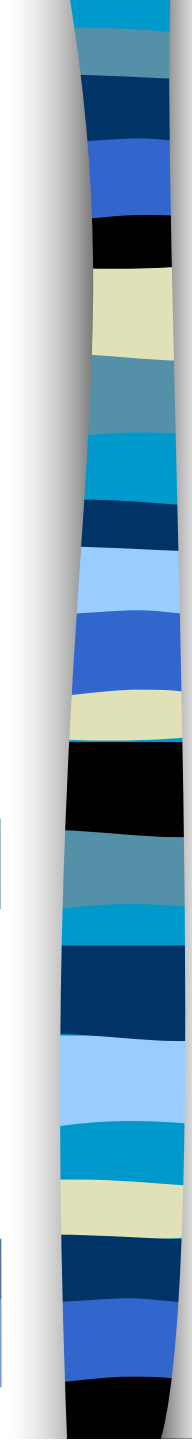


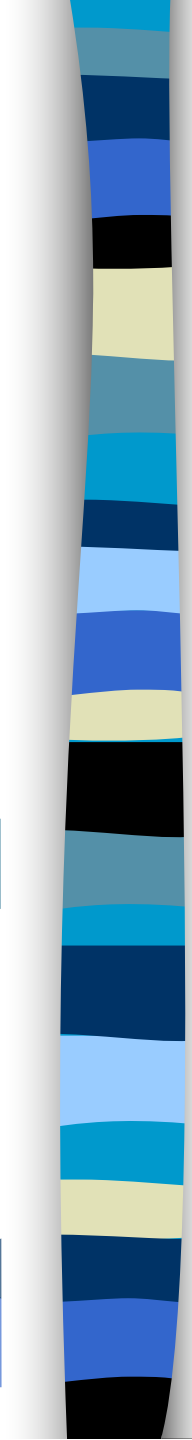
87b Orthopedic Touch Assessment



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 **1st Session:** Piriformis & Sacroiliac (unilateral)
 - 20 **2nd Session:** Piriformis & Sacroiliac (unilateral)
 - 20 **3rd Session:** Low Back Pain (unilateral)
 - 15 **Break** Announce the return time and write it on the board.
 - 20 **4th Session:** Rotator Cuff & Carpal Tunnel (unilateral)
 - 20 **5th Session:** Rotator Cuff & Carpal Tunnel (unilateral)
 - 20 **6th Session:** Thoracic Outlet (unilateral)
 - 20 **7th 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

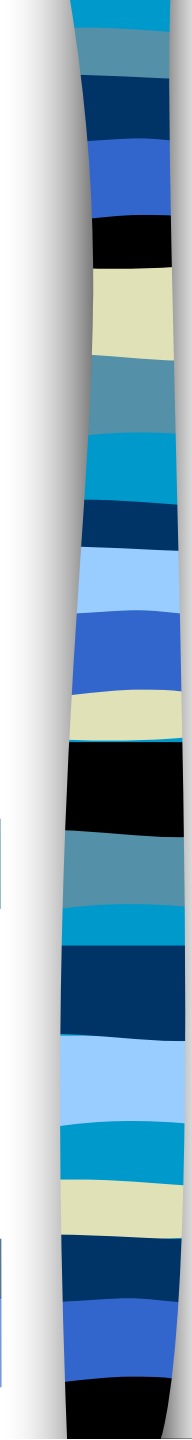
Class Reminders

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

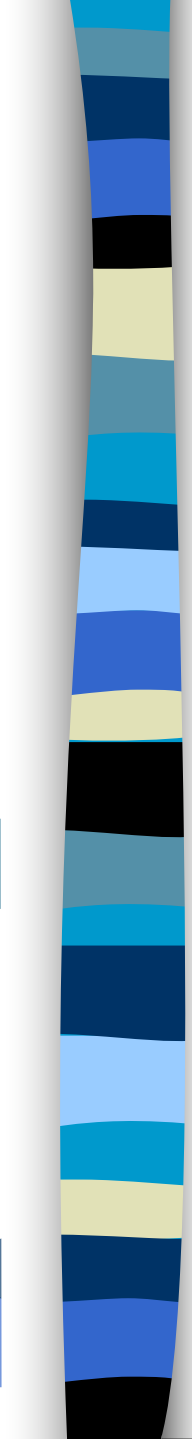
Punctuality - everybody's time is precious

- 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

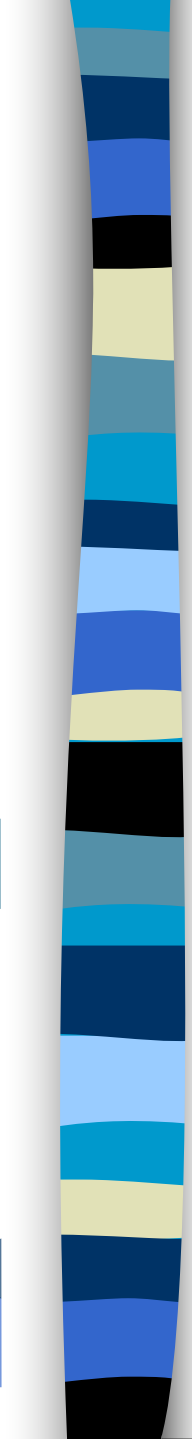
The following are not allowed:

- 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.



87b Orthopedic Touch Assessment



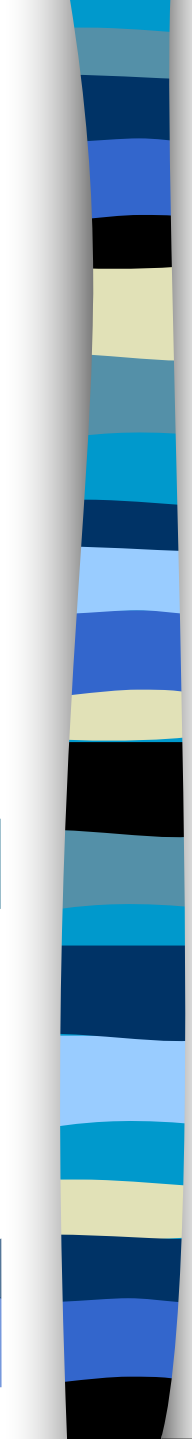
PIRIFORMIS AND SACROILIAC

PRONE

1. Sacroiliac ligament: deep transverse friction
2. Low back: superficial fascia assessment
3. Low back: myofascial release
4. Gluteals: draping
5. Gluteals: superficial fascia assessment
6. Gluteals: myofascial release
7. Low back: warming and softening
8. Low back: deep longitudinal stripping
9. Sacroiliac ligament: deep transverse friction
10. Hamstrings: warming and softening
11. Hamstrings: deep longitudinal stripping
12. Gluteals: warming and softening
13. Piriformis: deep longitudinal stripping
14. Piriformis: pin and stretch
15. Piriformis: deep longitudinal stripping after PIR
16. Piriformis: passive stretching after PIR
17. Sacroiliac ligament: deep transverse friction

SUPINE

18. Gluteals: passive stretch
19. Low back: passive stretch
20. Hamstrings: active-assisted stretch with PIR



LOW BACK PAIN

SUPINE

1. Quadriceps femoris: superficial fascia assessment
2. Quadriceps femoris: myofascial release

PRONE

3. Low back: superficial fascia assessment
4. Low back: myofascial release
5. Low back: warming and softening
6. Erector spinae: deep longitudinal stripping
7. Quadratus lumborum: deep longitudinal stripping
8. Lamina groove: deep longitudinal stripping

SIDE-LYING

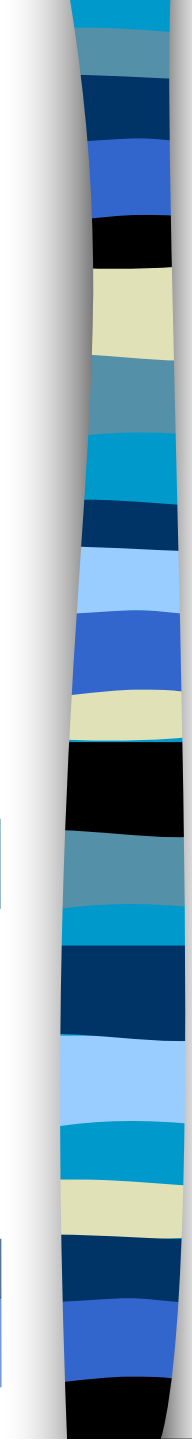
9. Side-lying: draping and positioning
10. Quadratus lumborum: pin and stretch with active engagement
11. Quadratus lumborum: active-assisted stretch after PIR

SUPINE

12. Iliopsoas: active-assisted stretch after PIR
13. Quadriceps femoris: warming and softening
14. Quadriceps femoris: deep longitudinal stripping

PRONE

15. Rectus femoris: passive stretch



ROTATOR CUFF AND CARPAL TUNNEL SYNDROME

SEATED

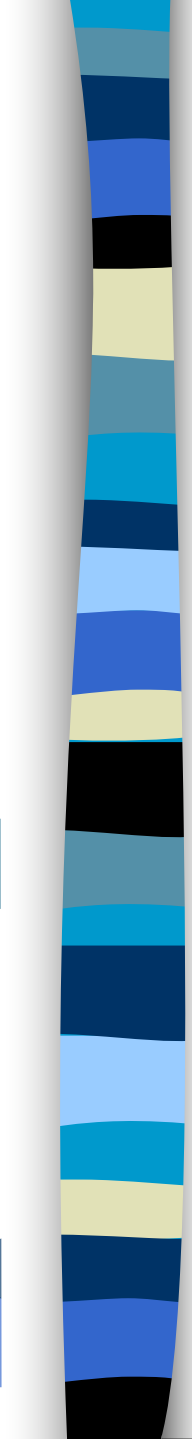
1. TCL: myofascial release

SUPINE

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

PRONE

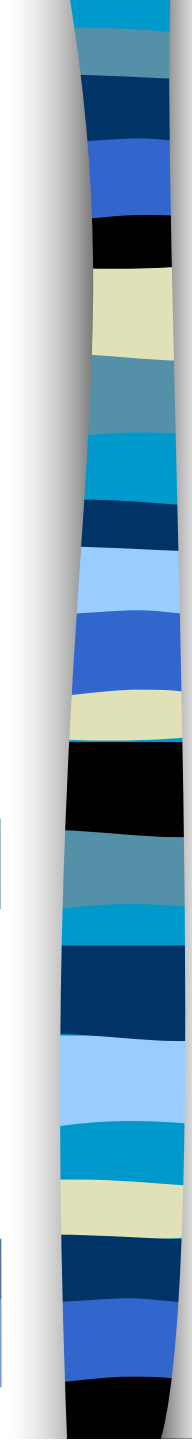
4. Upper back, shoulder, triceps, and anterior forearm: superficial fascia assessment
5. Upper back, shoulder, triceps, and anterior forearm: myofascial release (bilateral)
6. Upper back and shoulder: warming and softening
7. Upper back and shoulder: deep longitudinal stripping
8. Supraspinatus insertion 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



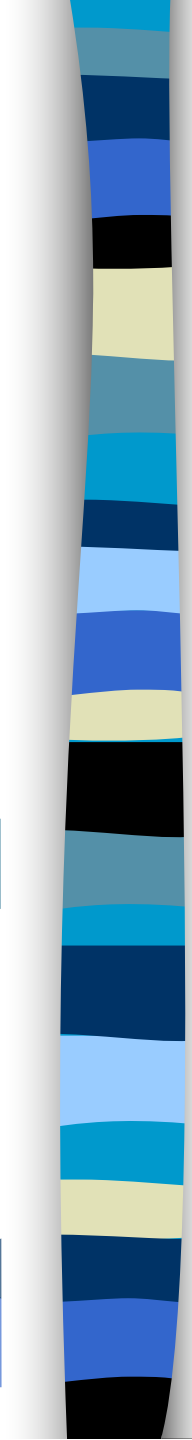
THORACIC OUTLET SYNDROME

SEATED

1. Vertebrobasilar insufficiency test (VBI test)

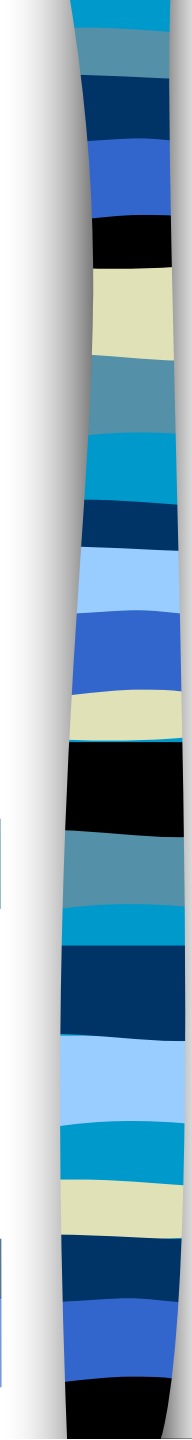
SUPINE

2. Upper chest: superficial fascia assessment
3. Upper chest: myofascial release
4. Anterolateral neck: superficial fascia assessment
5. Anterolateral neck: myofascial release
6. Upper chest: warming and softening
7. Pectoralis minor: deep longitudinal stripping
8. Pectoralis minor: pin and stretch
9. Anterolateral neck: warming and softening
10. Scalenes: deep longitudinal stripping
11. Scalenes: deep longitudinal stripping with active lengthening after PIR
12. Brachial plexus: mobilization
13. Passive stretch: neck lateral flexion
14. Passive stretch: 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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