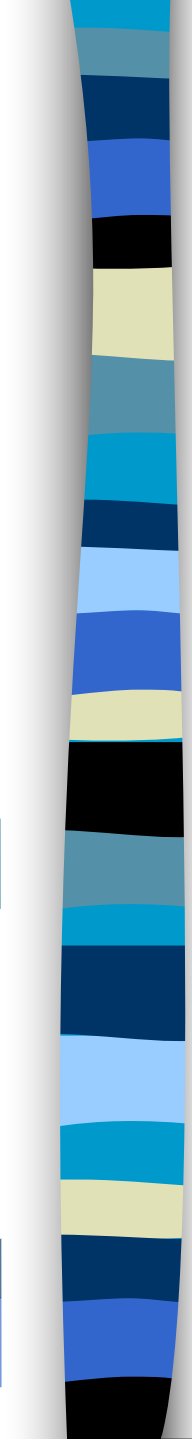


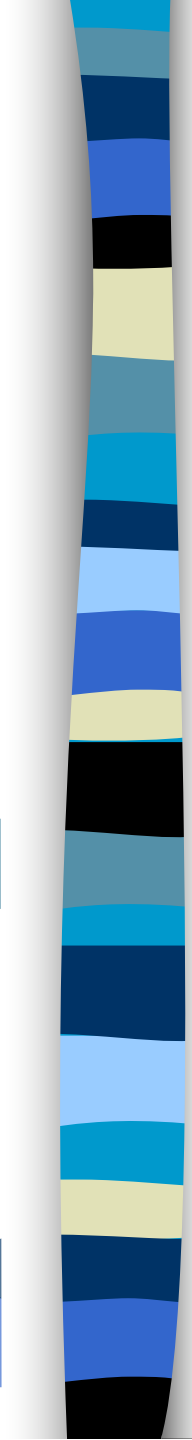
## 87b Orthopedic Touch Assessment



# 87b Orthopedic Touch Assessment

## Class Outline

- 15 **Break** Announce the return time and write it on the board.
  - 10 **Attendance and Reminders** Display the reminders slide.
  - **Each session includes:**
    - Student is professionally dressed
    - Student has supplies and assessment form
    - Introductions and brief interview (contraindications, pressure)
    - Hands-on massage of the assigned body area.
    - Last 5 minutes is used for feedback.
  - 20 **1<sup>st</sup> Session:** Piriformis & Sacroiliac (unilateral)
  - 20 **2<sup>nd</sup> Session:** Piriformis & Sacroiliac (unilateral)
  - 20 **3<sup>rd</sup> Session:** Low Back Pain (unilateral)
  - 15 **Break** Announce the return time and write it on the board.
  - 20 **4<sup>th</sup> Session:** Rotator Cuff & Carpal Tunnel (unilateral)
  - 20 **5<sup>th</sup> Session:** Rotator Cuff & Carpal Tunnel (unilateral)
  - 20 **6<sup>th</sup> Session:** Thoracic Outlet (unilateral)
  - 20 **7<sup>th</sup> Session:** Neck Pain (bilateral)
  - 10 **Discussion**
  - 10 **Break down and Clean up**
- 3 hours and 20 minutes plus 10 minutes of flex time**



# 87b Orthopedic Touch Assessment

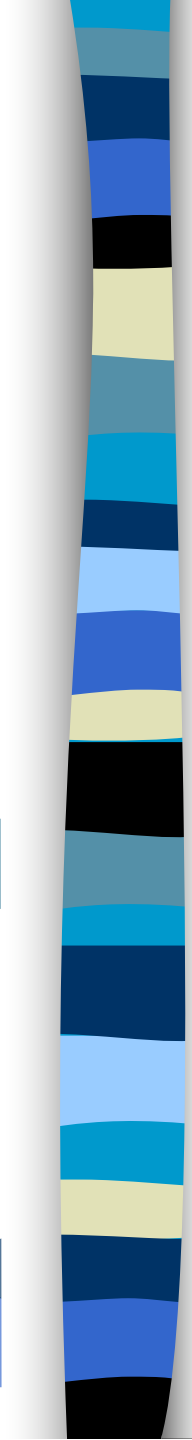
## Class Reminders

### Exams and Quizzes:

- 89a Practice MBLEx  
- 100 Questions in 120 minutes
- 90a Kinesiology Quiz  
(erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, semispinalis capitis, gluteals, fibularis longus and brevis, tibialis anterior, soleus, gastrocnemius, hamstrings, TFL, and quads)
- 50 questions in 40 minutes
- 94a Kinesiology Quiz  
See syllabus for list of muscles to review  
75 questions in 60 minutes

### Preparation for upcoming classes:

- 88a Deep Massage History
- 88b Deep Massage Introduction
- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
  - 2-hour class.
  - Packet A-73..



# Classroom Rules

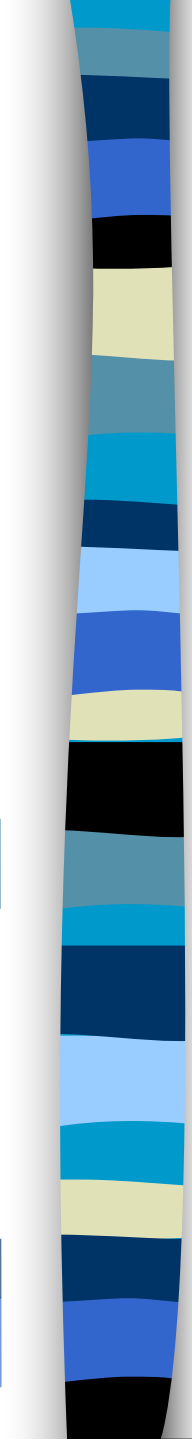
**Punctuality** - everybody's time is precious

- 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

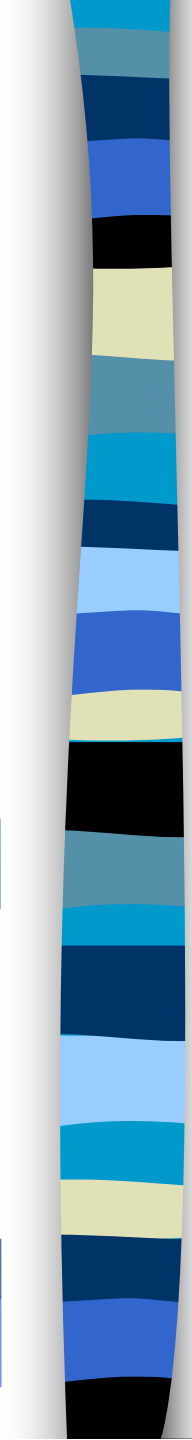
**The following are not allowed:**

- 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.*

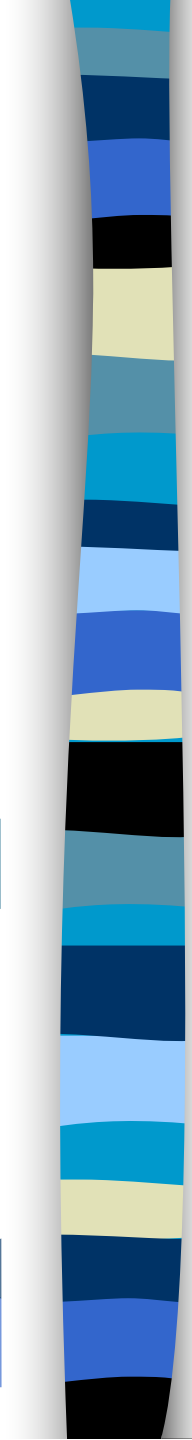


## 87bb Orthopedic Touch Assessment



## 62b Deep Tissue: Touch Assessment

Packet A: 85



## 62b Deep Tissue: Touch Assessment