

87b Orthopedic Massage: Touch Assessment

Lesson Plan

This timeline is for 25-28 students. 4 instructors will be receiving up to 7 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none"> • 4 massage tables are set up and dressed using TLC sheets. • Table heights are set to “Low”, “Medium”, “Medium” and “Tall”. • Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area. • Draw a chart on the dry erase board with 6 columns and 9 rows. • Columns: Time, Body Area, Low, Medium, Medium, Tall. • Rows: 1st Session: Posterior Upper Body (bilateral), 2nd Session etc. • Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.
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 <ul style="list-style-type: none"> • Student is professionally dressed as in Internship (Packet I: 12-13). • Student has lubricant, holster, clipboard, pen, touch assessment form. • Introductions and brief interview (contraindications, pressure preference). • 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	Break down and Clean up
15	Discussion
3h 30m	Total Class Time

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Lesson Plan

This timeline is for 21-24 students. 4 instructors will be receiving up to 6 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none"> • 4 massage tables are set up and dressed using TLC sheets. • Table heights are set to “Low”, “Medium”, “Medium” and “Tall”. • Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area. • Draw a chart on the dry erase board with 6 columns and 8 rows. • Columns: Time, Body Area, Low, Medium, Medium, Tall. • Rows: 1st Session: Posterior Upper Body (bilateral), 2nd Session etc. • Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.
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 <ul style="list-style-type: none"> • Student is professionally dressed as in Internship (Packet I: 12-13). • Student has lubricant, holster, clipboard, pen, touch assessment form. • Introductions and brief interview (contraindications, pressure preference). • Hands-on massage of the assigned body area. • Last 5 minutes is used for feedback.
25	1st Session: Piriformis & Sacroiliac (unilateral)
25	2nd Session: Piriformis & Sacroiliac (unilateral)
25	3rd Session: Low Back Pain (unilateral)
15	Break Announce the return time and write it on the board.
25	4th Session: Rotator Cuff & Carpal Tunnel (unilateral)
25	5th Session: Thoracic Outlet (unilateral)
25	6th Session: Neck Pain (bilateral)
10	Break down and Clean up
5	Discussion
3h 30m	Total Class Time

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Lesson Plan

This timeline is for 19-20 students. 3 instructors will be receiving up to 7 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none"> • 3 massage tables are set up and dressed using TLC sheets. • Table heights are set to “Low”, “Medium”, and “Tall”. • Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area. • Draw a chart on the dry erase board with 5 columns and 9 rows. • Columns: Time, Body Area, Low, Medium, Tall. • Rows: 1st Session: Posterior Upper Body (bilateral), 2nd Session etc. • Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.
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 <ul style="list-style-type: none"> • Student is professionally dressed as in Internship (Packet I: 12-13). • Student has lubricant, holster, clipboard, pen, touch assessment form. • Introductions and brief interview (contraindications, pressure preference). • 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	Break down and Clean up
15	Discussion
3h 30m	Total Class Time

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Lesson Plan

This timeline is for 11-18 students. 3 instructors will be receiving up to 6 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none"> • 3 massage tables are set up and dressed using TLC sheets. • Table heights are set to “Low”, “Medium”, and “Tall”. • Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area. • Draw a chart on the dry erase board with 5 columns and 8 rows. • Columns: Time, Body Area, Low, Medium, Tall. • Rows: 1st Session: Posterior Upper Body (bilateral), 2nd Session etc. • Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.
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 <ul style="list-style-type: none"> • Student is professionally dressed as in Internship (Packet I: 12-13). • Student has lubricant, holster, clipboard, pen, touch assessment form. • Introductions and brief interview (contraindications, pressure preference). • Hands-on massage of the assigned body area. • Last 5 minutes is used for feedback.
25	1st Session: Piriformis & Sacroiliac (unilateral)
25	2nd Session: Piriformis & Sacroiliac (unilateral)
25	3rd Session: Low Back Pain (unilateral)
15	Break Announce the return time and write it on the board.
25	4th Session: Rotator Cuff & Carpal Tunnel (unilateral)
25	5th Session: Thoracic Outlet (unilateral)
25	6th Session: Neck Pain (bilateral)
10	Break down and Clean up
5	Discussion
3h 30m	Total Class Time

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Lesson Plan

This timeline is for up to 10 students. 2 instructors will be receiving up to 5 sessions each.

<u>Minutes</u>	<u>Activity</u>
10	Transition <ul style="list-style-type: none"> • 2 massage tables are set up and dressed using TLC sheets. • Table heights are set to “Low”, “Medium”. • Set up a wall of folding screens with the dry erase board in the middle to separate the touch assessment area from the practicing area. • Draw a chart on the dry erase board with 4 columns and 7 rows. • Columns: Time, Body Area, Low, Medium. • Rows: 1st Session: Posterior Upper Body (bilateral), 2nd Session etc. • Each student determines her appropriate table height and volunteers for a time slot based on table height and preferred body area.
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 <ul style="list-style-type: none"> • Student is professionally dressed as in Internship (Packet I: 12-13). • Student has lubricant, holster, clipboard, pen, touch assessment form. • Introductions and brief interview (contraindications, pressure preference). • Hands-on massage of the assigned body area. • Last 5 minutes is used for feedback.
25	1st Session: Piriformis & Sacroiliac (unilateral)
25	2nd Session: Low Back Pain (unilateral)
15	Break Announce the return time and write it on the board.
25	3rd Session: Rotator Cuff & Carpal Tunnel (unilateral)
25	4th Session: Thoracic Outlet (unilateral)
25	5th Session: Neck Pain (bilateral)
10	Break down and Clean up
15	Discussion
3h 15m	Total Class Time (with 15 minutes of flex time to use as needed)

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Lesson Plan

Learning Outcomes

- **Program Level:**
- **Course Level:**
- **Class Level:** To have students understand the concepts of Orthopedic Massage.

Class Schedule – Student Preparation

- Prepare to perform 1 of the 5 orthopedic protocols.
- **Set up half of the room for students to make up or retake any missing tests, exams and assignments or use quizlet/Exam coach/class videos. Students may also take their jurisprudence or sign up for the MBLEx.**
- **Students should bring page A: 87 from their packet for evaluation**

Class Schedule – Assignments and Exams

- **87b Orthopedic Massage: Touch Assessment.**
- Packet A: 81-82 and 87-88.

Topic Focus

- To have students demonstrate deep tissue and receive constructive criticism from an instructor.

Thoughts, Advice, or Warnings

- Encourage the receivers to give a student a grade of “U” if the work was unsatisfactory in more than one category. It is better to have the student redo the Touch Assessment, than to have them continue doing poor work.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book, grade book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser
- Massage tables, face cradles, bolsters, linens, and folding screens.

