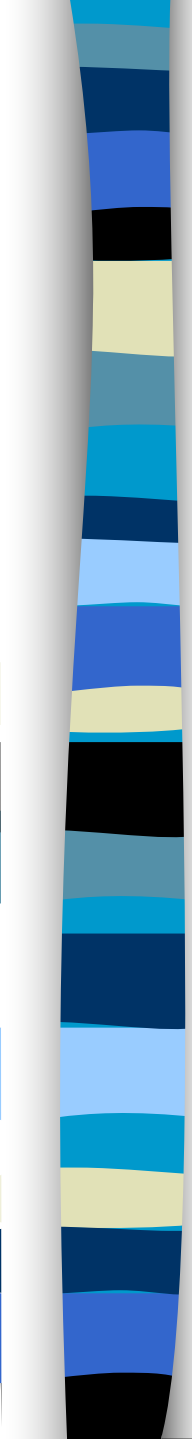


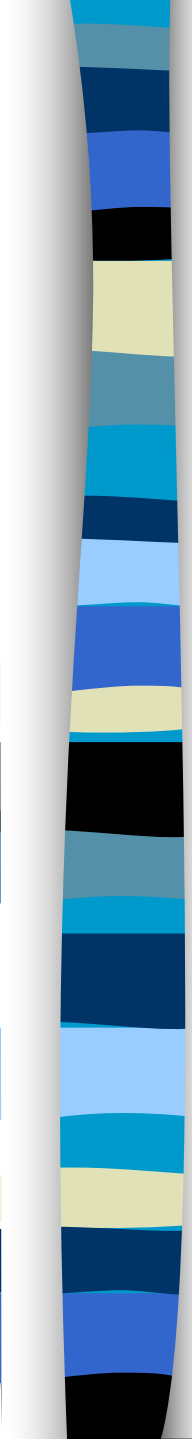
81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel



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:

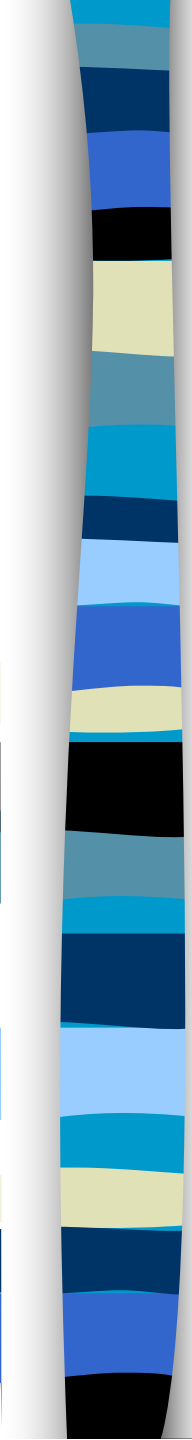
- 81b Orthopedic Massage: Sport Check – Rotator Cuff and Carpal Tunnel – **NOW!!**
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet

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

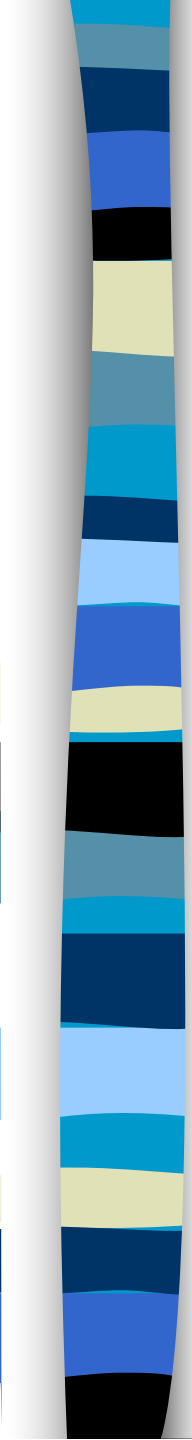
Punctuality - everybody's time is precious

- 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:

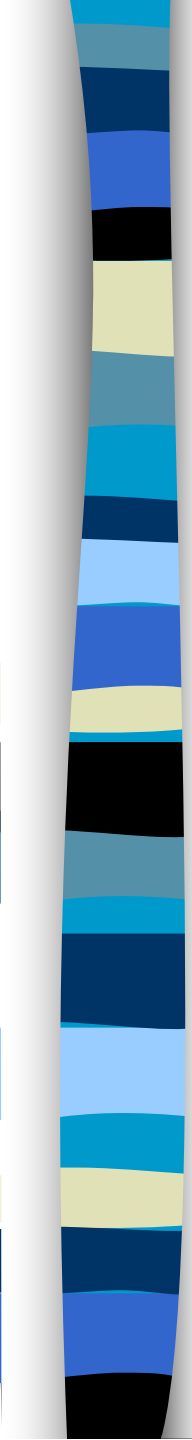
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



ROTATOR CUFF AND CARPAL TUNNEL SYNDROME

SEATED

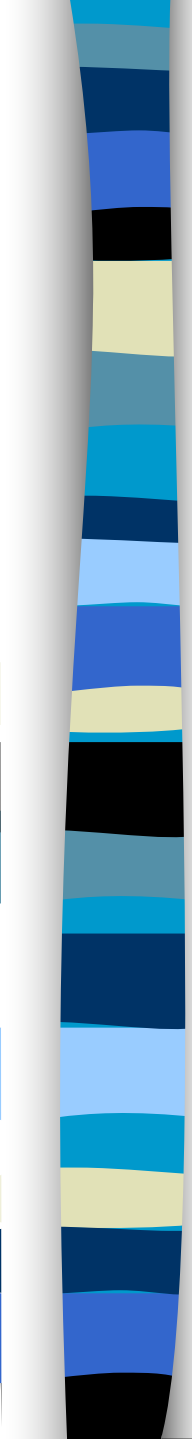
1. TCL: myofascial release

SUPINE

2. Chest and arm: superficial fascia assessment
3. Chest and arm: myofascial release

PRONE

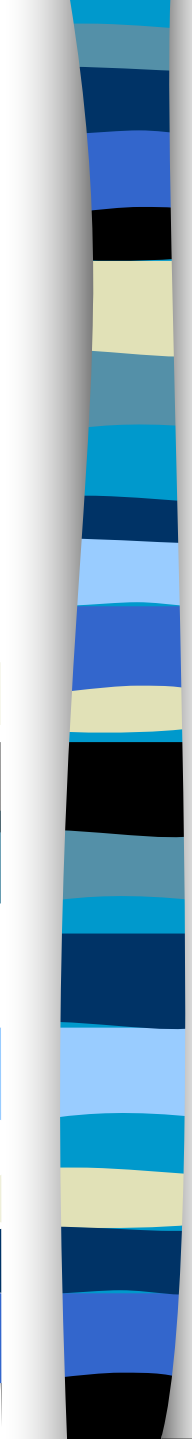
4. Upper back, shoulder, triceps, and anterior forearm: superficial fascia assessment
5. Upper back, shoulder, triceps, and anterior forearm: myofascial release (bilateral)
6. Upper back and shoulder: warming and softening
7. Upper back and shoulder: deep longitudinal stripping
8. Supraspinatus insertion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



ROTATOR CUFF AND CARPAL TUNNEL SYNDROME (continued)

SUPINE

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



ROTATOR CUFF AND CARPAL TUNNEL SYNDROME

SEATED

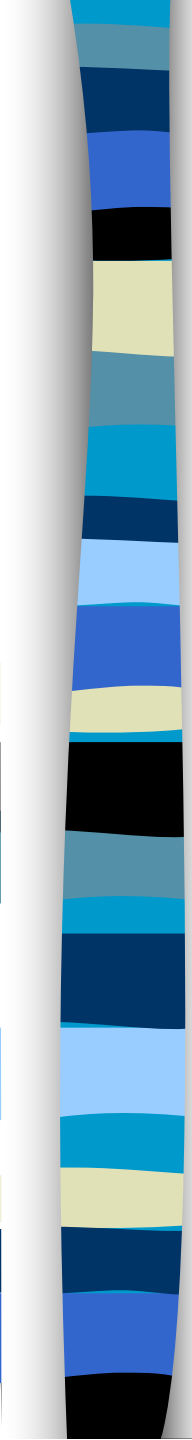
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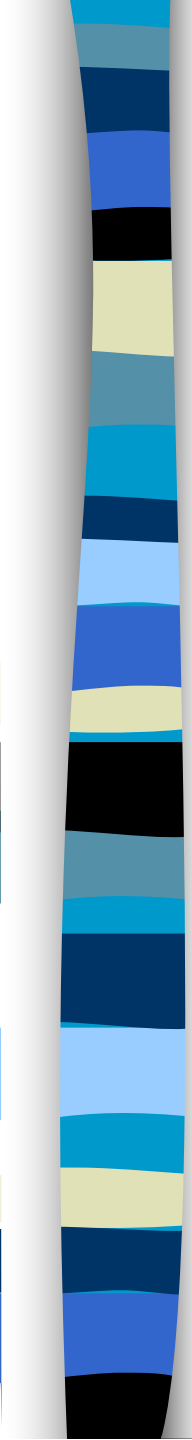
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ROTATOR CUFF AND CARPAL TUNNEL SYNDROME

PRONE (continued)

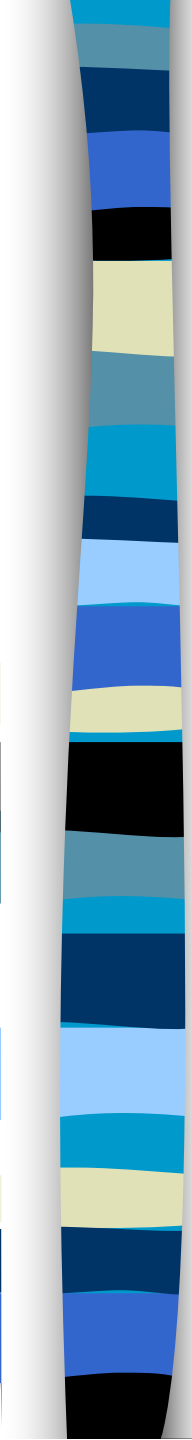
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81b Orthopedic Massage: Spot Check Rotator Cuff and Carpal Tunnel