

# Introduction to Deep Massage

Bodies are just better musical instruments.



- In the previous “Intro to Integrative Segment” we talked a bit about how “Deep Massage. - a unique soft tissue therapy which works consciously and simultaneously to enhance energy flow as well as structural integrity.”
- Early studies in music and philosophy
- Influential bodywork studies - Chicago School of Massage Therapy with Bob King, Rolfer, Daniel Blake; Cranio-sacral study; Zero Balancing with Dr. Fritz Smith
- Thixotrophy – if you add “energy” to fascia, it gets more fluid
- Tensegrity – soft members of natural structures position the hard members (e.g. muscles and fascia position bones)

# Role of Nervous System & Energy in Deep Massage

- Relaxation is something only the nervous system does!
- Nervous system can be considered the energy-side complementing the structural-side of Deep Massage.
- Nervous system – thoughts, beliefs, feelings, learning, memory, dreams, proprioceptions, perception of pain, imagination, etc.

- How to optimize your contact with energy and structure?
- How to facilitate your client's letting go from inside out?
- How to facilitate your client's bodymind learning? Education and communication may be even more important and influential than manipulation!

Communication depends mostly on optimizing the quality of your touch and your listening - that's what massage is!

# Interface

- At interface you know where your body ends and the client's body begins; the client knows where his/her body ends and your body begins.
- It entails naturally the visualization that your energy and structure just *meets* the energy and structure of the client.
- As opposed to streaming or blending with the client.

# Fulcrums (see Pa V: 9)

Cultivate heightened, healthy boundaries in your touch.

1. Centered and breathing
2. Contact the body with pressure (take out the looseness)
  - pause
3. Add the beginning of a direction - to “take up the slack”
  - pause
4. Add additional vectors (movement or more pressure, movement, breath)
5. Sustain a stroke sensitively through/within the tissue - “hold it, hold it, hold it” – this is like having a pause within your action
6. Simultaneously observe for working signs (or signs of discomfort)
7. Clearly disengage
  - pause

# Important of Pauses

- Pauses give the client time to integrate (and you to reflect as well!)
- Micro-Pauses between the steps of the fulcrums show your knowledge and respect for the clients boundaries
- Pauses allow time for the client to have a new experience without further distracting movement – like dropping pebble into pond and letting ripples subside.



# Working Signs (see Pa V: 8)

“Working state” is the time when the client is integrating their energy and structure. “Working signs” are, mostly, objective observations that can be used to monitor the client’s response and guide our touch.

Most important working signs:

- Breath
- Eyes
- Facial expression
- Client reports
- Kriyas
- Swallowing
- Borborisms
- Local change – FEEL and LISTEN don’t just MOVE
- Voice vitality

# Cautions

- Hair – in this respect, men aren't usually as sensitive as you might think! 😊
- Don't add lubricant just because you're used to it. Use cream or oil, when it really helps you and/or when the client or employer clearly expresses that preference.
- Verbal fulcrums – in a working state clients are more vulnerable; pay attention to what you say, how and when you say it,
- Depletion – people who are low energy or whose energy moves very quickly may be more likely to deplete. Pay close attention.
- Transference and Countertransference – with deeper structural/energetic work, client and/or therapist may more likely project onto therapist or client. Pay close attention to your and other's boundaries.

# Basic Deep Massage Protocol

## Client Prone

Fists Down Erectors

Nine Points (lumbar erectors, multifidus, quadratus lumborum)

Ironing Up Erectors (“Erector spinae and posterior ribs”)

Levator Scapula

Posterior Neck (prone)

Trapezius

Semispinalis Capitis

Multifidus/Rotatores

*(later in Part Two include: nuchal and intertransverse ligaments, and deep suboccipital muscles)*

(Integrate upper body work with fists down erectors)

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus

## Client Supine

Half Moon Vector through the Legs

Tensor Fascia Lata, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris

Peroneus Longus (fibularis)

Tibialis Anterior

Half Moon Vector through the Legs

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

Scalenes

Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs