

FUNCTIONAL MASSAGE

Examination/Intervention for Cervical Spine and Upper Extremity Muscles and Soft Tissue

8:00 am	Course introduction to Soft Tissue and Muscle Examination Structural Muscular Localization Muscular Differentiation Tests Active /Passive Muscle Bowstring Tests Muscle Length Tests
9:00 am	Function Massage/Stretching Lecture
9:30 am	Break
9:45 am	Lab- Cervical -Scapular Muscles Upper Trapezius Levator Scapulae Sternocleidomastoid Scalenes
11:30am	Lab-Spinal-Scapular Muscles Rhomboids Middle/Lower Trapezius
12:00pm	Break for Lunch
1:00pm	Lab- Spinal- Humeral Muscles Latissimus Dorsi Pectoralis Major Pectoralis Minor Serratus Anterior
2:00pm	Lab-Rotator Cuff Muscles Supraspinatus Infraspinatus Teres Minor Subscapularis
2:30 pm	Break
2:45pm	Lab- Upper Extremity Muscles Biceps Triceps
3:15pm	Lab Forearm Muscles Wrist Extensors Wrist Flexors
3:45pm	Review and Questions
4:00pm	Adjourn