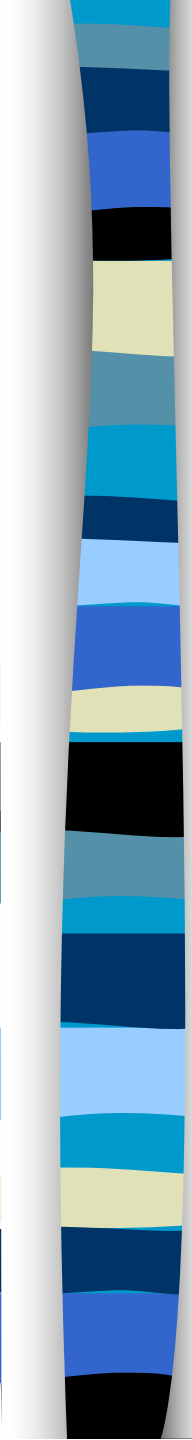
10. GH lateral rotators: passive stretch

11. Triceps and anterior forearm: superficial fascia assessment

12. Triceps and anterior forearm: myofascial release

13. Triceps and anterior forearm: warming and softening

14. Anterior forearm: deep effleurage distally



SUPINE

15. Chest and anterior deltoid: superficial fascia assessment

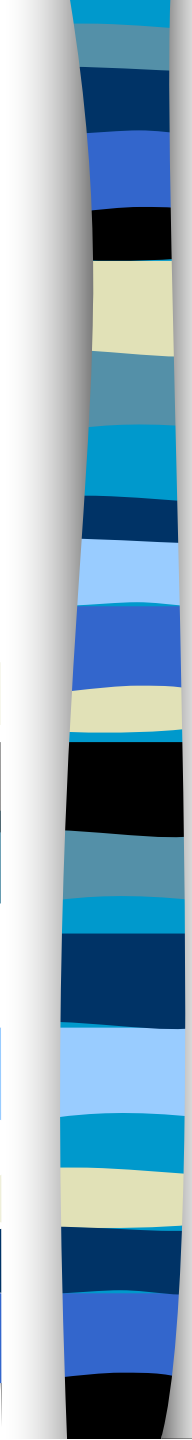
16. Chest and anterior deltoid: myofascial release

17. Chest and anterior deltoid: warming and softening

18. Chest and anterior shoulder: deep longitudinal stripping

19. Subscapularis: deep friction and melting

20. Subscapularis: passive stretch



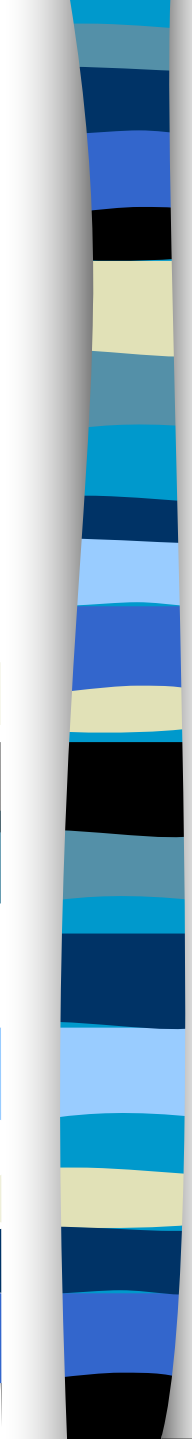
SUPINE

21. Anterior upper extremity: warming and softening

22. Finger and wrist flexors: deep stripping with active lengthening

23. Flexor pollicis brevis: passive stretch

24. Median nerve: mobilization



81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel