



88b Deep Massage: Introduction



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Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
55 minutes	Lecture:
15 minutes	Break
25 minutes	Lecture:
60 minutes	Deep Massage Demo
15 minutes	Break
20 minutes	Discussion and circle up
3 hours and 30 minutes total	



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Class Outline

Exams:

- 89a Practice MBLEx

Quizzes:

- 90a Kinesiology Quiz
(erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis)
- 91a Kinesiology Quiz
(gluteals, hamstrings, gastrocnemius, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)

Preparation for upcoming classes:

- 89a Practice MBLEx
 - 2.5-hour class.
 - Use [MassagePrep.training](#) to study all 10 MBLEx Final Exams.
 - 100 questions in 120 minutes.
- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - 2-hour class.
 - Packet A-73.



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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How to Combine Structure and
Energy in Bodywork



Thixotropy

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.



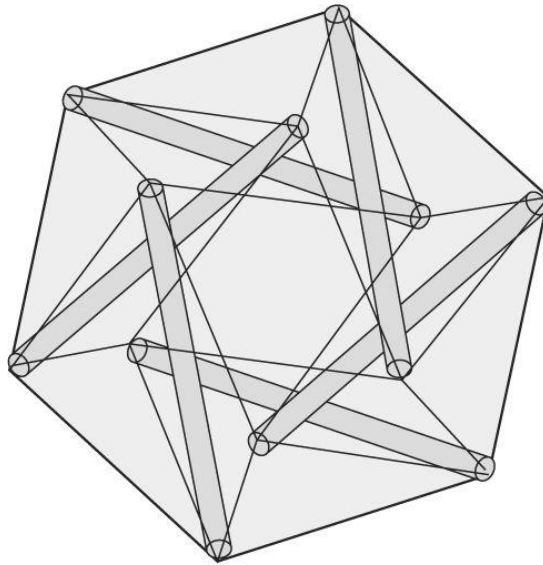
Fascia

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)

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.



Tensegrity (tensional integrity)

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.





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, continued

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 (Ayruvedic 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.



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.



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

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.**



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.



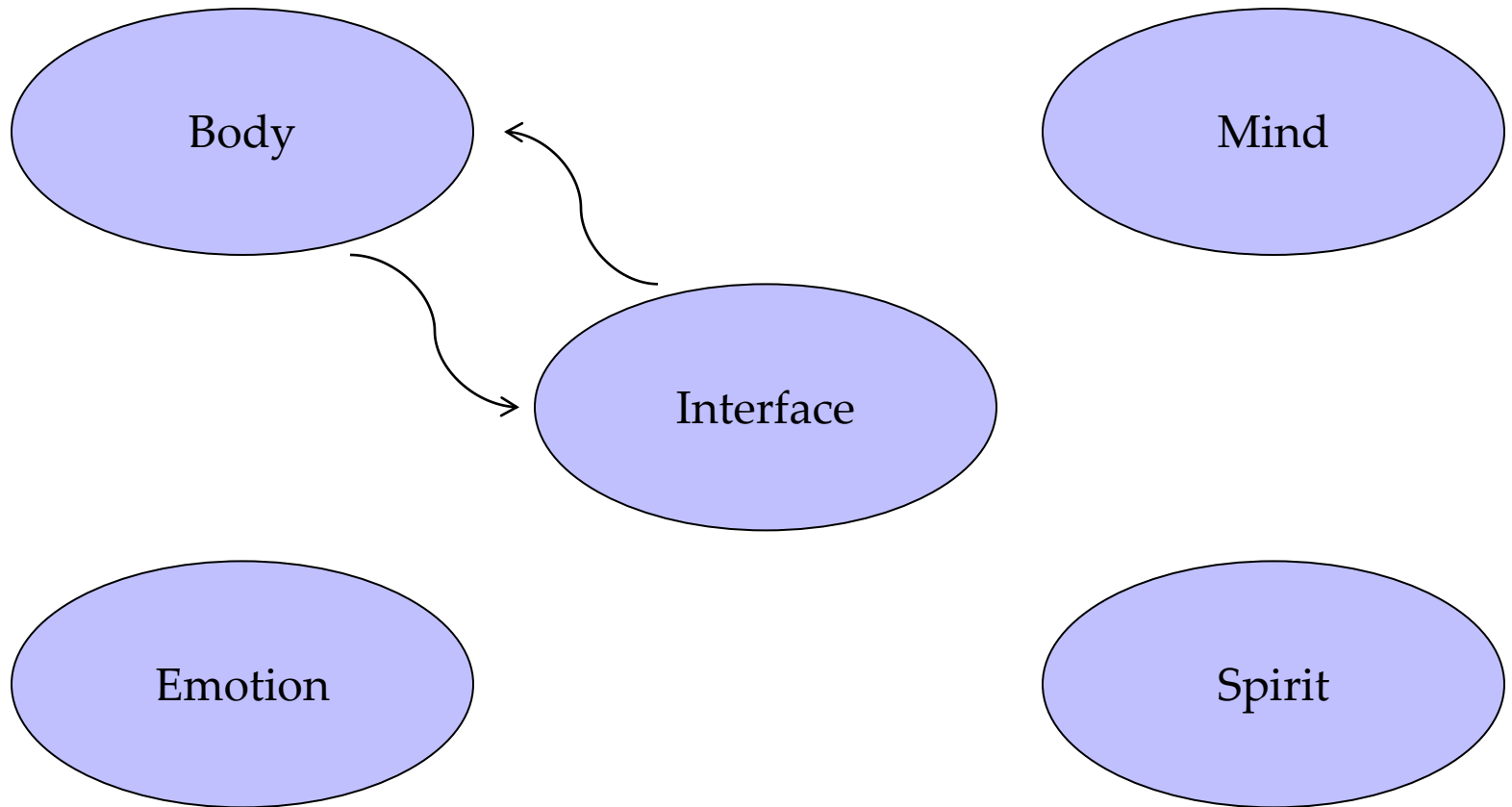
Working at Interface

All real living is meeting – Martin Buber

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

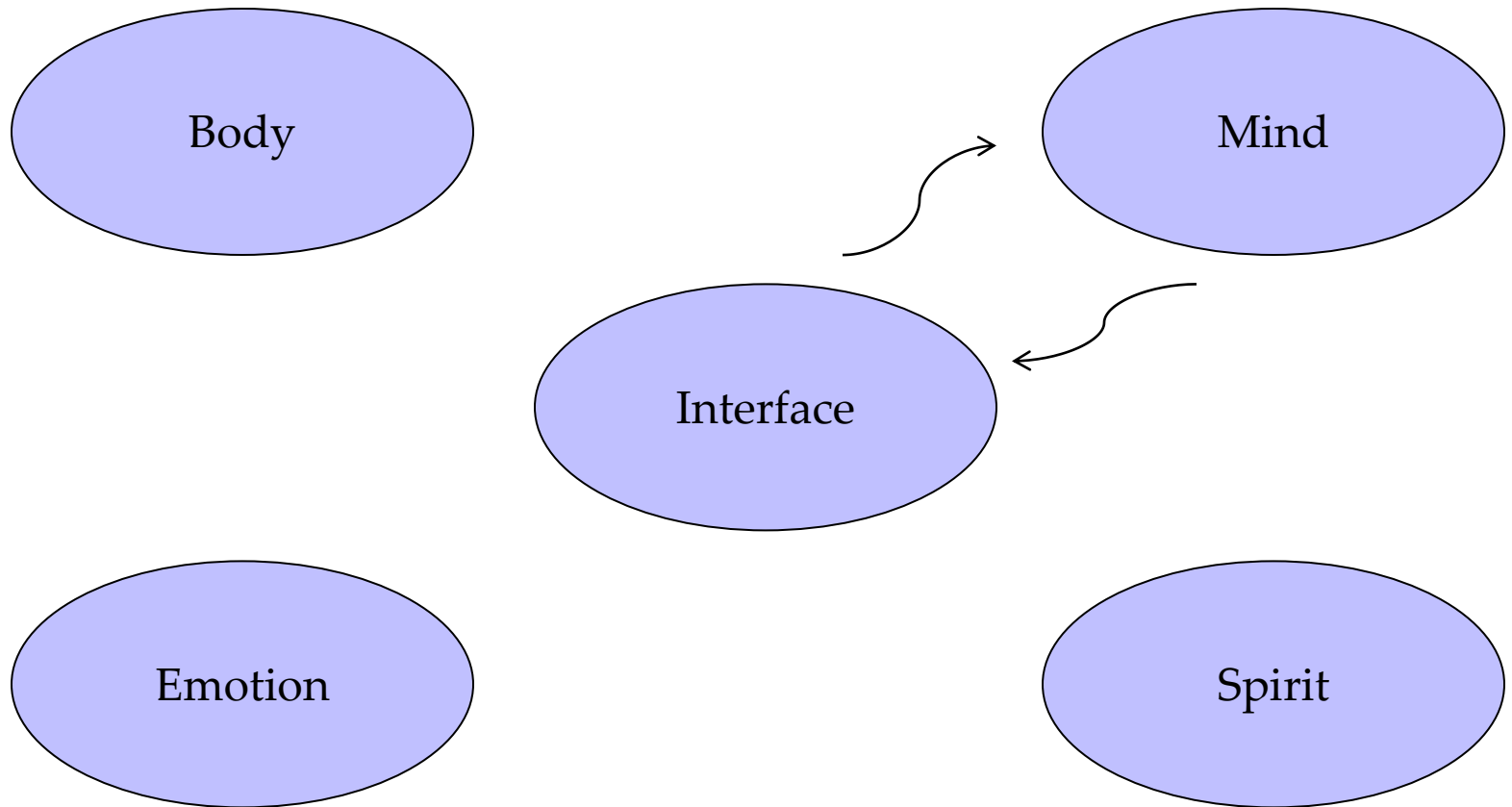
- **Interface** The therapist consciously “meets” the client’s structure and energy with his/her structure and energy.
- Do not allow streaming or blending of energy while working at interface.
- Working effectively with both structure and energy calls for clear boundaries.

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



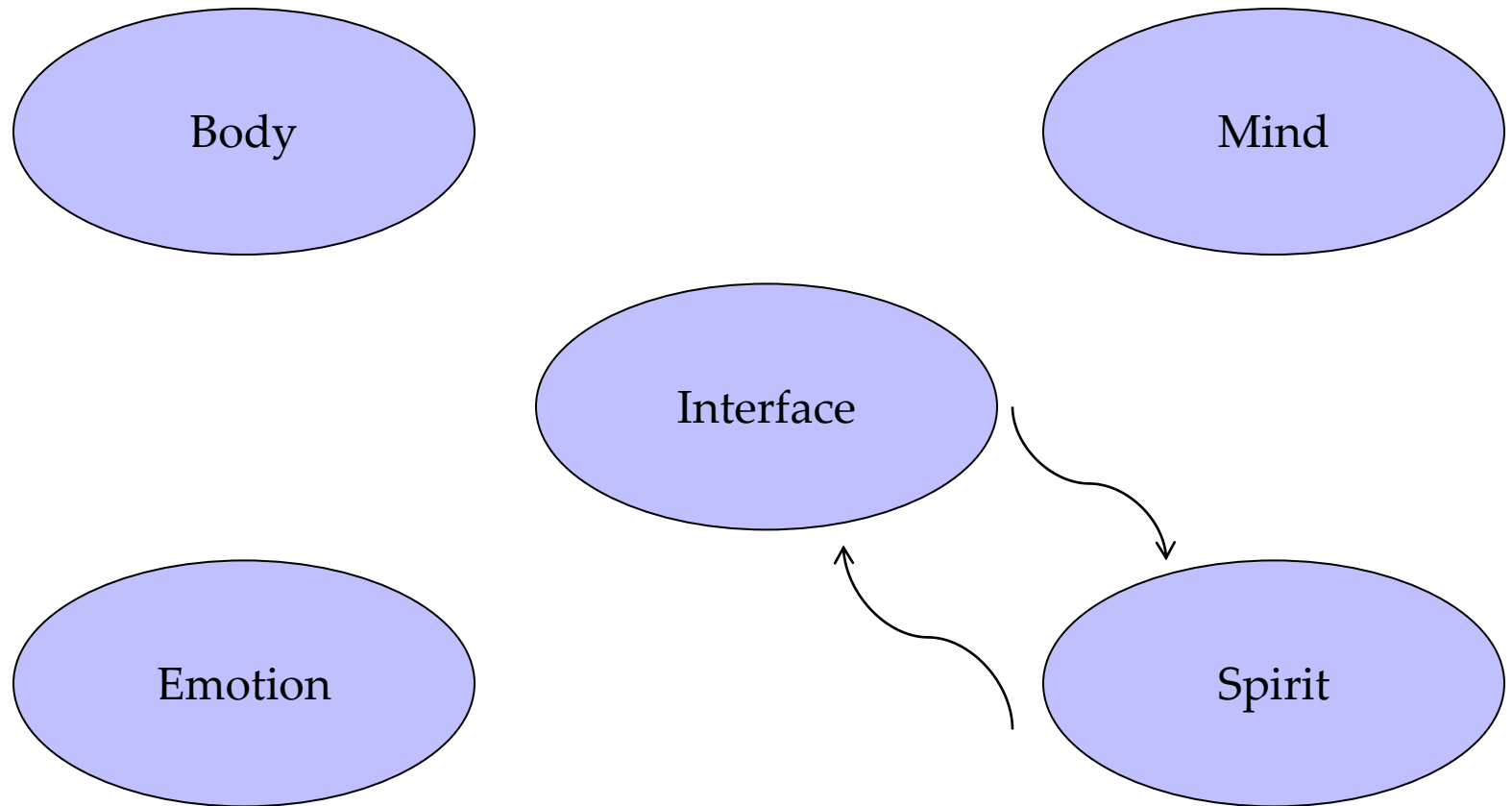
When you realize what has happened, you can return your
awareness to interface with greater clarity.

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



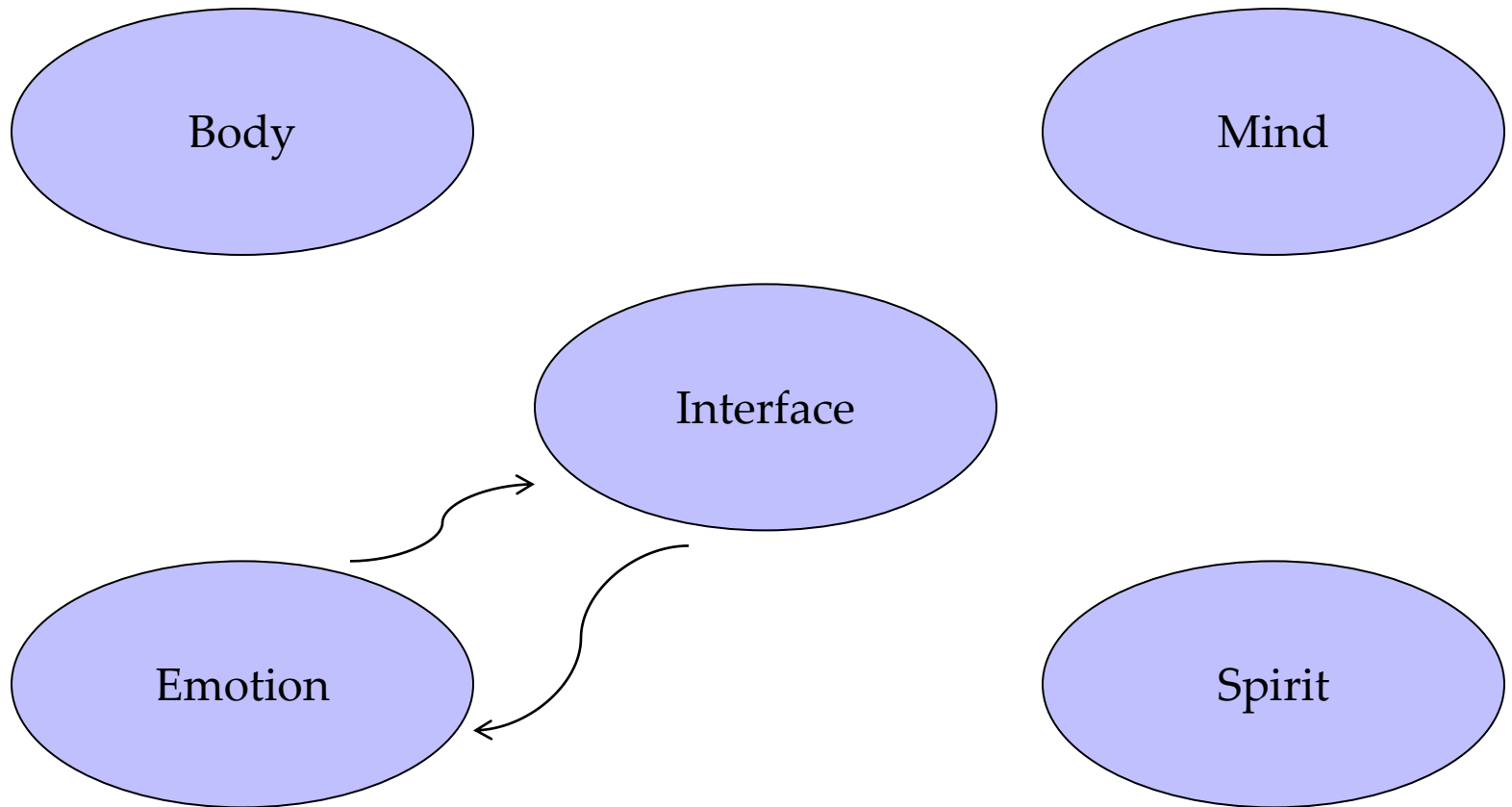
Once you've retrieved the information, you can return your awareness to interface with heightened clarity.

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



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



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.



Basic Deep Massage Protocol

Client Prone

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



Basic Deep Massage Protocol

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 (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



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