



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	1 st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 nd trade technique demo and practice
20 minutes	Break down, clean up, and discussion
Total time: 3 hours 30 minutes	



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Class Reminders

Assignments:

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

Quizzes:

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

Exams:

- 60a Exam

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
- 56a/b Internship: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



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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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

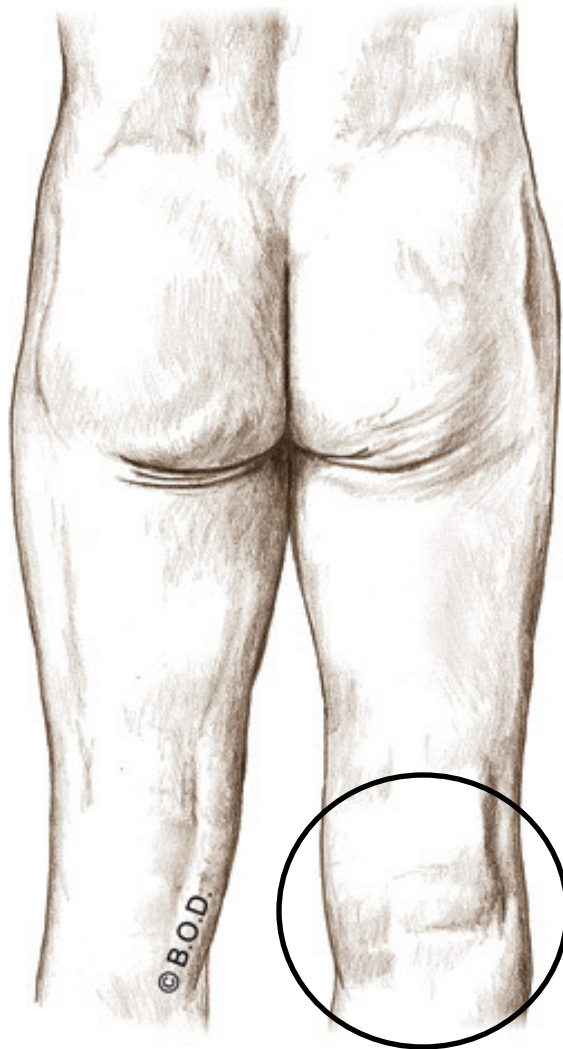
- Deep Effleurage
- Stripping



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



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