

LESSON PLANS

MTT-1 Lesson Plan – Tonic Muscles

Day/Seg	Time	Muscles	Minutes
Day 1 – eight hours			
1a	8:30 – 10:00	Lecture MtrP palpation and deactivation basics Vladimir Janda's concepts of tonic and phasic muscle relationships	90
	10:00 – 10:15	Break	15
1b	10:15 – 12:15	Trapezius, levator scapula	120
	12:15 – 1:15	Lunch	60
1c	1:15 – 2:45	Semispinalis capitis / cervicis, the splenii, longissimus capitis, cervical multifidi	90
	2:45 – 3:00	Break	15
1d	3:00 – 4:30	Obliquus capitis superior / inferior Rectus capitis posterior major / minor	90
1e	4:30 – 6:00	Pectoralis major, subclavius, sternalis, pectoralis minor, coracobrachialis	90
Day 2 – eight hours			
2a	8:30 – 10:15	Sternocleidomastoid, scalenii	105
	10:15 – 10:30	Break	15
2b	10:30 – 12:15	Latissimus dorsi, teres major, Ser. Post. Inf. quadratus lumborum	105
	12:15 – 1:15	Lunch	60
2c	1:15 – 2:45	Iliacus, psoas Tensor fascia lata	90
	2:45 – 3:00	Break	15
2d	3:00 – 4:30	Sartorius, vastus medialis, vastus intermedius, vastus lateralis, rectus femoris	90
2e	4:30 – 6:00	Pronator teres, flexor carpi radialis, palmaris longus, flexor carpi ulnaris, flexor digitorum sup. / profundus, pronator quadratus	90
Day 3 – eight hours			
3a	8:30 – 10:15	Biceps femoris, semimembranosus / semitendinosus	105
	10:15 – 10:30	Break	15
3b	10:30 – 12:15	Gastrocnemius, soleus, plantaris, popliteus	105
	12:15 – 1:15	Lunch	60
3c	1:15 – 2:30	Competency quiz containing 20 short answer questions	75
	2:30 – 2:45	Break	15
3d	2:45 – 4:00	Tibialis posterior, flexor digitorum longus, flexor hallucis longus, anterior compartment, lateral compartment, sinus tarsi, and dorsal interossei	75
3e	4:00 – 5:00	Intrinsic plantar foot muscles	60
3f	5:00 – 6:00	Practice on 2 randomly drawn muscles Recap of the MTT-1 module	60