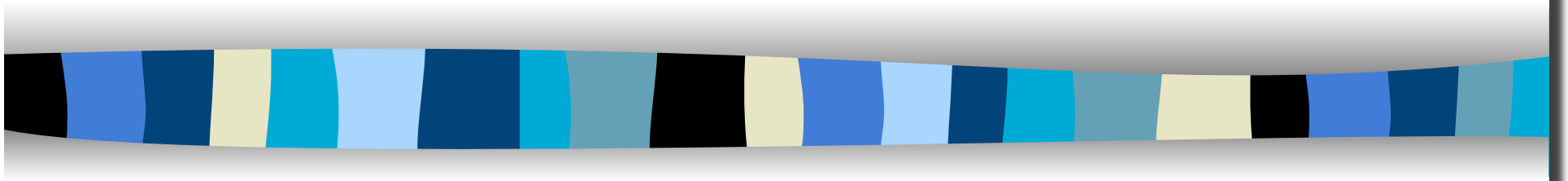
92b Deep Massage:
Technique Review and Practice - Posterior Body



92b Deep Massage:
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Class Outline

15 minutes	Break and set up
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	First trade
20 minutes	Switch and break
75 minutes	Second trade
15 minutes	Clean up and circle up

3 hours and 25 minutes with 5 minutes flex time

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Class Outline

Quizzes:

- 93a Kinesiology Quiz
  (rectus abdominis, diaphragm, pectoralis major, deltoid, biceps, brachialis, triceps)

- 94a Kinesiology Quiz
  (scalenes, frontalis, temporalis, masseter)

Touch Assessment:

- 97b Deep Massage: Touch Assessment

Exams:

- 98a Practice MBLEx (100 questions in 2 hours)

Preparation for upcoming classes:

- 93a Kinesiology: Palpation – Anterior Torso and Arms

- 93b Deep Massage: Technique Demo and Practice – Anterior Torso and Arms
  - Lauterstein: Chapters 13 and 15.

Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

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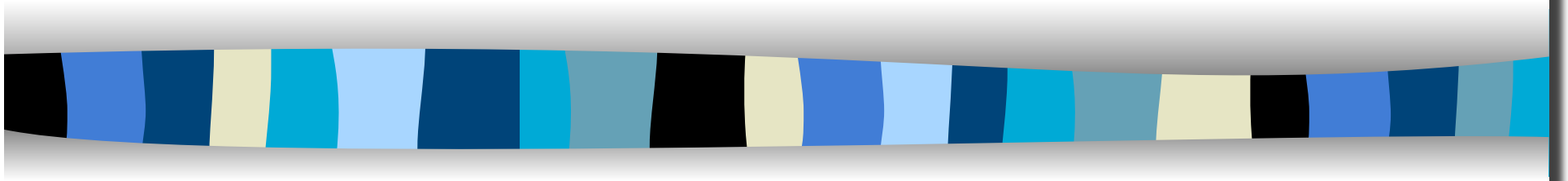
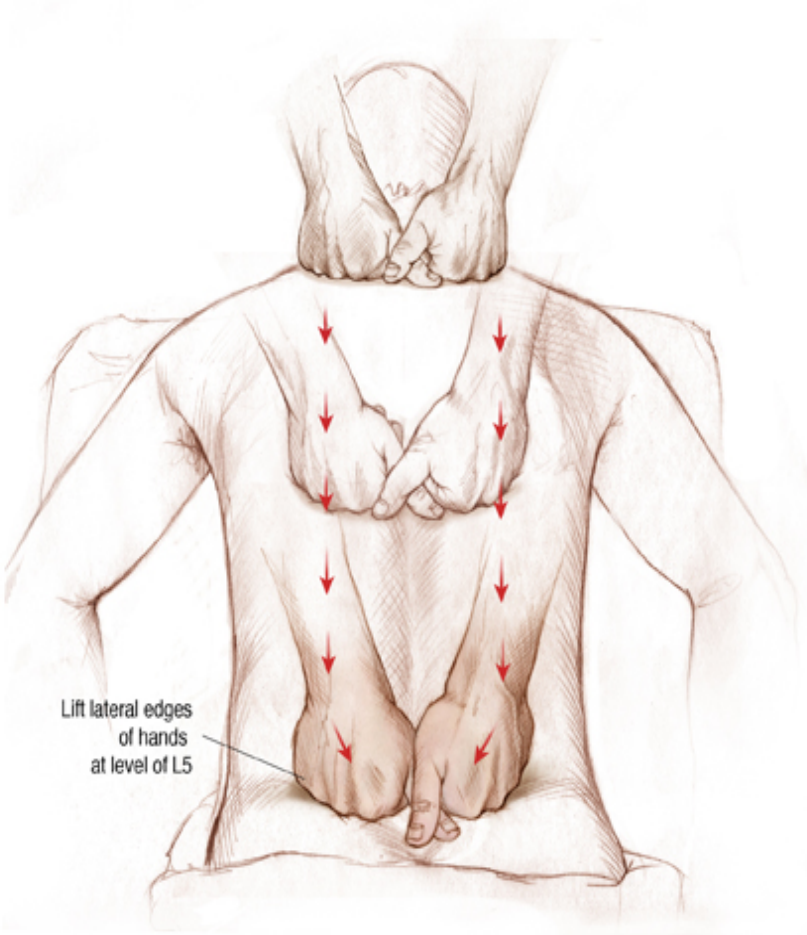


L-17

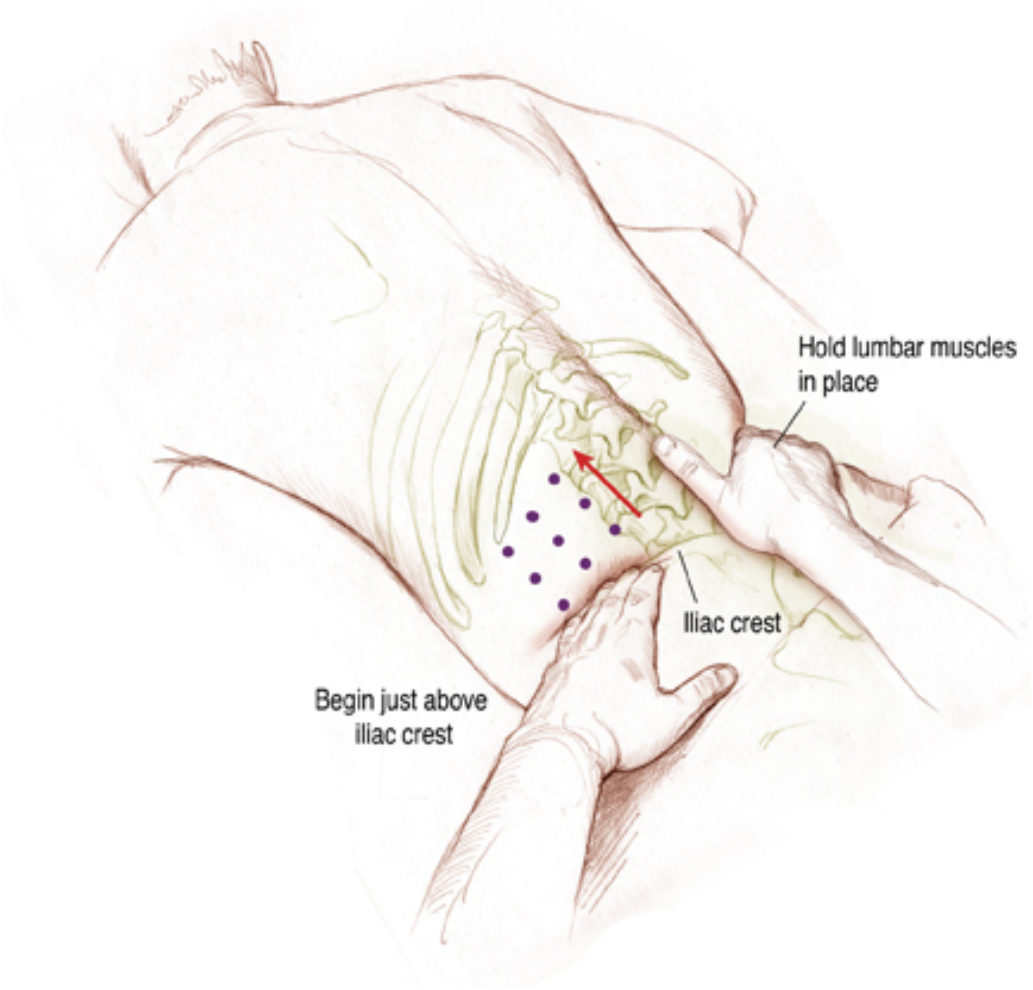
Fists Down Erectors



Fists Down Erectors

- Center yourself – in body, mind, and emotion
- Take out looseness - pressing easily in towards ribs 1-3
- Take up the slack – engaging/"pre-stretching" inferiorly
- Add additional vectors- following the erectors down the back with a deep effleurage using your loose fists
- Sustain the gesture- so it is one long helpful experience (make it quicker and lighter the first pass)
- Monitor for working signs or (signs of too much!)
- Make sure to lift up the little finger sides of your hands as you get to the lower lumbar/sacral area – go down to at least S 3
- Clearly disengage
- Then you can do a "return" stroke if you please.
- Repeat as many as 3 times

Nine Points


Hold lumbar muscles
in place
Iliac crest
Begin just above
iliac crest

Nine Points

When you palpate, if you feel tension, press into the tension and hold it – creating a fulcrum.

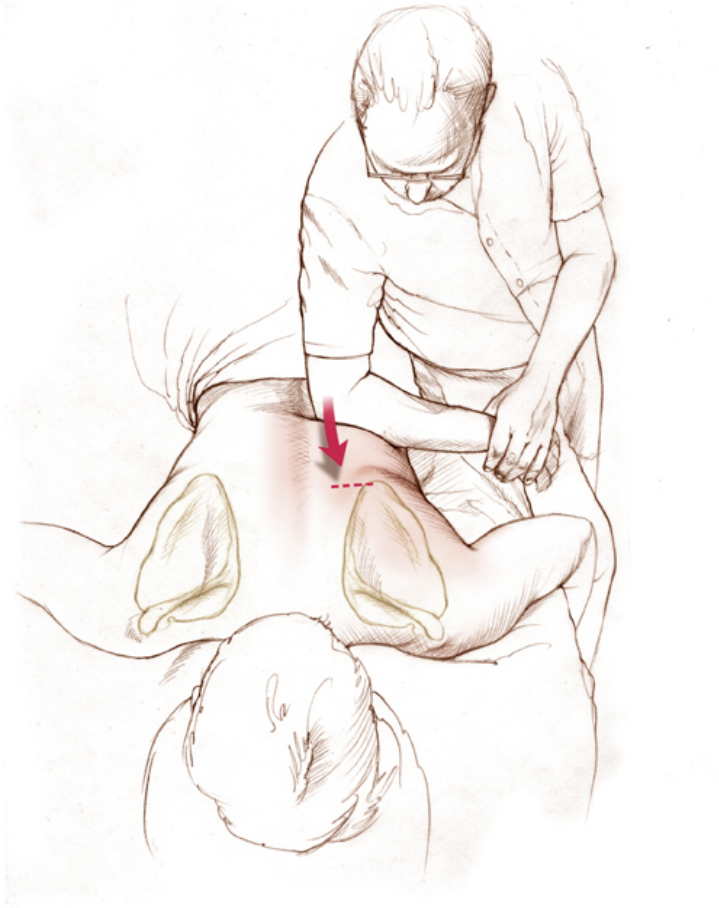
Palpate for tension in -

1. The side of iliocostalis
2. Multifidus
3. Quadratus Lumborum

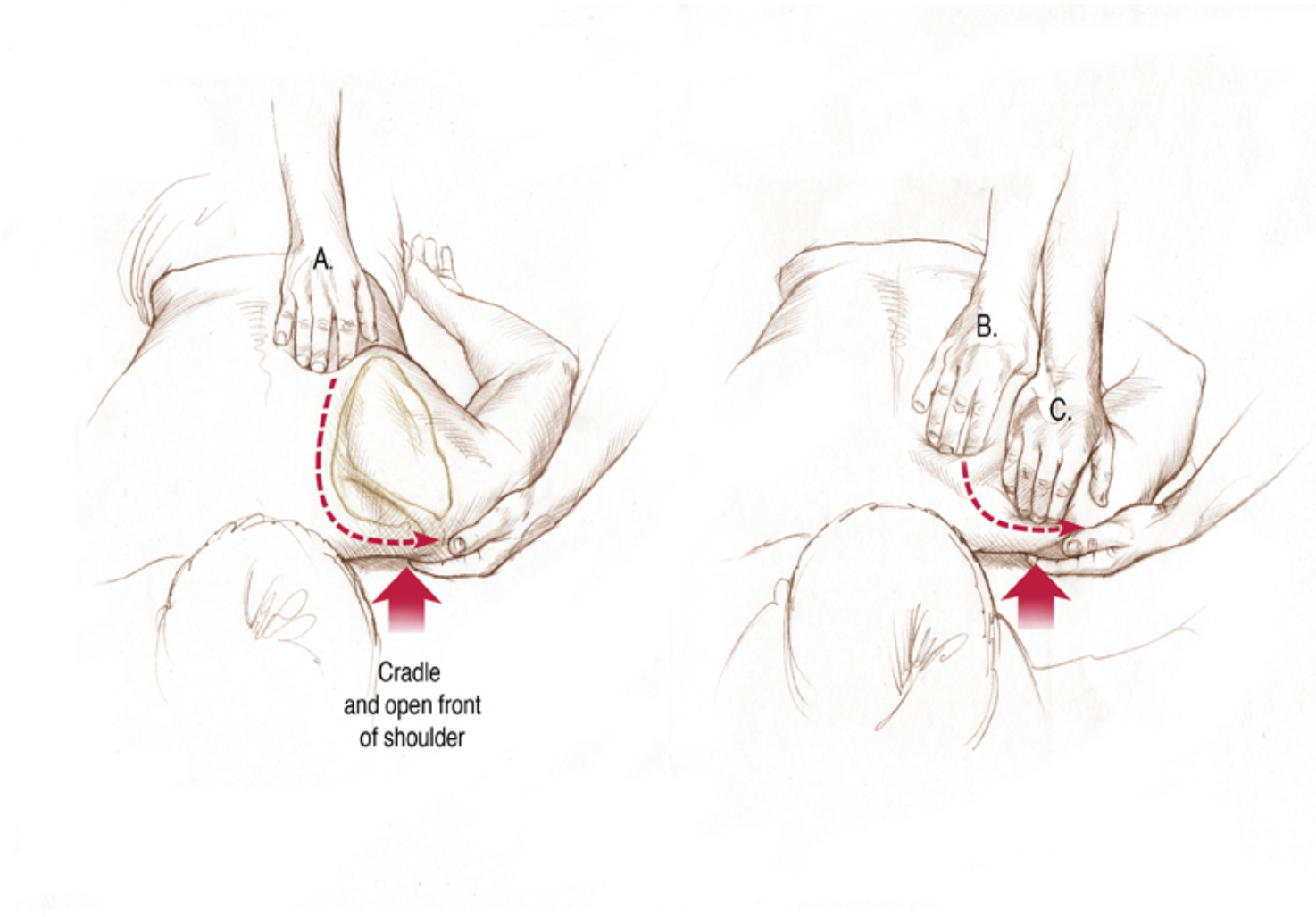
For each muscle, create a fulcrum -

- Just above the iliac crest
- Halfway between it and the 12th rib
- Just below the 12th rib

Ironing up the Erectors #1



Ironing up the Erectors #2



Ironing up the Erectors

#1. Take out the looseness gently – around rib 10-11

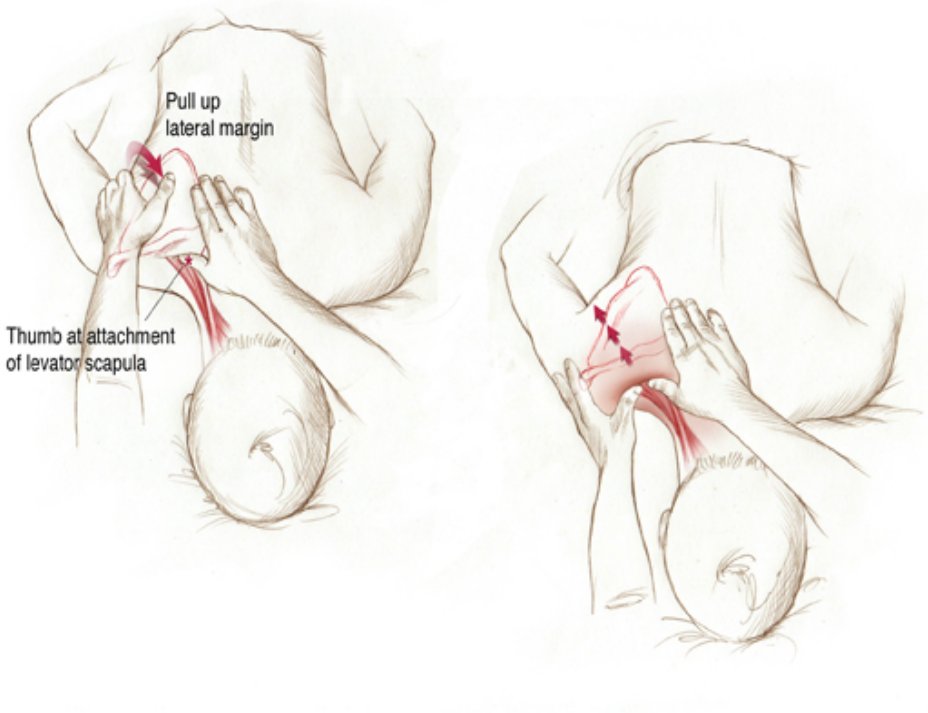
- Take up the slack, pre-stretching superiorly
- Add additional vectors "ironing" up to the level of the scapula's inferior angle
- Clearly disengage

#2. Switch hand positions – so between scapula you work with three fingers. Let your other hand, cup the front of the humerus and gently traction the anterior shoulder girdle open.

- Take out the looseness around T 8
- Take up the slack pre-stretching superiorly
- Add additional vectors "ironing up" to the level of the 1st rib, then hook your fingers and traction laterally through the trapezius belly above the scapula
- Cleary disengage

-- #2 often is done 2 or even 3 times

Levator Scapula

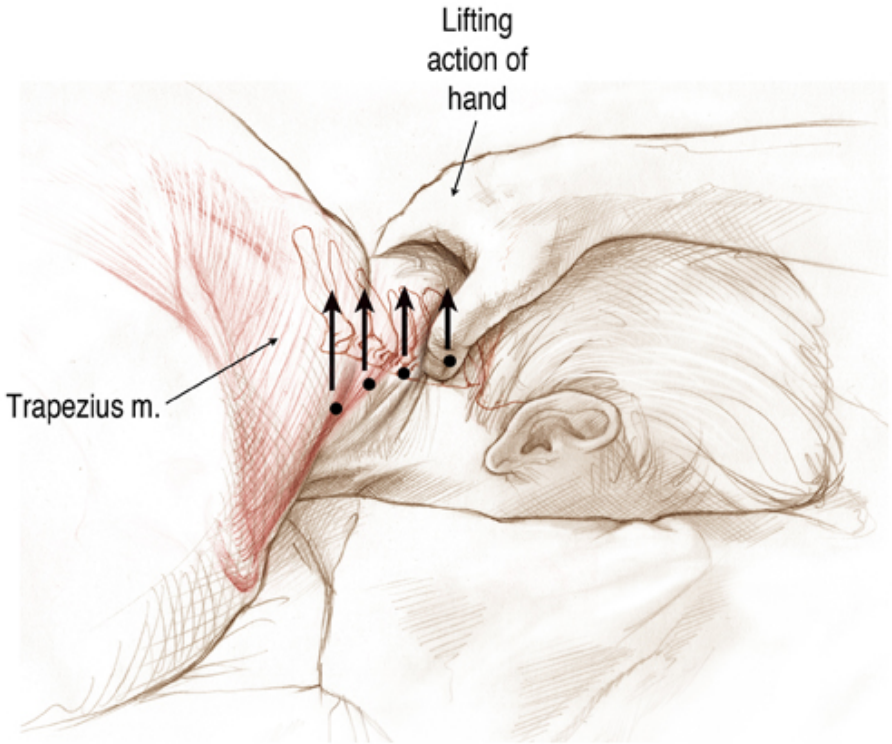


Levator Scapula

Seated – Position your chair at a slight diagonal and above the opposite shoulder – so you face the one you're going to be working with

- Find the insertion of levator scapula at the superior angle of the scapula
- Press in taking out the looseness with your thumb
- With your other hand, pull the lateral margin of the scapula toward you, adding an additional vector (which will get the thumb in more deeply)
- Sustain the gesture (monitor for working signs)
- When ready, let go of hand on lateral scapula
- Place both thumbs on levator insertion/superior angle of scapula
- Create a lengthening fulcrum with an inferior-lateral lengthening
- Clearly disengage

Posterior Neck
Trapezius, “lifting the curtain”

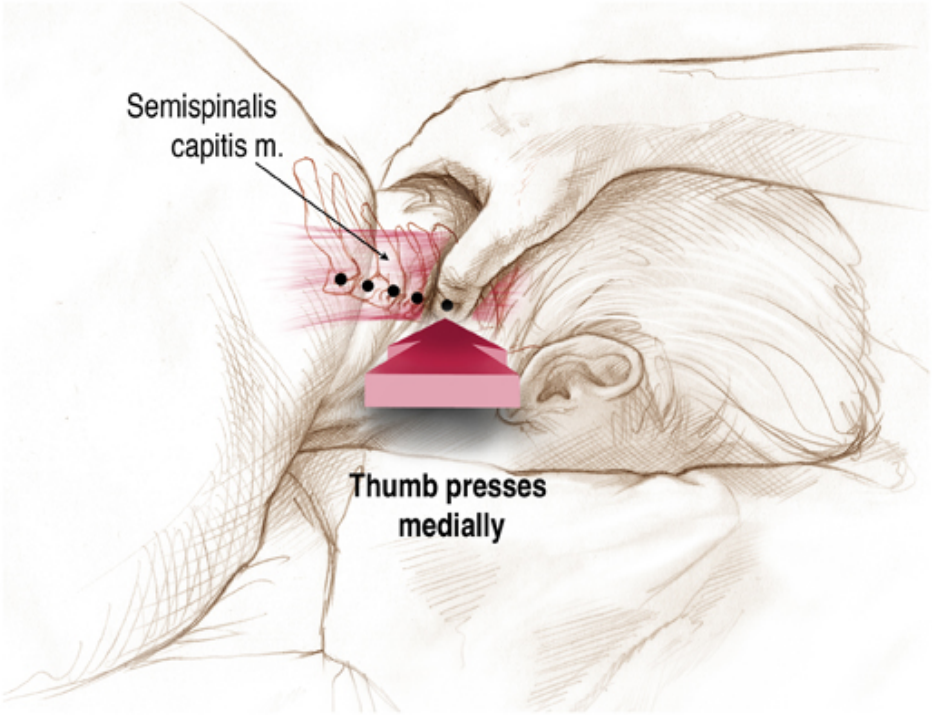


Posterior Neck
Trapezius, “lifting the curtain”

Seated- This is preparatory move for deeper work –so not too much pressure!

- Take out the looseness at the lateral margin of the trapezius
- Take up the slack pressing toward the center (medially)
- Add additional vectors, sweeping the thumb through the trapezius, ending at the spinous process
- Do this 4-5 times – each time higher than the last.

Posterior Neck
Semispinalis Capitis

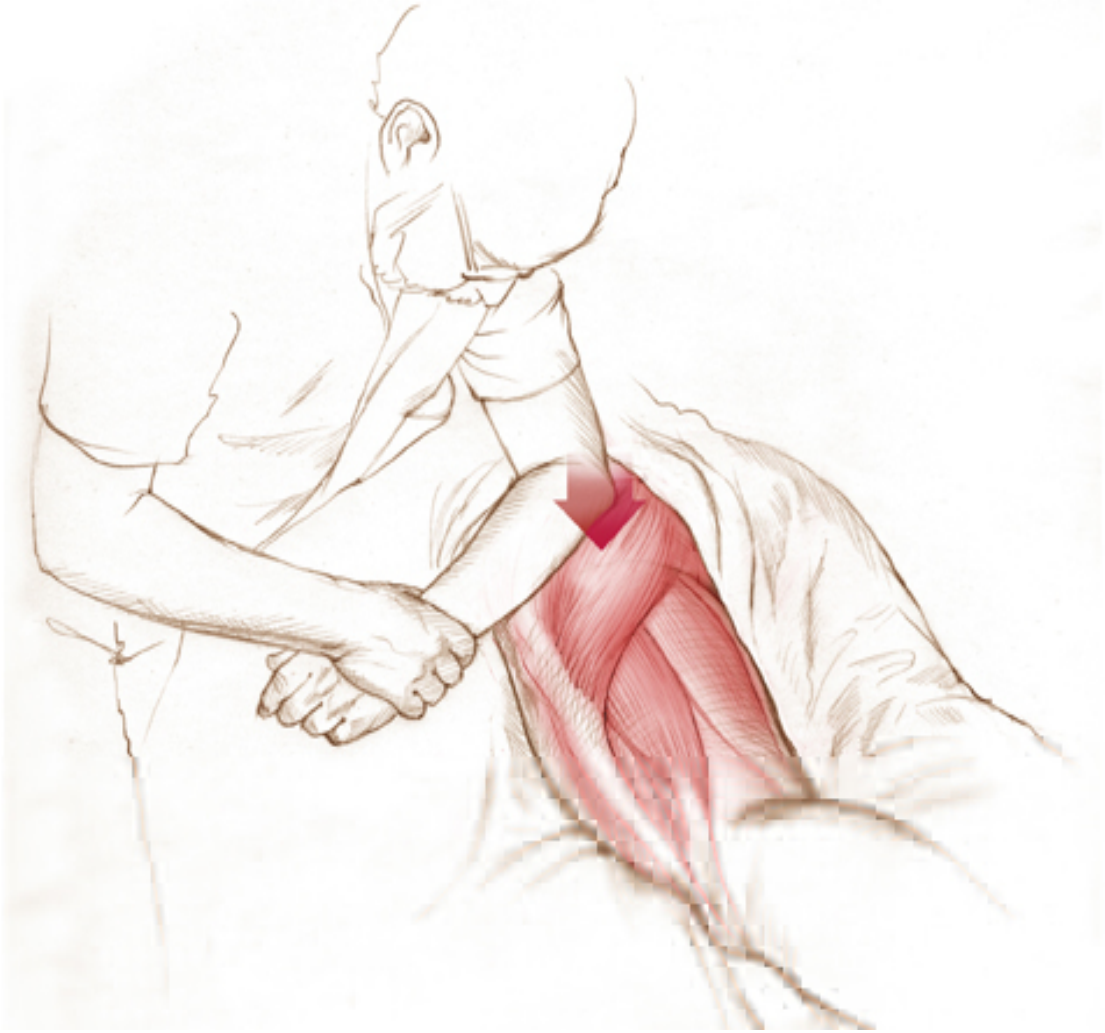


Posterior Neck
Semispinalis Capitis

Seated –

- Starting at the level of C 7 – press medially into the belly of semispinalis capitis – take out the looseness
- If you feel tension, take up the slack, pressing into the tension
- Then add additional vectors, holding the point while the client lets go from inside out
- Cleary disengage
- Do this at 4-5 vertebral levels, each successively higher, the last being just inferior to the occiput

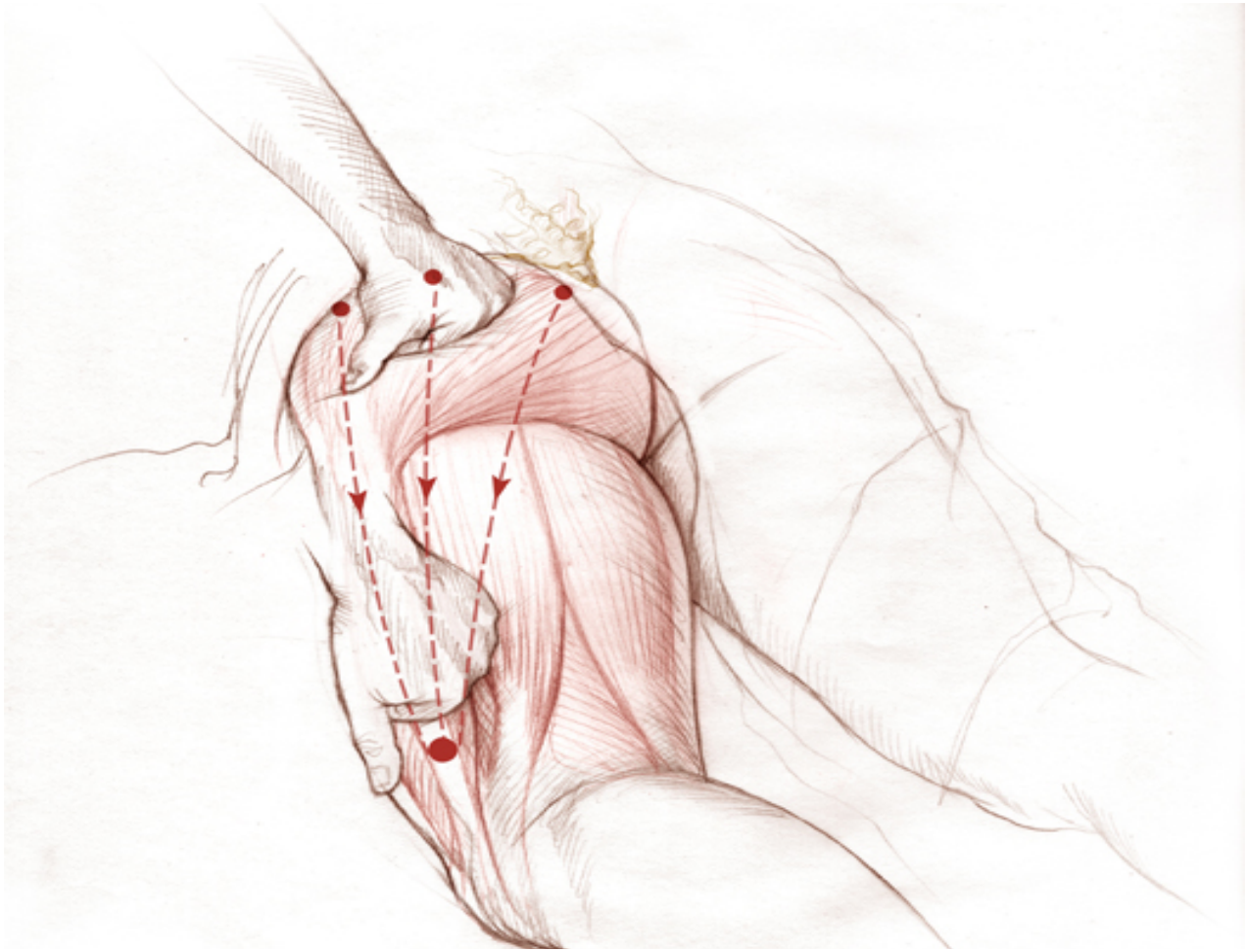
Gluteus Maximus



Gluteus Maximus

- Place your forearm (near the elbow) onto the apex of gluteus maximus
- Take out the looseness (pause)
- Take up the slack, with a satisfying level of pressure (pause)
- Breathe, relax and give the person the gift of time in which to let go from inside out (you're "in the box")
- Clearly disengage
- You may choose or not to do some introductory or integrating lighter work

Gluteus Maximus

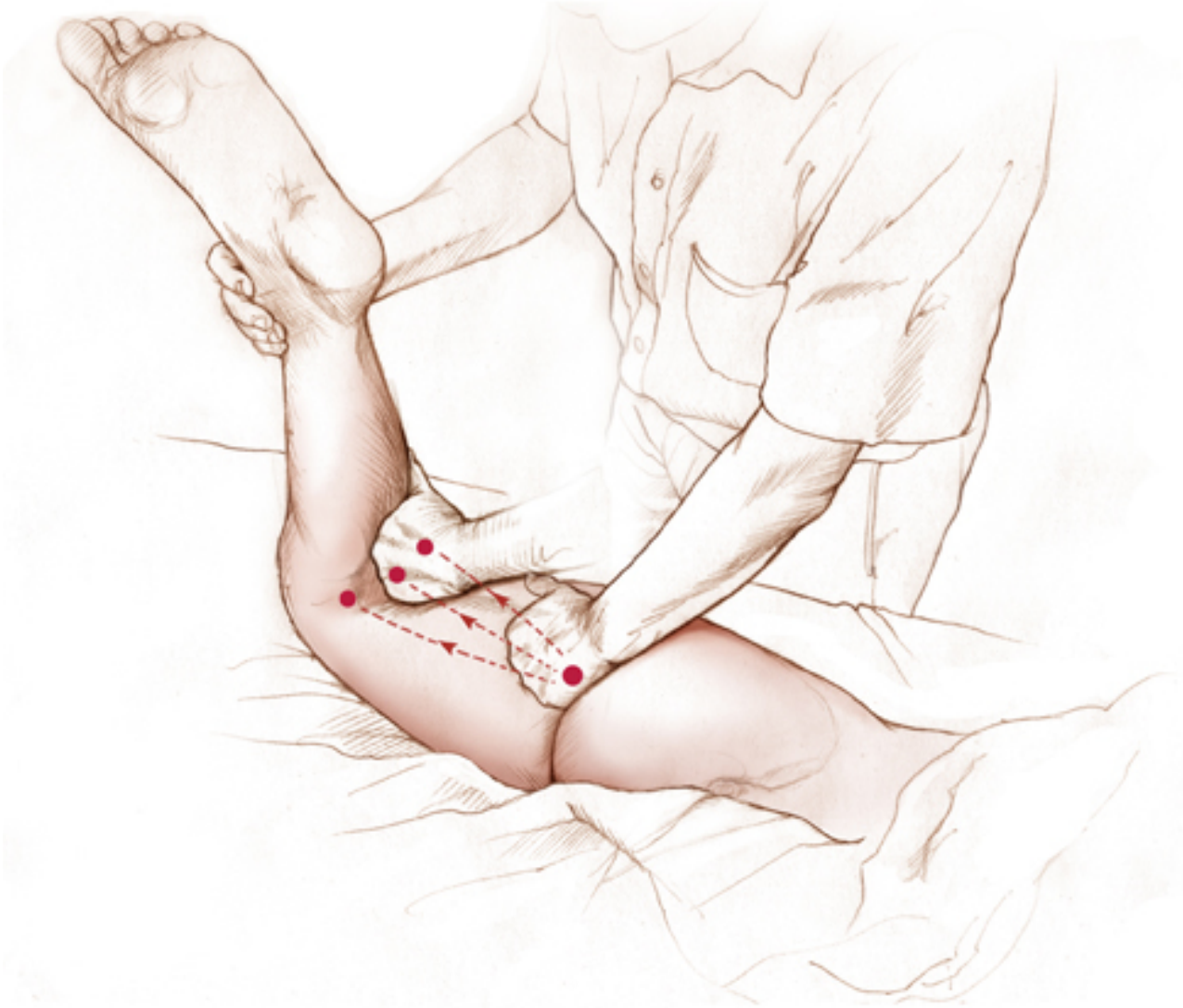


Gluteus Maximus

- With loose fist, take out the looseness just beneath the iliac crest and just lateral to the sacrum (pause)
- Take up the slack, tractioning inferiorly without moving (pause)
- Add additional vectors with a moving fulcrum inferior and a lateral through glutueus max. to its insertion about 3/4 of the way down the femur (i.t. band)
- Do two more moving fulcrums following the same route but each starting a fist's width lateral to the last starting point

(Option - you can do the third pass, with the heel of one hand on the sacrum, generally lengthening the spine, and the other loose fist, palm facing up going down the side of the pelvis, easing up over the greater trochanter and again about 3/4 down femur)

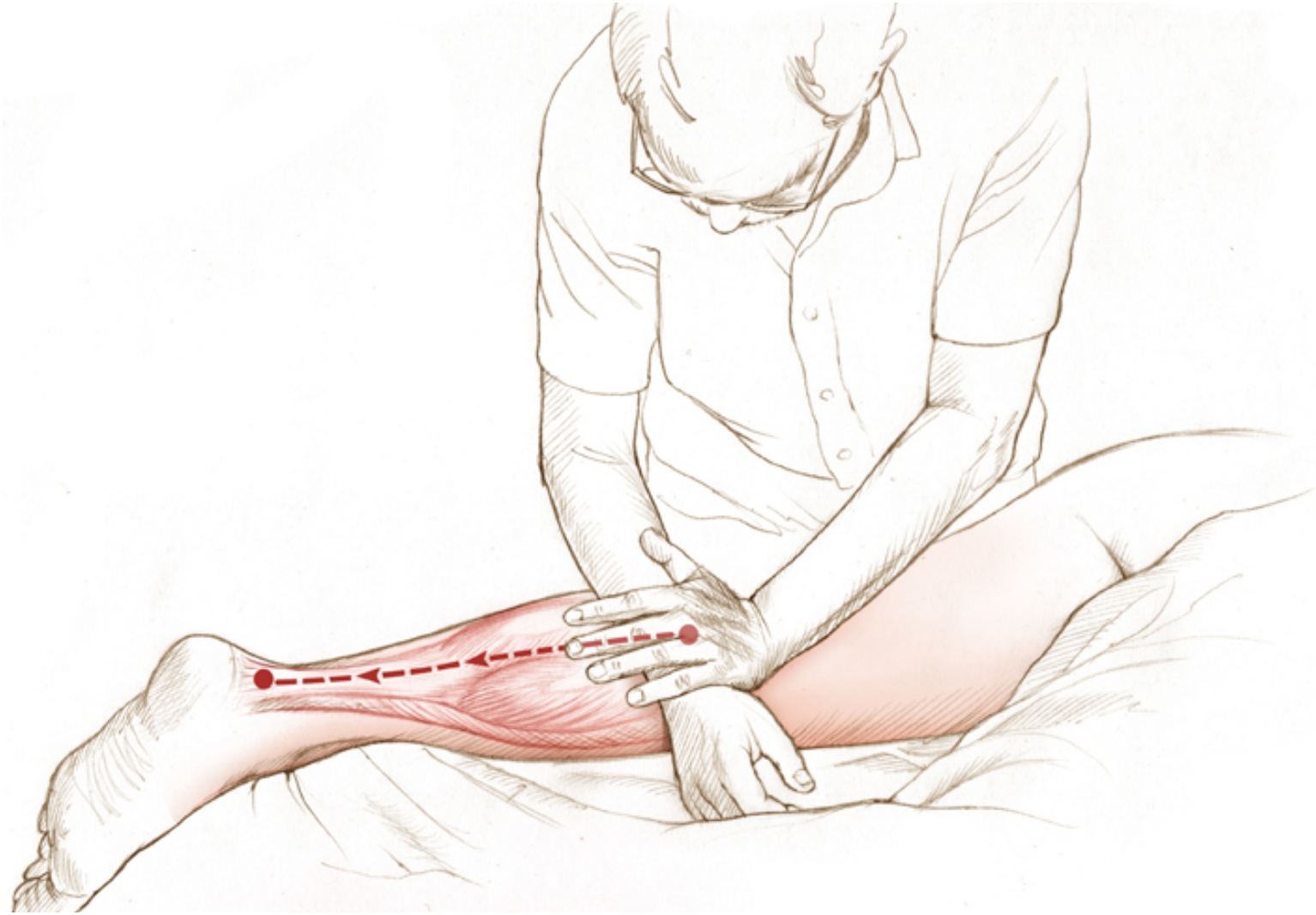
Hamstrings



Hamstrings

- With loose fist, nestle into bottom of ischial tuberosity
- Take up the slack with inferiorward traction, not moving
- Add additional vectors with a moving fulcrum going down biceps femoris ending near the insertion on the fibula
- Do a similar fulcrum using the ridge of the knuckles of your loose fist in the “valley” between the medial and lateral hamstrings (easy over the back of the knee)
- Do another moving fulcrum with the flat of the loose fist down the “semi’s” ending at the back of tibia

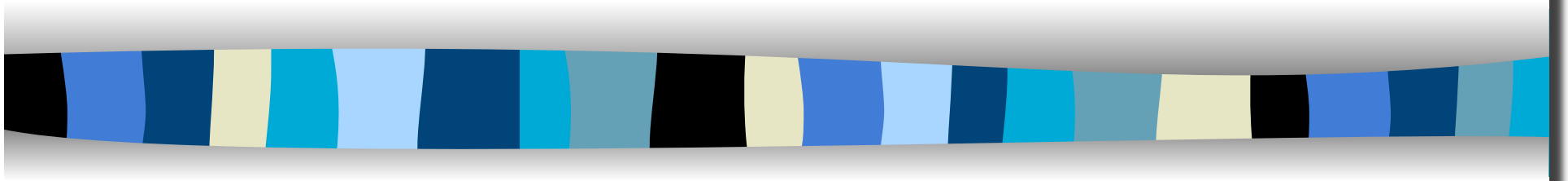
Gastrocnemius/Soleus (AKA: Triceps Surae)



Gastrocnemius/Soleus (AKA: Triceps Surae)

- Using supported forearm (see which is more comfortable) take out the looseness pressing into gastrocnemius/soleus just beneath the knee
- Take up the slack with gentle inferiorward traction
- Add additional vectors following the shape of triceps surae down to the insertion on the calcaneus

Important - slow way down as you work through the calcaneal tendon and then onto the posterior surface of the calcaneus. Tendons change more slowly than muscles bellies.

Also you here have the ability gently to engage the whole person (as in the half moon vector through the legs).

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