84b Orthopedic Massage:
Spot Check - Thoracic Outlet

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Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total

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Class Outline

- **Quizzes:**
  - 87a Kinesiology Quiz (semispinalis, splenius capitis, and splenius cervicis)
- **Spot Checks:**
  - 84b Orthopedic Massage: Spot Check – Thoracic Outlet NOW!!!
  - 87b Orthopedic Massage: Touch Assessment
- **Assignments:**
  - 85a Orthopedic Massage: Outside Massages (2 due at the start of class)
- **Preparation for upcoming classes:**
  - 85a Orthopedic Massage: Introduction – Neck Pain
    - Trail Guide: semispinalis capitis, splenius capitis, and splenius cervicis.
    - Packet J: 109-112.
  - 85b Orthopedic Massage: Technique Demo and Practice - Neck Pain
    - Packet J: 113-116.

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 - 107

SEATED

1. Vertebrobasilar insufficiency test (VBI test)

SUPINE

2. Upper chest: superficial fascia assessment

3. Upper chest: myofascial release

4. Upper chest: warming and softening

5. Pectoralis minor: deep longitudinal stripping

6. Pectoralis minor: pin and stretch

SUPINE, continued

7. Anterolateral neck: superficial fascia assessment

8. Anterolateral neck: myofascial release

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 stretches: neck lateral flexion

14. Passive stretches: neck rotation

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