



57b Deep Tissue: Technique Demo and Practice - Anterior Lower Body



57b Deep Tissue: Technique Demo and Practice - Anterior 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	



57b Deep Tissue: Technique Demo and Practice - Anterior Lower Body

Class Reminders

Quizzes:

- 58a Quiz (45a, 45b, 47a, 50b, 51b, 56a, and 56b)

Assignments:

- 60a Deep Tissue: Outside Massages (due before class starts)
- 64b Executive Summary (due before the end of class)
 - Packet 21-22
 - Sections 1-3 to be done *before* this class. Section 4 will be done in class.
 - The completed Executive Summary to be handed in at end of class.

Exams:

- 60a Exam

Practical Exams:

- 62b Deep Tissue: Touch Assessment

Preparation for upcoming classes:

- 58a Quiz
- 58b Deep Tissue: Technique Demo and Practice – Anterior Upper Body
 - Packet D: 27-30.



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.



57b Deep Tissue: Technique Demo and Practice - Anterior Lower Body

Packet D - 21



Overview: Anterior Lower Body

Tensor Fasciae Latae

BMT Fiber Spreading

Sartorius and Vastus Medialis

Deep Effleurage

Rectus Femoris, Vastus Lateralis, and IT Tract

Deep Effleurage

Gluteus Medius, Gluteus Minimus, and TFL

Stripping

Distal Quadriceps and Quadriceps Tendon

Petrissage

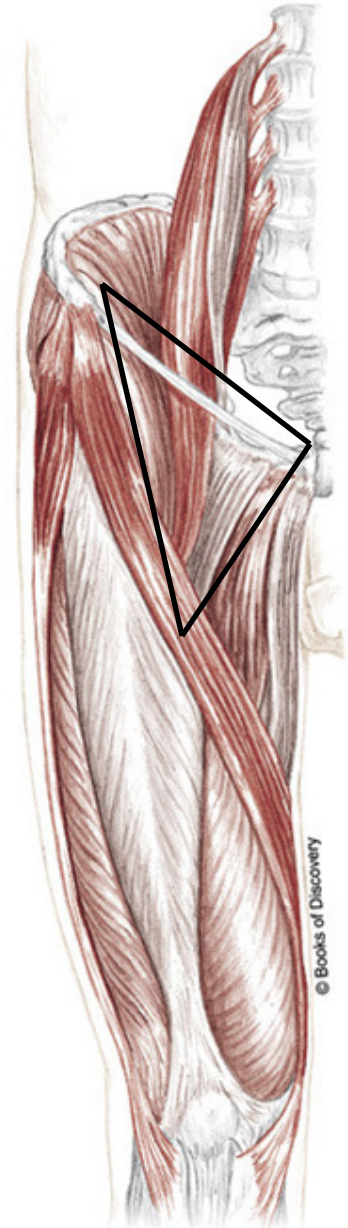
Thumb Wringing/Fiber Spreading

Tibialis Anterior and Extensors of the Ankle and Toes

Deep Longitudinal Stripping

Endangerment Site

Femoral triangle The area formed by the inguinal ligament, adductor longus, and sartorius. Several important vessels, including the femoral artery, nerve, and vein, pass superficially through the femoral triangle.





Tensor Fasciae Latae

BMT Compression and Fiber Spreading

- Warm, mobilize, and soften
- Standing in a short lunge facing the TFL and across the body
- Head hand contacts TFL using a soft fist or the heel of the palm
- Either compress and hold, or perform fiber spreading laterally across TFL as the foot hand simultaneously rocks the leg medially and laterally
- Make sure the rocking hand is making contact broadly and softly
- Feel and listen for adhesions, trigger points, or areas of tension



Sartorius and Vastus Medialis

Deep Effleurage

- Warm, mobilize, and soften
- Standing in a lunge by the client's lower leg, face up the table
- Begin at the distal end of vastus medialis, use the inside forearm to effleurage proximally to the ASIS
- Follow the line of sartorius or of the drape, whichever is lower
- Outside hand may brace inside forearm, or press into the table next to the leg for support
- Feel and listen for adhesions, trigger points, or areas of tension



Rectus Femoris, Vastus Lateralis, and IT Tract

Deep Effleurage

- Warm, mobilize, and soften
- Standing in a lunge next to the client's lower leg, face up the table
- To gain optimal contact and to avoid contacting the groin, position the leg into a neutral position by medially rotating it
- **First**, effleurage rectus femoris proximally using the inside forearm, beginning superior to the patella, and lightening up near the end of the stroke
- Brace your forearm with outside hand when possible to reduce effort
- **Second**, switching the roles of your arms, effleurage the anterolateral quads proximally using the outside forearm, beginning superior to the patella
- **Third**, effleurage the lateral quads proximally using the outside forearm, beginning superior to the patella, and lightening up near the greater trochanter
- Feel and listen for adhesions, trigger points, or areas of tension



Gluteus Medius, Gluteus Minimus, and TFL

Stripping

- Warm, mobilize, and soften
- Sit in a chair facing the hip at a 45° degree angle
- Using supported fingertips, sink in just superior to the greater trochanter and strip toward the iliac crest
- Repeat this stroke taking different angles away from the trochanter
- Adjust your body and tool to suit the client
- Feel and listen for adhesions, trigger points, or areas of tension



Distal Quadriceps and Quadriceps Tendon

Petrissage

- Warm, mobilize, and soften
- Standing in a lunge by the lower leg, face up the table
- Interlace fingers, placing palms on either side of leg above the knee
- Squeeze palms together, squeezing and lifting the distal quadriceps away from the femur
- Rock the contact toward the little fingers as you move forward in your lunge
- Feel and listen for adhesions, trigger points, or areas of tension



Distal Quadriceps and Quadriceps Tendon

Thumb Wringing / Fiber Spreading

- Warm, mobilize, and soften
- Standing in a short lunge by the lower leg, face up the table
- Use thumb tips to spread fibers of quadriceps tendon and distal rectus femoris
- Repeat stroke multiple times
- Stand tall and drop into stance to achieve pressure
- Feel and listen for adhesions, trigger points, or areas of tension



Tibialis Anterior and Extensors of the Ankle and Toes

Deep Longitudinal Stripping

- Warm, mobilize, and soften
- Standing in a lunge, face up the table
- Placing your inside thumb on the tibialis anterior, cover it with your outside palm or fingers to strip proximally
- Inside hand uses proper alignment of the bony structures to provide forward movement, while the palm applies pressure down onto tip of thumb
- Work in sections and address the entire anterior compartment
- Feel and listen for adhesions, trigger points, or areas of tension



Overview: Anterior Lower Body

Tensor Fasciae Latae

BMT Fiber Spreading

Sartorius and Vastus Medialis

Deep Effleurage

Rectus Femoris, Vastus Lateralis, and IT Tract

Deep Effleurage

Gluteus Medius, Gluteus Minimus, and TFL

Stripping

Distal Quadriceps and Quadriceps Tendon

Petrissage

Thumb Wringing/Fiber Spreading

Tibialis Anterior and Extensors of the Ankle and Toes

Deep Longitudinal Stripping



57b Deep Tissue: Technique Demo and Practice - Anterior Lower Body