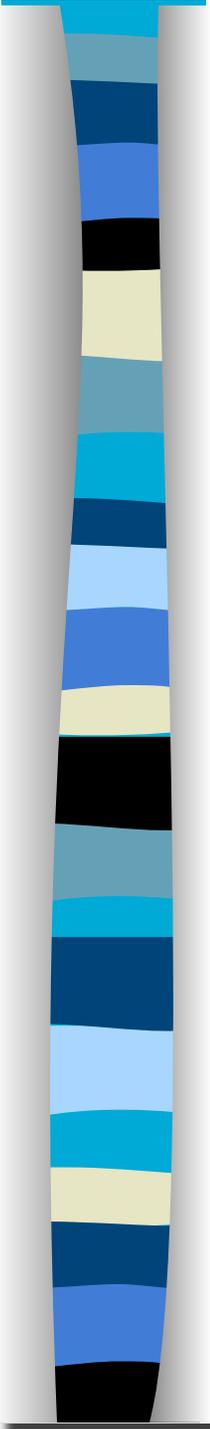


96b Deep Massage: Guided Full Body





96b Deep Massage: Guided Full Body 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

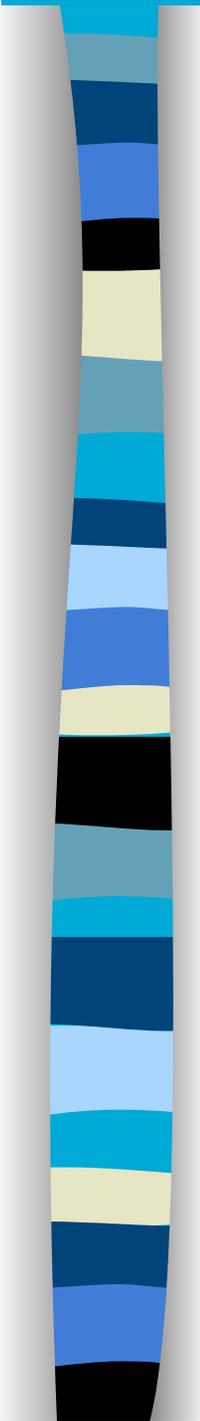
75 minutes

Second trade

15 minutes

Clean up and circle up

3 hours and 25 minutes with 5 minutes flex time



96b Deep Massage: Guided Full Body Class Outline

Touch Assessment:

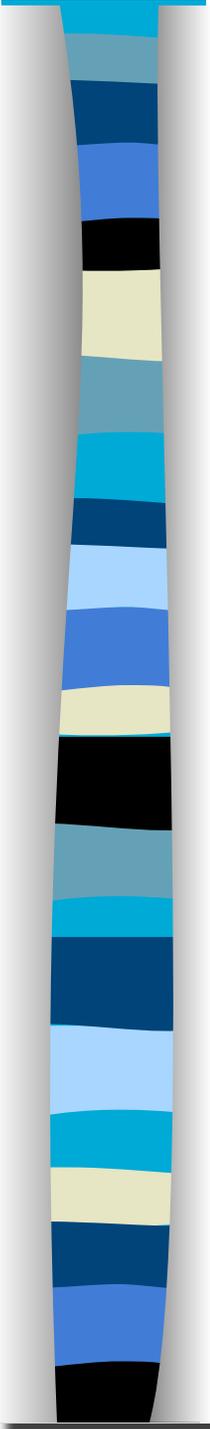
- 97b Deep Massage: Touch Assessment
- **Bring your grading sheet for evaluation A: 89**

Exams:

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

Preparation for upcoming classes:

- 97a Special Populations: Cancer
 - Packet K: 41-58.
- 97b Deep Massage: Touch Assessment
 - Prepare to massage 1 assigned body area such as the:
 - Posterior upper body
 - Posterior lower body
 - Anterior lower body
 - Anterior upper body
 - Neck, face, and scalp
 - Your receiver will be an instructor who will give you verbal feedback which you will write down and turn in to get credit for the assessment.
 - Packet A: 81-82 and 89-90.



Classroom Rules

Punctuality - everybody's time is precious

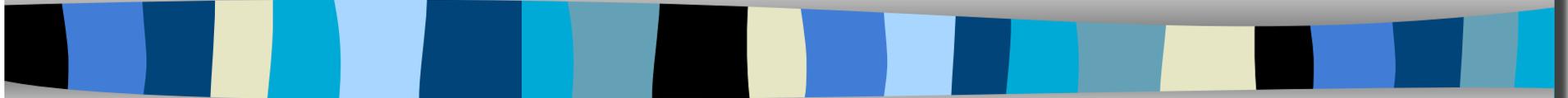
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

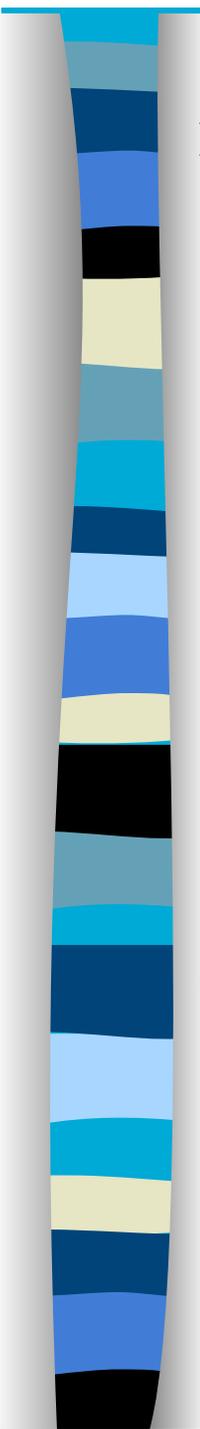
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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

96b Deep Massage: Guided Full Body



L-16



Prone Position:

Note: Add in brief palpations and integrative petrissages, rocking or resting strokes, as intuitively called for. Monitor for working signs – LISTEN.

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

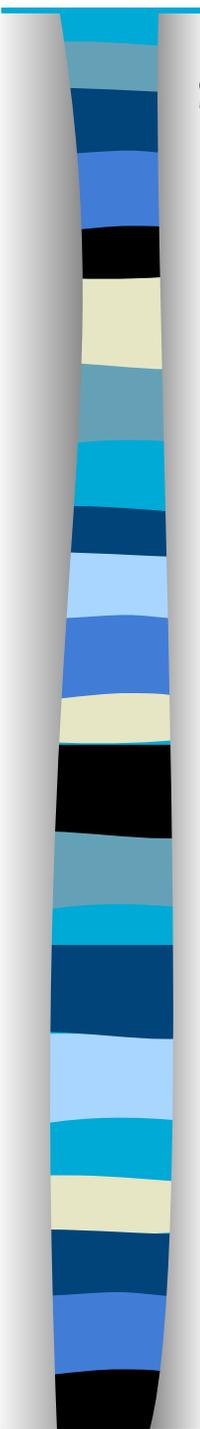
Multifidus/Rotatores

(Integrate upper body work with fists down erectors)

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus



Supine Position:

Half Moon Vector through the Legs

Tensor Fascia Latae, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris / Vastus Intermedius

Quadriceps Tendon / Patellar Ligament

Fibularis Longus (Peroneus)

Tibialis Anterior

Half Moon Vector through the Legs

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

Scalenes

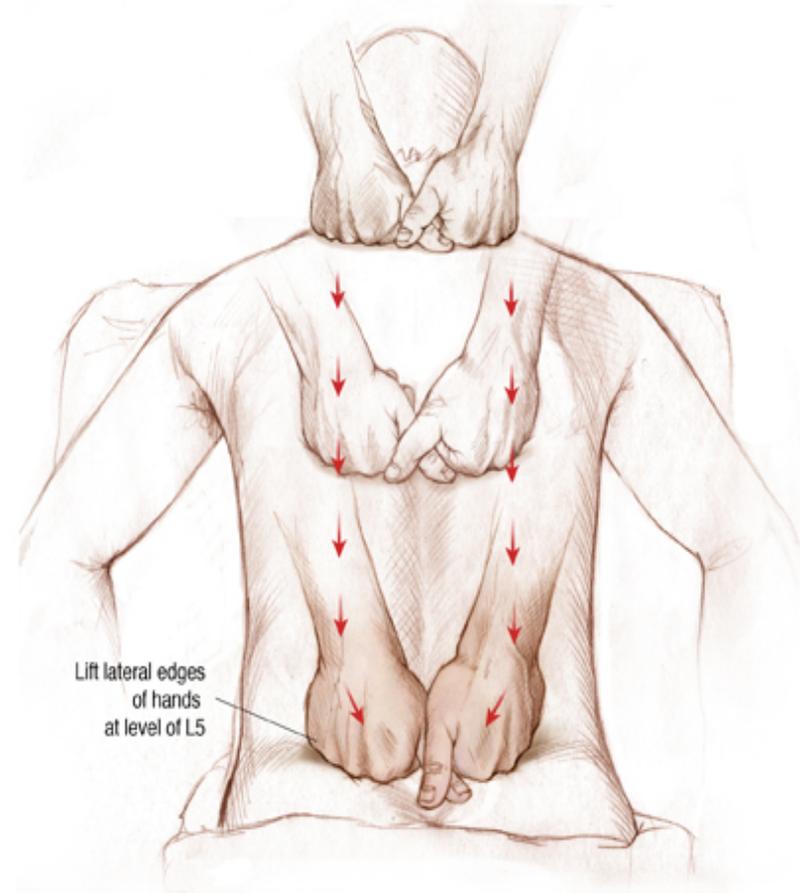
Facial muscles

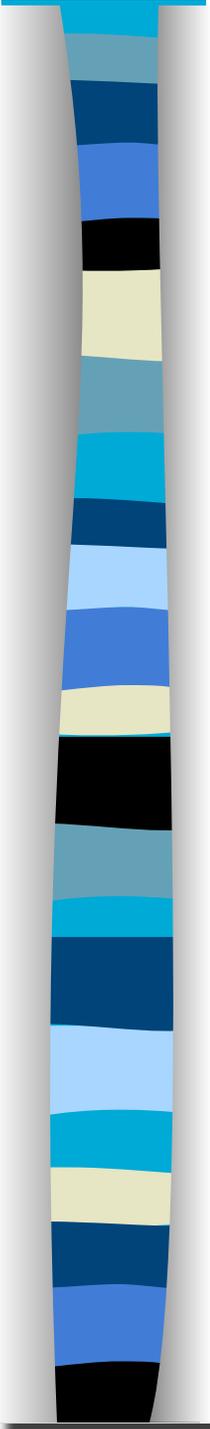
Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs

Fists Down Erectors

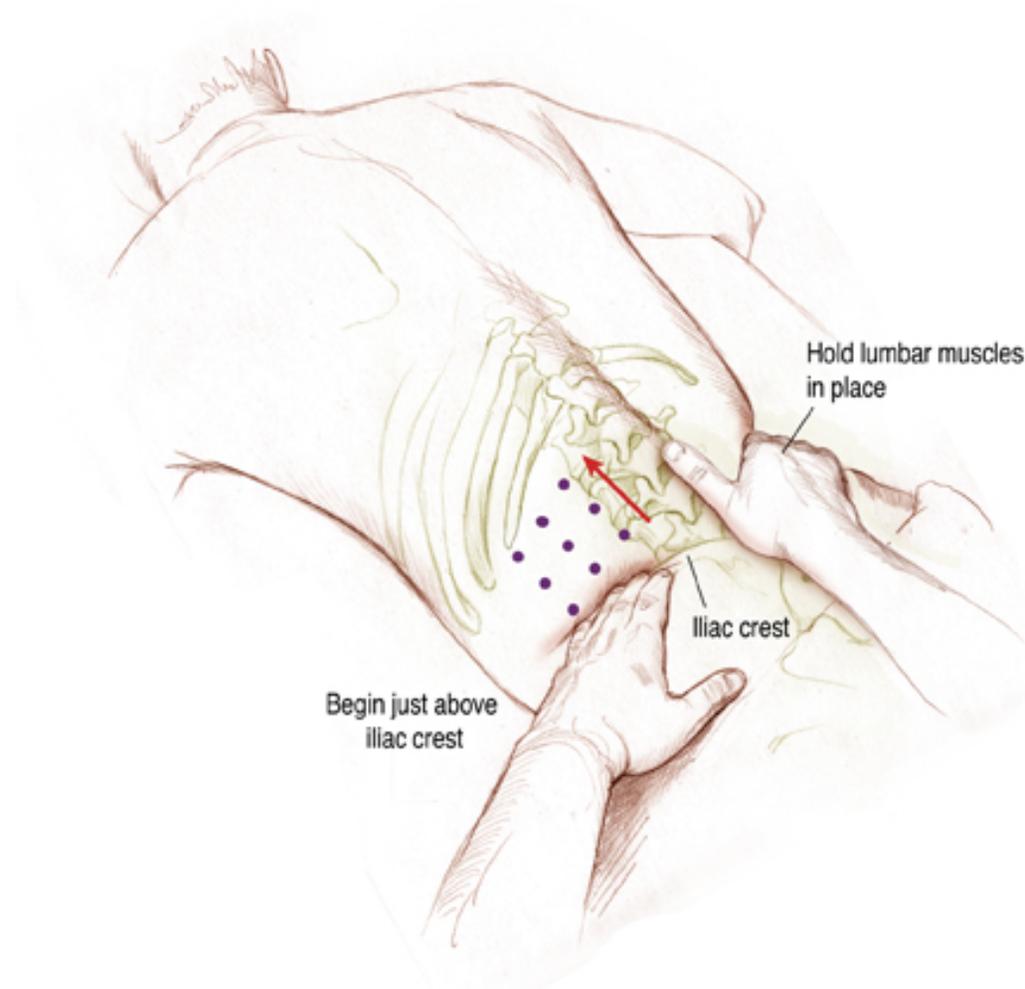


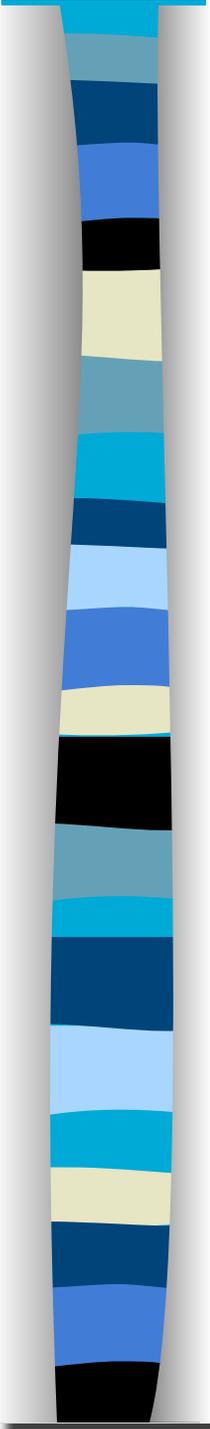


Fists Down Erectors

- 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





Nine Points

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

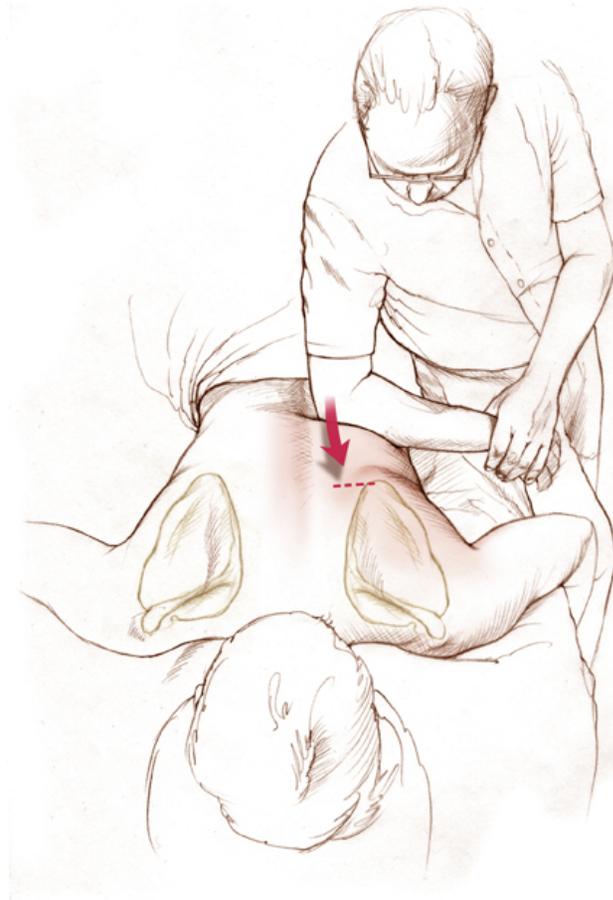
Palpate for tension in -

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

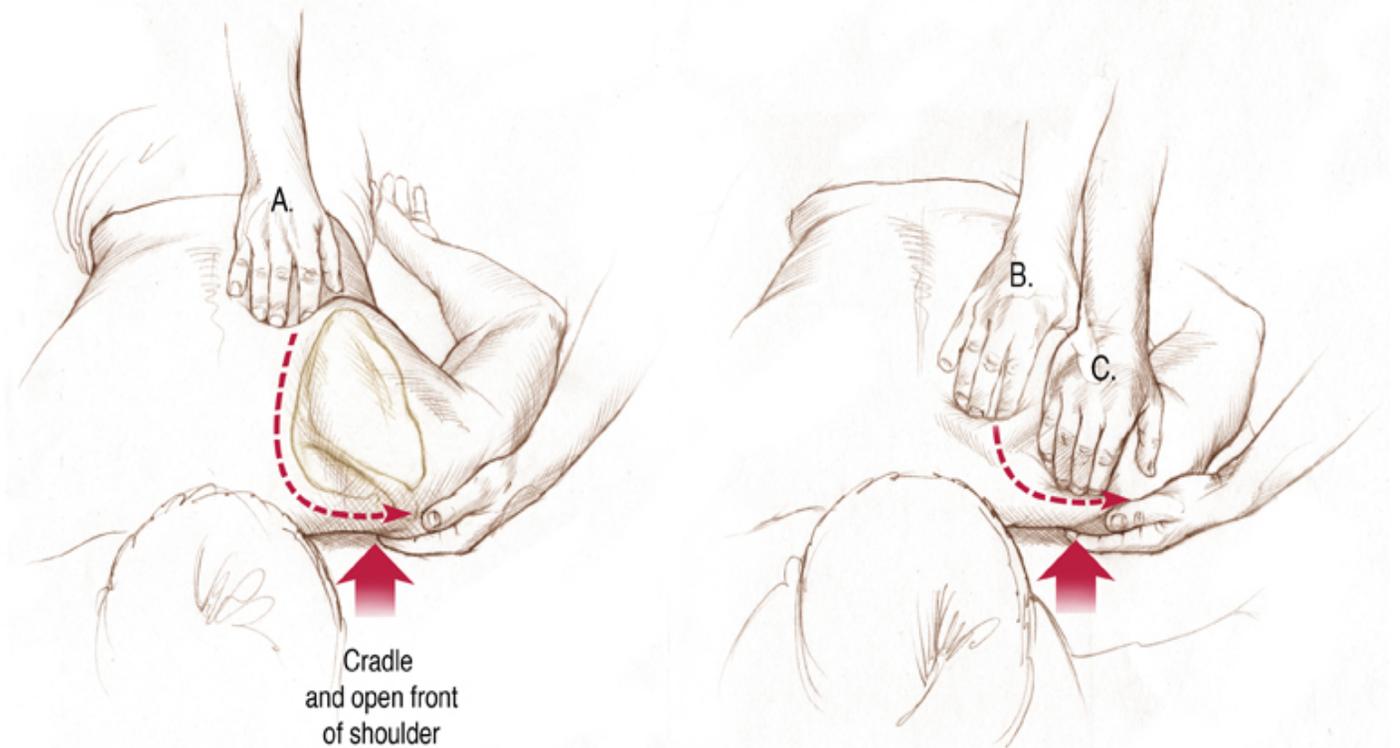
For each muscle, create a fulcrum -

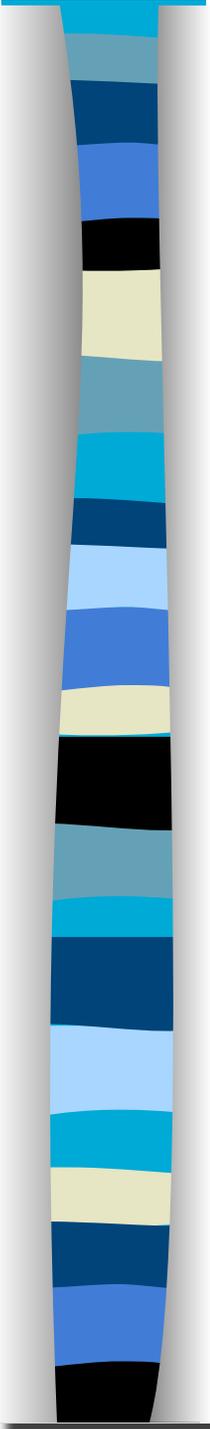
- Just above the iliac crest
- Halfway between it and the 12th rib
- Just below the 12th rib

Ironing up the Erectors #1



Ironing up the Erectors #2



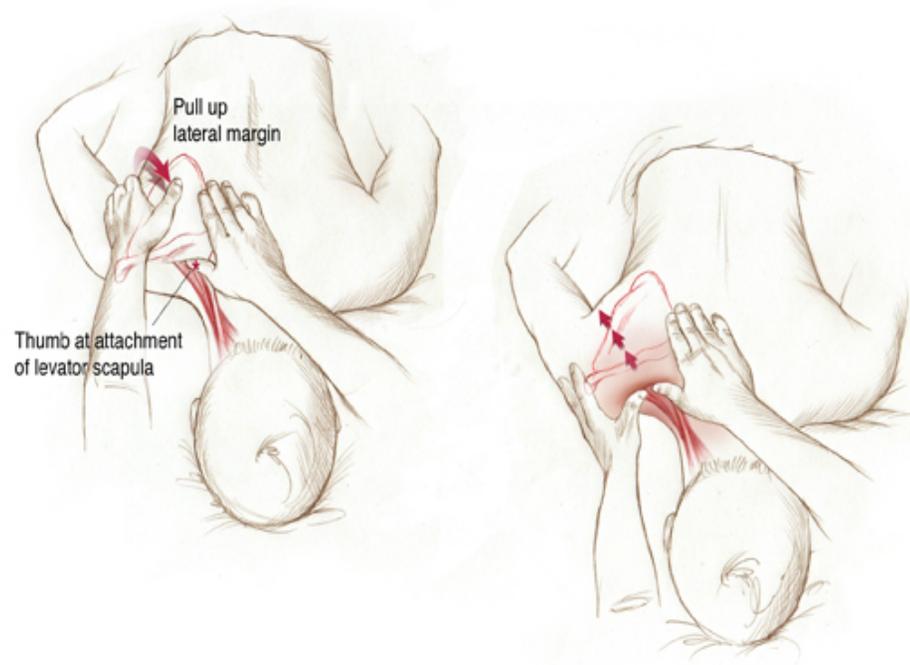


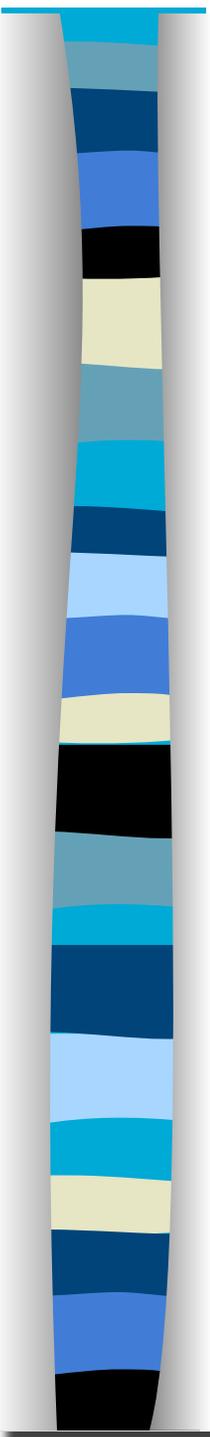
Ironing up the Erectors

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

Levator Scapula





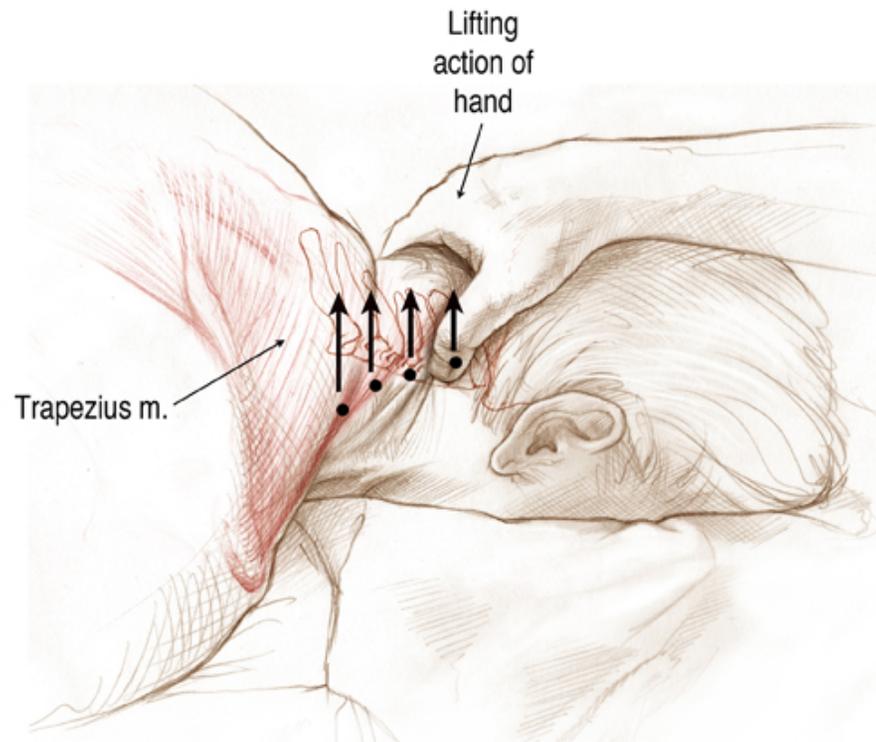
Levator Scapula

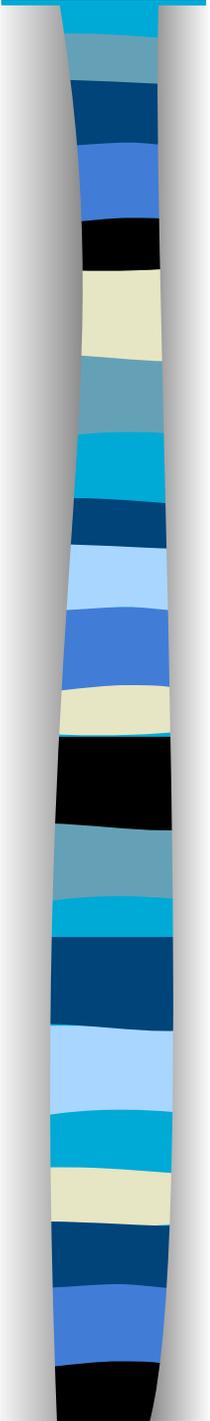
Seated – Position your chair at a slight diagonal and above the opposite shoulder – so you face the one you’re going to be working with

- 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”



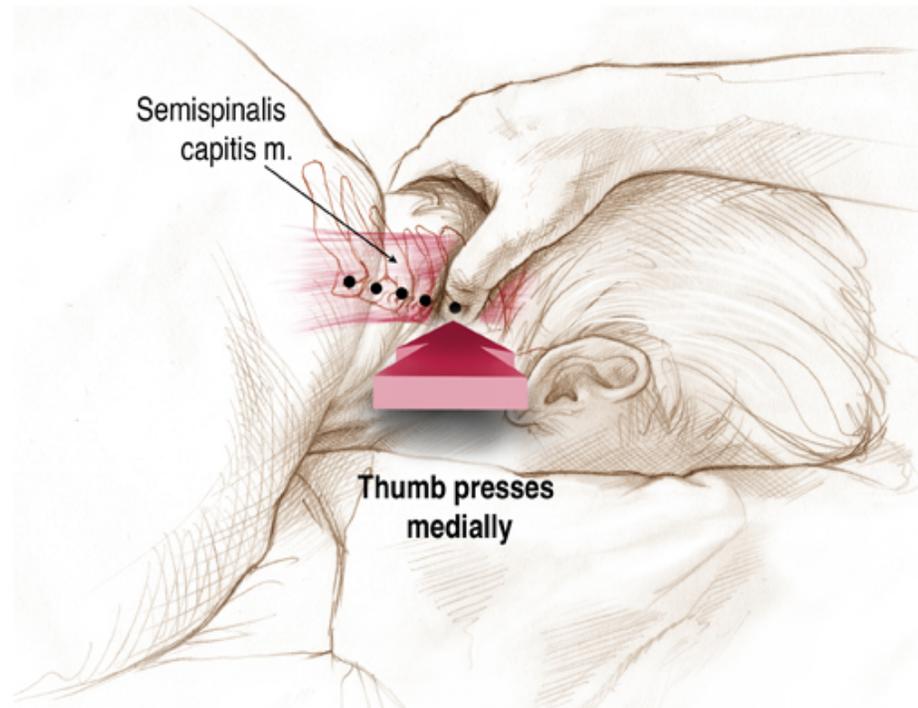


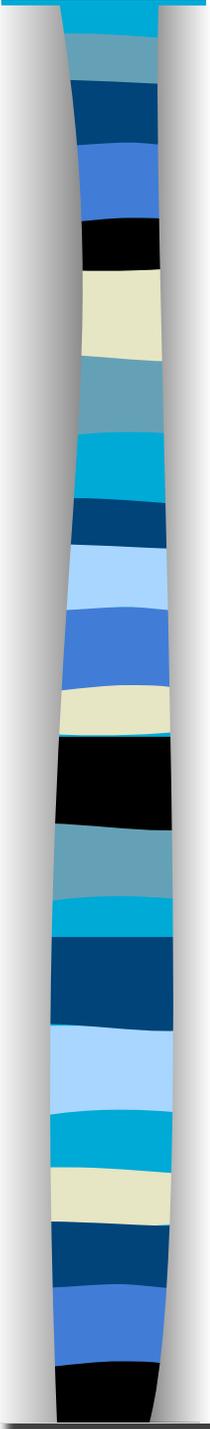
Posterior Neck Trapezius, “lifting the curtain”

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



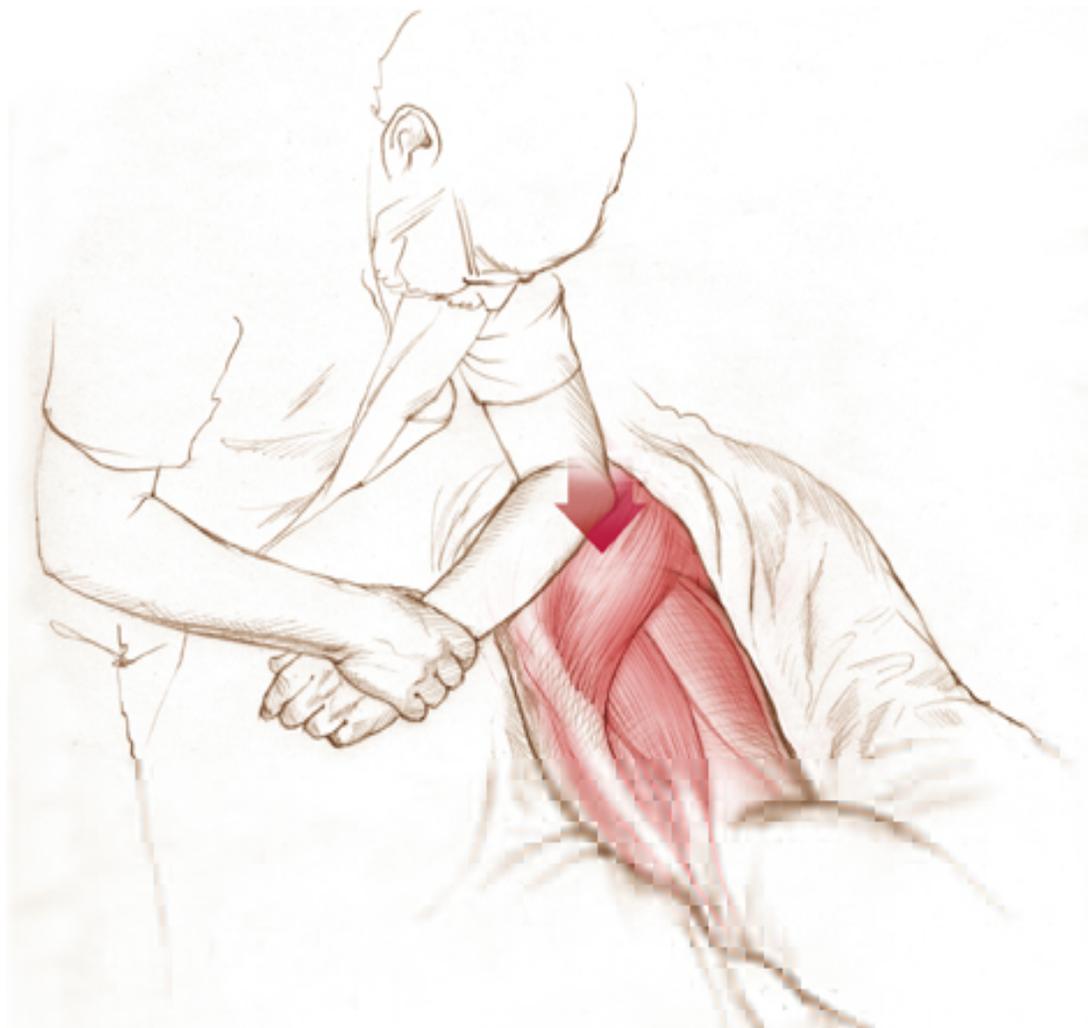


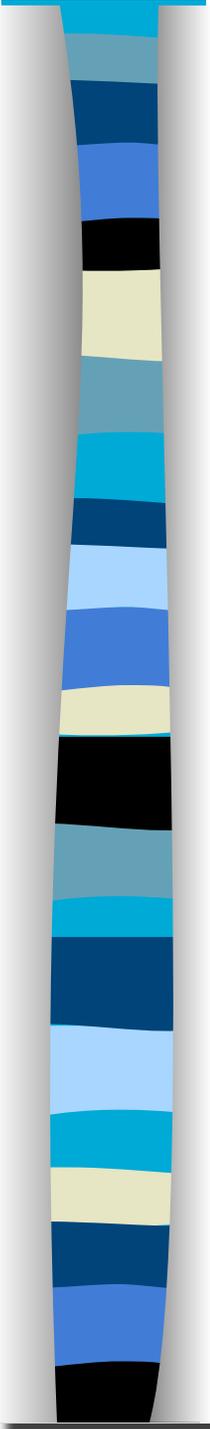
Posterior Neck Semispinalis Capitis

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
- Clearly disengage
- Do this at 4-5 vertebral levels, each successively higher, the last being just inferior to the occiput

Gluteus Maximus

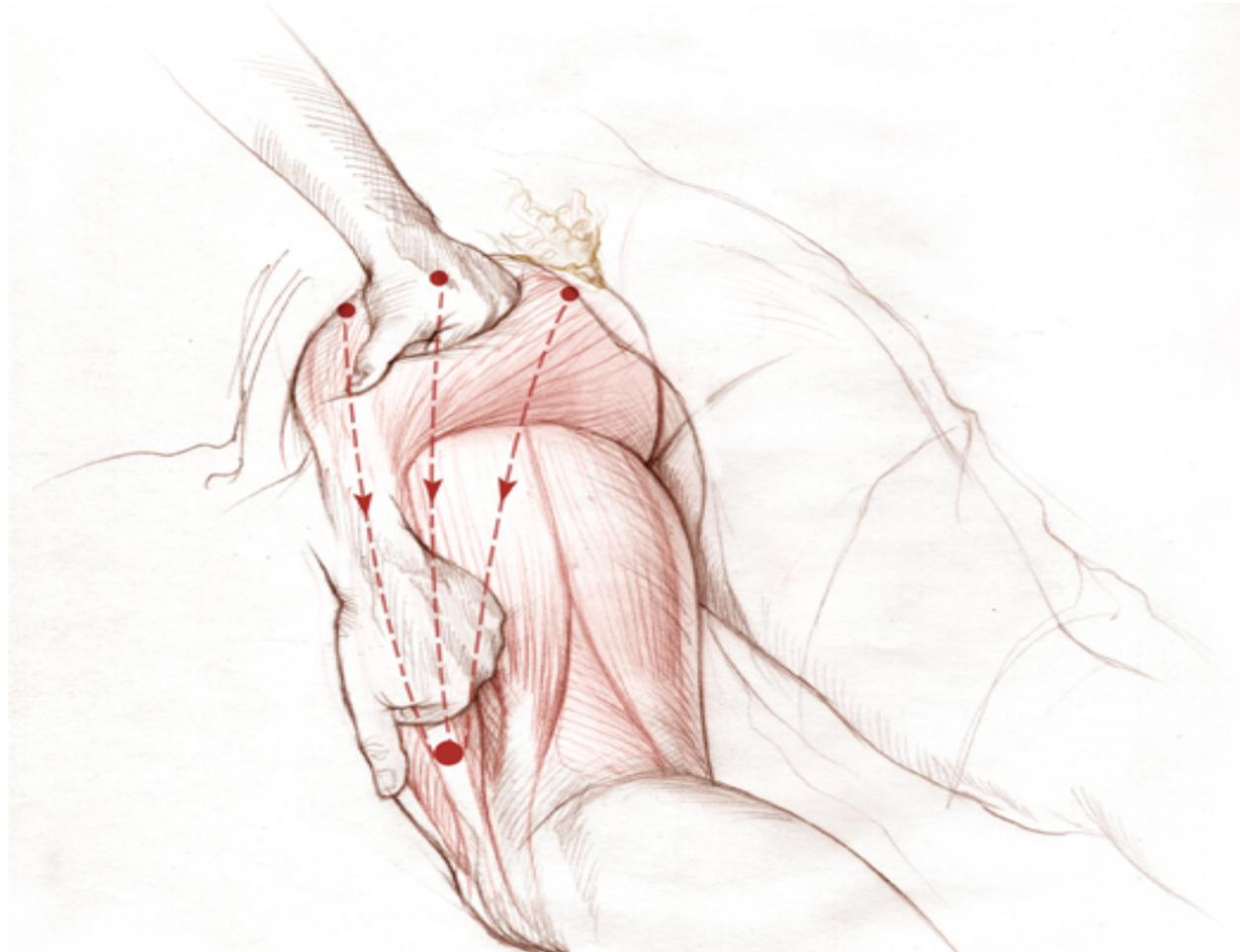


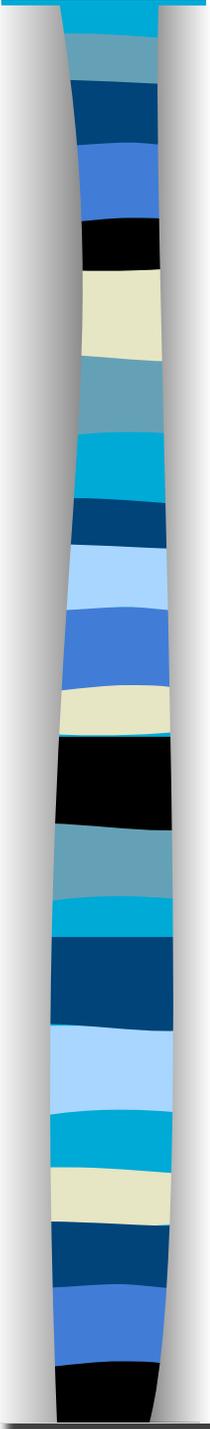


Gluteus Maximus

- 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



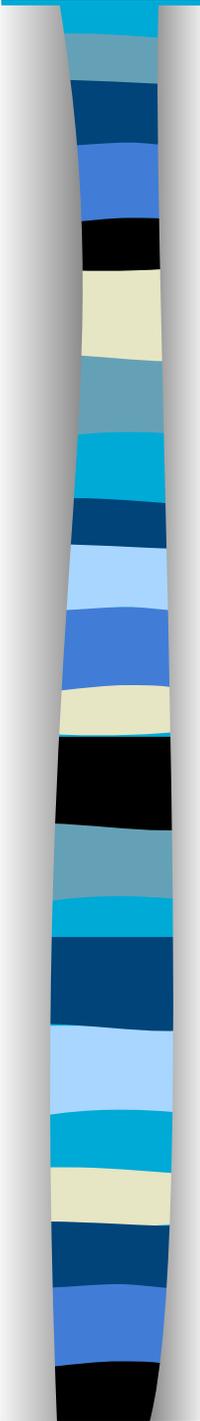


Gluteus Maximus

- 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

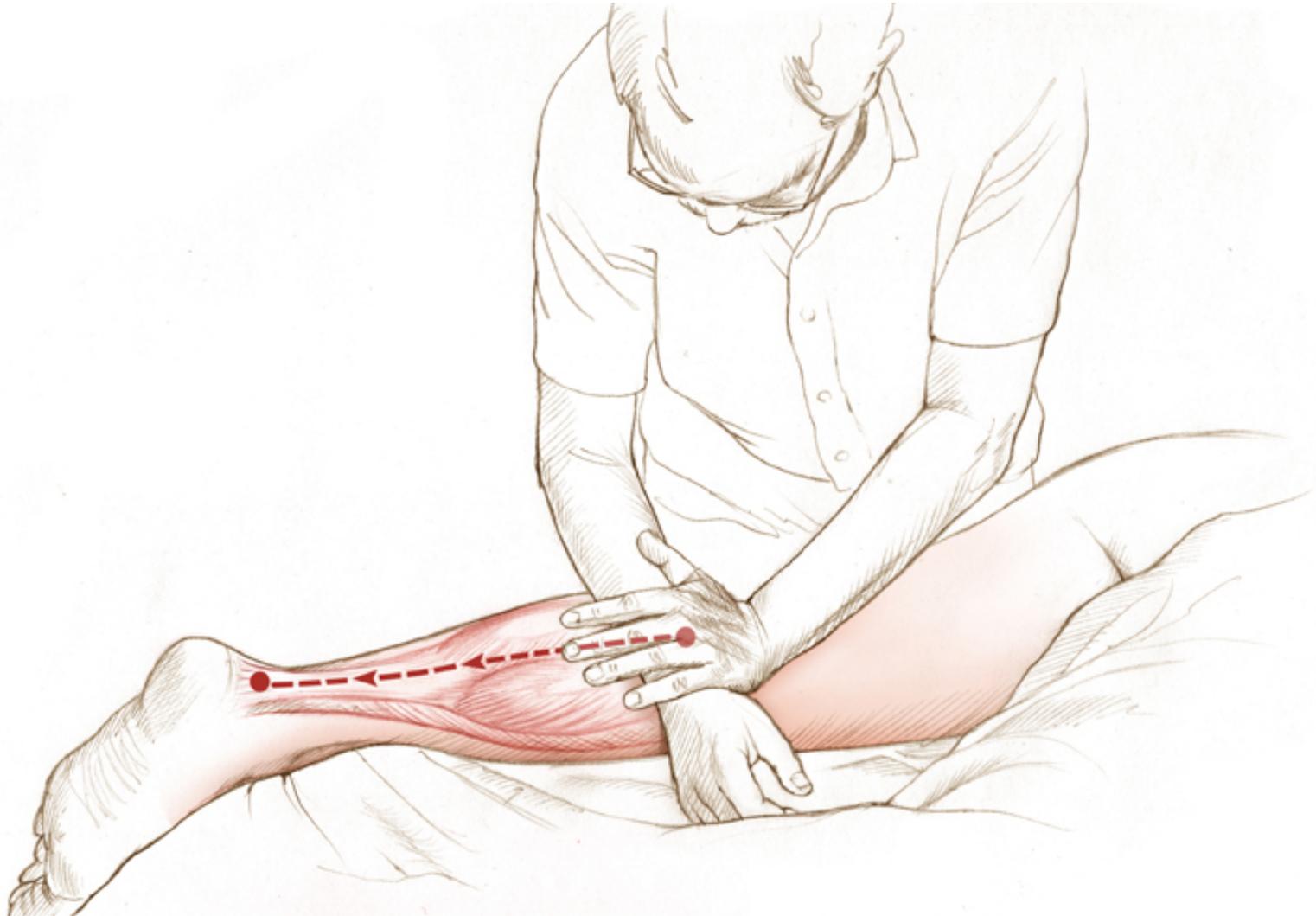


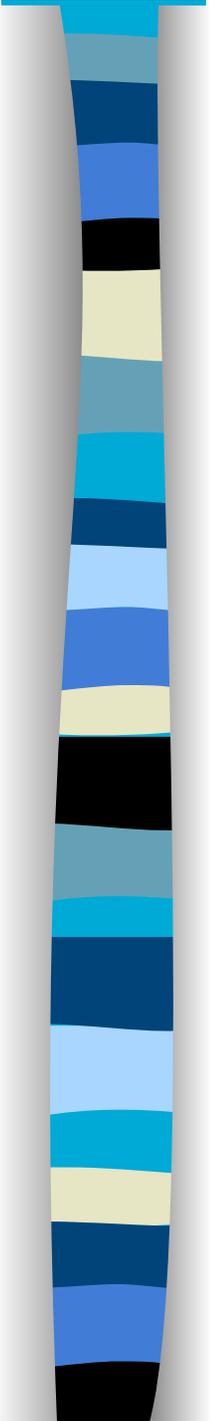


Hamstrings

- 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)





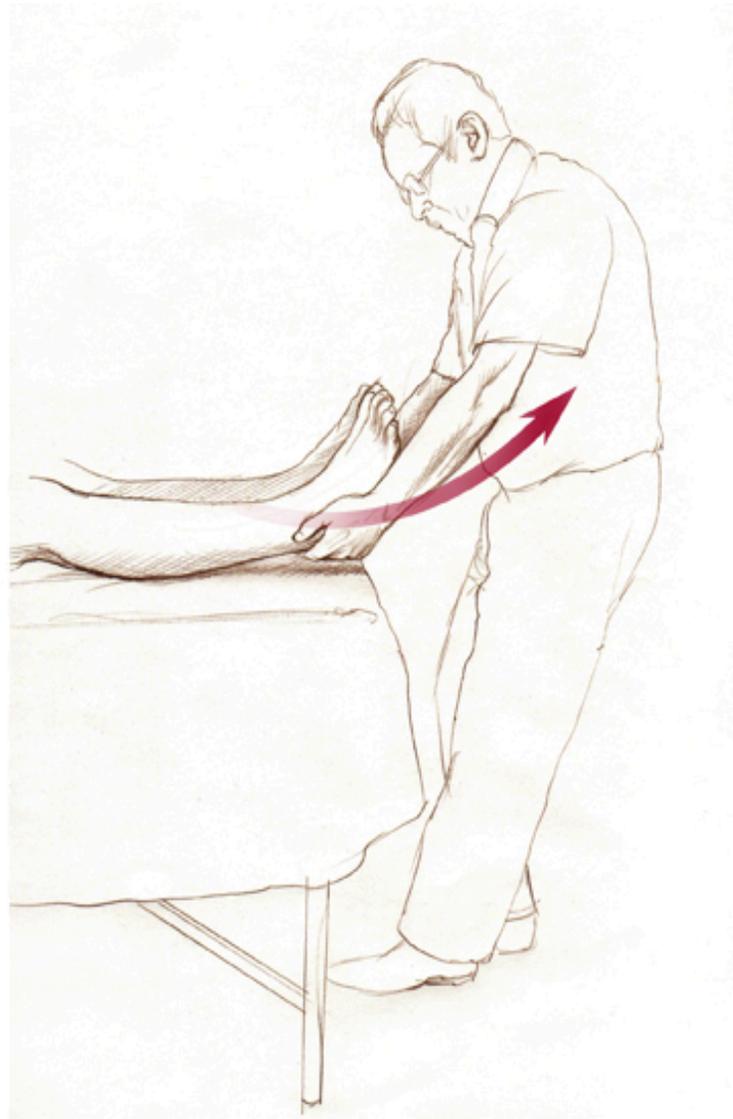
Gastrocnemius/Soleus (AKA: Triceps Surae)

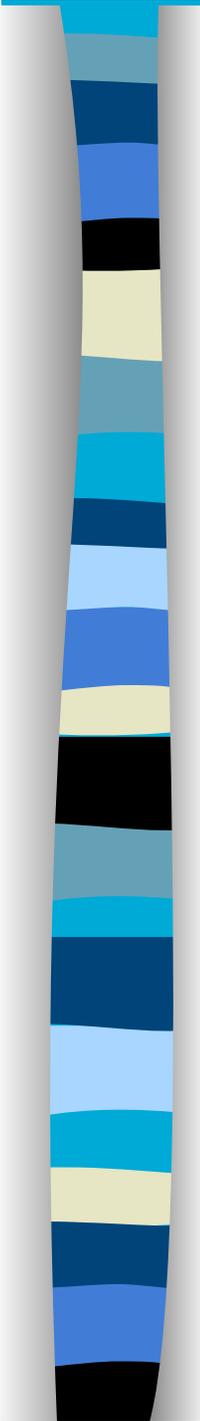
- Using supported forearm (see which is more comfortable) take out the looseness pressing into gastrocnemius/soleus just beneath the knee
- Take up the slack with gentle inferiorward traction
- Add additional vectors following the shape of triceps surae down to the insertion on the calcaneus

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).

Half Moon Vector through the Legs

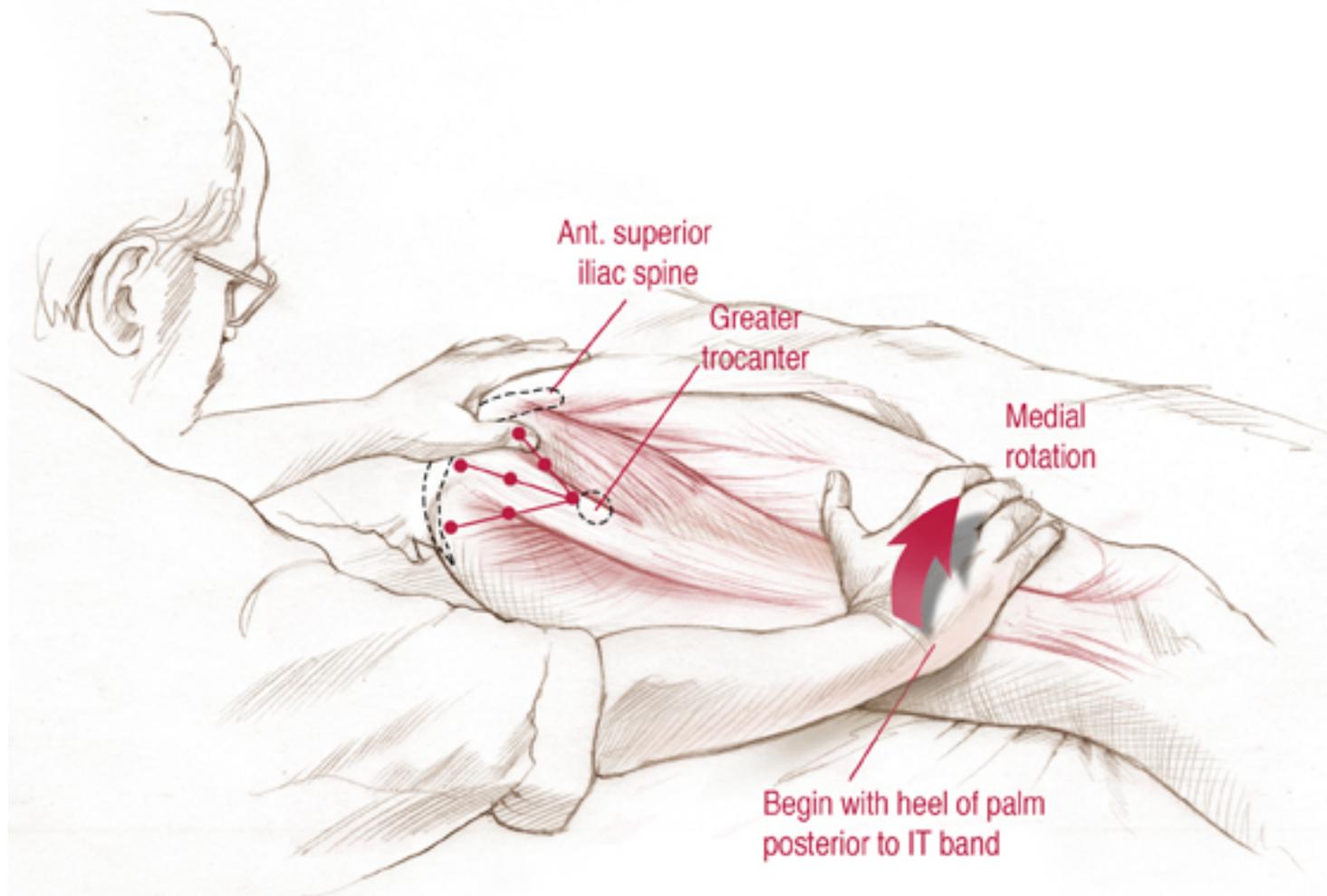


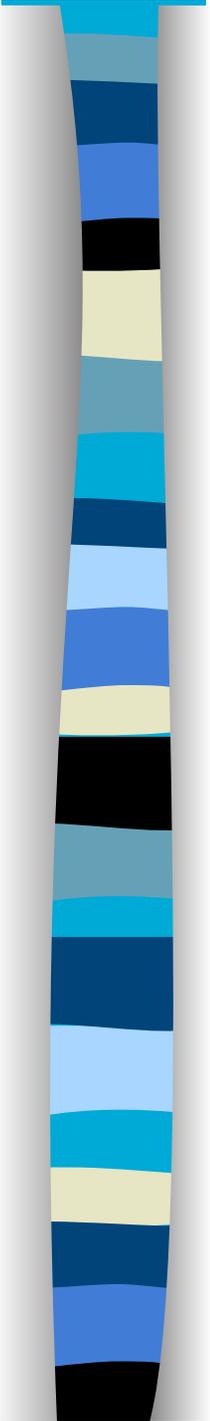


Half Moon Vector through the Legs

- Center yourself and your client (gently see if you can get the legs not to be too “turned out”)
- Contact the calcanei and calcaneal tendons with your hands – take out the looseness between your hands and the calcanei and Achilles tendons.
- Take up the slack from the whole body and the Achilles tendons.
- Add additional vectors (the “half moon”) by adding slight additional length while simultaneously going down, then back up (so it’s a clear and simple curved pull). *You can also lift the legs up a little if it feels better for the client or for your back.*
- Hold it, Hold it, Hold it.
- Monitor for working signs (but don’t wait for one!)
- Clearly disengage, setting the legs down in length.

Tensor Fascia Latae, Gluteus Medius and Minimus



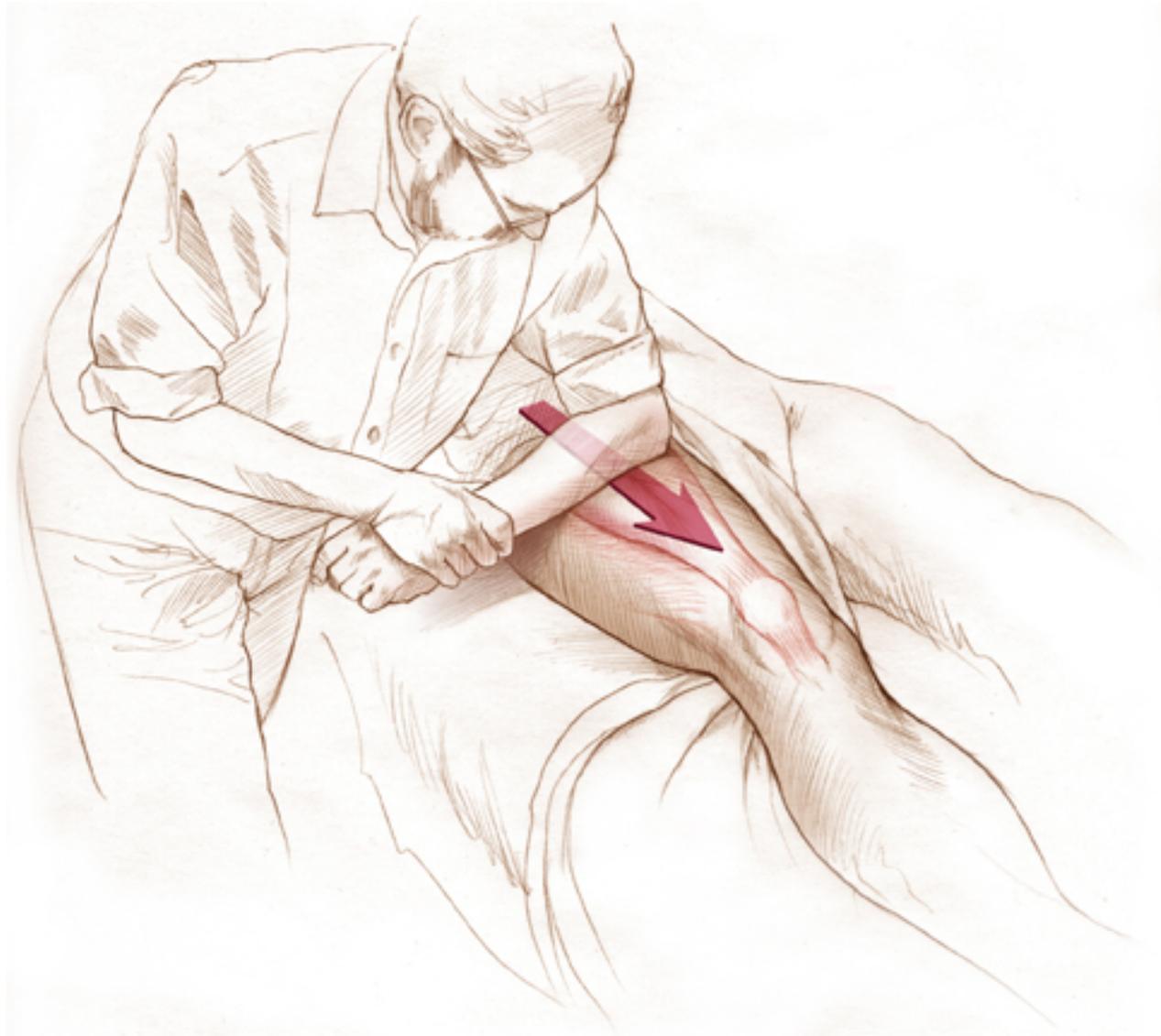


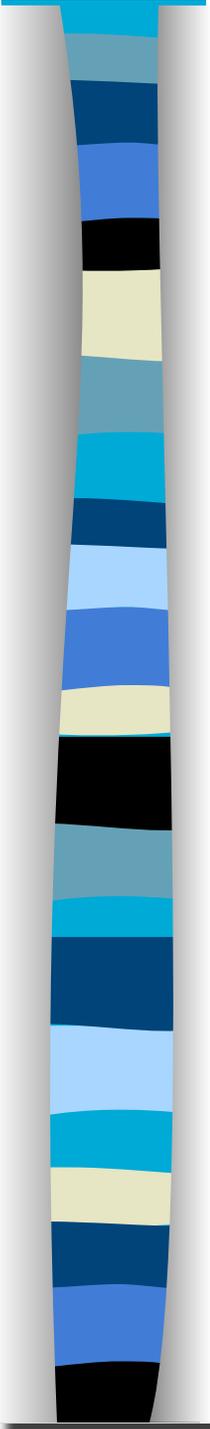
Tensor Fascia Latae, Gluteus Medius and Minimus

- Kneeling or seated - Place your thumb just behind the ASIS at the origin of tensor fasciae latae and place the heel of your other hand about 2/3rds of the way down the femur posterior to the i.t. band.
- Take out the looseness in the point and the hip (with pressure into t.f.l. and gentle medial rotation thru hip)
- Take up the slack adding a bit more pressure and rotation
- Hold it, Hold it, Hold it
- Clearly disengage
- Repeat 8 times - following the routes shown in the illustration

You will have created fulcrums in three lines, each ending at the top of the greater trochanter

Rectus Femoris and Vastus Intermedius



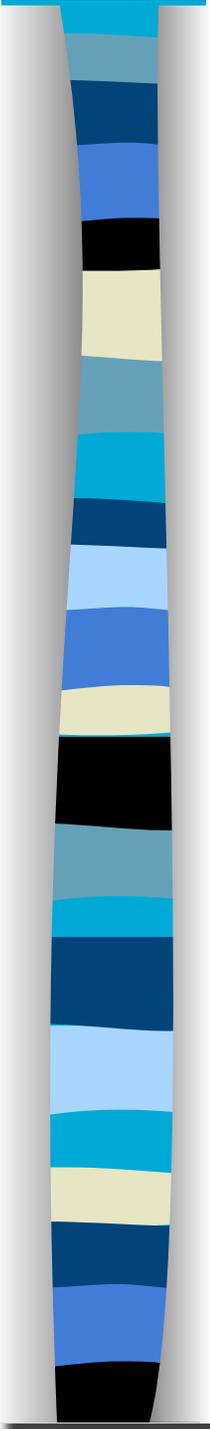


Rectus Femoris and Vastus Intermedius

- Take out the looseness in the front of hip (origin of rectus femoris)
- Take up the slack with a static traction
- Additional vectors inferiorly through the belly of rectus femoris (you can also visualize vastus intermedius)
- Well before getting there, put your palm gently on the patella to reassure your client
- Clearly disengage

Quadriceps Tendon/Patellar Ligament

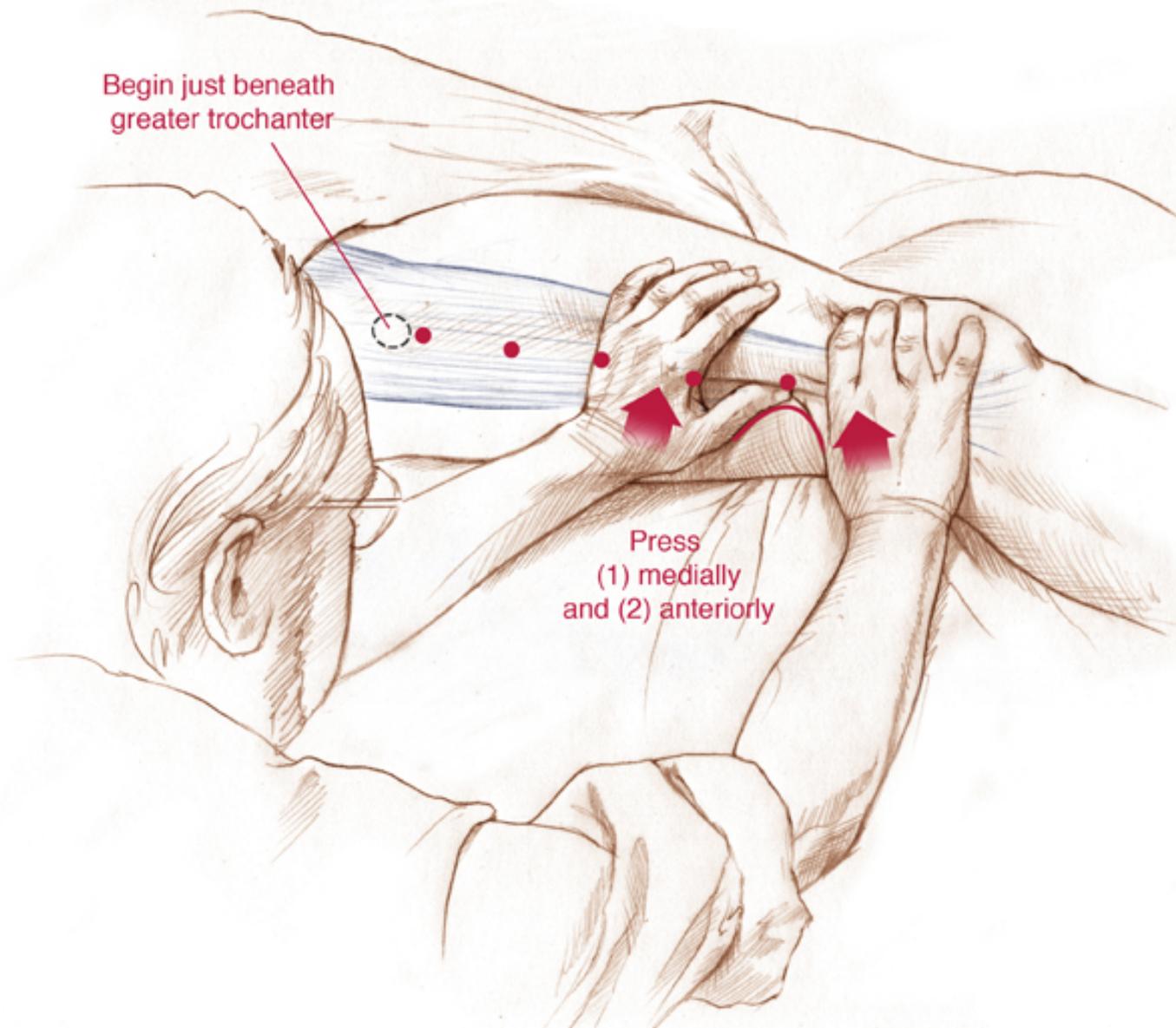


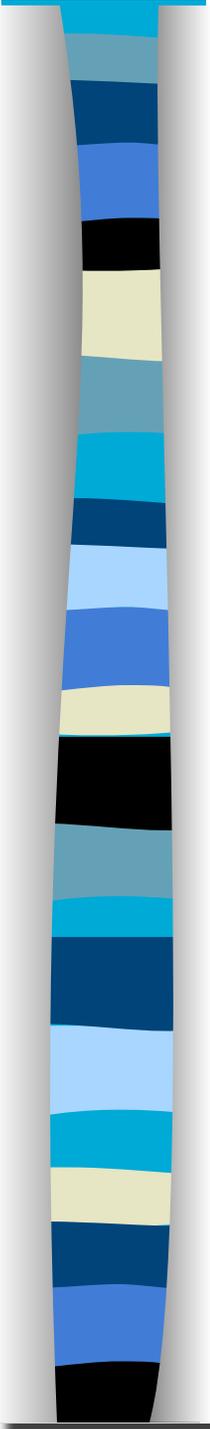


Quadriceps Tendon/Patellar Ligament

- Place both thumbs between the patella and tibial tuberosity - take out the looseness
- Static traction - medial and lateral
- Add additional vectors making the shape of a smile with a moving fulcrum medial and lateral beneath the patella
- Place both thumbs just above the patella at the centerline - take out the looseness
- Take up the slack pulling laterally and medially w/o moving
- Add additional vectors with a moving fulcrum medial and lateral just above the level of the patella

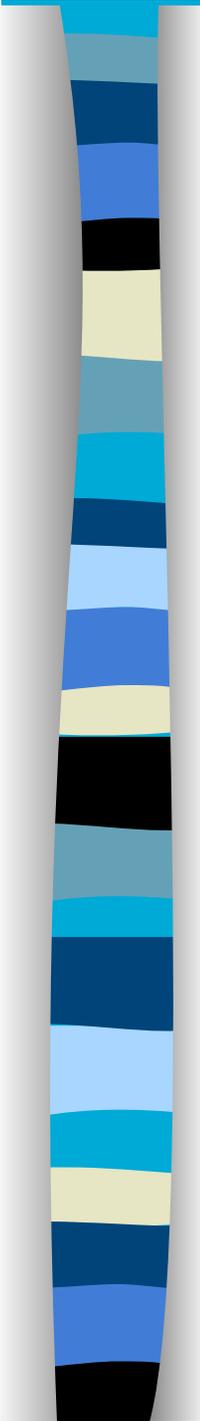
Iliotibial Band





Iliotibial Band

- Starting just beneath the greater trochanter and just posterior to I.T. band, take out the looseness pressing medially
- Turn thumb pads facing up - take up the slack
- Make a rainbow shape with the thumbs, gently stretching the I.t. band up toward the sky
- Hold it, Hold it, Hold it
- Clearly disengage
- Repeat about 4-5 more times until the last fulcrum about an inch above the knee

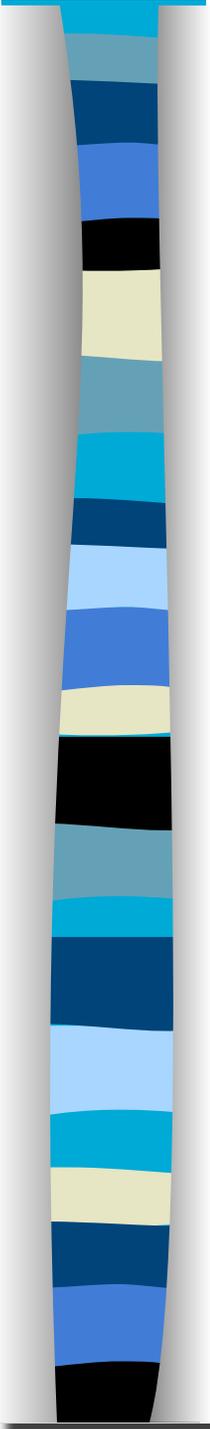


Fibularis Longus and Brevis (AKA: Peroneus Longus and Brevis)

- As with iliotibial band, create fulcrums through peroneus longus and brevis (aka) fibularis
- Start just below the fibular head and do a series of about 5 fulcrums with the last one about an inch above the lateral malleolus

Tibialis Anterior

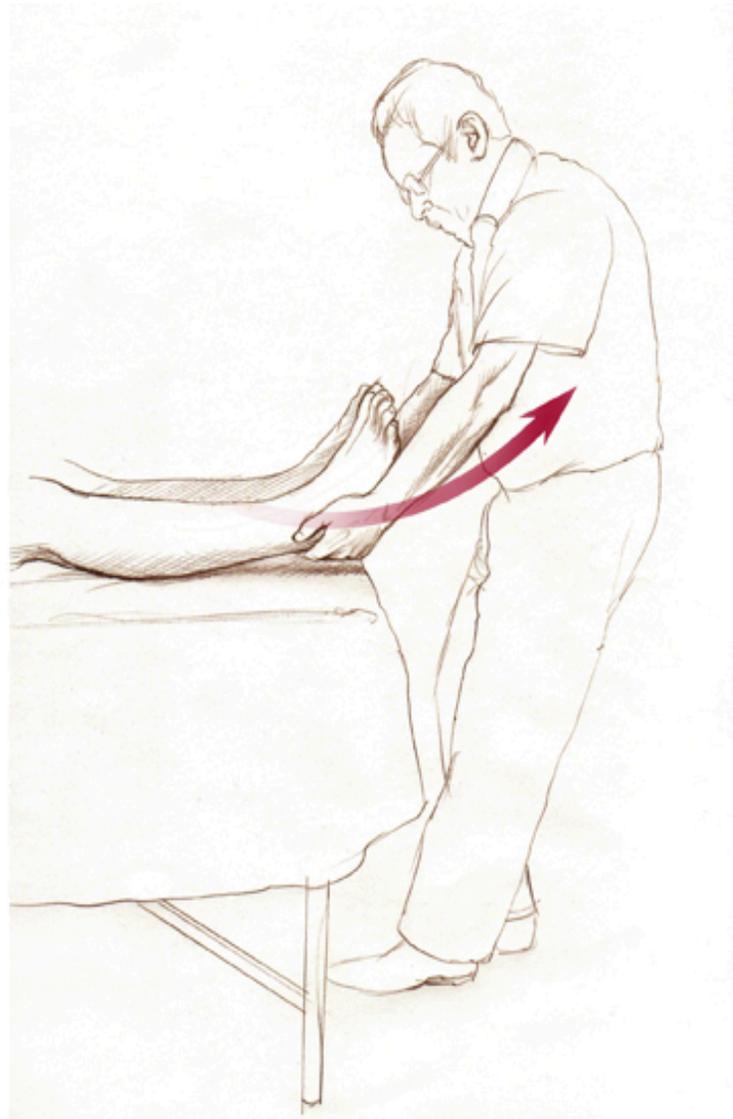


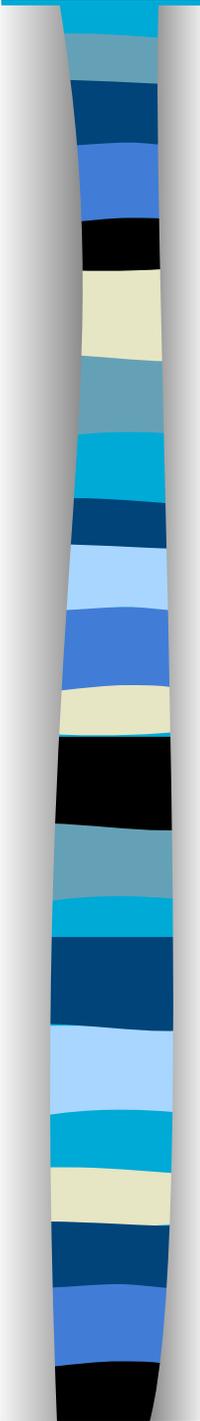


Tibialis Anterior

- Take out the looseness with the loose fist just below the patella and immediately lateral to the tibia
- Take up the slack with a static traction
- Add additional vectors with a moving fulcrum along the whole length of tibialis anterior (ease up in front of the ankle but do gently follow out its full length to the medial cuneiform/ instep)

Half Moon Vector through the Legs





Half Moon Vector through the Legs

- Center yourself and your client (gently see if you can get the legs not to be too “turned out”)
- Contact the calcanei and calcaneal tendons with your hands – take out the looseness between your hands and the calcanei and Achilles tendons.
- Take up the slack from the whole body and the Achilles tendons.
- Add additional vectors (the “half moon”) by adding slight additional length while simultaneously going down, then back up (so it’s a clear and simple curved pull). *You can also lift the legs up a little if it feels better for the client or for your back.*
- Hold it, Hold it, Hold it.
- Monitor for working signs (but don’t wait for one!)
- Clearly disengage, setting the legs down in length.

96b Deep Massage: Guided Full Body

