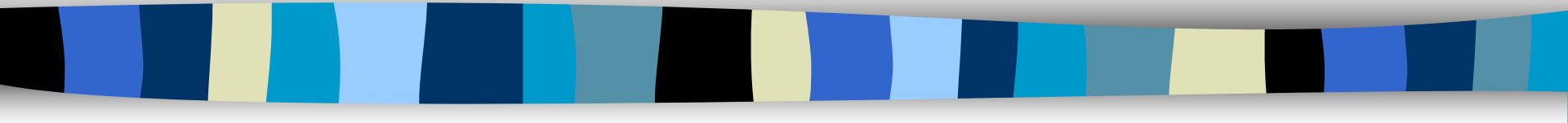


96b Deep Massage: Touch Assessment





96b Deep Massage: Touch Assessment

Class Outline

- 10 **Break** Announce the return time and write it on the board.
- 5 **Attendance and Reminders** Display the reminders slide.
- 5 **Explanation of Touch Assessments**
 - Student is professionally dressed
 - Student has supplies and touch 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)



96b Deep Massage: Touch Assessment

Class Reminders

- **Assessments:**

- 96b Deep Massage Touch Assessment – **NOW!!**
Packet A:81-82; 89-90

- **Preparation for upcoming classes:**

- 97a Myofascial and Fascia Techniques (Part III)
- 97b Myofascial and Fascia Techniques: Demo and Practice



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.



96b Deep Massage: Touch Assessment



Prone Position

Posterior Upper

Fists Down Erectors

Nine Points (lumbar erectors, multifidus, quadratus lumborum)

Ironing Up Erectors (“Erector spinae and posterior ribs”)

Levator Scapula

Posterior Neck

Trapezius

Semispinalis Capitis

Multifidus/Rotatores

Posterior Lower

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus



Supine Position:

Anterior Lower

Half Moon Vector through the Legs

Tensor Fascia Latae, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris / Vastus Intermedius

Quadriceps Tendon / Patellar Ligament

Fibularis Longus (Peroneus)

Tibialis Anterior

Half Moon Vector through the Legs

Anterior Upper

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

Scalenes

Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs



96b Deep Massage: Touch Assessment