

## Class Outline

### LECTURE

#### 30 Minutes

- Attendance and Resource Review.
- How to Use TGB Products.
  - These products help students learn palpatory anatomy and kinesiology in a fun and creative way. Becoming familiar with each product solidifies the student's knowledge base and skill set for palpation. (TGB: Pages 2 and 3; PowerPoint: Introduction, slides 2 and 3).

#### 20 Minutes

- Muscle activation and muscle contraction types.
- Isometric and isotonic muscle contractions.
- Introduce the Functional Skills Model using the R Band.
  - Isometric = Muscle contraction without joint motion.  
Example: Resisted flexion of elbow created by contraction of the biceps brachii.
  - Isotonic = Muscle contraction with joint motion; there are two types.
  - Concentric = Muscle contraction where the attachment sites move closer together.  
Example: Active flexion of the elbow as the palm of the hand moves toward the shoulder and the muscle is shortening.
  - Eccentric = Muscle contraction where the attachment sites move farther away from each other.  
Example: Actively returning from flexion where the palm of the hand moves away from the shoulder and the muscle is lengthening.

#### 10 Minutes: Break.

#### 25 Minutes

- Course overview and orientation to materials (TGB PowerPoint).
- Palpation, kinesiology, and quality of touch.
- Definitions and relevance to massage therapy.
  - Styles of palpation.
- Pincer, flat, strumming, and motion palpation.
  - Practical application and specific examples of each.
  - Principles of palpation.
- Focus, concentration, quality of touch, communication, preparation, and time management.
  - Skin, bone, and muscle.
  - Layers of the body.
    - Superficial, intermediate and deep, contours, tissue types, and textural differences.
  - Prime movers, synergists, and antagonists.
  - Muscle shapes.
    - Convergent, biceps, fusiform, unipennate, bipennate, and multibelly.
  - Tendon, ligament, fascia.
    - Structure and function.

- Retinaculum, artery, vein.
  - Structure and function.
- Adipose, nerve, and lymph node.
  - Structure and function

## **PALPATION**

### **15 Minutes: Hands-on: Palpation Hints**

- Partner 1. Introduction to touch: A palpation exercise.
- Communication: Asking permission to touch partner and basic health history inquiry regarding injuries, surgeries, and areas of sensitivity.
- Soft-focus palpation: Making contact, one person explores the shoulder of his or her partner; the intent is to become familiar with the various contours of the body.
- Experiment with hand placement, depth of pressure, and joint movement. Locate a bone, muscle, tendon, and ligament.

### **15 Minutes: Hands-on: Palpation Hints**

- Partner 2. Introduction to touch: A palpation exercise.
- Communication: Asking permission to touch partner and integrate the basic inquiry regarding injuries, surgeries, and areas of sensitivity.
- Soft-focus palpation: Making contact, one person explores the shoulder of his or her partner; the intent is to become familiar with the various contours of the body.
- Experiment with hand placement, depth of pressure and joint movement. Locate a bone, muscle, tendon, and ligament (TGB: Pages 4–6; PowerPoint: Introduction, slides 5 and 6).

### **5 Minutes**

- Closure.
- Clean up.

## **Class #2: Regions and Movements of the Body**

### **Student Objectives**

- Recognize the various regions and movements of the body.
- Know the different directional and positional terminology.
- Describe the relevance of the planes to define movement.
- Develop an understanding of the muscle's role in movement of the body and the terminology to describe these movements.
- Know the difference between active range of motion and passive range of motion.
- Verbalize the structure and function of each of the following systems: skeletal, muscular, fascial, cardiovascular, nervous, and lymphatic.
- Understand the various joint types and the movements that they allow.
- Practically apply the concepts of communication and quality of touch with actual palpation of the axial and appendicular skeleton.
- Imitate the palpation techniques demonstrated for each bone, landmark, muscle, and tendon covered in class.

### **Class Equipment**

- Skeleton, PowerPoint, Resistance Band.

### **Readings**

#### **Required**

- *Trail Guide to the Body*, Fifth Edition. Pages: 19–43.

#### **Supplemental**

- TGB Student Workbook. Pages: 4, 6–13.

### **Homework**

- TGB Student Workbook: Questions relevant to topics discussed in today's class.
- TGB Flashcards: Volume 1, 8–23 and 34–63.

### **Multi-Media Aids**

- TGB PowerPoint: Navigating the Body, slides 1–29.