

Lesson Plan: PG/Thigh Integrative Practice

- 5 minutes: Roll, Announcements
- 30 minutes: Redemo of techniques
- 10 minutes: Partner up, set up tables
- 10 minutes: Break
- 55 minutes: Guided practice 1
- 15 minutes: Break, switch roles
- 55 minutes: Guided practice 2
- 15 minutes: Fold up and discuss



Prone Techniques



OPPOSING HANDS

LOW BACK AND GLUTEALS

- Work the **low back/gluteal** area with opposing hands (arms crossed in front of you) - as lower hand strokes up the side of the lumbar erectors to the 12th rib, the other strokes down across gluteus medius and maximus, creating traction in the low back.



PETRISSAGE

LOW BACK AND GLUTEALS

- Approach lumbar area from the side, kneading between the 12th rib and the iliac crest, then continue kneading gluteus maximus, including its distal portion.



SPECIFIC COMPRESSIONS TO **GLUTEAL ORIGINS**

place the pad of the thumb of the uphill hand over the tissue, compressing it with the heel of the other hand. Begin just lateral of the lower sacrum, working up alongside, then out under the lip of the iliac crest, covering glut max and medius origins.



DEEP EFFLEURAGE GLUTEUS MAXIMUS

- Facing down the table, apply slow deep effleurage with inside forearm or fist, stroking down across **gluteus maximus**, lateral to the sacrum
- Repeat deep effleurage in several passes, taking a different angle, following parallel to gluteus maximus fibers, from O to I.



COMPRESSIVE EFFLEURAGE HAMSTRINGS

- Apply compressive effleurage to **hamstrings** - Pressure is focused on hamstring group, as brisk effleurages are repeated to warm and flush the group.



COMPRESS HAMSTRINGS

- Compress **hamstrings** (BMT) (include fiber spreading) - Bottom hand flexes/extends knee to adjust tension on hamstrings, while upper hand compresses with palm, heel or loose fist. Be thorough - work from origin to insertion, both medially and laterally. Apply pressure when muscle is in slack, sustain while lengthening, then release pressure while shortening muscle again.



DEEP TRANSVERSE FRICTION TO HAMSTRINGS

- Use supported fingers to apply deep transverse friction to medial, then lateral **hamstrings**, from origin to insertion - feel for adhesions, trigger points or tense areas. If you find these, come back to melt, using proximal ulna.



FIGURE 4

POSITION AND DRAPING

- Move receiver into "figure 4" position, taking care with the draping. Facing up the table, inside arm holds ankle in crook of elbow, with hand near the medial knee. As inside arm simultaneously laterally rotates and flexes the hip, outside hand uses the outside edge of the drape to help pull the thigh into position, thus keeping the drape in position relative to the thigh. Check with receiver about comfort with amount of flexion (about 60 - 90 degrees is needed). Apply compressive effleurage to **vastus lateralis and the ITB**, distal to proximal.



FIGURE 4 – EFFLEURAGE AND FULLING VASTUS LATERALIS AND IT BAND

- Apply compressive effleurage to **vastus lateralis and the ITB**, distal to proximal.
- Apply fulling to **vastus lateralis and the ITB**, distal to proximal.



FIGURE 4 – DEEP EFFLEURAGE VASTUS LATERALIS AND IT BAND

- Effleurage slowly and deeply down the **ITB** to the knee, using both fists together, or forearm. Check in early about pressure!

Return leg to original position



COMPRESSIVE EFFLEURAGE CALF

- Compressive effleurage **calf** briskly from ankle to knee (3 times).



THUMB CIRCLES TO CALF

Apply thumb circles up the **calf** in three passes.



STRIP THE CALF

- Strip the **calf**, I to O, in multiple passes.



STRIP SOLEUS

Strip **soleus** edges, anterior to gastroc heads - In several passes, strip medial and lateral aspects simultaneously, using fingertips.



CROSS FIBER FRICTION TO **SOLEUS**

With knee flexed 45 degrees, use fingertips of upper hand to cross fiber the **soleus** belly, working between the bellies of the gastroc.



COMPRESSIVE EFFLEURAGE CALF

- Apply compressive Effleurage to **calf** to flush.



DEEP EFFLEURAGE CALF

- Apply deep effleurage to the **calf**, O to I, using forearm



SUPINE TECHNIQUES



COMPRESSIVE EFFLEURAGE TO QUADRICEPS – V-SHAPED HAND

Outside hand has the thumb overlapping to the medial aspect of rectus femoris. Inside hand has thumb overlapping to lateral aspect. As effleurage approaches the groin, inside hand moves to top of rectus, eventually lining up behind the lateral hand. Outside hand continues up across TFL, as inside hand either follows.



BMT TO TFL

Using heel/palm of upper hand, compress TFL (fingers point up the client's body, or towards table). Lower hand rocks the thigh medially and laterally. A nice variation is to do fiber spreading on TFL, stroking slowly across its fibers either while rolling the thigh medially, or while rocking it.



WARM RECTUS FEMORIS

Warm **rectus femoris** w/cross fiber superficial friction
(use ulnar border of hands).



CIRCULAR FRICTION TO RECTUS FEMORIS

Apply circular friction to **rectus femoris**, I to O, and melt any adhesions, spasms or trigger points found.



DEEP EFFLEURAGE TO **RECTUS FEMORIS**

Deep effleurage **rectus femoris** with forearm, O to I.



WARM LOWER LEG

Warm the lateral side of the **lower leg** with brisk longitudinal superficial friction (outside hand).



FIBER SPREADING TO LOWER LEG

Using "thumb in fist" tool, spread fibers of **tibialis anterior** and the long extensors of the toes and **peroneus longus**.



DEEP EFFLEURAGE TO LOWER LEG

Facing down the table, apply deep effleurage to **muscles of the antero-lateral aspect**, O to I, using forearm and/or fist.

