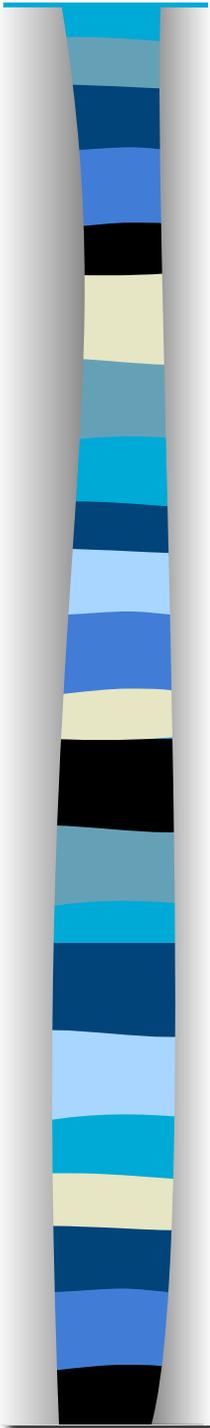
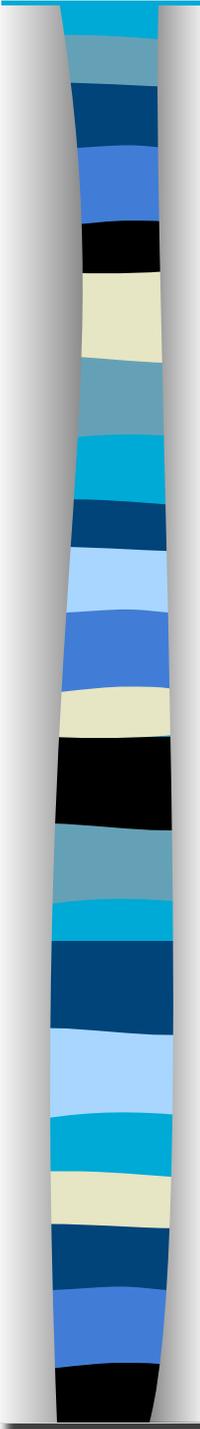


54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body





54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body Class Outline

15 minutes

Break

5 minutes

Attendance, Breath of Arrival, and Reminders

75 minutes

1st trade technique demo and practice

20 minutes

Break and switch tables

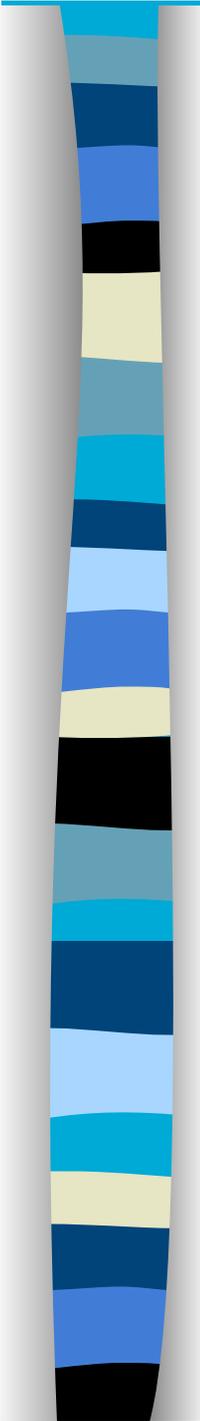
75 minutes

2nd trade technique demo and practice

20 minutes

Break down, clean up, and discussion

Total time: 3 hours 30 minutes



54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body

Class Reminders

Assignments:

- 55a Review Questions (due before class starts)
- 60a Deep Tissue: Outside Massages (due before class starts)

Quizzes:

- 57a Written Exam Prep Quiz (48a, 49a, 50a, 51a, 52a, 54a, and 55a)
- 58a Written Exam Prep Quiz (45a, 45b, 47a, 50b, 51b, 56a, and 56b)

Written Exams:

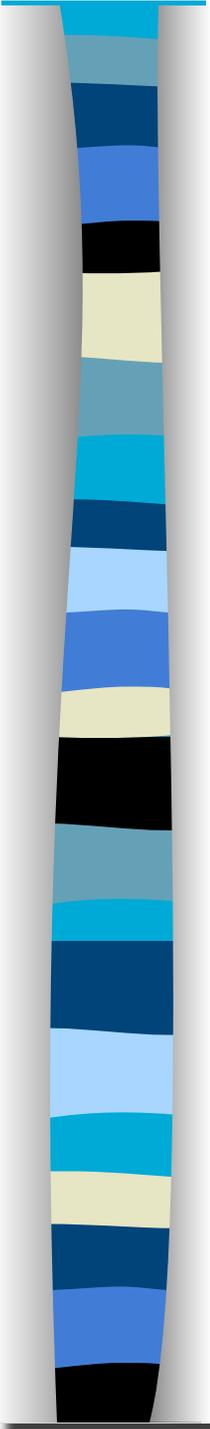
- 60a Written Exam (250 questions in 3 hours and 20 minutes)

Practical Exams:

- 62b Deep Tissue: Touch Assessment

Preparation for upcoming classes:

- 55a Pathology: Endocrine System
Packet E: 133-134.
RQ - Packet A-194.
- 55b Deep Tissue: Technique Review and Practice - Posterior Upper and Lower Body



Classroom Rules

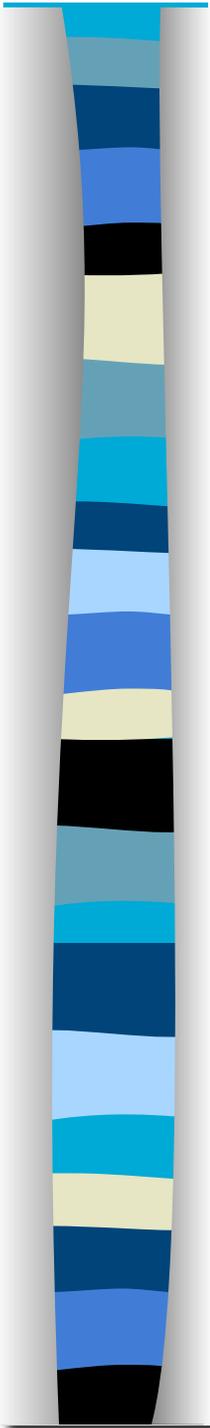
Punctuality - everybody's time is precious

- 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:

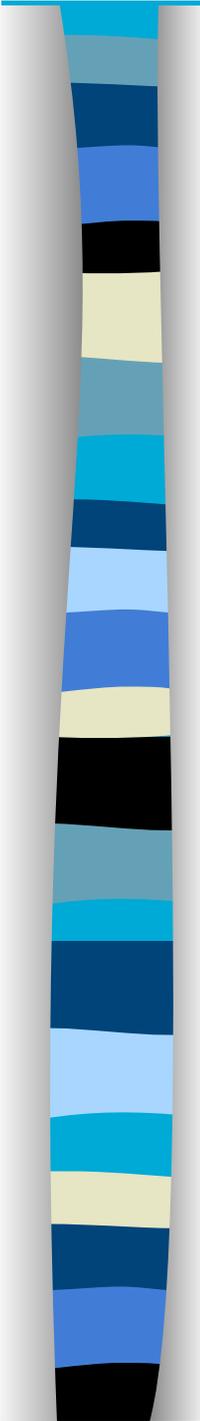
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body

Packet D - 15



Overview: Posterior Lower Body

Latissimus Dorsi, Erector Spinae, and Gluteals

- Broad Cross Fiber

Gluteus Maximus

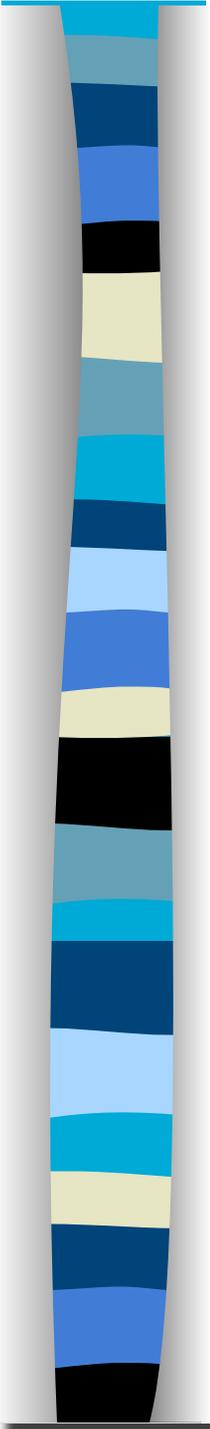
- Deep Effleurage

Hamstrings

- Deep Effleurage
- Deep Transverse Friction and Melting

Gastrocnemius and Soleus

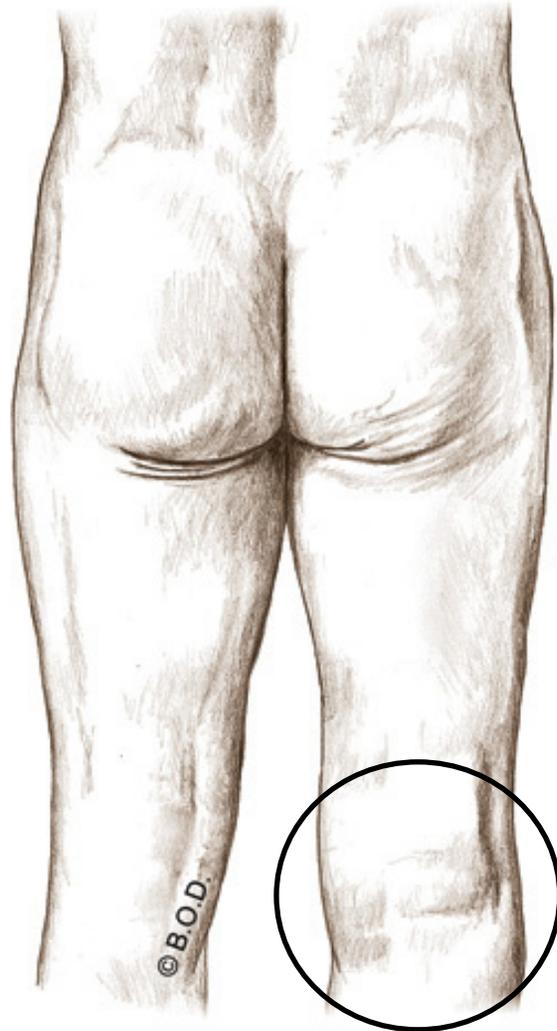
- Deep Effleurage
- Stripping

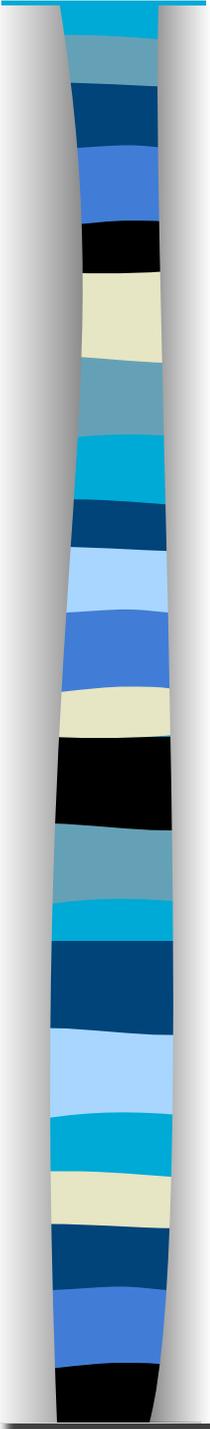


Endangerment Sites

Popliteal fossa The diamond shaped space located on the posterior knee. It is formed by the hamstrings above, and the heads of gastrocnemius and plantaris below. Several important vessels pass through the popliteal space, including the popliteal artery and vein, the tibial and common peroneal nerves, and several lymph nodes. This area is locally contraindicated for massage other than light effleurage, unless therapist has specialized training and experience.

Endangerment Sites: Popliteal Fossa

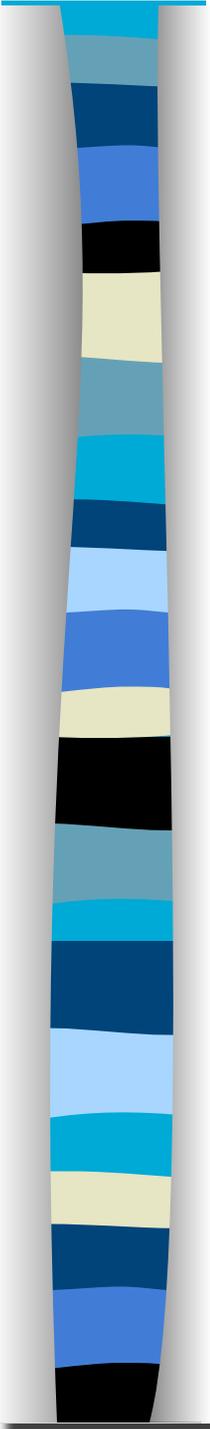




Latissimus Dorsi, Erector Spinae, and Gluteals

Broad Cross Fiber

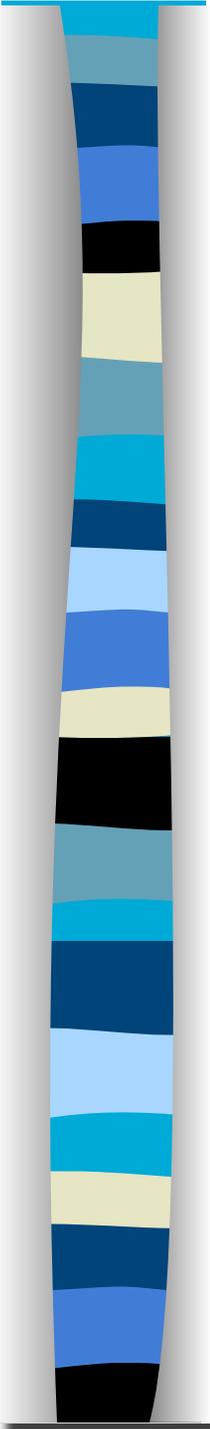
- Warm, mobilize, and soften
- Drape the prone leg so that the lumbar area is also exposed
- Standing at the iliac crest, face across the table
- Use loose fists side by side, with iliac crest in between hands
- Stroke laterally from the midline
- Keep arms straight as possible without hiking shoulders
- Drop into stance to achieve pressure and movement
- Stop before pinching tissue against table
- Feel and listen for adhesions, trigger points, or areas of tension



Gluteus Maximus

Deep Effleurage

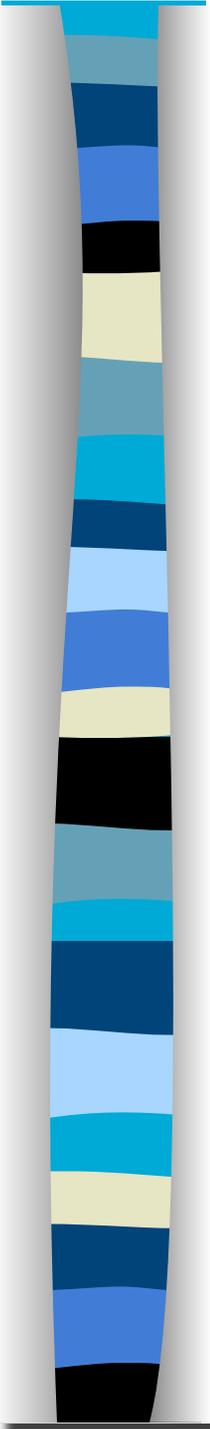
- Warm, mobilize, and soften
- Standing in a lunge next to the low back, face down the table
- Use inside forearm or fist to stroke across the origins of gluteus maximus
- If using the forearm, position with ulna parallel to the lateral edge of the sacrum
- Repeat deep effleurage in several passes by angling the forearm more perpendicular to the lateral edge of the sacrum
- Feel and listen for adhesions, trigger points, or areas of tension



Hamstrings

Deep Effleurage

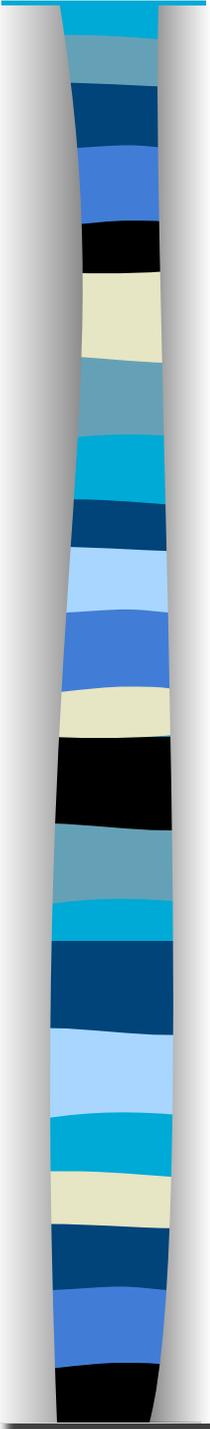
- Warm, mobilize, and soften
- Standing in a lunge by the calf, face up the table
- Work from insertion to origin using the inside forearm/ proximal ulna
- Begin more generally and superficially, with a broader tool
- Perform multiple passes and begin to isolate the individual bellies of the hamstrings as you sharpen your tool by using the proximal ulna
- Feel and listen for adhesions, trigger points, or areas of tension



Hamstrings

Deep Transverse Friction and Melting

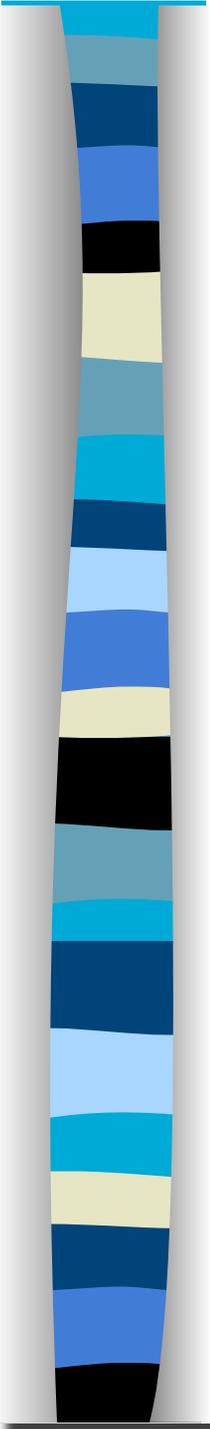
- Warm, mobilize, and soften
- Standing in a lunge at the hip, face across the table
- Use supported fingers to apply deep transverse friction to medial and lateral hamstrings, working from origin to insertion
- Feel and listen for adhesions, trigger points, or areas of tension



Gastrocnemius and Soleus

Deep Effleurage

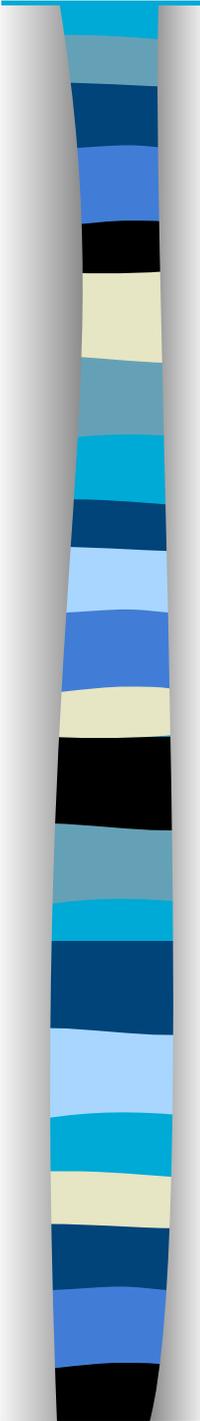
- Warm, mobilize, and soften
- Standing in a lunge next to the client's lower leg, face up the table
- Work from insertion to origin using the inside forearm or loose fist
- Effleurage the calf in multiple passes to address the medial and lateral aspects
- Begin more generally and superficially, with a broader tool
- Check in with client about pressure, and use caution and patience when approaching areas of tension
- Feel and listen for adhesions, trigger points, or areas of tension



Gastrocnemius and Soleus

Stripping

- Warm, mobilize, and soften
- Standing in a lunge next to the client's lower leg, face up the table
- Work from insertion to origin using supported fingers or thumbs
- Check in with client about pressure, and use caution and patience when approaching areas of tension
- Feel and listen for adhesions, trigger points, or areas of tension



Overview: Posterior Lower Body

Latissimus Dorsi, Erector Spinae, and Gluteals

- Broad Cross Fiber

Gluteus Maximus

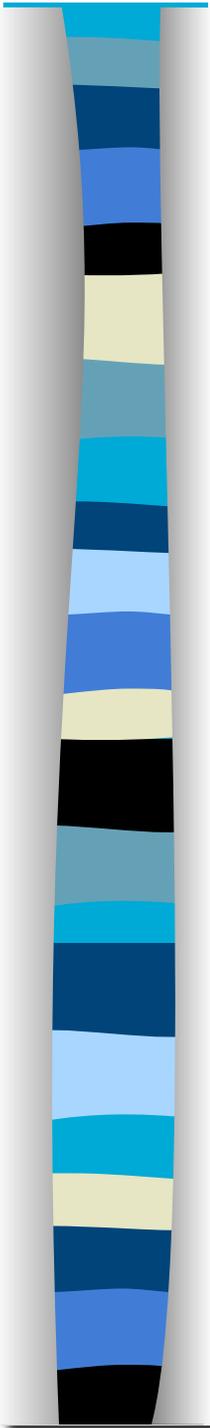
- Deep Effleurage

Hamstrings

- Deep Effleurage
- Deep Transverse Friction and Melting

Gastrocnemius and Soleus

- Deep Effleurage
- Stripping



54b Deep Tissue: Technique Demo and Practice - Posterior Lower Body