

## MTT-2 Lesson Plan – Phasic Muscles

Day/Seg	Time	Muscles	Minutes
<b>Day 1 – eight hours</b>			
1a	8:30 – 10:00	<b>Lecture</b> Palpation and deactivation of MTrPs Janda’s phasic muscle concept, and Vleeming’s slings	90
	10:00 – 10:15	<b>Break</b>	15
1b	10:15 – 12:15	Infraspinatus, teres minor, supraspinatus, subscapularis	120
	12:15 – 1:15	<b>Lunch</b>	60
1c	1:15 – 2:45	Rhomboids, serratus posterior superior, the thoracic erector spinae, serratus anterior	90
	2:45 – 3:00	<b>Break</b>	15
1d	3:00 – 4:30	Deltoid, triceps brachii, anconeus	90
1e	4:30 – 6:00	The erector spinae, transversospinali	90
<b>Day 2 – eight hours</b>			
2a	8:30 – 10:15	Rectus abdominis, pyramidalis The external and internal obliques and TVA	105
	10:15 – 10:30	<b>Break</b>	
2b	10:30 – 12:15	Diaphragm, intercostals, levator costarum	105
	12:15 – 1:15	<b>Lunch</b>	60
2c	1:15 – 2:45	Gluteus maximus, gluteus medius, gluteus minimus	90
	2:45 – 3:00	<b>Break</b>	15
2d	3:00 – 4:30	Deep six lateral rotators: piriformis, GOGO, quadratus femoris	90
2e	4:30 – 6:00	Gracilis, adductor magnus, adductor longus/brevis, obturator externus	90
<b>Day 3 – eight hours</b>			
3a	8:30 – 10:00	Biceps brachii, brachialis, brachioradialis	90
	10:00 – 10:15	<b>Break</b>	
3b	10:15 – 11:45	Extensor carpi radialis longus / brevis, extensor carpi ulnaris, extensor digiti minimi, extensor digitorum communis, supinator	90
3c	11:45 – 12:45	Abductor pollicis, extensor pollicis brevis, extensor pollicis longus, extensor indicis	60
	12:45 – 1:45	<b>Lunch</b>	
3d	1:45 – 3:00	Competency quiz containing 20 short answer questions	75
	3:00 – 3:15	<b>Break</b>	15
3e	3:15 – 4:30	Intrinsic hand muscles	75
3f	4:15 – 6:00	Practice on 2 randomly drawn muscles Recap of the MTT-2 module	75