



85b Orthopedic Massage: Technique Demo and Practice - Neck Pain



85b Orthopedic Massage: Technique Demo and Practice - Neck Pain 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	



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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)

Assessments:

- 87b Orthopedic Touch Assessment

Preparation for upcoming classes:

- 86a MBLEx Prep
- 86b Orthopedic Massage: Technique review and Practice – Neck Pain
- 87a MBLEx Prep



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 J - 113



Soft-Tissue Manipulation Supine Details



SUPINE DETAILS - Neck Pain

1. Posterolateral neck: superficial fascia assessment (bilateral)

- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Take note of restrictions before switching to a different area or direction
- Use before and after treating superficial fascia to gauge progress



SUPINE DETAILS - Neck Pain

2. Posterolateral neck: myofascial release (bilateral)

- Work without lubricant and remove any from you and your client
- Sit at the head of the table facing down toward the feet
- Client's head and neck are in a neutral position
- Place your finger pads flatly on the skin surface working bilaterally
- Apply light tangential pulling pressure without sliding
- Hold. Wait for a subtle tissue release or indication from the client
- Repeat in different areas or in different directions
- Address all restrictions discovered in the posterolateral neck



SUPINE DETAILS - Neck Pain

3. Posterolateral neck: warming and softening

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- BMT: head & neck rotation with posterior cervical compressions & release
- BMT: alternating scapular depressions with trapezius compressions
- Swedish:
 - Sit at the head of the table facing down toward the feet
 - Work unilaterally with head rolled slightly to the opposite side
 - Effleurage longitudinally
 - Fingertip circles
 - Broad cross-fiber with one thumb, progressing inferiorly
- Continue until the muscles are thoroughly warmed and softened



SUPINE DETAILS - Neck Pain

4. Posterolateral neck: deep longitudinal stripping

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, SCM, scalenes, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work unilaterally with head rolled slightly to the opposite side
- Use finger pads to work in 2 to 4 inch sections
- Work inferiorly
- Melt in or repeat in areas of palpated or reported tension
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

5. Lamina groove: deep longitudinal stripping

- Address multifidi and rotatores
- Lamina groove is between transverse and spinous processes
- Sit at the head of the table facing down toward the feet
- Work unilaterally with head rolled slightly to the opposite side
- Use finger pads to work in 2 to 4 inch sections
- Work inferiorly
- Melt in or repeat in areas of palpated or reported tension
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

6. Cervical extensors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, suboccipitals, splenius, semispinalis, erectors, multifidi, and rotatores
- Sit at the head of the table facing down toward the feet
- Work bilaterally with the client's head in a neutral position
- Instruct the client:
 - o "Using light pressure (25%), press your head back into the table" (isometric neck extension)
 - o "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - o "Now slowly lift your head bringing your chin to your chest"
- As the client does this, strip the cervical extensors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften



SUPINE DETAILS - Neck Pain

7. Cervical lateral flexors: deep stripping with active lengthening after PIR

- Address upper trapezius, levator scapula, SCM, scalenes, splenius, and erectors
- Work unilaterally with the client's head in a neutral position
- Sit at the head of the table facing down toward the feet
- Place your outside hand along the side of the head opposite of the direction in which the client slides their head to resist lateral flexion (e.g., your right hand is on the right side of your client's head or vice versa)
- Instruct client:
 - "Keeping your nose pointing toward the ceiling, slide your left (right) ear toward your left (right) shoulder"
 - "Using light pressure (25%), press the side of your head into my hand" (isometric neck lateral flexion)
 - "Hold this pressure for 5 seconds and then slowly relax your head" (post-isometric relaxation)
 - "Now slowly slide your head toward the opposite shoulder."
- As the client does this, strip the cervical lateral flexors inferiorly
- Repeat a few times.
- Progressively work more deeply as tissues soften
- Repeat on the opposite side



SUPINE DETAILS - Neck Pain

8. Passive stretches: neck lateral flexion

9. Passive stretches: neck rotation



NECK PAIN

1. Posterolateral neck: superficial fascia assessment (bilateral)
2. Posterolateral neck: myofascial release (bilateral)
3. Posterolateral neck: warming and softening
4. Posterolateral neck: deep longitudinal stripping
5. Lamina groove: deep longitudinal stripping
6. Cervical extensors: deep stripping with active lengthening after PIR
7. Cervical lateral flexors: deep stripping with active lengthening after PIR
8. Passive stretches: neck lateral flexion
9. Passive stretches: neck rotation



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