

BMT 1

Body Mobilization Technique

Prone

Body Mobilization Technique

- The following techniques constitute a thorough and informational approach to physical structure and integrity.
- This approach utilizes passive stretching movements, range-of-motion exercises and traction techniques in order to promote a balanced, energized and structurally efficient support system

Body Mobilization Technique

- BODY MOBILIZATION TECHNIQUE (BMT) are ideal for runners, athletes and physically active people. Practiced on a regular basis, you will observe an increase of joint range-of-motion, overall body harmony and an increase in athletic performance.
- It is particularly effective when combined with soft tissue techniques and shaking movements.

Body Mobilization Technique

- You will need to practice BMT on a regular basis to insure hands-on efficiency and procedural confidence. It is a non-fatiguing treatment and all movements are to be performed evenly and without strain.

Body Mobilization Technique

- Be certain to work with your partner and watch closely for muscular resistance, adhesions or chronically armored areas. In its entirety, BMT can be performed in thirty minutes or less.

Body Mobilization Technique

- Be careful to take all movements to the point of resistance and no further. When this technique is mastered, you may wish to add cross-fiber massage or deep friction to trigger points and adhesions to assist the normal range-of-motion.
- Always be cognizant of the relative and absolute contraindications for massage therapy and be certain of the safety and smoothness of all of these techniques

Body Mobilization Technique

- Distraction Principle
- Deceptively simple, the Distraction Principle affords your client the opportunity to assimilate and internalize information without the usual guilt-producing emphasis on “following orders” without deviation.

Body Mobilization Technique

- It is clear that good postural habits are more easily learned by placing a book on your head than by attempting rigid compliance with dozens of various postural dictates. The same principle applies to Body Mobilization Techniques.
- Rather than aggressively working out (or in some cases gouging) the body's trigger points, it is far more practical and effective to combine gentle stretching and joint mobilizations while, simultaneously applying pressure to the trigger point.

Body Mobilization Technique

- Mobilizations, combined with pressure points, send the brain simultaneous impulses, drastically reducing the potential invasiveness of direct compression..
- Your client will be far more receptive to your methods and a very real sense of cooperation will be realized, promoting effective tissue release.

Body Mobilization Technique

- Furthermore, the Distraction Principle often becomes a game; there is a sense of fun which, in itself, is a valuable therapeutic component

Contraindications

- Contraindications are conditions unique to the individual client that render Body Mobilization Techniques harmful or at least therapeutically pointless. BMT contraindications include, but are not limited to, the following:

Contraindications

- Inability to relax or respond to the movements
- Joint inflammation including rheumatoid arthritis.
- Severe nerve root or radiating pain.
- Advanced diabetes
- Bone disease including osteomyelitis.
- Severe heart condition or untreated high blood pressure
- Prolonged use of steroids
- Spinal or skeletal paralysis
- Pregnancy (no rotary movements after fourth month and no manipulations of any kind if there is any danger of miscarriage)
- Conditions or persons subject to obsessional neurosis regarding vertebral displacement

Contraindications

- Keep in mind that no movements are to be performed when pain is present. The client's ability to move and allow specific muscle lengthening techniques must be the ultimate guideline. Work in a close cooperative fashion with your client.

Contraindications

- Let BMT principles and concepts serve each person on which you lay your hands. Let every treatment be as unique as each person with whom you are working.
- “Above all, do no harm!”
-Hippocrates

Lift and Roll

- Inferior hand gently lifts pelvis behind opposite ASIS.
- As you begin to lower the pelvis, superior hand applies palmar compression to the erectors on opposite side, allowing the pelvis to roll back down. Work up and down the erectors. Do not dig in. Make sure your pressure is not jabbing - more of a melting in. Do not slide across the surface.

Lift and Roll

- Variation: Let your superior hand lift the mid-thoracic area as your inferior hand compresses the lumbar erectors and sacroiliac area. Then lift at the mid-thoracic with the inferior hand as the superior hand compresses into the thoracic erectors.

Shoulder Mobilization Release

- 1) Face down the table. Outside arm grasps upper arm, alternately bringing it towards and away from the therapist.
- 2) Simultaneously, as the arm moves towards the therapist, inside hand applies melting compression with the thumb, along the superior edge of the shoulder from the base of the neck to the acromion process, working into upper trapezius, supraspinatus and levator scapula. Keep the arm in the coronal plane (parallel to table). Move inside hand to a new location when arm is furthest from the therapist (adducted).

Shoulder Mobilization Release

- 3) Facing up the table sit with inside hip on the table, draping client's upper arm over your leg at the elbow. Lift, squeeze, and jostle the upper trapezius, deltoid, and triceps.
- 4) Stand up and, supporting with inside hand under the biceps, use your outside hand to shake loosely down through the elbow, lower arm, hand and fingertips. Then vibrate down through the elbow, lower arm, hand and fingertips.

Gluteal and Hamstring Compression

- Inferior hand grasps front of leg near ankle and makes a circle with the lower leg.
- Simultaneously, superior hand compresses gluteals and hamstrings. Use the fist for twisting compression on the gluteals. Use the palm for general compression on hamstrings. Once muscles are warmed you may use thumb or fingertips for more specific work.
- Reverse the direction of the circling occasionally.

Ankle ROM/Gastroc Accordion

- Flex client's knee and place his/her lower leg on top of the quads of your leg (the one closer to the foot of the table). Make sure you leave enough room to fully dorsiflex the ankle.

Ankle ROM/Gastroc Accordion

- Superior hand grasps gastrocnemius while inferior hand holds foot across longitudinal arches. Perform complete ankle ROM while squeezing and compressing the achilles and gastroc/soleus. Use heel of upper hand to compress into gastrocnemius while dorsiflexing ankle, release and re-position working hand during plantarflexion.
- After the muscle is warmed you may also do more specific compressions using fingertips or thumb.

Hitchhiker

- Face up the table towards client's head. With inside hand lift the foot by grasping medial arch. With outside foot forward, shift your weight from front to back foot while shaking the leg back and forth with loose wrist (clients knee will flex and extend somewhat as you move).

Reflex Compression

- Facing up the table, grasp foot with thumbs on the plantar surface. Perform dorsiflexion, plantarflexion, and circumduction on the ankle (knee will flex and extend slightly).
- Simultaneously, apply pressure with thumbs. Press and release in rhythm with range of motion, working to cover the entire plantar surface.

Reflex Compression

- Variation: alternate compressions/dorsiflexion with pulsing traction to entire leg (grasp front of ankle with outside hand, medial arch with inside hand).

Rocking/Compression to the Backside

- 1) Working up and down the erectors, lean your weight in and rhythmically compress muscle belly.
- 2) Continue rhythmic squeezing, rocking and compression to gluteals, thighs, calves and feet.

BMT 2

Supine Techniques

Making Snakes

- Facing the table, grasp the leg loosely above and below the knee. Press and roll. Then hands move together up and down the leg, continuing to press leg and roll medially.

Pulsing Traction and Wagging

- 1) Squeeze the foot and toes.
- 2) Grasp medial arch of foot with inside hand and heel with outside hand.
Perform pulsing traction.
- 3) Release inside hand and waggle the foot from the heel.

Mobilizing the Ribcage

- 1) Rock the torso from pelvis to lower ribs.
- 2) Face the table at a 45 degree angle to the shoulder. On the side you are standing, with head hand on the pec and foot hand on the ribcage, press the ribs down and towards the center of the body. Release and repeat.
- 3) Standing at the head and facing down the table, place hands on pecs with palms medial to the coracoid process, thumbs under clavicles and fingers on the sternum; press down and toward the feet.

Pectoral Release

- Facing down the table, use outside hand to grasp client's arm at the elbow, and circumduct the shoulder joint.
- Simultaneously, compress pectoralis major with your inside hand, pressing down and forward. Be sure to avoid pressing on clavicle, coracoid, or acromion process directly.

Rhomboid Wave

Kneeling at the shoulder (foot of top leg is on the ground, and that thigh is parallel the top edge of the table - knee of other leg is on the ground), slide both hands under the shoulder so that scapula is in palms of your hands.

Curl fingertips gently into rhomboid area about half-way between the spine and the scapula. From this point on, skin and superficial fascia go with the fingertips (no sliding over the skin). Slide fingertips towards the spine.

Rhomboid Wave

- Curl fingers a bit more, increasing pressure to the back. Pull back towards yourself as far as the skin stretches, reduce pressure, and slide fingers back towards the spine. Repeat several times, then find a new starting point and repeat again

3 in 1 Technique

Outside hand supports the elbow. Inside hand interlocks fingers with client and applies static digital compression between metacarpals.

3 in 1 Technique

- Then freely combine movements for the shoulder (adduction/abduction, medial/lateral rotation, circumduction), elbow (flexion/extension, pronation/supination), and wrist (flexion/hyperextension, adduction/abduction). Shift your weight back and forth as you move.

Neck Roll

- Standing in a lunge across the head of the table, slide the palm of one hand under the neck so the fingers stick out the other side. Curl the fingers flatly, squeezing into the muscles on the back of the neck. Do not work across the spine.

Neck Roll

- Lifting the back foot to lunge forward, allow the head to roll onto your fingers. Other hand assists in returning the head to the starting position. Address the length of the neck. Switch hands and repeat on the other side.

Shoulder Rocking

- Cupping the shoulder joints flatly in the palm of your hands, curl fingers loosely around middle deltoid. Alternately push one side, then the other, down towards their feet, allowing the head to gently roll from side to side.
- Then, walk the heels of the hands in towards the base of the neck, compressing into the upper trapezius.

BMT 3

Prone

- Lift and Roll
- Shoulder Mobilization Release
- Gluteal and Hamstring Compression
- Ankle ROM/Gastroc Accordion
- Rocking/Compression to the Backside
- Reflex Compression
- Hitchhiker

BMT 3

Supine

- Making Snakes
- Pulsing Traction and Wagging
- Mobilizing the Ribcage
- Pectoral Release
- Rhomboid Wave
- 3 in 1 Technique
- Neck Roll
- Shoulder Rocking

BMT 3 Integration

- **Prone:**

Rocking/Compression to backside

Lift and roll one side

Lift and roll other side

Abbreviated general back routine (include shoulder mobilization release after circular effleurage around scapula)

BMT 3 Integration (Prone)

- Legs:

Rocking Compression to leg

Gluteal and hamstring compression

Ankle ROM/Gastroc accordion

General Leg Routine

Reflex compression

Short Foot routine

BMT 3 Integration (Supine)

Legs:

Making Snakes

Hip ROM

Leg Routine

Short Foot Routine

Pulse Traction and waggling

BMT 3 Integration (Supine)

Torso:

Mobilize Ribcage

Arm:

Pectoral release

3-in-1

Rhomboid release

Arm routine

BMT 3 Integration (Supine)

- **Neck:**

Effleurage pecs, shoulders, neck

Ironing trapezius

Neck roll

Stretch the neck

Massage scalp

Shoulder rocking