

L. Deep Massage: The Lauterstein Method

This unique approach to deep work, developed by our school's co-founder David Lauterstein, is an outgrowth from the traditions of Rolfing, Zero Balancing, and other advanced bodywork disciplines. Students learn to contact both clients' structure and energy, especially in the deeper muscle layers. Students learn myofascial anatomy, its relevance to pain and tension, and myofascial release techniques. This approach utilizes deep effleurage and other advanced techniques to help clients live without unnecessary tension and pain.

A few excerpts from David's book, 'The Deep Massage Book: How to Combine Structure and Energy in Bodywork':

'The practice of 'Deep Massage', like all approaches, is fed by many rivers of influence. To give credit to and to fully acknowledge each of these would entail a book unto itself.'

'After teaching anatomy and deep tissue at the Chicago School of Massage Therapy and his interactions with these first students, David was naturally inspired to develop a method of conveying the art as well as the science of bodywork.'

'He had come to the realization that we weren't working simply on the tissues. We weren't simply affecting the release of the muscles and the fascia. We were working with the whole person with the aim of affecting them in a deeply positive way.'

'Each Deep Massage can bring the person closer toward fulfilling their destiny. In each session, restraining forces introduced from previous experiences and locked into muscle, joint, bone, and nervous system are let go. We become freer: our natural inclination to grow, to enjoy, to live life to its fullest, is amplified. The present moment is now new, free, open to be lived as we please.'

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88a Deep Massage: Introduction to Deep Massage

History of Deep Massage

In college David studied existentialism and music.

Existentialism is a 20th century philosophy that is centered upon the analysis of existence and of the way humans find themselves existing in the world

David's music studies involved Rock & Roll, Indian music, and 20th century classical music such as Schoenberg.

His extracurricular activities included martial arts and yoga, beginning in 1965. In 2007 he earned his 2nd degree black belt from Austin Shaolin-Do Kung Fu and Tai chi and in he has also been certified as a yoga and meditation instructor.

A lack of clarity about life and work led him to Gestalt psychotherapy beginning in 1973.

Gestalt psychology tries to understand the laws of our ability to acquire and maintain meaningful perceptions in an apparently chaotic world.

One thing that his psychotherapist recommended was Rolfing.

Like many of us, David gravitated to massage as a receiver first.

In the 70's, he attended the Bodymind Center in Chicago for massage therapy.

This school was run by Bob King (BMTs) and Jim Hackett. It later was renamed the Chicago School of Massage Therapy.

From 1982-1983, David studied and was certified in Structural Bodywork, a version of Rolfing taught by Daniel Blake.

Daniel Blake was a student of Ida Rolf. His version of Rolfing represented more of the way Ida Rolf worked rather than how she taught.

More specifically, Rolfing was being taught in a ten-session format, but in actual practice Rolf worked in a less prescribed way.

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History of Deep Massage, continued

Also during this time, David studied cranio-sacral with Daniel Bensky and Charles Lincoln, two early students of Dr. John Upledger.

The power of lighter touch revealed by doing cranio-sacral led to changing the name of what he was teaching from Deep Tissue to Deep Massage.

In 1986, David began studying with Dr. Fritz Smith, the founder of Zero Balancing.

Part of the allure of ZB was that Fritz explicitly had words and techniques for how to work simultaneously with the client's energy and structure.

In Zero Balancing, the focus is on the skeletal system and energy.

David applied these ideas to the myofascial system resulting in the key concepts such as fulcrum and interface being taught as part of Deep Massage: The Lauterstein Method.

As TLC faculty worked with the students in private teaching sessions, they realized that there are some clear ways to think about and cultivate high levels of touch.

These ideas became known as the Seven Dimensions of Touch.

Deep Massage and the Renaissance of Touch

In the book *Megatrends*, the author John Naisbitt wrote of our future involving both "High Tech" and "High Touch".

This brings actual reality to the forefront along with virtual reality.

Touch...

- The medium of actual reality
- The medium of actual connection
- The leading edge of cultural evolution?

"Human hand, acting in concert with the heart, mind and spirit is arguably the most sophisticated tool in the known universe."

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Models of Structure and Energy

Tensegrity A concept of muscular-skeletal relationships based on the work of architect Buckminster Fuller. It refers to the forces of tension pulling on structure that help keep the body both stable and efficient in mass and movement.

In nature, the soft members (muscles, tendons, ligaments, and fascia) determine the position of the hard members (bones).

Fascia

Fascia and other soft tissues can change, but perhaps more influential are changes in the brain.

Rolfers say, “Education is long, manipulation is short.”

Fascia and the Role of the Nervous System in Massage

What people learn becomes theirs for a lifetime. Rolfing calls itself “somatic education.”

Relaxation is a function of the nervous system telling the muscles what to do.

The nervous system gives rise to thought, beliefs, emotions, memory – so all of these are relevant and may be affected by deep bodywork.

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Structure/Energy

Structure

- Particle
- Matter
- Mass
- Solid
- Tangible
- Form
- Visible
- Physical body
- Anatomy (Western model)
 - Cells
 - Tissues
 - Organs
 - Systems
- Palpable
- Concrete

Energy

- Wave
- Movement
- Vibration
- Force
- Flow
- Invisible?
- Awareness
- Sensation
- Psyche
- Thoughts
- Ideas
- Beliefs
- Emotion
- Imagination
- Spirit
- Information
- Communication

Integration of energy and structure

Mindful touch:

–Integrates energy and structure.

–“The only medium in the known universe that simultaneously and consciously contacts both structure and energy.”

–The perfect medium for healing the negative effects of mind-body dualism.

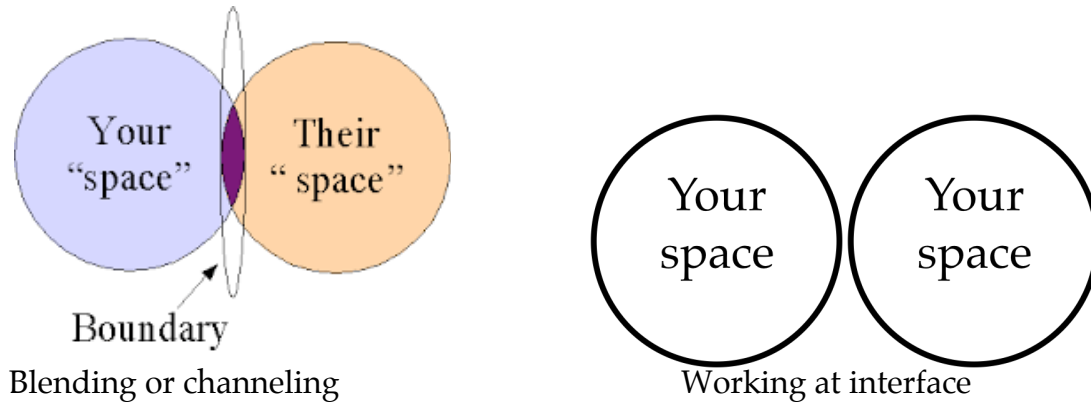
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Interface

Touch, which consciously engages human energy and structure, needs to cultivate a heightened sense of boundaries.

We meet – we do not stream into each other or blend or channel.

This meeting is called working at “interface”.



Interface requires psycho-mechanics as well as body mechanics. What are you doing with your mind – as well as with your body?

Interface and mindfulness is enhanced by focusing our attention at the meeting place of two people.

This is heightened by graceful body position and movement, relevant thought, emotional clarity, and an attitude of highest personal regard toward the client and oneself.

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Experiments with Interface

Handshake – see The Deep Massage Book, page 16

–Being centered first of all – if you aren't focusing you might just grab a couple of fingers – not the whole hand. Or you might not make eye contact.

–Initial contact too light – too hard – just right (see how that can differ from person to person).

–Deeper contact where you feel – gently – the bones under the skin and muscles.

–Initiate the movement of the handshake – without it the connection starts feeling weird.

–Pay attention to when it feels like the movement is enough too short feels disconnect – too long feels meaningless.

–Clearly disengage – don't have a lingering or too abrupt pulling away.

Hugs.

Bodywork.

88b Deep Massage: Introduction

Thixotropy The phenomenon of change in connective and other gel tissues. Movement and pressure transform the solid gel-state tissue into a more liquid, malleable state.

–Etymology: thixo (touch) + tropy (to turn or to change).

–Thixotropic substances, such as certain clays in the soil and our fascia, become more fluid when energy (activity) is added to them, e.g. pressure, movement, heat.

Fascia, like the rest of the body, is more or less a fluid.

–Fascia is thixotropic.

–Our touch, intelligently applied, can change the shape of fascia and the structures it invests.

–“Fascia is the organ of structure.” – Ida Rolf

Tensegrity (tensional integrity) A concept of muscular-skeletal relationships based on the work of architect Buckminster Fuller. It refers to the forces of tension pulling on structure that help keep the body both stable and efficient in mass and movement.

Tensegrity system An interconnected network of structures which use tension and pressure in order to move or retain their shape.

In the tensegrity system of the human body, soft members (the myofascial system) position, shape and move the hard members (the skeletal system).

The old compression model (“head bone connected to the neck bone”) is fortunately false.

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The Nervous System

The nervous system determines the various tensions in the myofascial system, so if we really want change, we need to affect the nervous system.

So how do we “touch” the nervous system?

–The nervous system overlaps with sensation, emotion, thought, belief, spirit.

–In other words, it is included within the broad use of the word “energy”.

One might say “energy” determines “structure”.

–To affect the nervous system, we need to contact energy as well as structure.

The Nervous System helps bridge our structural and energetic aspects.

How do we optimally facilitate change in and through the Nervous System?

–“A person cannot change without a new experience.” – Moshe Feldenkrais

–Through the sensory receptors in the myofascial system, muscles are equally important as sense organs and motor organs.

–When we affect our mechanoreceptors, our proprioception, we affect the perceived shape of our world.

What is Energy?

Various languages have been applied to talk about energy:

–Chi, ch’i, or qi (Chinese for energy)

–Ki (Japanese for energy)

–Prana (Indian/ Ayurvedic for energy)

–Kundalini (energy in yoga theory)

–Shakti (Hindu for energy)

–Elan vital (vital impetus or force, coined by French Philosopher Henri Bergson)

–Meridians (Chinese for energy channels)

–Nadis (Ayurvedic for energy channels)

–Chakras (Ayurvedic for energy centers or points)

There is debate as to whether these describe things, which objectively exist or are helpful metaphors for what we subjectively experience.

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Haptics Touch is the haptic sense.

–**Haptics** Any form of interaction involving touch.

–**Haptic communication** The means by which people and animals communicate via touching.

–**Haptic perception** The process of recognizing objects through touch.

Excerpts from *Body, Memory, and Architecture* by Bloomer and Moore

The haptic sense is the sense of touch considered to include the entire body rather than merely the instruments of touch, such as the hands.

To sense haptically is to experience objects in the environment by actually touching them (by climbing a mountain rather than staring at it).

Treated as a perceptual system the haptic incorporates all those sensations (pressure, warmth, cold, pain and kinesthetics), which previously divided up the sense of touch, and thus it includes all those aspects of sensual detection which involve physical contact both inside and outside the body.

For example, if you accidentally swallow a marble you may haptically sense it as it moves through your body, thus experiencing part of the environment within your body.

Similarly, you may sense body motion haptically by detecting movement of joints and muscle through your entire bodyscape.

No other sense deals as directly with the three-dimensional world or similarly carries with it the possibility of altering the environment in the process of perceiving it; that is to say, **no other sense engages in feeling and doing simultaneously.**

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Touch

Touch is the earliest sense to develop in the embryo. Touch communicates with the foundation of our whole sensory world.

Intentional touch is the only sense which necessarily and simultaneously contacts structure and energy.

Q: How do we facilitate change simultaneously in structure and energy?

A: Intentional positive touch.

Working at Interface

“All real living is meeting” – Martin Buber

To optimally contact both energy and structure, we need to work at interface.

–**Interface** The therapist consciously “meets” the client’s structure and energy with their structure and energy.

–Do not allow streaming or blending of energy while working at interface.

–Working effectively with both structure and energy calls for clear boundaries.

Your awareness may wander from interface to any pain or tension you are feeling in your body.

When you realize what has happened, you can return your awareness to interface with greater clarity.

You may need to access your mind for information or maybe just be distracted from working at interface.

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Working at Interface, continued

Once you've retrieved the information, you can return your awareness to interface with heightened clarity.

You may get overly preoccupied with a just one part of the body and lose sight of the whole person.

When you realize this, you can return to more of an "I-Thou" rather than "I-It" relationship.

Your awareness may wander from interface to an emotion you are feeling (be sure to sort out whether it is related to the client or to a previous emotion not related to the session).

When you realize what has happened, you can return your awareness to interface with greater emotional clarity.

Working with Fulcrums

Fulcrum –

a. the support or point of rest on which a lever turns

b. an agent around, through, or by means of which vital powers are exercised

– American Heritage Dictionary

Amplify your sense of boundaries with fulcrums by systematically engaging:
touch receptors
pressure receptors
proprioceptors

cerebellum

cerebrum

limbic and autonomic nervous systems

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Fulcrum – a Grammar of Touch Communication

Center yourself (pause*)

Take out the looseness (pause*)

Take up the slack (pause*)

Add additional vectors

Hold (now that a fulcrum is built, hold for min. 3 sec.)

Monitor for change (are they in a working state?)

Clearly disengage

Importance of perceptible pauses between the stages of the fulcrum (maybe as little as a 1/4 of a second) after each action (otherwise boundaries become less clear).

Working State

State of being in which client is integrating structure and energy.

Fertile mid-ground between conscious and unconscious.

Since “healing” doesn’t take place until the client does their “work” from inside out, it is important that we help facilitate and carefully observe for working state and working signs.

Working Signs

- Eyes – windows to the soul
- Breath – windows to the spirit
- Facial Expression
- Client reports – what they say
- Voice Vitality – how they say it
- Body Tissue Change –
 - hard / soft,
 - dry / fluid,
 - cold / warm,
 - feeling of flow-through, etc.
- Movements or “Kriyas” - spontaneous small or whole body movements
- Borborygmus and/or Swallowing – autonomic signals
- Serenity - less objective, but clear sense of shift in environment of treatment room

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Practical Tips

- Table height – 1 notch lower than for Swedish
- Working origin to insertion conveys length (balanced by circulatory work toward heart)
- Work less affected side first
- First do no harm – to yourself and to the client
- Practice Deep Massage in pure form until you are fluent with it.
- Feel free, however, to use basic massage strokes, as needed, to warm up the body, to palpate for tension, and to integrate the work with a little lighter work after a deep fulcrum e.g. rocking, resting hands, gentle effleurage or petrissage, etc.
- Get the rhythm by being in touch with your breath and that of the client, incorporating pauses to allow assimilation of the work.
- **DEEP MASSAGE DOES NOT MEAN MORE PRESSURE** – It is primarily based on the client letting go from inside out, not pressure from outside in. Deep Massage has faith in the client.

Cautions

- Hair – in this respect, hairy people 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. Body produces its own lubrication – oils and water.
- 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 – check in periodically.
- 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.

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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

(Integrate upper bodywork with fists down erectors)

Gluteus Maximus
Hamstrings
Gastrocnemius/Soleus

Client Supine

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 and Brevis (Peroneus)
Tibialis Anterior

Half Moon Vector through the Legs

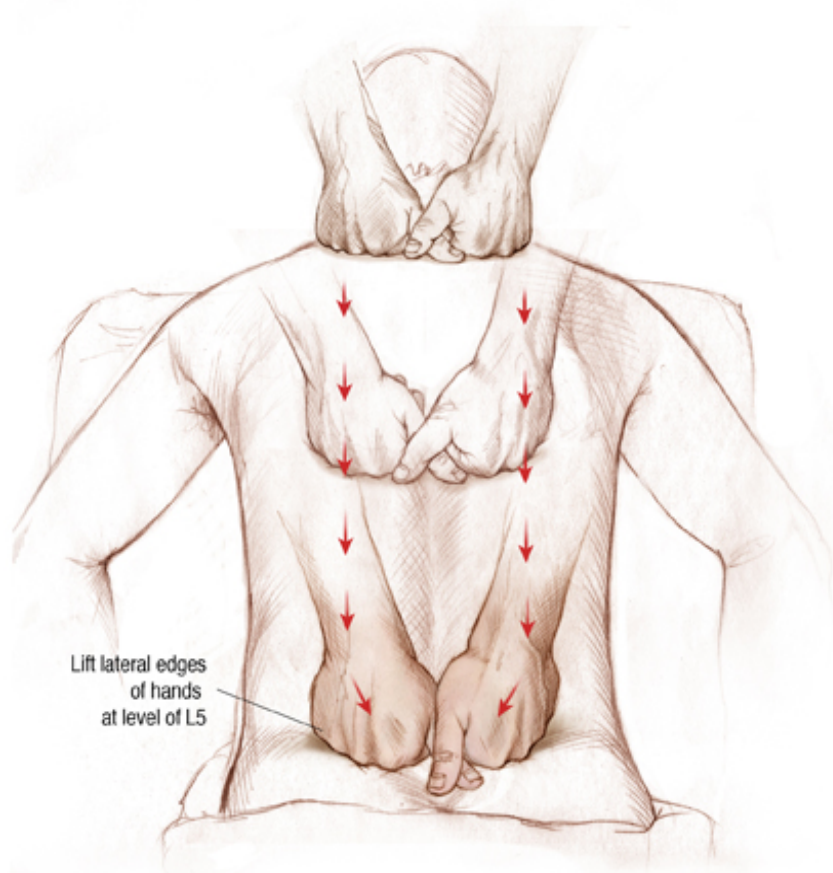
Rectus Abdominis
Pectoralis Major
Biceps Brachii
Triceps Brachii
Trapezius (supine)
Scalenes
Facial muscles
Epicranium (occipitofrontalis)

Half Moon Vector through the Neck
Half Moon Vector through the Legs

90b Deep Massage: Technique Demo and Practice – Posterior back and neck

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 S3
- Clearly disengage
- Then you can do a “return” stroke if you please.
- Repeat as many as 3 times



90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Nine Points

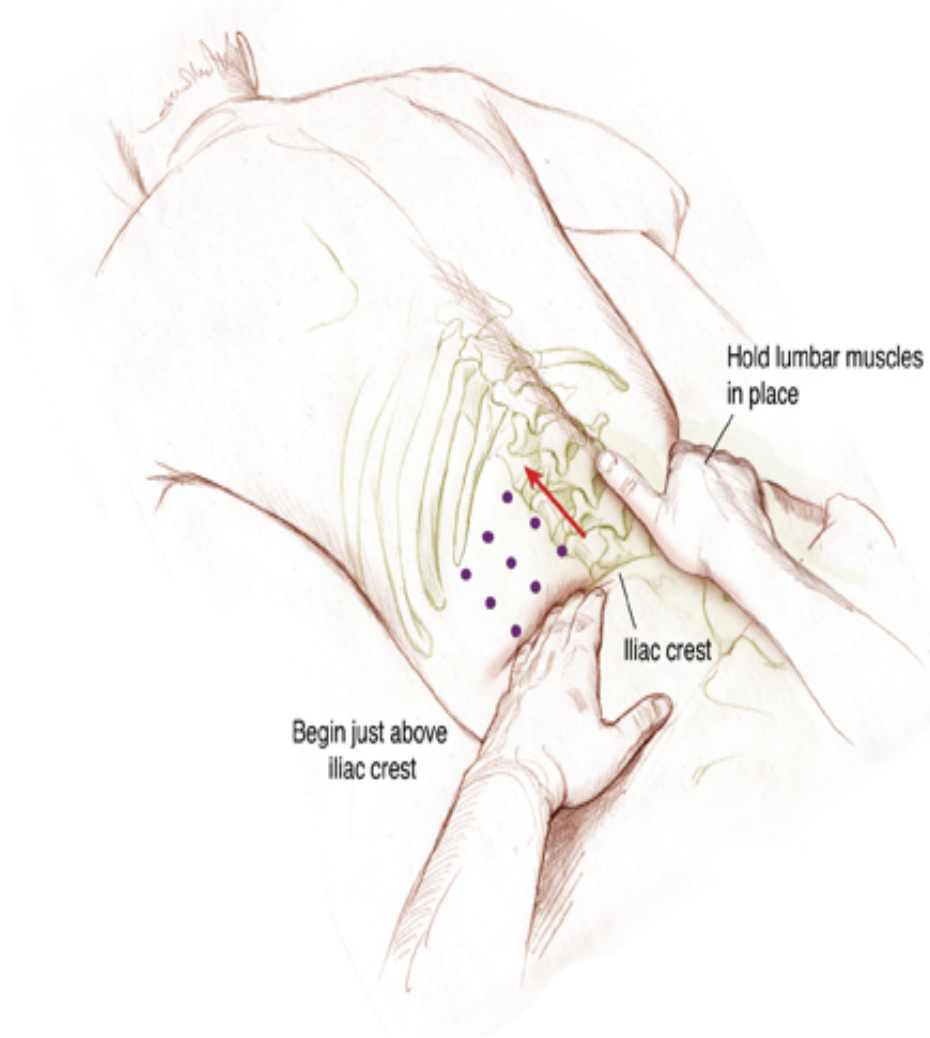
When you palpate, if you feel tension, press into the tension and hold it – creating a fulcrum.

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

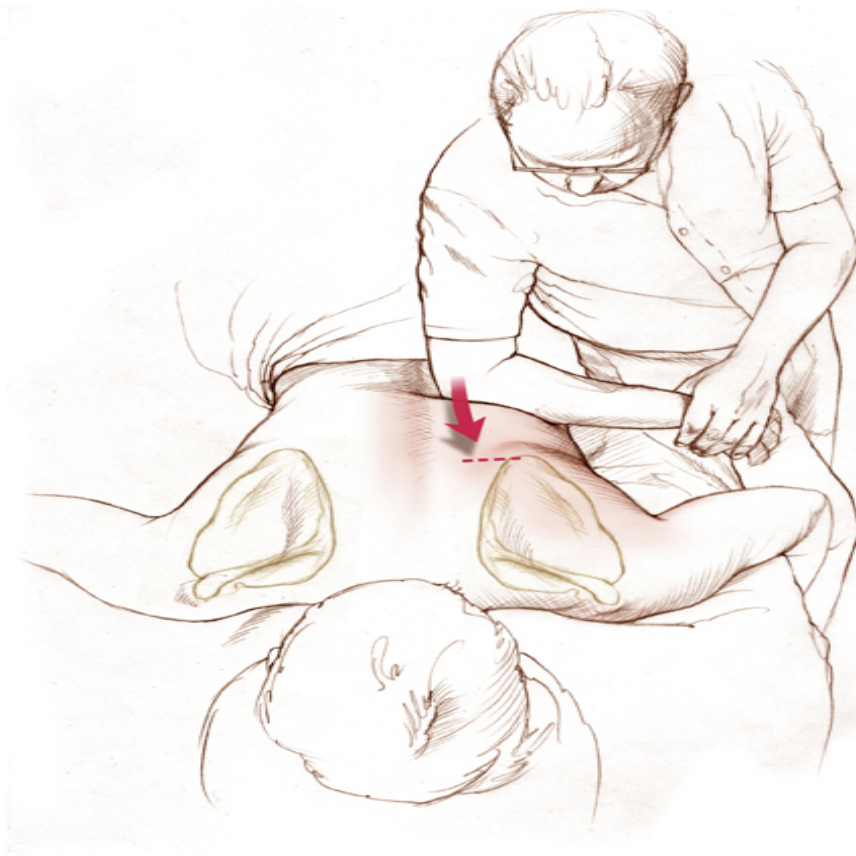


90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Ironing up the Erectors 1 & 2

#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



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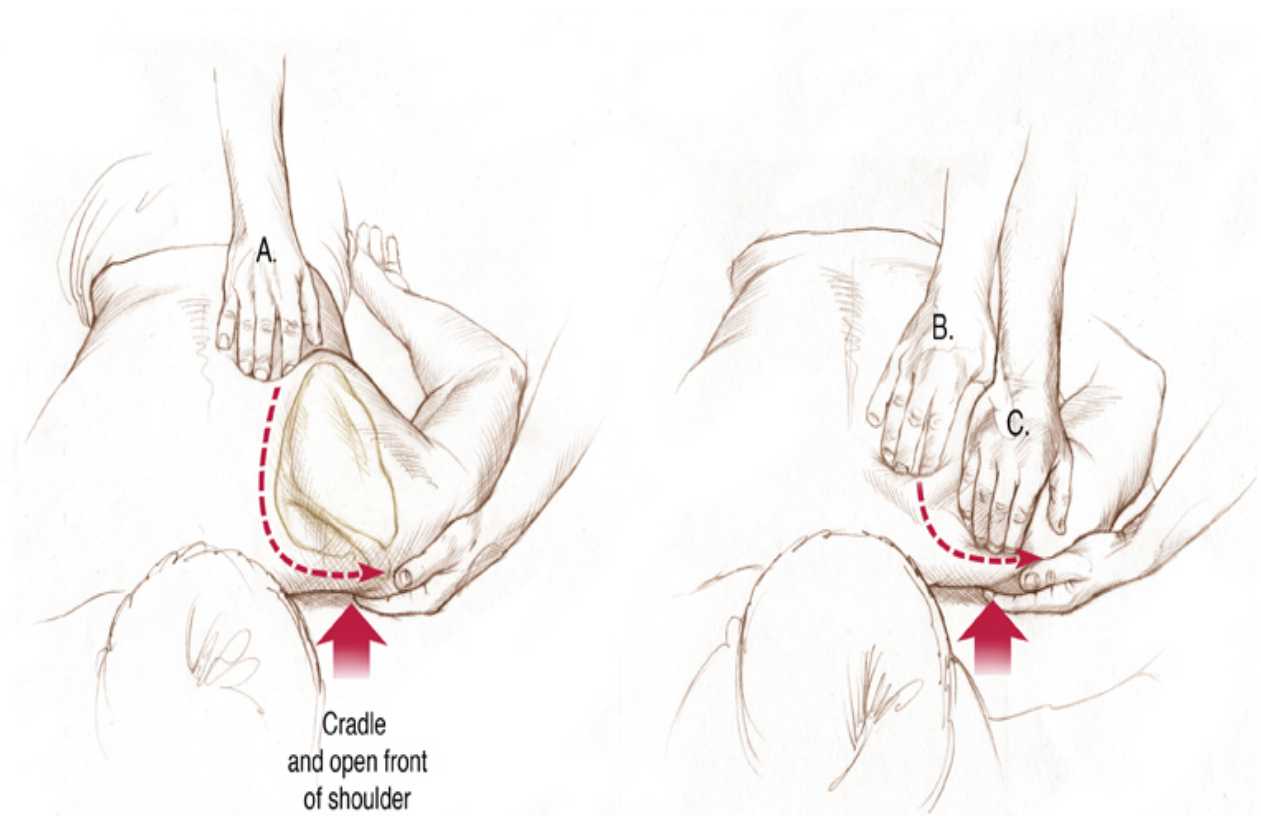
90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Ironing up the Erectors, continued

#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 T8
- 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.

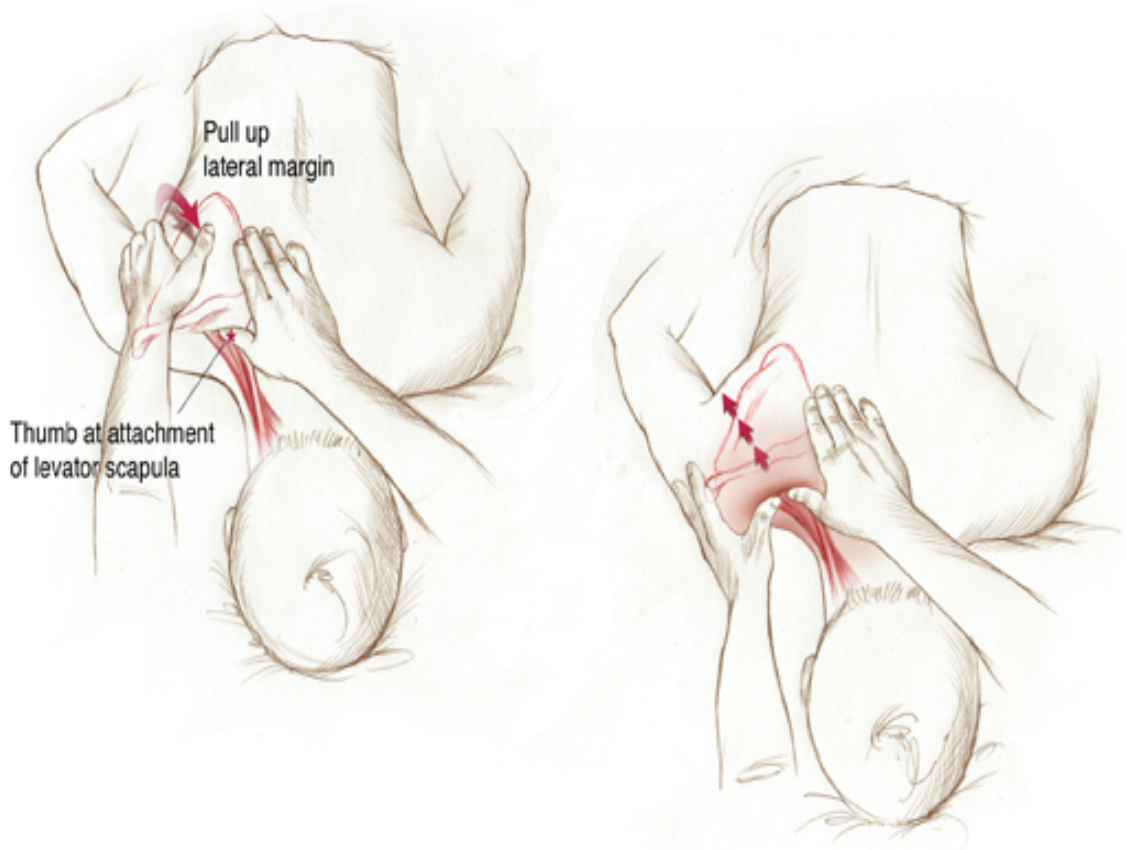


90b Deep Massage: Technique Demo and Practice – Posterior back and neck

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 inferio-lateral lengthening
- Clearly disengage

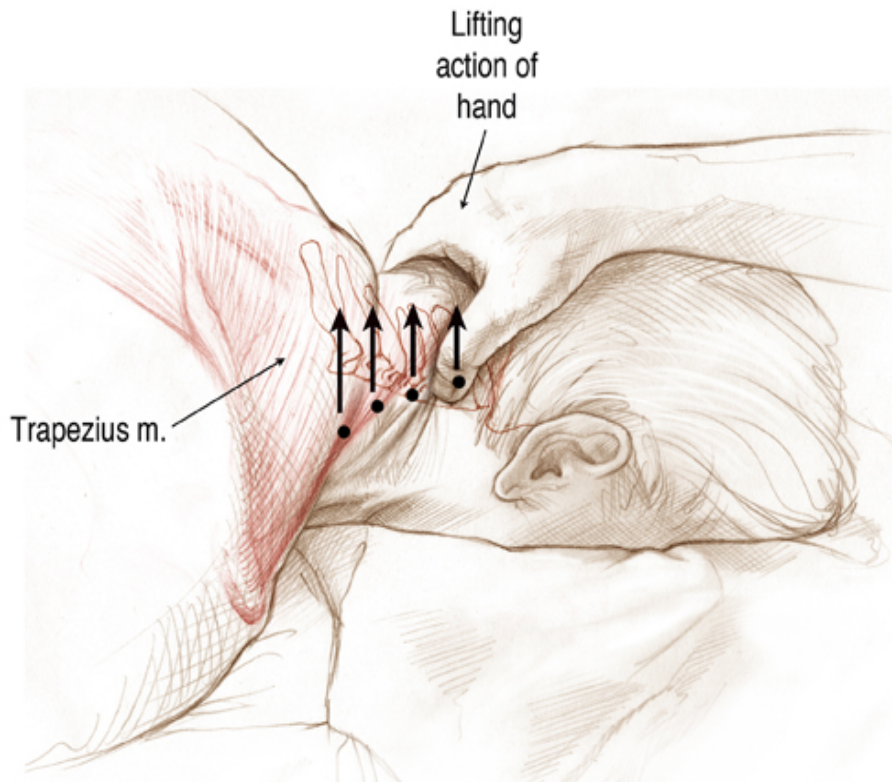


90b Deep Massage: Technique Demo and Practice – Posterior back and neck

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.

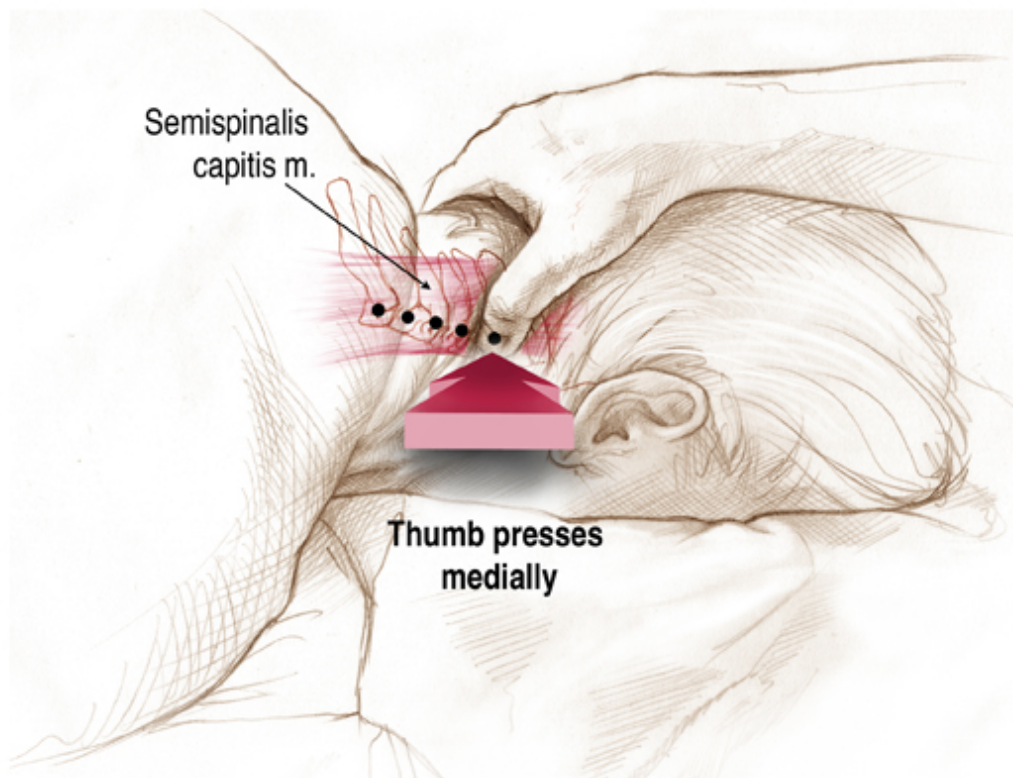


90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Posterior Neck- Semispinalis Capitis

Seated –

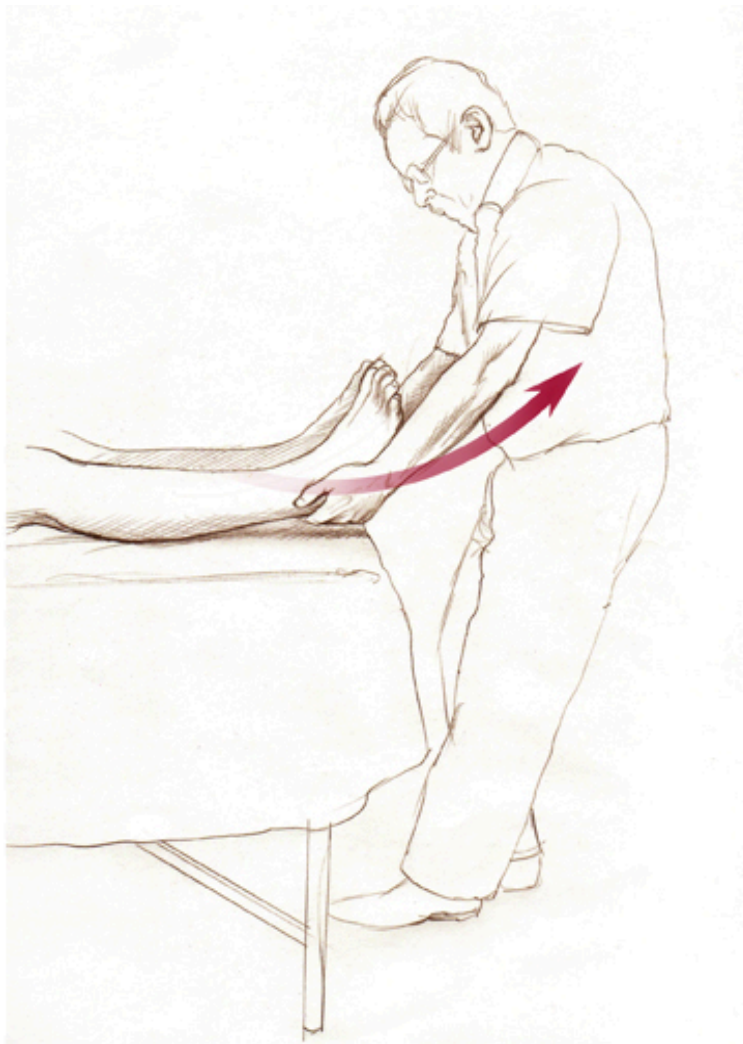
- Starting at the level of C7 – press medially into the belly of semispinalis capitis – take out the looseness
- If you feel tension, take up the slack, pressing into the tension
- Then add additional vectors, holding the point while the client lets go from inside out
- Clearly disengage
- Do this at 4-5 vertebral levels, each successively higher, the last being just inferior to the occiput



90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Half Moon Vector through 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 with a gentle inferior-ward opening
- Additional addition vectors (the “half moon”) by adding slight additional length while simultaneously dorsiflexing the ankle (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.

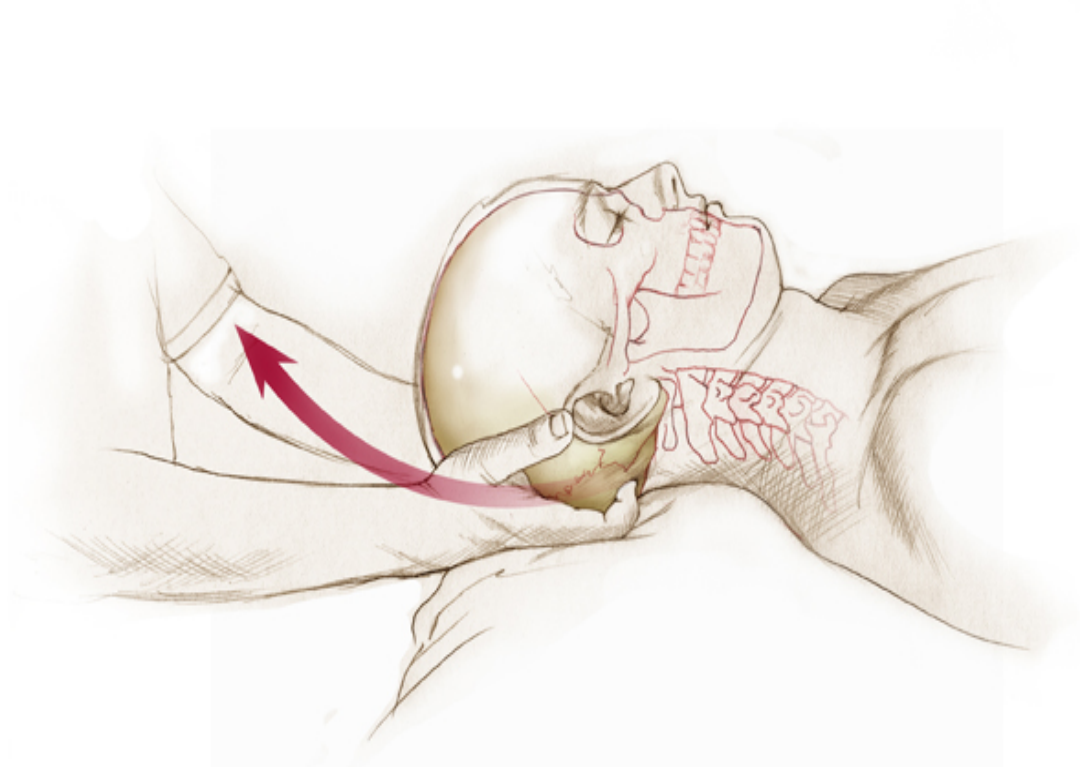


90b Deep Massage: Technique Demo and Practice – Posterior back and neck

Half Moon Vector through Neck

Seated -

- Clearly contact the inferior surface of the occiput with your fingers – take out the looseness
- Take up the slack with a gentle superior-ward opening through the neck/upper spine
- Add additional vectors (the “half moon”) by gently bringing your fingers more toward yourself – the chin should, as a result slightly nod downward maybe a half inch.
- Hold it, Hold it, Hold it. Give the client the gift of time to let go of physical tension through the head, neck and whole self.
- Let go of the half-moon.
- Set the head down, leaving the client in length.
- Clearly disengage.



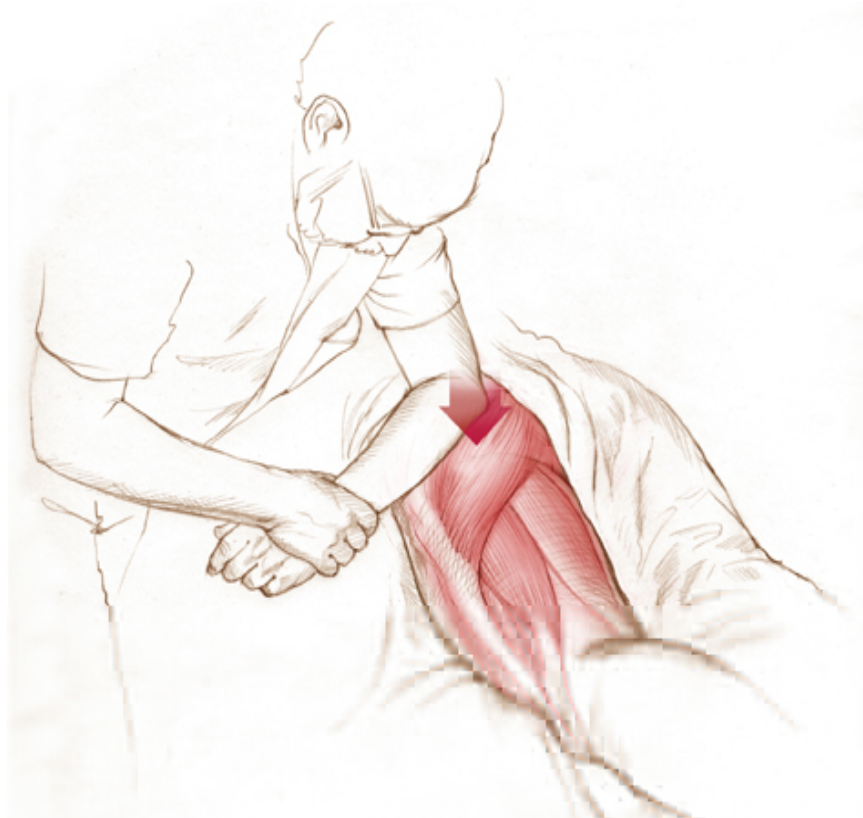
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91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

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.

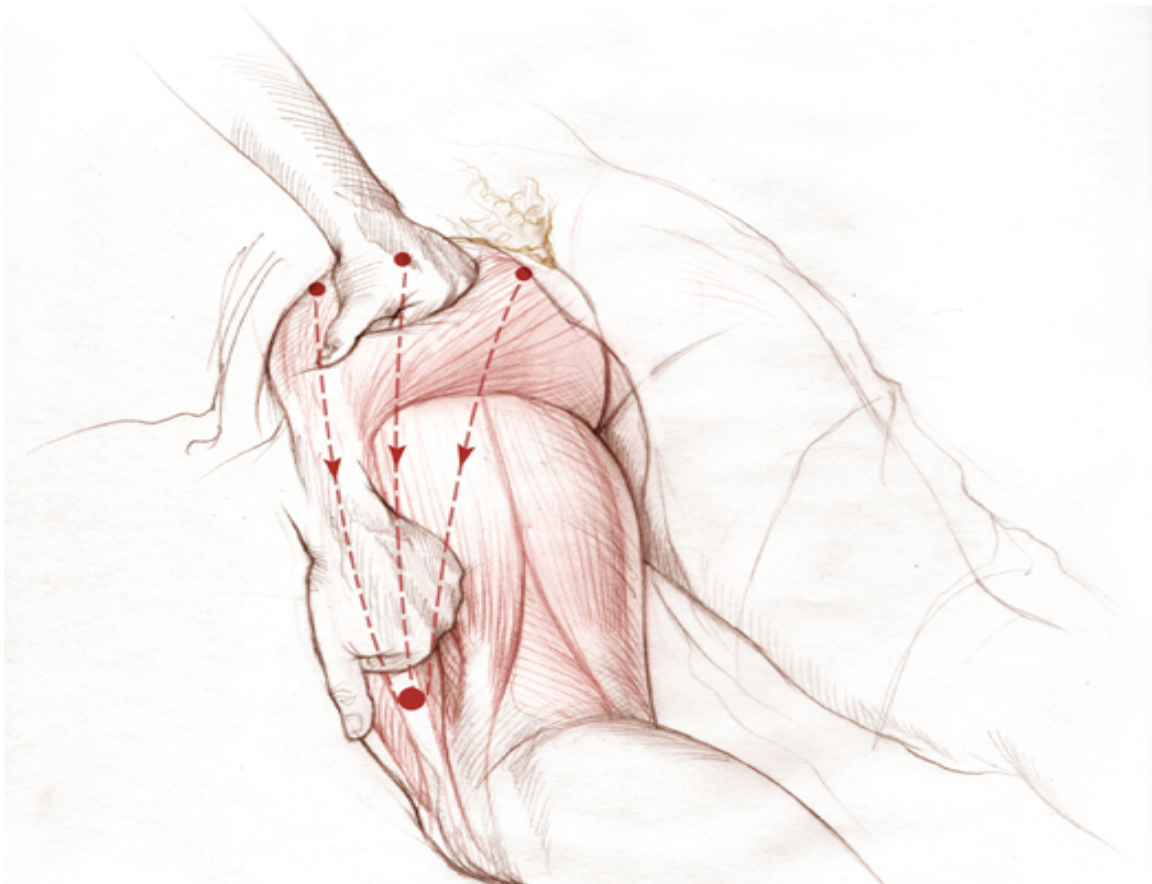


91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Gluteus Maximus, continued

- 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)



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Hamstrings

- Gently lift clients leg to 90 degrees
- 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/popliteal)
- Do another moving fulcrum with the flat of the loose fist down the “semi’s” ending at the back of tibia
- Gently lower the client’s leg to the table and give the client a few moments to assimilate the experience

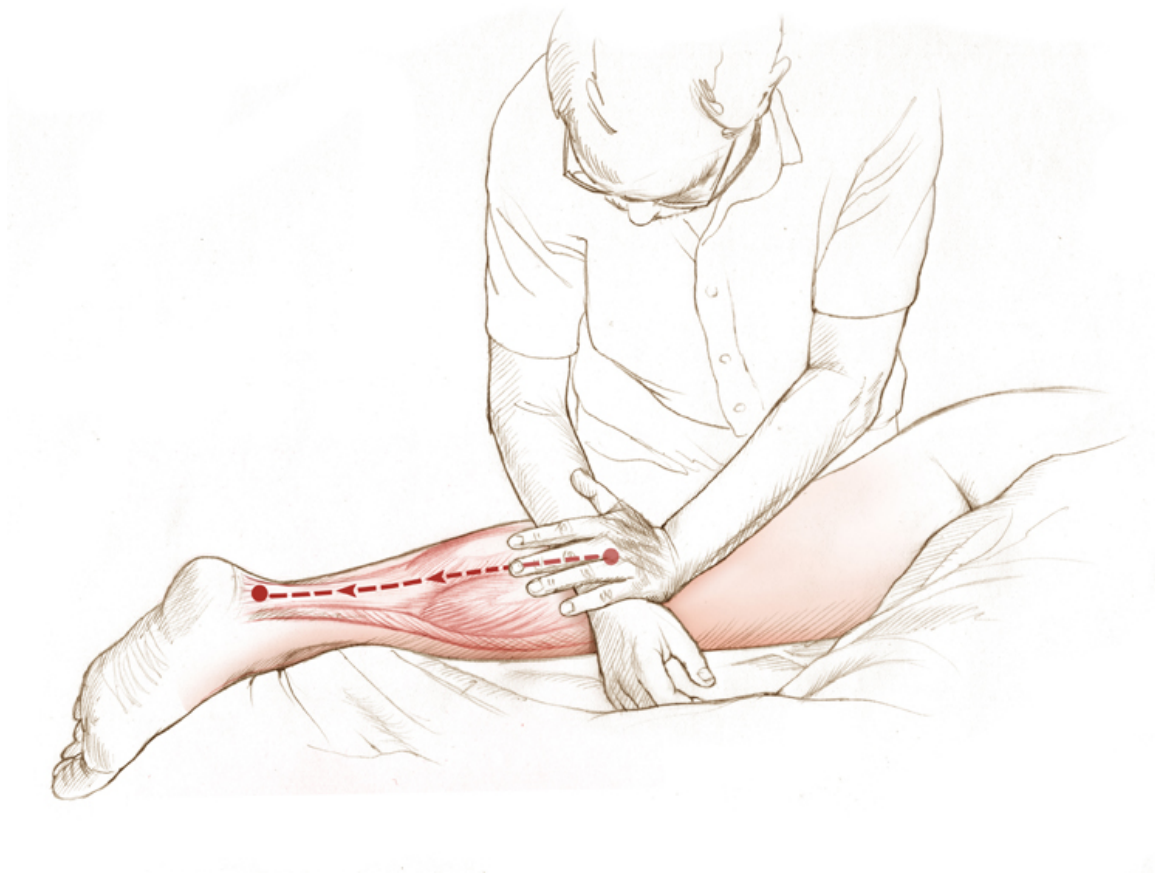


91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

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).

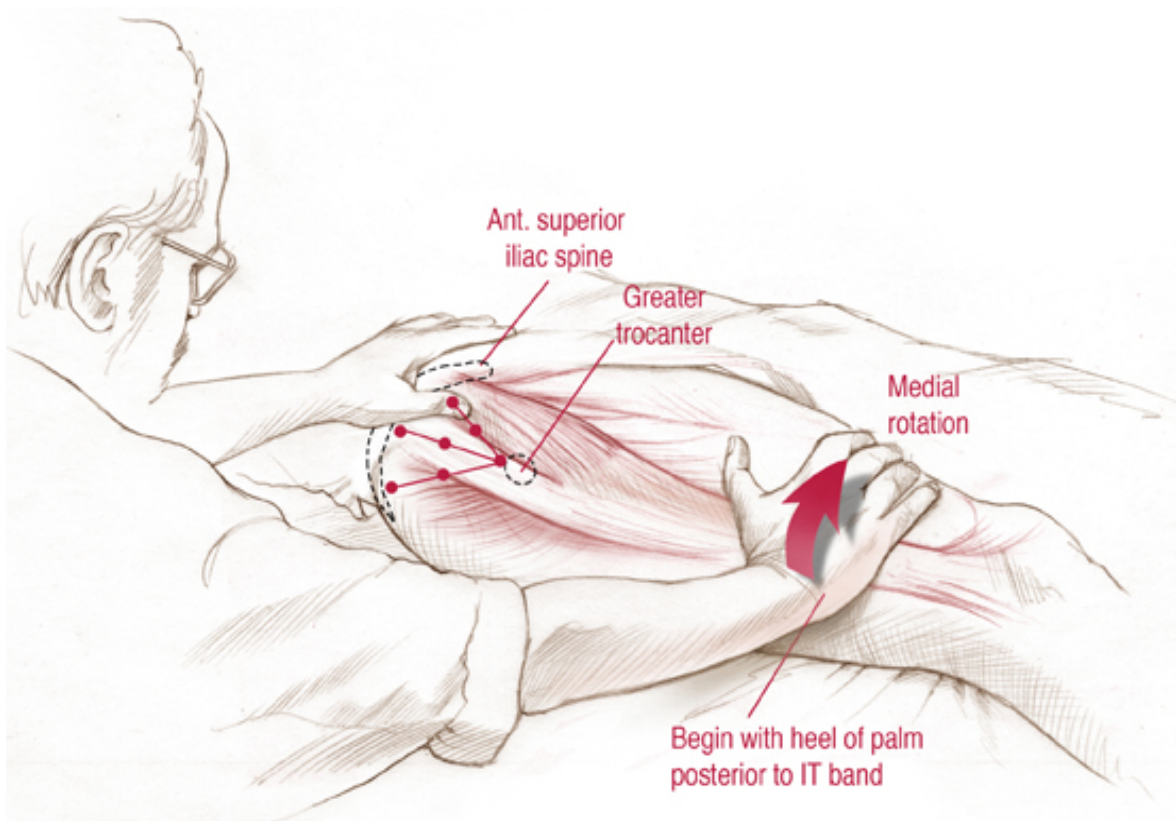


91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Tensor Fascia Latae, Gluteus Medius, and Gluteus Minimus

- Kneeling or seated - Place your thumb just behind the ASIS at the origin of tensor fascia latae and place the heel of your other hand about 2/3rds of the way down the femur posterior to the IT band.
- Take out the looseness in the point and the hip (with pressure into TFL 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

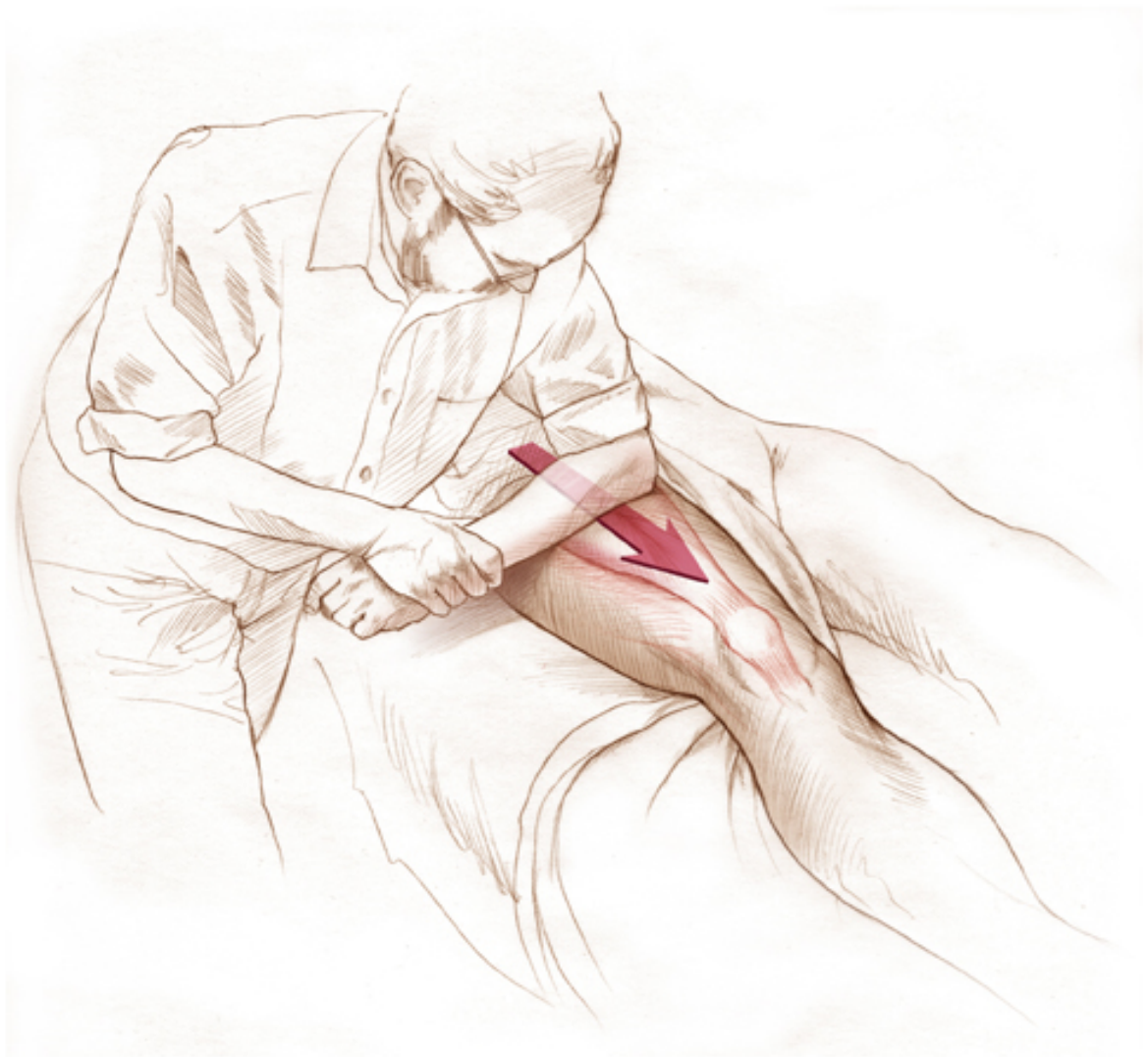
You will have created fulcrums in three lines, each ending at the top of the greater trochanter.



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Rectus Femoris/Vastus Intermedius

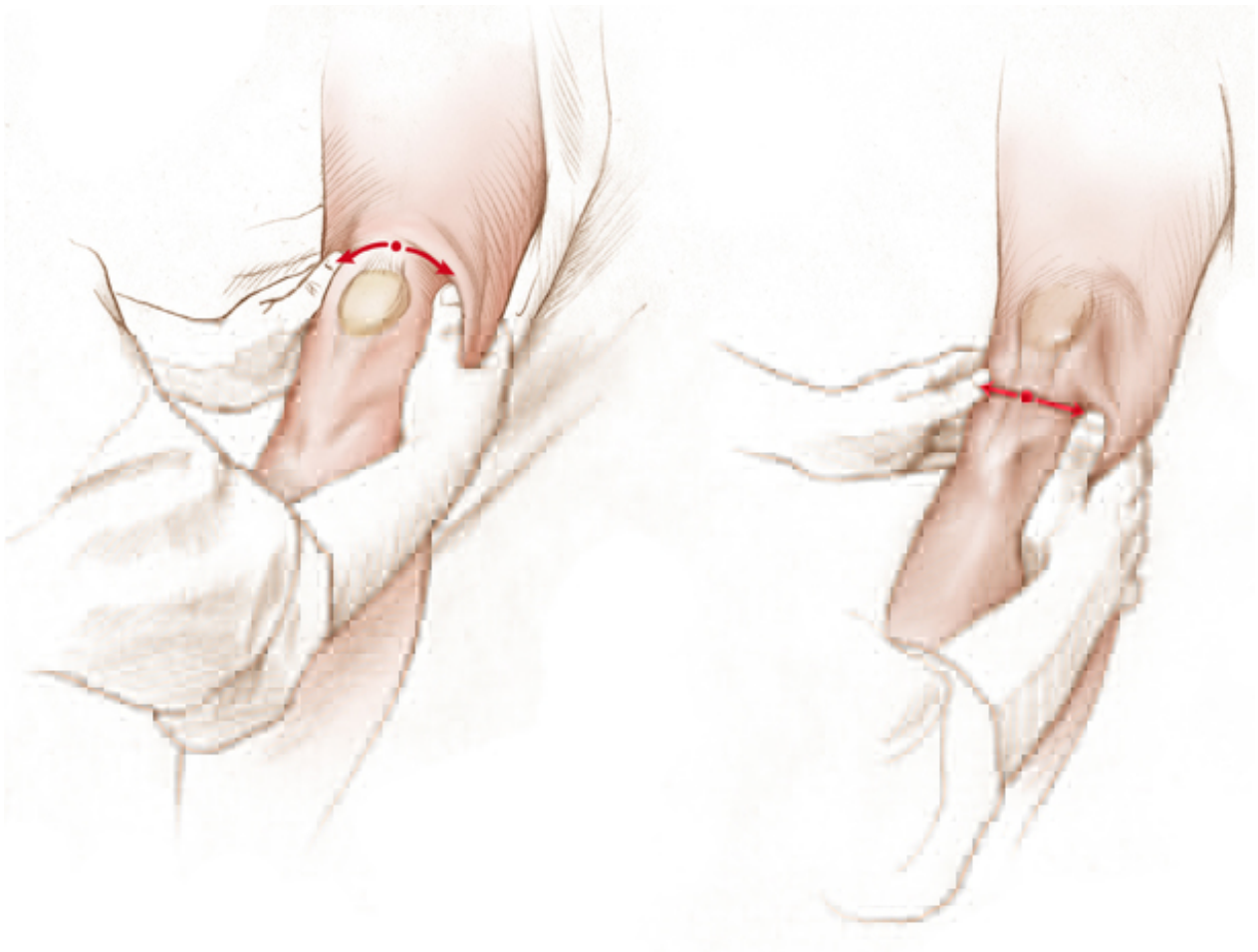
- Take out the looseness in the front of hip (origin of rectus femoris)
- Take up the slack with a static traction
- Additional vectors inferiorly through the belly of rectus femoris (you can also visualize vastus intermedius)
- Well before getting there, put your palm gently on the patella to reassure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



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Quadriceps Tendon/Patellar Ligament

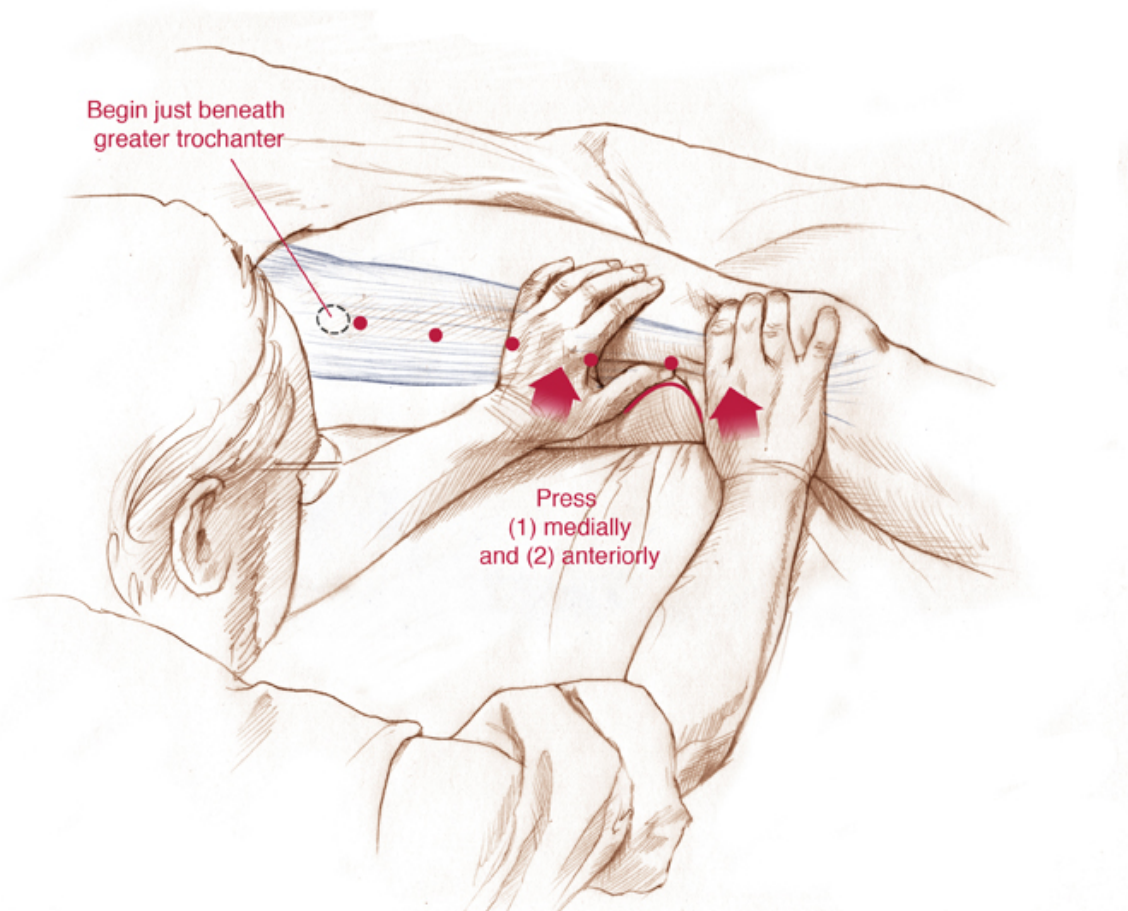
- Place both thumbs between the patella and tibial tuberosity - take out the looseness
- Static traction - medial and lateral
- Add additional vectors making the shape of a smile with a moving fulcrum medial and lateral beneath the patella
- Place both thumbs just above the patella at the centerline - 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



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Iliotibial Band

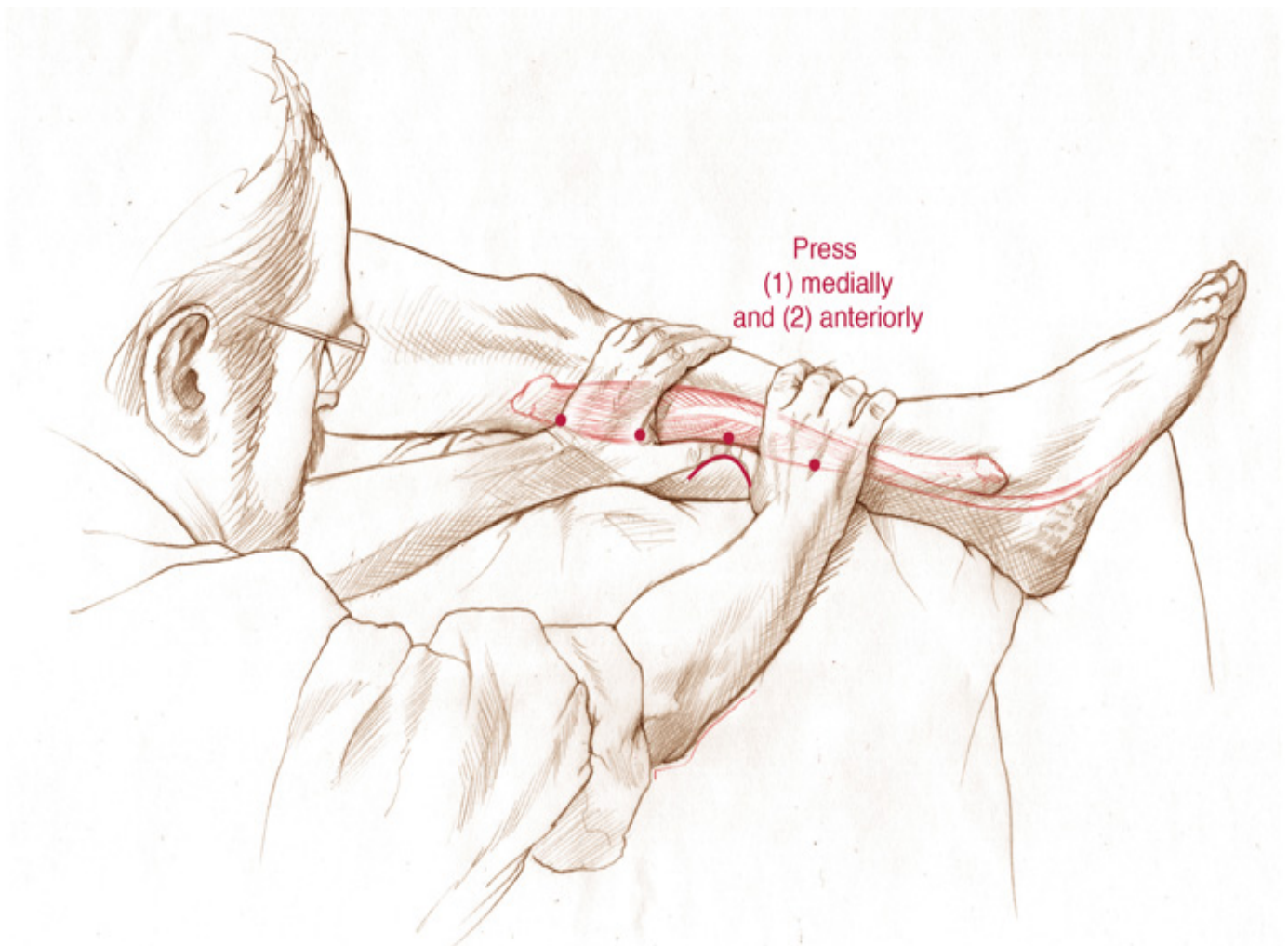
- Starting just beneath the greater trochanter and just posterior to I.T. band, take out the looseness pressing medially
- Turn thumb pads facing up - take up the slack
- Make a rainbow shape with the thumbs, gently stretching the I.t. band up toward the sky
- Hold it, Hold it, Hold it
- Clearly disengage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



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

Fibularis Longus and Brevis AKA Peroneus Longus and Brevis

- As with iliotibial band, create fulcrums through fibularis longus and brevis (aka) peroneus
- 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



91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs

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

Midway through the session, especially after working on the pelvis, legs, and/or feet, it integrates the work on the lower body and sets the stage for upper body work.

92a Deep Massage: Working at Interface and the Seven Dimensions of Touch

Touch is Multi-Dimensional

The structural/physical world is three-dimensional – length, breadth, width.

Massage that contacts energy as well as structure therefore will contact more than just three dimensions.

From our faculty's experiences receiving PTS's we eventually identified seven dimensions required for highest quality of touch.

The Seven Dimensions of Touch

- Contact
- Movement
- Breath
- Graceful verticality
- Heart
- Understanding
- Alchemy

Contact: The First Dimension of Touch

- High quality of touch from the very start – from the first “point” or “area” of contact.
- Touch with mindfulness – organized awareness = good “psychomechanics” plus good “bodymechanics.”
- Working with attention at interface.
- Touching with “highest personal regard.”

Movement: The Second Dimension of Touch

- Quality of touch is linked to how and where we move after the initial point of area of contact
- Important to know anatomy
- Massage strokes, as in swimming, are done in a water medium (we *are* mostly water). Cultivate this healthy visualization!
- Introduce curves into your motion (“additional vectors” of the fulcrum). This shows curiosity and respects the curved nature of water and the body.
- Use depth, tempo, and direction to create meaningful movement in and through the client's bodymind.

92a Deep Massage: Working at Interface and the Seven Dimensions of Touch

Breath: The Third Dimension of Touch

- Breath adds the feeling of volume, the experience of our three-dimensionality.
- It is the energetic origin of our touch, not our hands.
- Breathing can modulate the autonomic nervous of both therapist and client.
- Breath gives us access to important and relaxing natural rhythms.
- Re-spiration involves spirit. Using your breath and observing your client's breathing gives you a window to the spirit.

Graceful Verticality: The Fourth Dimension of Touch

- Both structural and energetic models of the body identify us as being vertically organized.
- Graceful verticality harnesses the flow of energy through the body between "heaven and earth."
- With grace, you will have easier access to gravity – use the gentle force of gravity in your work, not your muscular efforting.
- The power of grace - Ida Rolf said, "Gravity is the therapist." However, it is equally true that "Grace is the therapist."

Heart: The Fifth Dimension of Touch

- Work with an open heart as much as possible.
- Be brave! People are wild. Be *courageous* ("coeur" is French for heart).
- "Heaven and earth meet in the heart. It is their destiny and place of rendezvous." – Father Claude Larre (French acupuncturist and Jesuit priest)
- Our arms and hands are natural expressors of the heart.

Understanding: The Sixth Dimension of Touch

- The role of mind in bodywork.
- People need care; they also need to be understood.
- Brilliantly take a history.
- Allow time to understand someone – every person is an endless depth.
- Show you are committed to understanding by allowing time for response.
- Healing is communication, a non-verbal dialogue, a call and response.
- Every session is an improvisation.

92a Deep Massage: Working at Interface and the Seven Dimensions of Touch

Alchemy: The Seventh Dimension of Touch

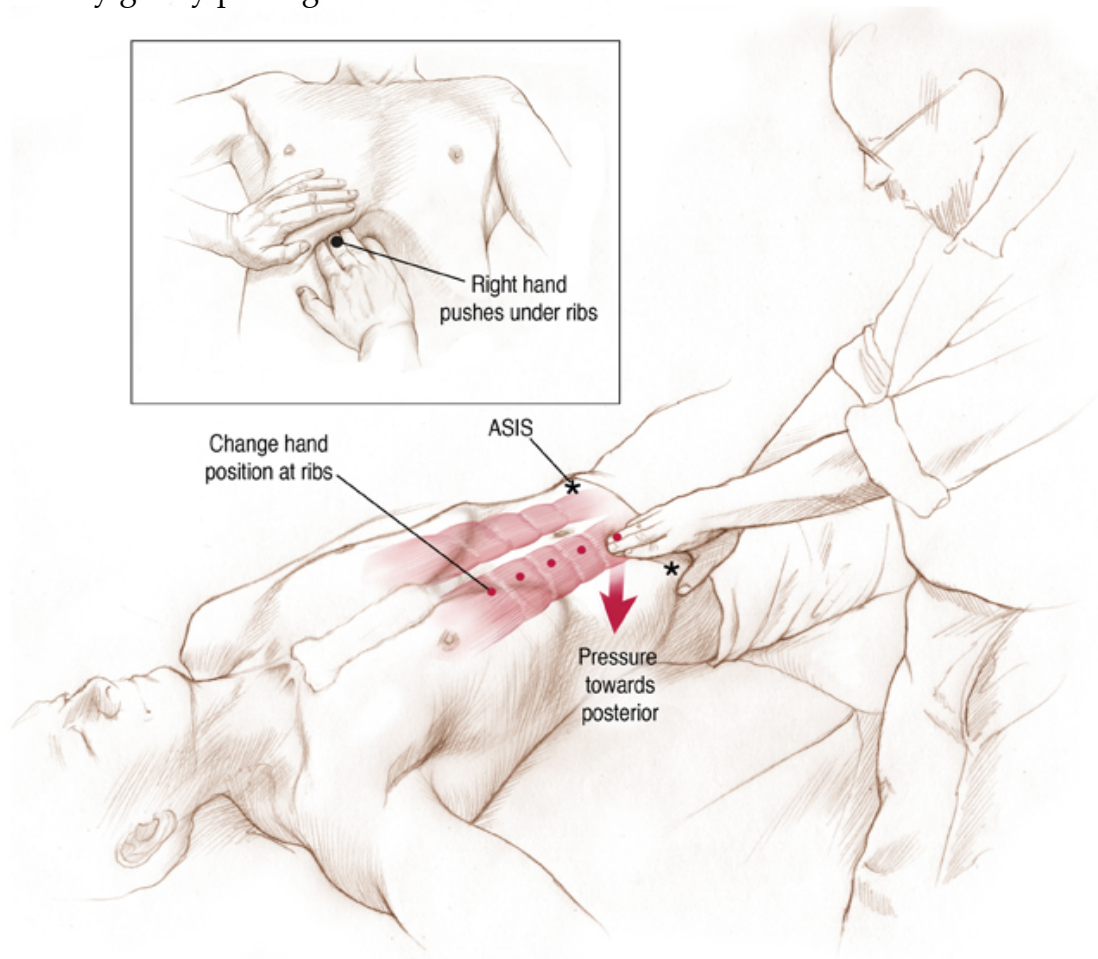
- Recognize the limits of speed
- Slow down
- Stop
- Rest
- Help them choose a new path
 - What turning point(s) are they at in their lives? How can you help them with massage?
- Allow nature to take its course
- Though we may honestly desire a transformative energetic-structural experience for our client, this dimension is “out of our hands”.
- When you cultivate clarity with respect to the previous six dimensions – contacting well, moving beautifully, fully breathing, gracefully vertical, caring and understanding - you have done everything you can to potentiate change.

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93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Rectus Abdominis #1

- R- side – gently place whole palm of r. hand on belly of rectus abdominis so your middle finger is in the middle of the belly of the muscle about 2 in. beneath level of navel
- Let left hand rest on right hand
- Press gently with left hand fingers, so you take up the looseness in the belly of the muscle – pause
- Press just a little more, taking up the slack
- Relax yourself – your breathing/ your abdomen, etc. – maintain the pressure – let client let go from inside out, feeling free to breathe. Hold it, hold it, hold it.
- Clearly disengage
- Do a series of similar fulcrums – each about 1-1.5 inches higher – so you do about 5 fulcrums.
- For the last one into the belly you can add additional looseness and ease, by gently pulling lower ribs down.



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Rectus Abdominis #2

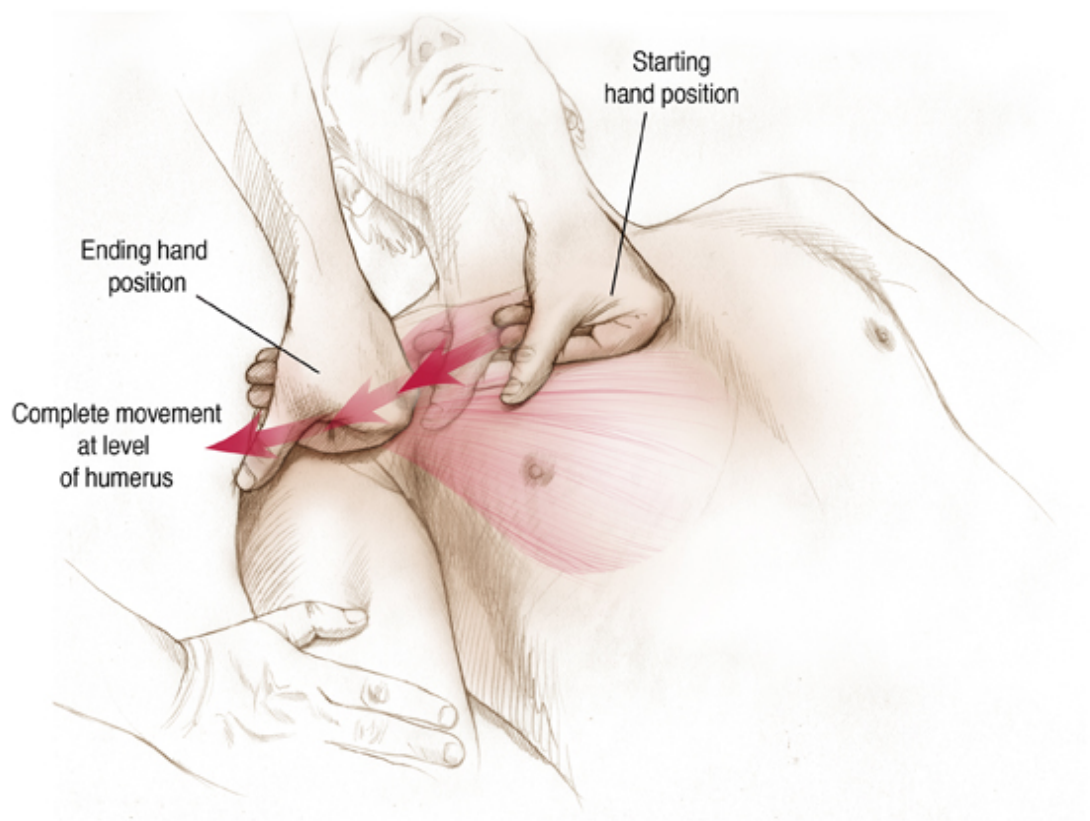
- Change your body position. Standing further down body in more of a lunge position
- Place left hand alongside ribs, place right hand, fingers gently curved, between ribs 7 & 8 lateral to xiphoid process
- Press gently into body with both hands, take up the looseness
- Gentle stretch up without movement, take up the slack
- With right hand, do a slow, moderately deep effleurage adding additional vectors up rectus abdominis' tendons to R5 (you're contacting sternum, costo-sternal joints and rib cartilage next to the joints)
- For clients without a breast drape, continue that up to undersurface of clavicle
- For clients with a breast drape, at R5 bring upper hand to touch lower, and pull up with upper hand, so you needn't work between the breasts at any time. Switch hands back around R2 up to undersurface of clavicle.



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Pectoralis Major – Part 1

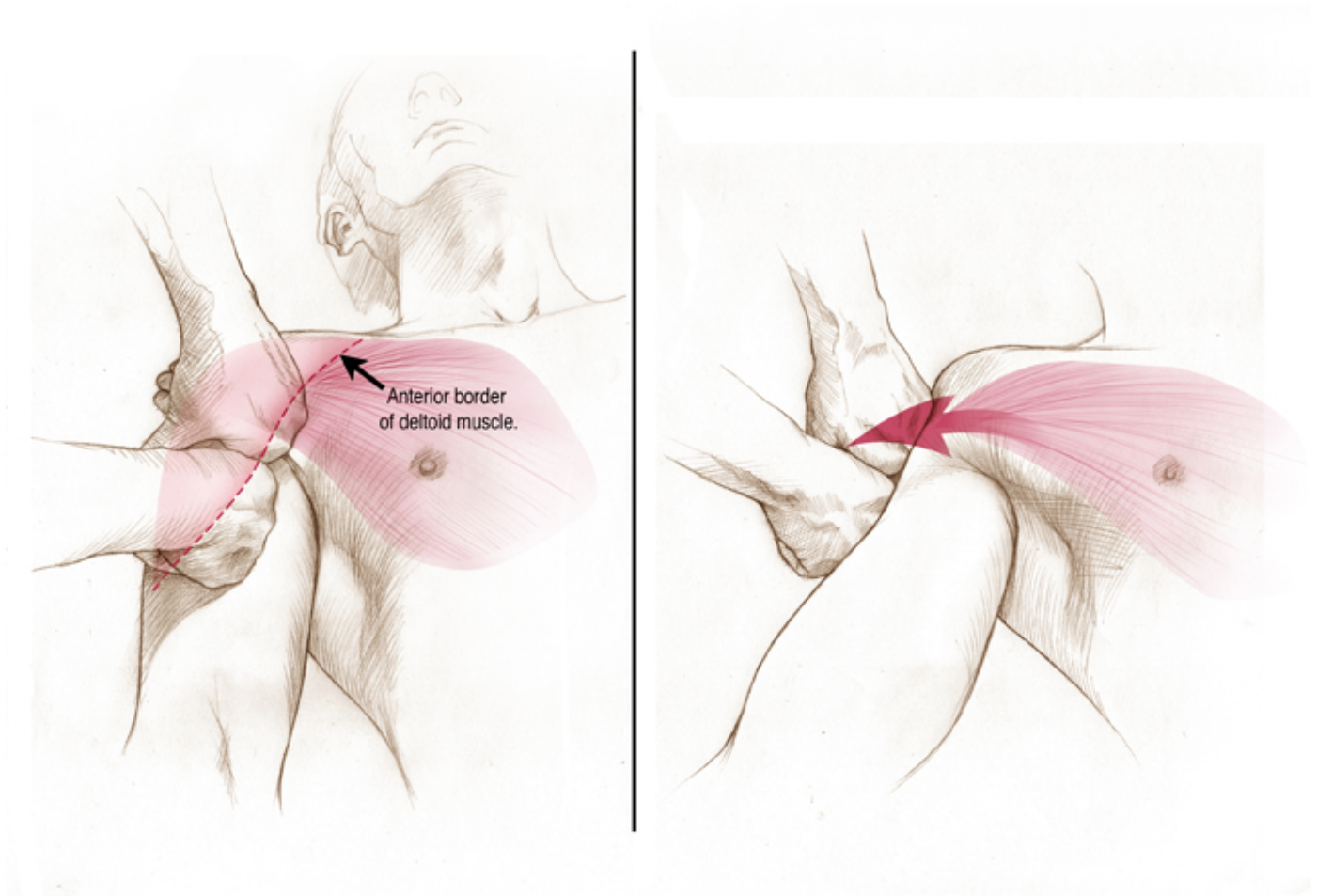
- With loose fist take out looseness contacting sternum and costal cartilages 1-4.
- Take up the slack pulling laterally w/o moving.
- Add Additional vectors with moving fulcrum laterally through pectoralis major – go to space between ribcage and arm
- Disengage



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Pectoralis Major (and deltoid) – Part 2

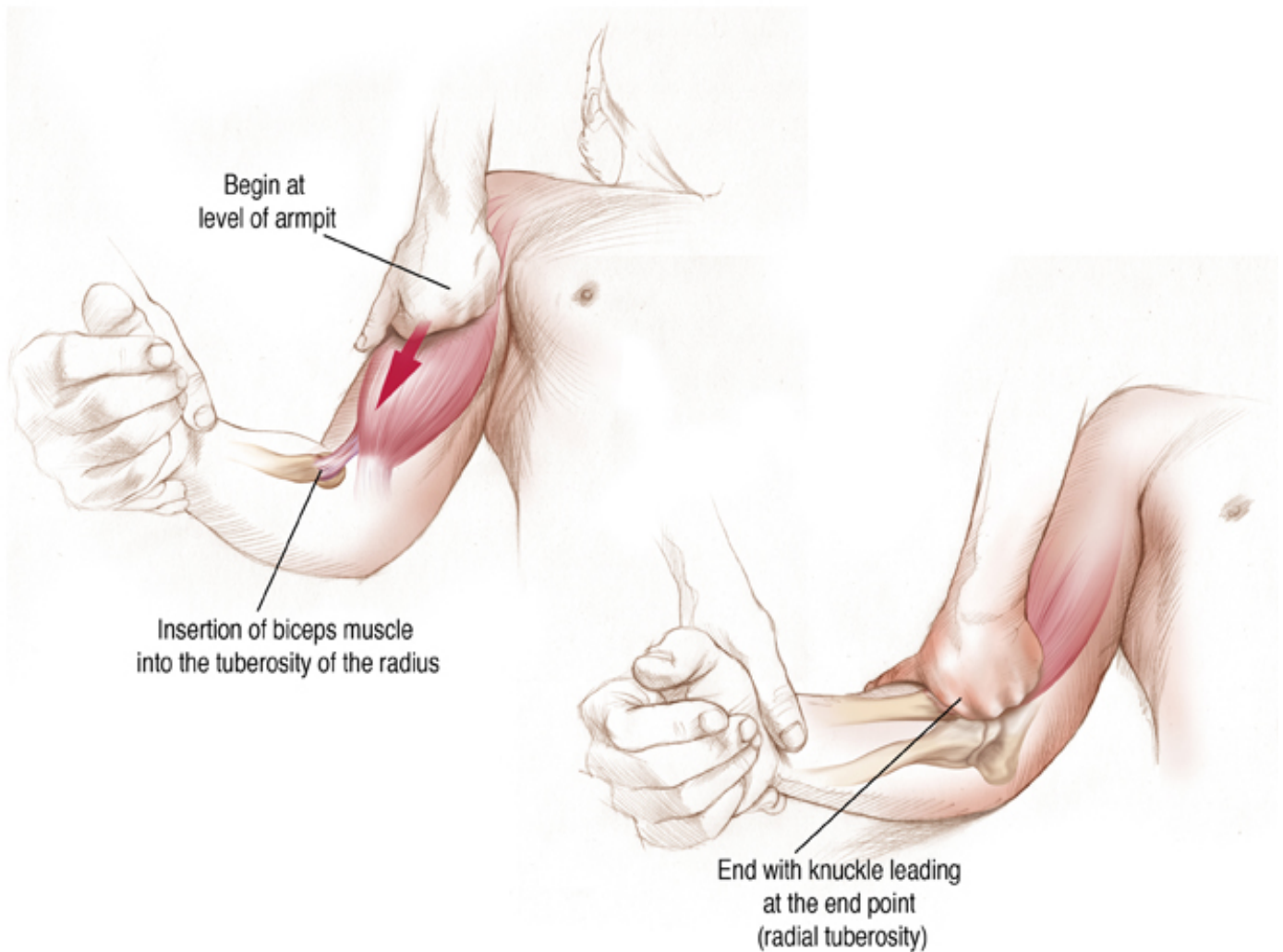
- Placing both fists medial to the anterior deltoid, take out the looseness
- Pull them laterally without moving (arm may start to rotate laterally)
- Add additional vectors with a moving fulcrum through the anterior and acromial fibers of the deltoid (and deep to it – pectoralis major)
- As you come across deltoid, go as far as the table surface, but ease up a bit, don't pinch
- Clearly disengage



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Biceps Brachii

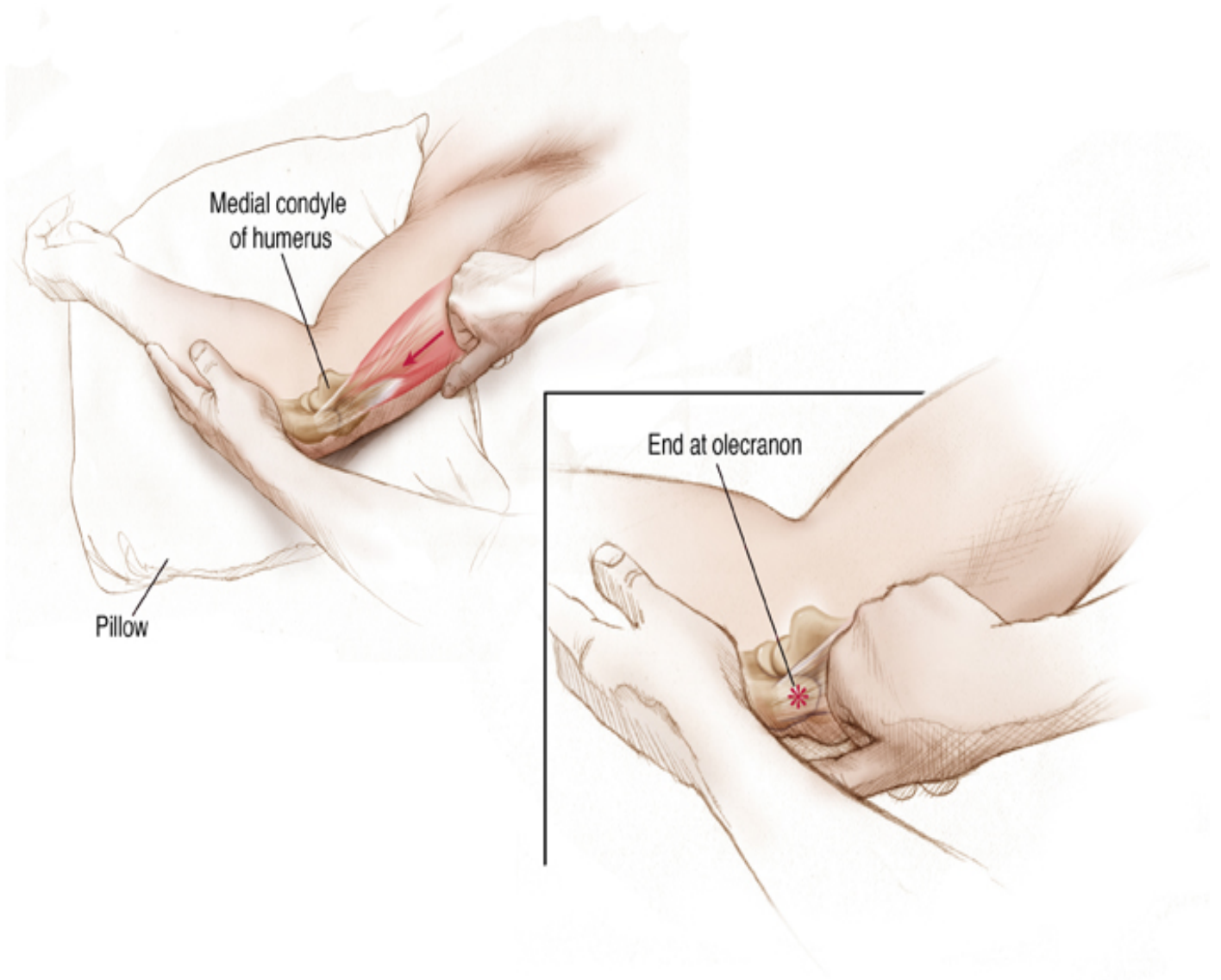
- Place loose fist about $\frac{1}{4}$ way down the biceps – take out the looseness
- With gentle pull distally, take up the slack
- Add additional vectors with moving fulcrum down to insertion at radial tuberosity
- Clearly disengage



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Triceps Brachii

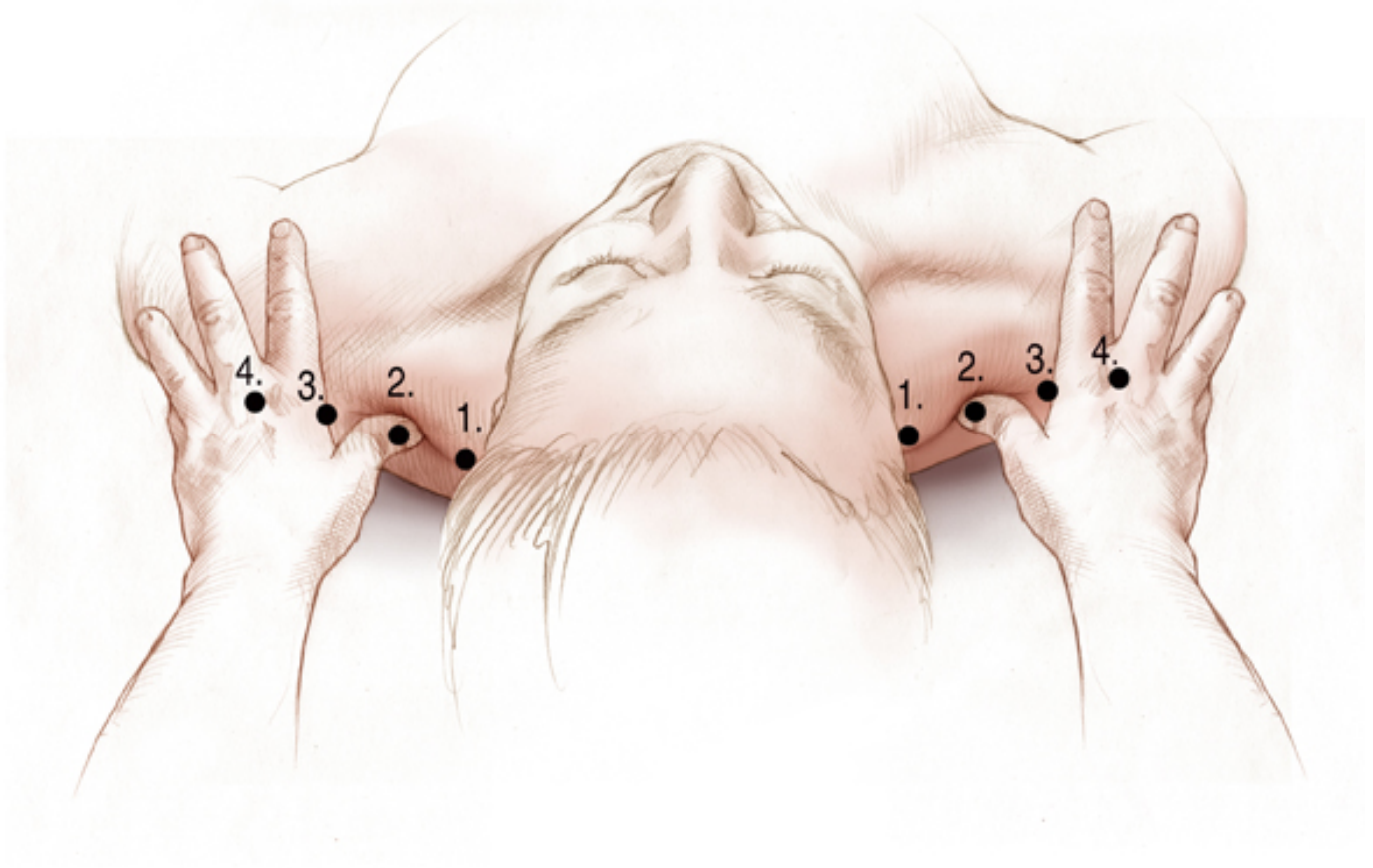
- Position arm comfortably overhead (can rest it on a pillow or your thigh)
- Take out looseness, with loose fist, close to scapular attachment
- Take up the slack pulling distally
- Do moving fulcrum adding additional vector down length of triceps – slowing down and ending at olecranon process
- Clearly disengage



93b Deep Massage: Technique Demo and Practice Anterior Torso and Arms

Trapezius

- Take out looseness bilaterally, just lateral to neck in belly of trapezius, find tension (if it's there) and press onto it
- Take up the slack, press into the tension
- Add additional vectors, relaxing your breath and letting your body rest in – take out additional looseness as they let go
- Hold it, hold it, hold it
- Monitor for working signs
- Clearly disengage
- Repeat these fulcrums bilaterally about 3 more times, each time about a ½ to 1 inch more lateral



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94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp

Scalenes

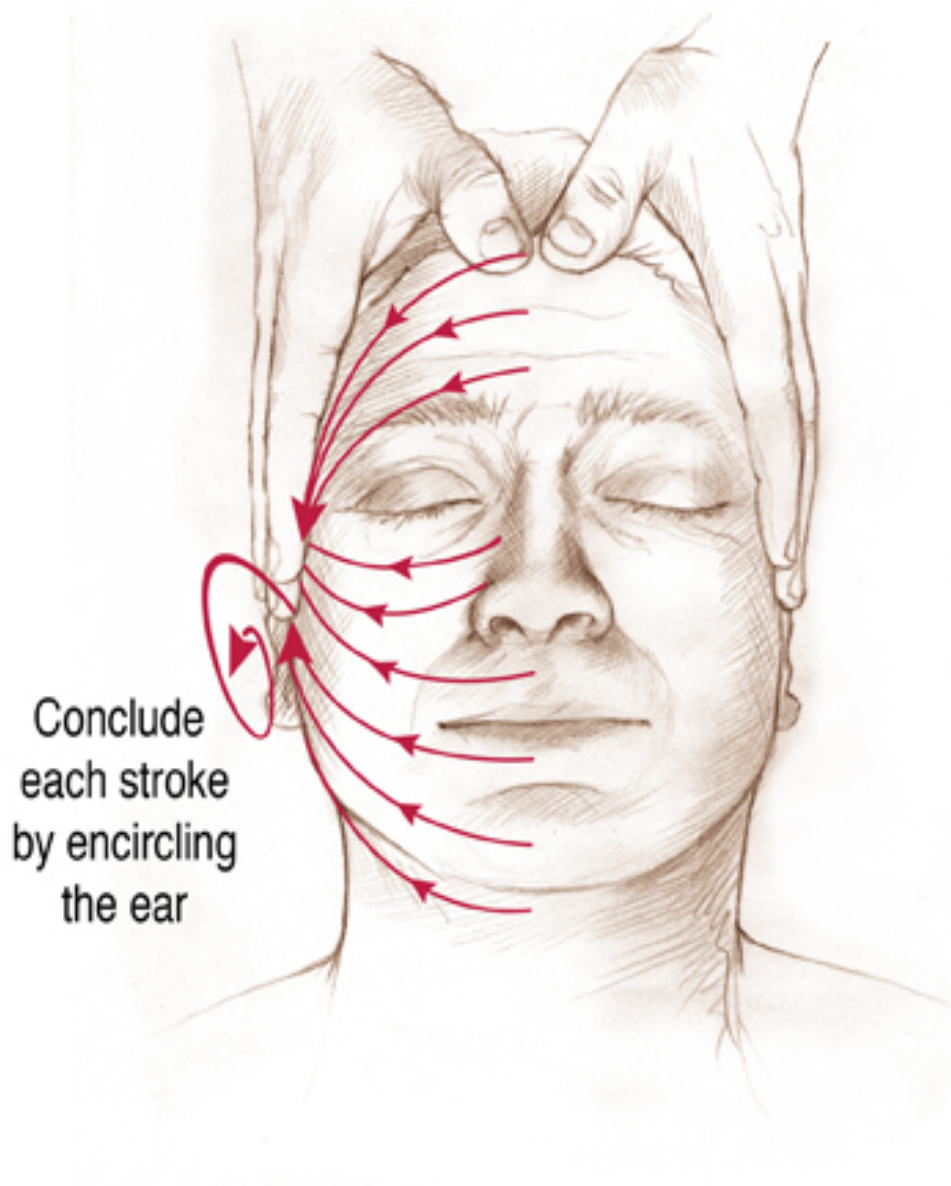
- R- side – place r. middle finger, supported by the others, just lateral to SCM just over clavicle.
- Take out the looseness.
- Take up the slack.
- Instruct the client to lift their chin, then turn their head slowly to the left, while you simultaneously draw your fingers around the neck at the level of C7, going all the way to the spinous process of C7
- Have them come back to center, then lower chin
- Repeat those steps at interface at the level of C4 and then at the level of C1.



94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp

Facial Muscles

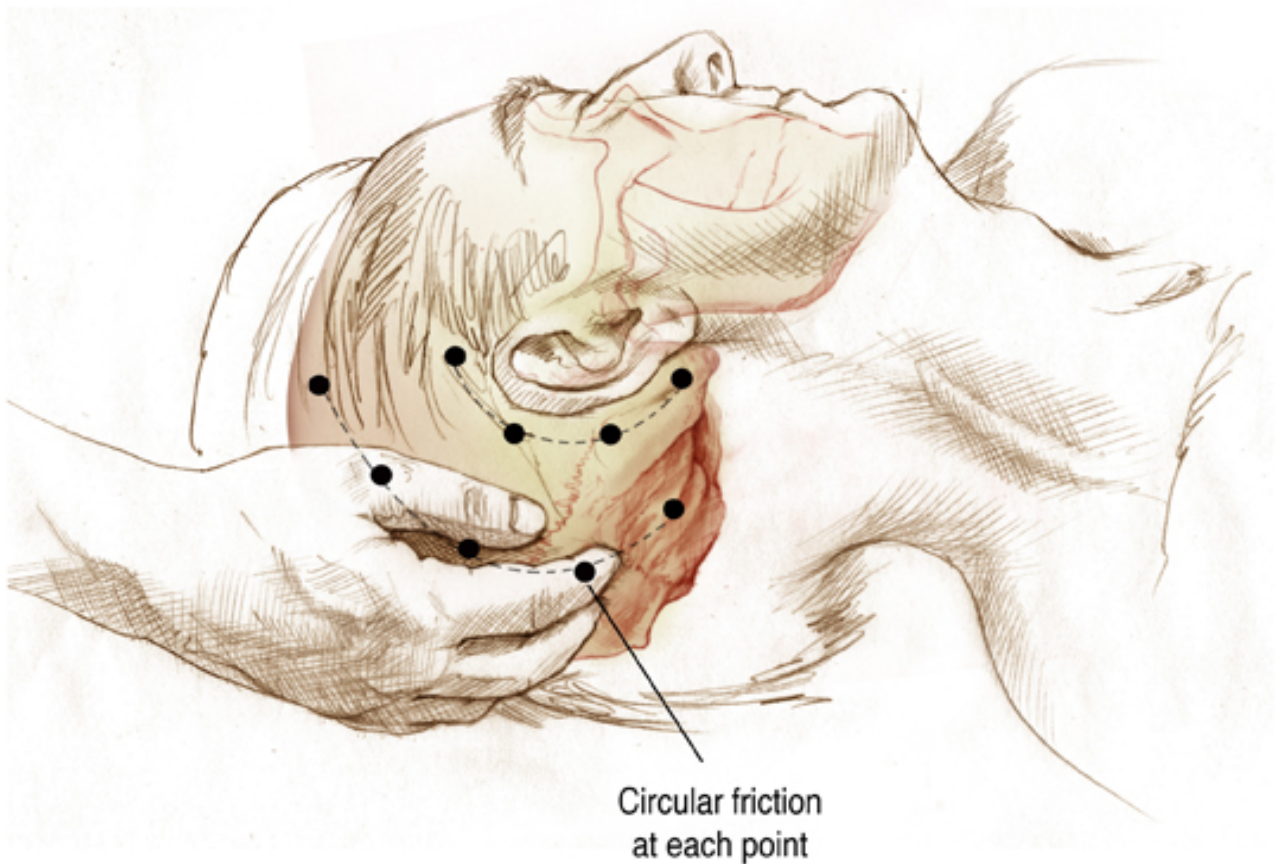
- Therapist seated: Place thumbs at the center just below the hairline
- Take out the looseness pressing posteriorly – visualize that you're engaging the cranio-facial periosteum, not the skin
- Take up the slack with a static stretch to the sides
- Use your thumbs to create a moving fulcrum just underneath the hair line, then, as a return "nerve" stroke underneath, behind the ears, and back to the next lowest place about 1.5 lower on the face
- Repeat about 8 more times to cover the whole face, ending with a pass on the undersurface of the mandible
- Switch to fingers anytime they're easier to work with.



94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp

Epicranius (occipitofrontalis)

- Place your fingers behind the ear near the base of the temporal bone
- Take out the looseness, visualizing you're contacting the periosteum
- Add additional vectors, mobilizing the cranial tissues with somewhat deep semi-circles
- Disengage; then come up about 1.5" and repeat
- Do about four passes starting behind, then over the ear
- Place your fingers close to the centerline near the base of the occipital bone.
- Repeat the steps above, making 5-6 semicircular fulcrums near the center line, ending finally just above hairline on the frontal bone



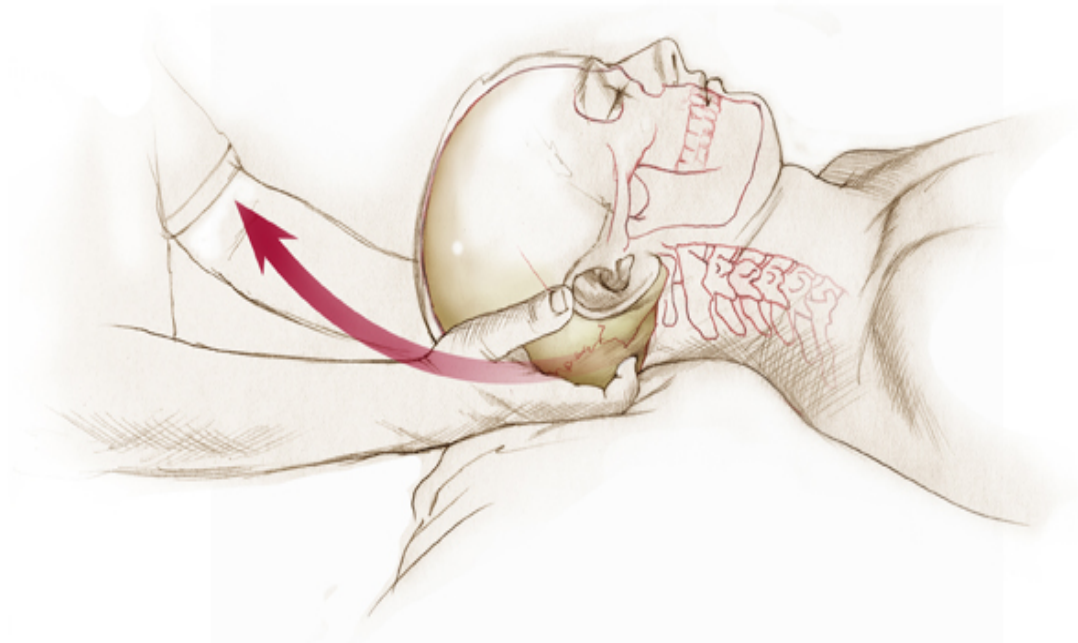
Follow up with Half Moon Vector through the neck and Half Moon Vector through the feet.

94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp

Half Moon Vector through Neck

Seated -

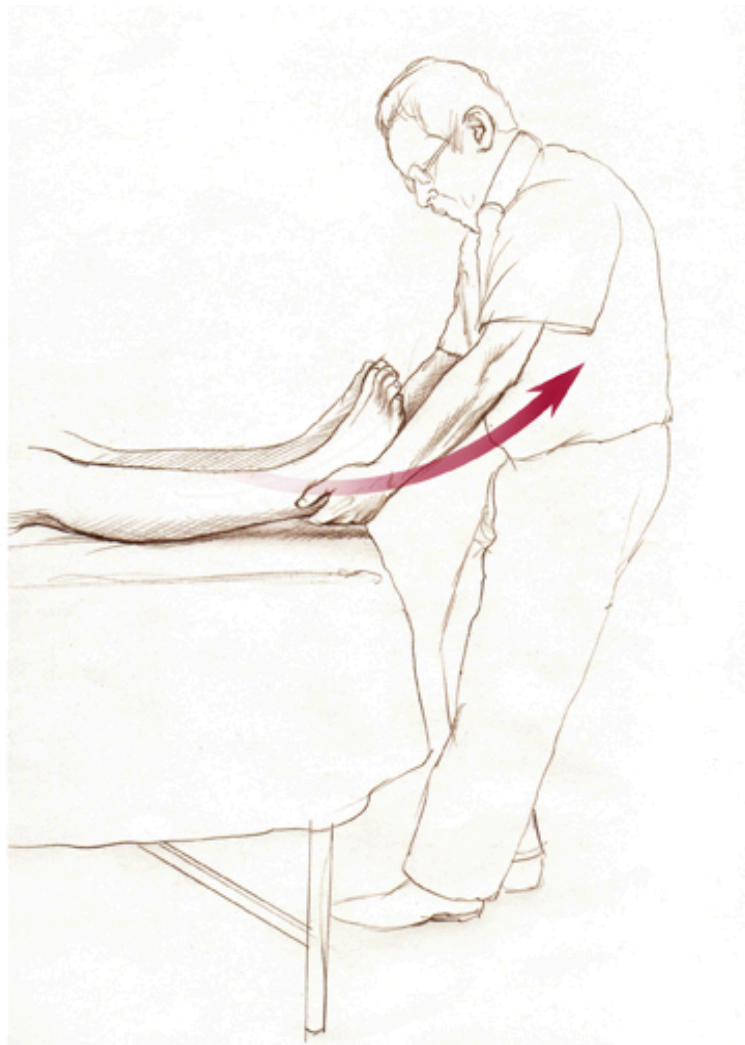
- Clearly contact the inferior surface of the occiput with your fingers – take out the looseness
- Take up the slack with a gentle superior-ward opening through the neck/upper spine
- Add additional vectors (the “half moon”) by gently bringing your fingers more toward yourself – the chin should, as a result slightly nod downward maybe a half inch.
- Hold it, Hold it, Hold it. Give the client the gift of time to let go of physical tension through the head, neck and whole self.
- Let go of the half-moon.
- Set the head down, leaving the client in length.
- Clearly disengage.



94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp

Half Moon Vector through 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 with a gentle inferior-ward opening
- Additional addition vectors (the “half moon”) by adding slight additional length while simultaneously dorsiflexing the ankle (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.



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