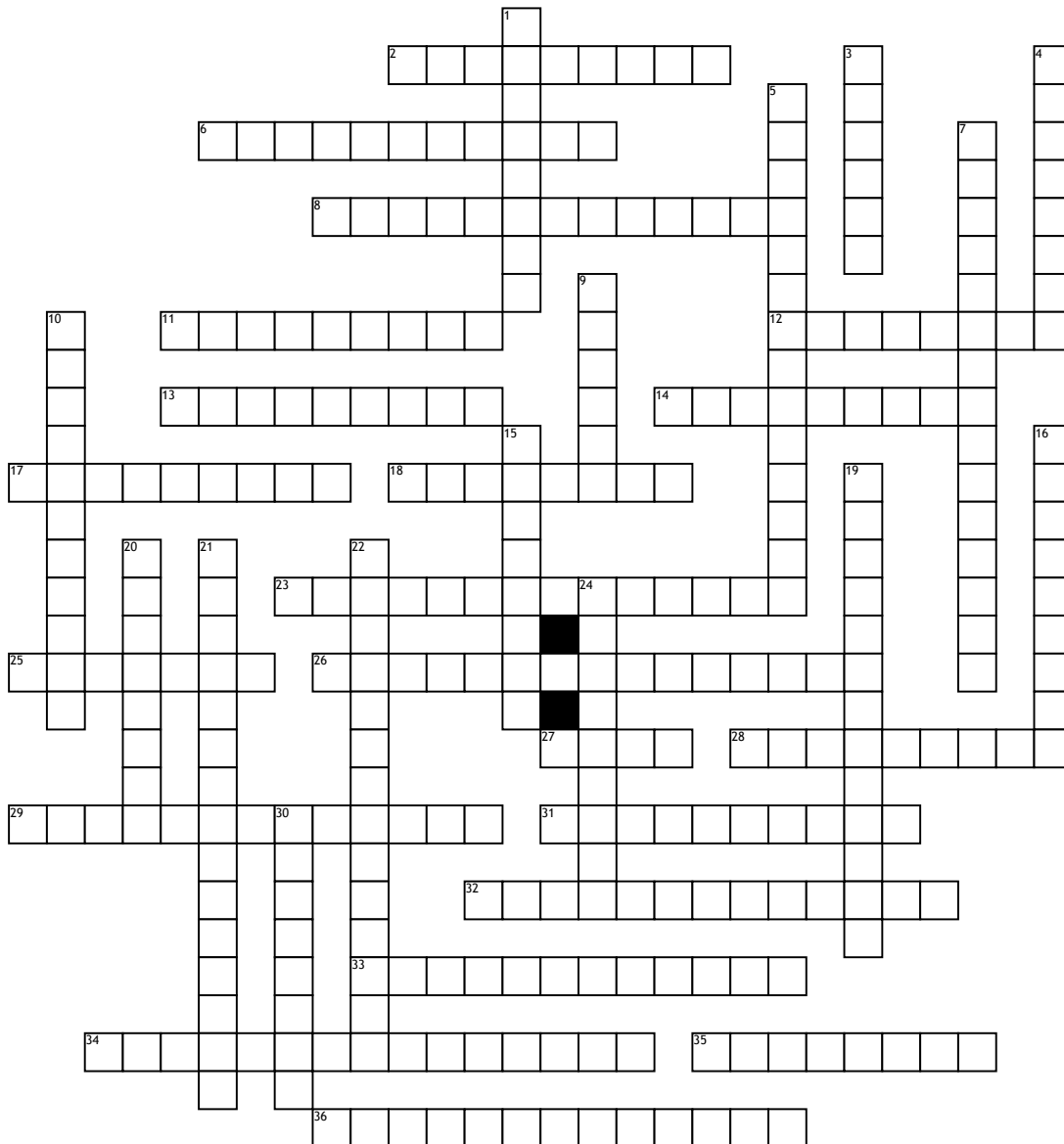


Name: _____ Date: _____

Deep Tissue Massage 01-01



Across

2. Lack of blood and oxygen caused by muscular spasm
6. An erector spinae muscle
8. I am a collective group of 3 muscles that travel along the spine 7 / 6
11. A: Elevation of the shoulder - upper
12. A: Elevation & retraction of scapula
13. I am an interscapula muscle
14. O: C1-C7 via nuchal ligament, C7 - T12 spinous processors
17. I: Lateral 3rd clavical, Acromion process, Spine of scapula
18. An erector spinae muscle
23. I am a neck muscle 5 / 9
25. Means away from the midline of the body
26. I am a neck muscle 7 / 8

27. Mean that the body part is away from the surface of the body

28. A: Retraction of the scapula - middle

29. I am a neck muscle

31. O: Sacrum

32. A: Shoulder abduction

33. An erector spinae muscle

34. A: Rotation of the head to the same side 7/8

35. Means the structure is nearer the point of attachment

36. I am a neck muscle and also a rotator cuff group muscle

Down

1. O: C7-T2

3. Towards the midline of the body

4. I: Medial boader of scapula (between spine inferior angle)

5. A: Extension of the head 5 / 9

7. O: C1-C4 transverse processors 7/ 8

9. Means the structure is farther away from the point of attachment

10. Means that a part is located on or near the surface of the body

15. Means toward the front surface of the body

16. A: Depression of scapula - Lower

19. Areas of increased metabolic waste deposits 7,5

20. Part that is above another part or closer to the head

21. I: Boarder scapula - spine to superior angle 7 / 8

22. A: Lateral flexion of the head (side) 5 / 9

24. Means towards the back surface

30. Part that is located below another part or is closer to the feet