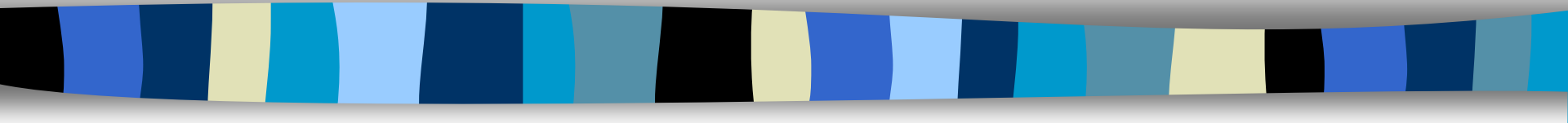


# 90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck





## 90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck Class Outline

15 minutes	Transition and break
5 minutes	Attendance, Breath of Arrival, and Reminders
70 minutes	First trade
20 minutes	Transition and break
70 minutes	Second trade
15 minutes	Break down, clean up, and circle up
3 hours and 15 minutes with 15 minutes of flex time	



## 90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck Class Outline

### **Quizzes:**

- 91a Kinesiology Quiz  
(gluteals, hamstrings, gastrocnemius, soleus, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)
- 93a Kinesiology Quiz  
(rectus abdominis, diaphragm, pectoralis major, deltoid, biceps, brachialis, triceps)

### **Touch Assessment:**

- 97b Deep Massage: Touch Assessment

### **Preparation for upcoming classes:**

- 91a Kinesiology: Palpation – Anterior and Posterior Legs
- 91b Deep Massage: Technique Demo and Practice – Anterior and Posterior Legs
  - Lauterstein: Chapters 9 and 11.



# Classroom Rules

**Punctuality** - everybody's time is precious

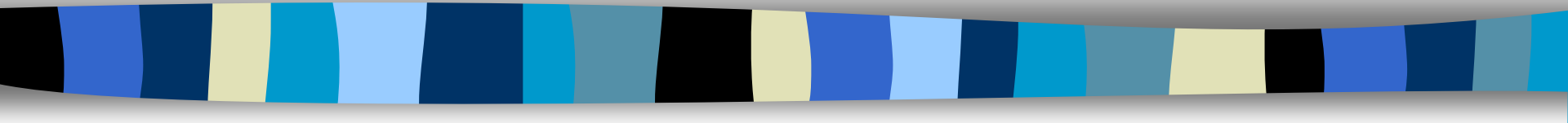
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**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

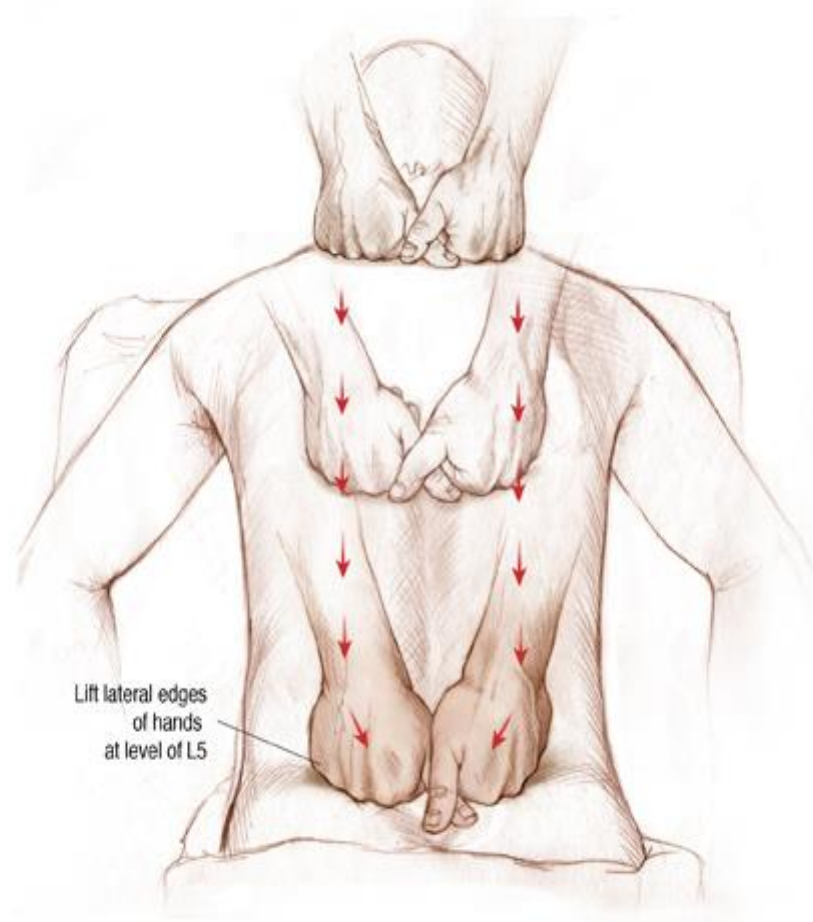
*You will receive one verbal warning, then you'll have to leave the room.*

# 90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck



L-17

# Fists Down Erectors

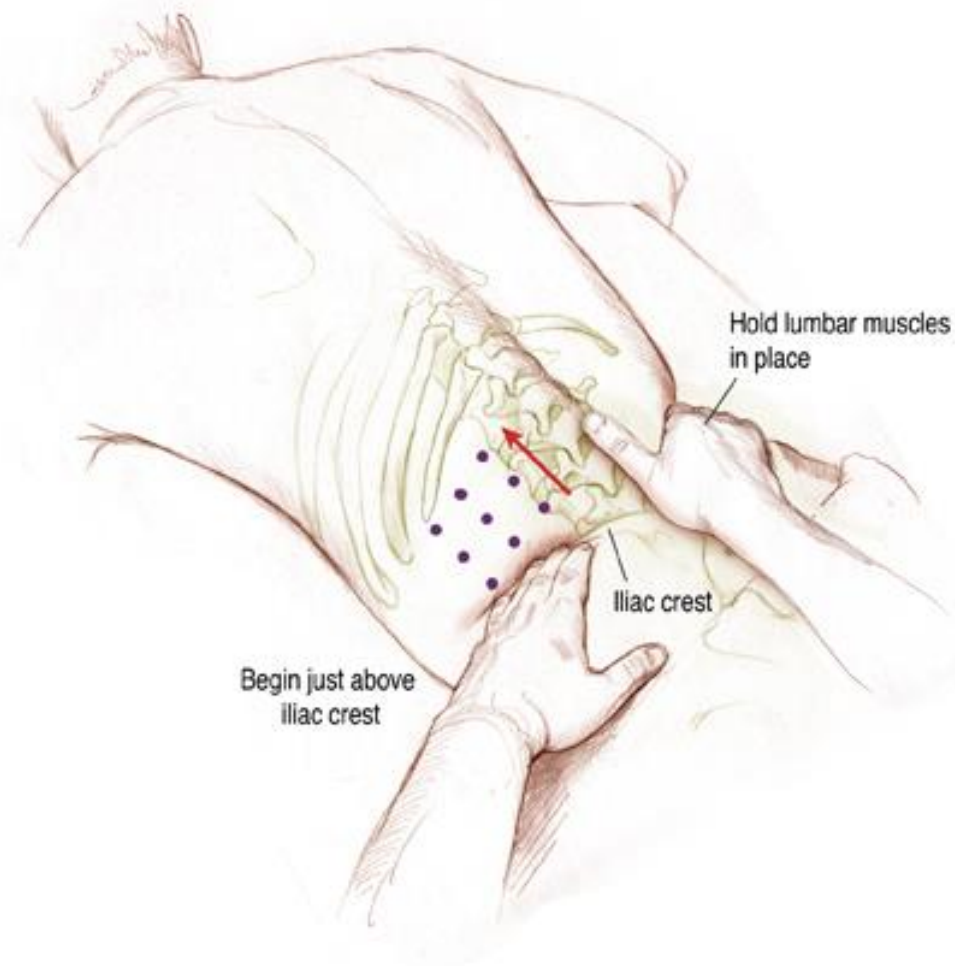




# Fists Down Erectors

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

# Nine Points





# 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

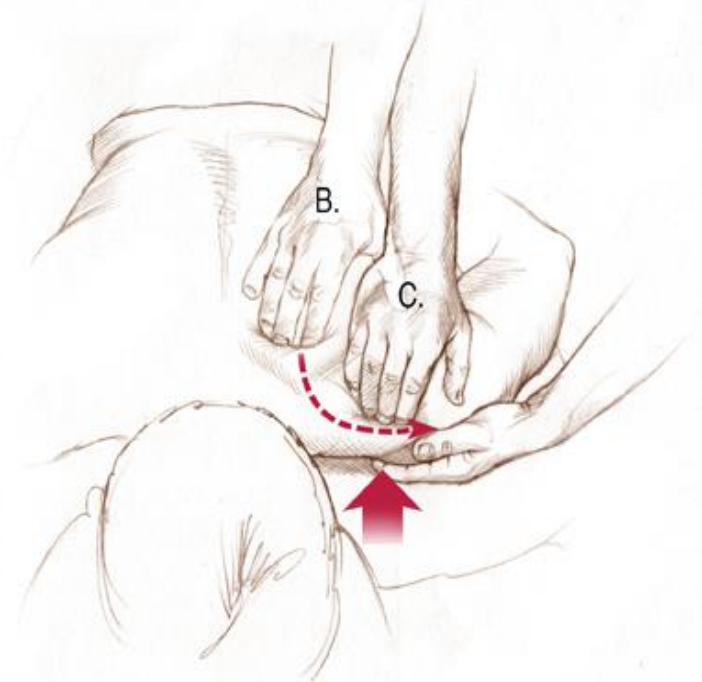
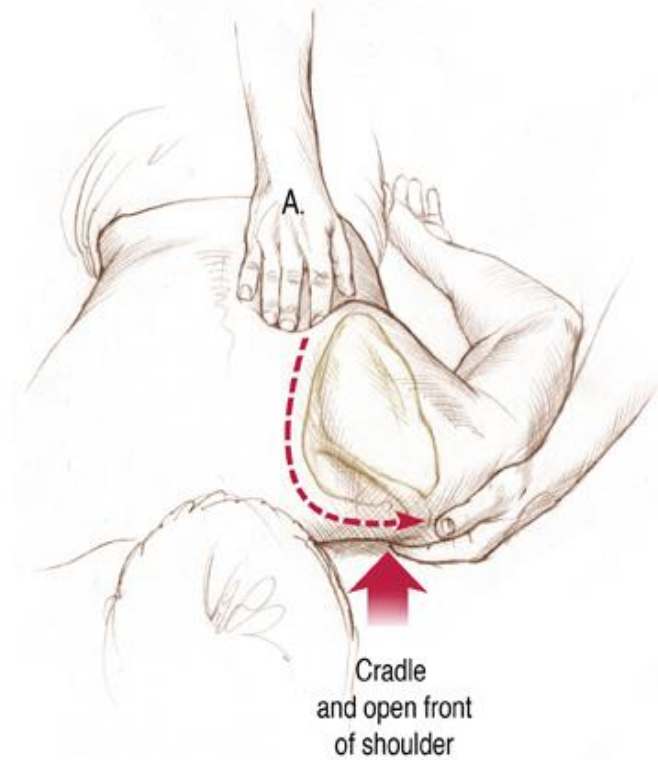
For each muscle, create a fulcrum -

- Just above the iliac crest
- Halfway between it and the 12<sup>th</sup> rib
- Just below the 12<sup>th</sup> rib

# Ironing up the Erectors #1



# Ironing up the Erectors #2





# Ironing up the Erectors

#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

#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 T 8
- Take up the slack pre-stretching superiorly
- Add additional vectors “ironing up” to the level of the 1<sup>st</sup> 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

# Levator Scapula





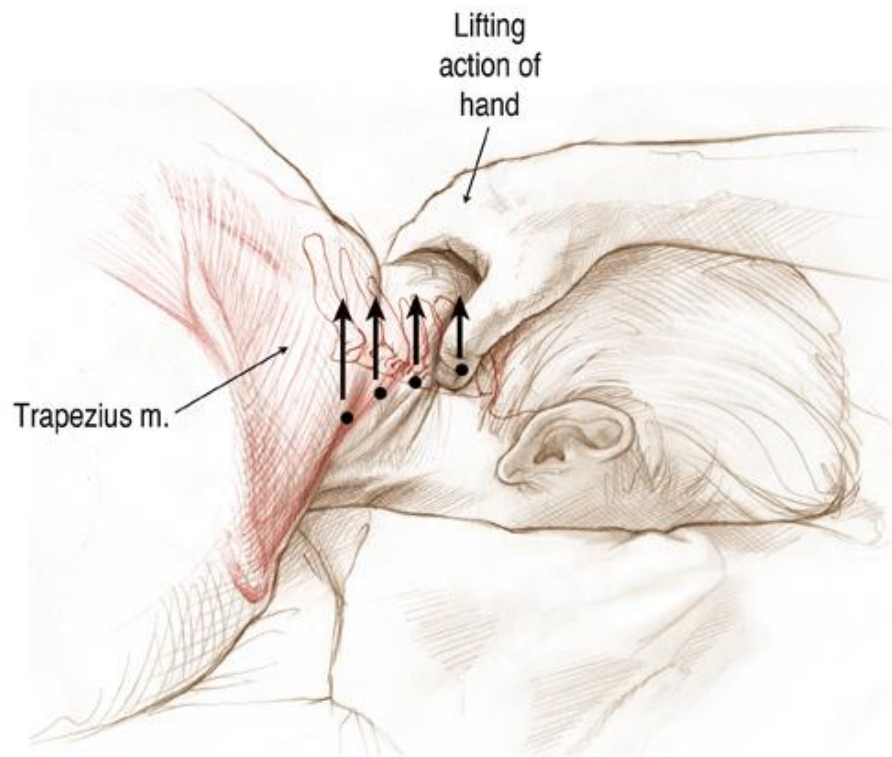
# Levator Scapula

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

# Posterior Neck

## Trapezius, “lifting the curtain”





# Posterior Neck

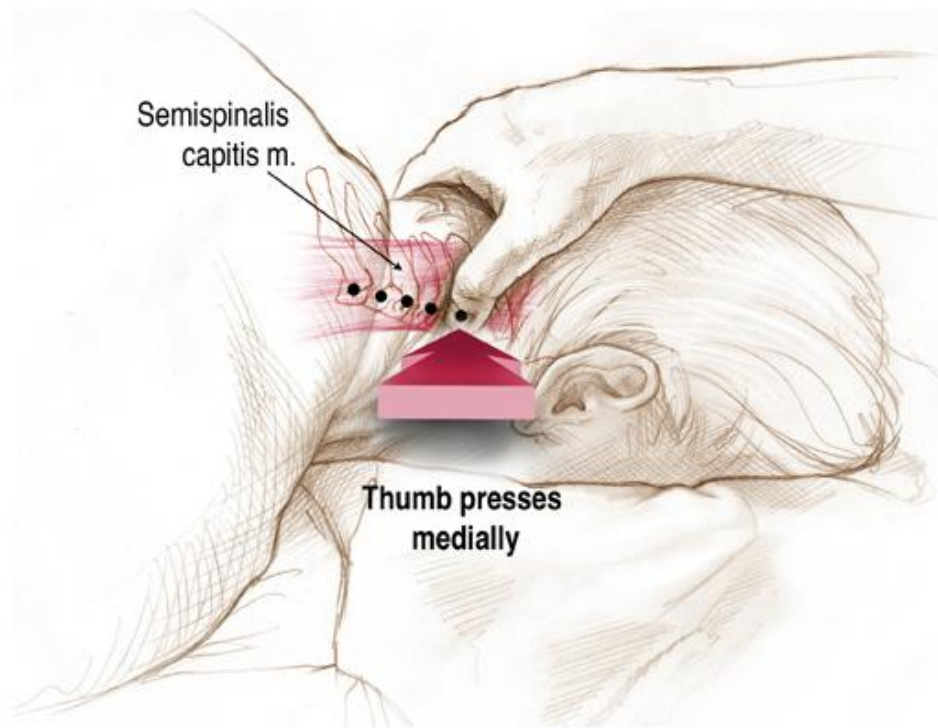
## Trapezius, “lifting the curtain”

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.

# Posterior Neck

## Semispinalis Capitis





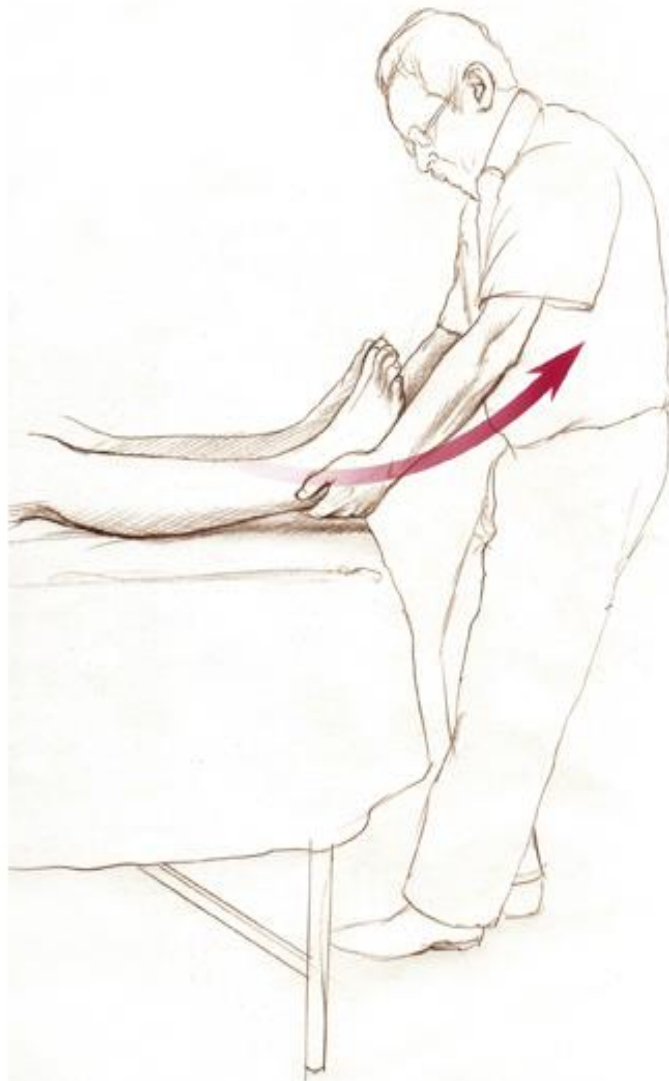
# Posterior Neck

## Semispinalis Capitis

Seated –

- Starting at the level of C 7 – 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

# Half Moon Vector through the Legs

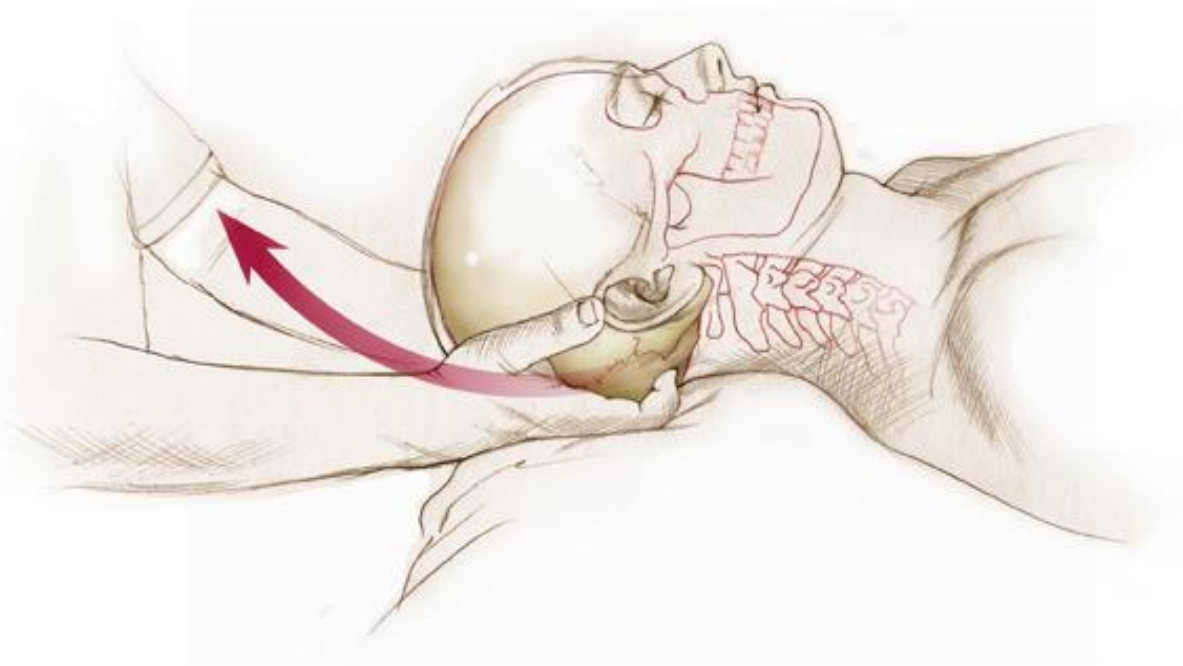




# Half Moon Vector through the Legs

- 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.

# Half Moon Vector through the Neck





# Half Moon Vector through the 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.



# Deep Massage Prone Upper

- Fist down erectors
- Nine Points
- Ironing up the erectors 1 & 2
- Levator Scapula
- Trapezius- 'lifting the curtains'
- Semispinalis Capitis
- Half Moon Vector through the legs (supine)
- Half Moon Vector through the Neck (supine)

# 90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck

