

94b Deep Massage: Technique Demo and Practice

Anterior Neck, Face, and Scalp





94b Deep Massage: Technique Demo and Practice Anterior Neck, Face, and Scalp 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	<u>Break down, clean up, and discussion</u>
3 hours and 30 minutes total	



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Class Outline

Touch Assessment:

- 97b Deep Massage: Touch Assessment

Preparation for upcoming classes:

- 95a Special Populations: Seniors
- 95b Deep Massage: Technique Review and Practice – Anterior
 - Lauterstein: Chapters 15 and 17.



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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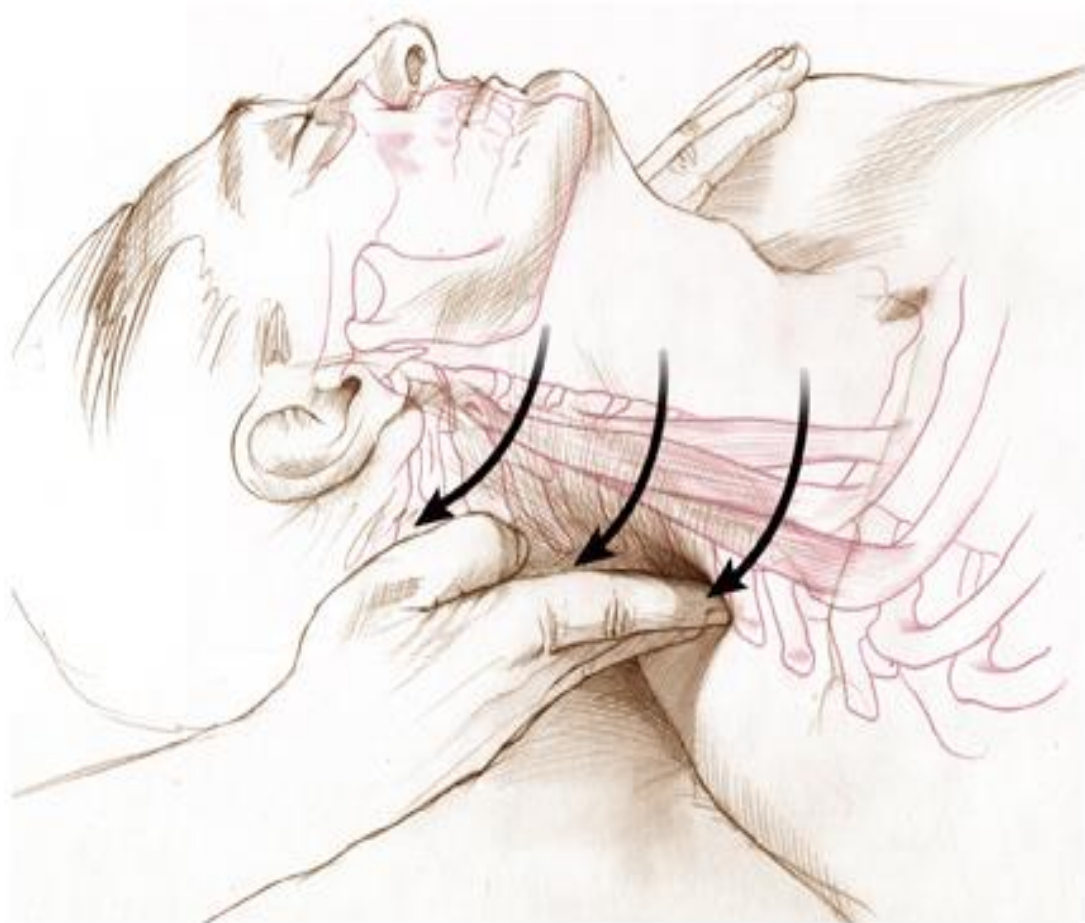
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Anterior Neck, Face, and Scalp

- Scalenes
- Facial Muscles
- Epicranius (occipitofrontalis)
- HNV Neck
- HNV Legs

Scalenes

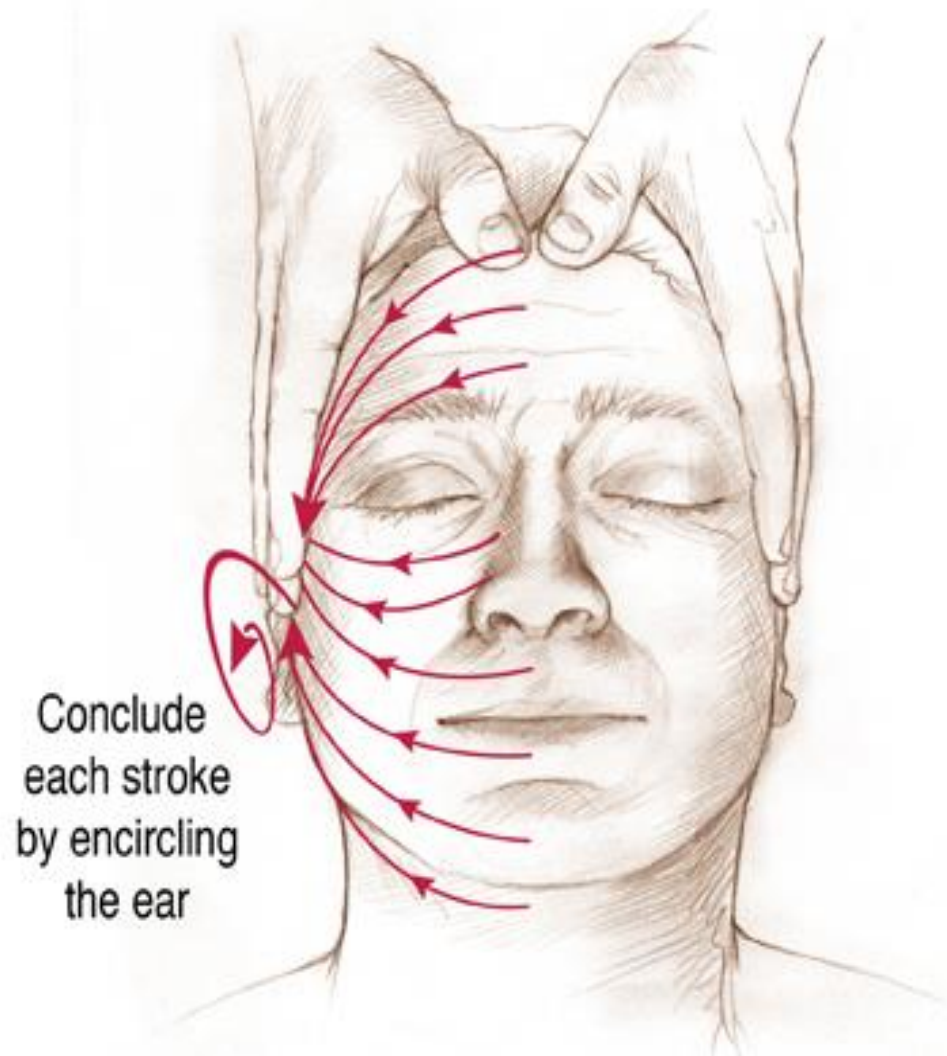




Scalenes

- R- side – place r. middle finger, supported by the others, just lateral to SCM just over clavicle.
- Take out the looseness.
- Take up the slack.
- Instruct the client to lift their chin, then turn their head slowly to the left, while you simultaneously draw your fingers around the neck at the level of C7, going all the way to the spinous process of C7
- Have them come back to center, then lower chin
- Repeat those steps at interface at the level of C4 and then at the level of C1.

Facial Muscles



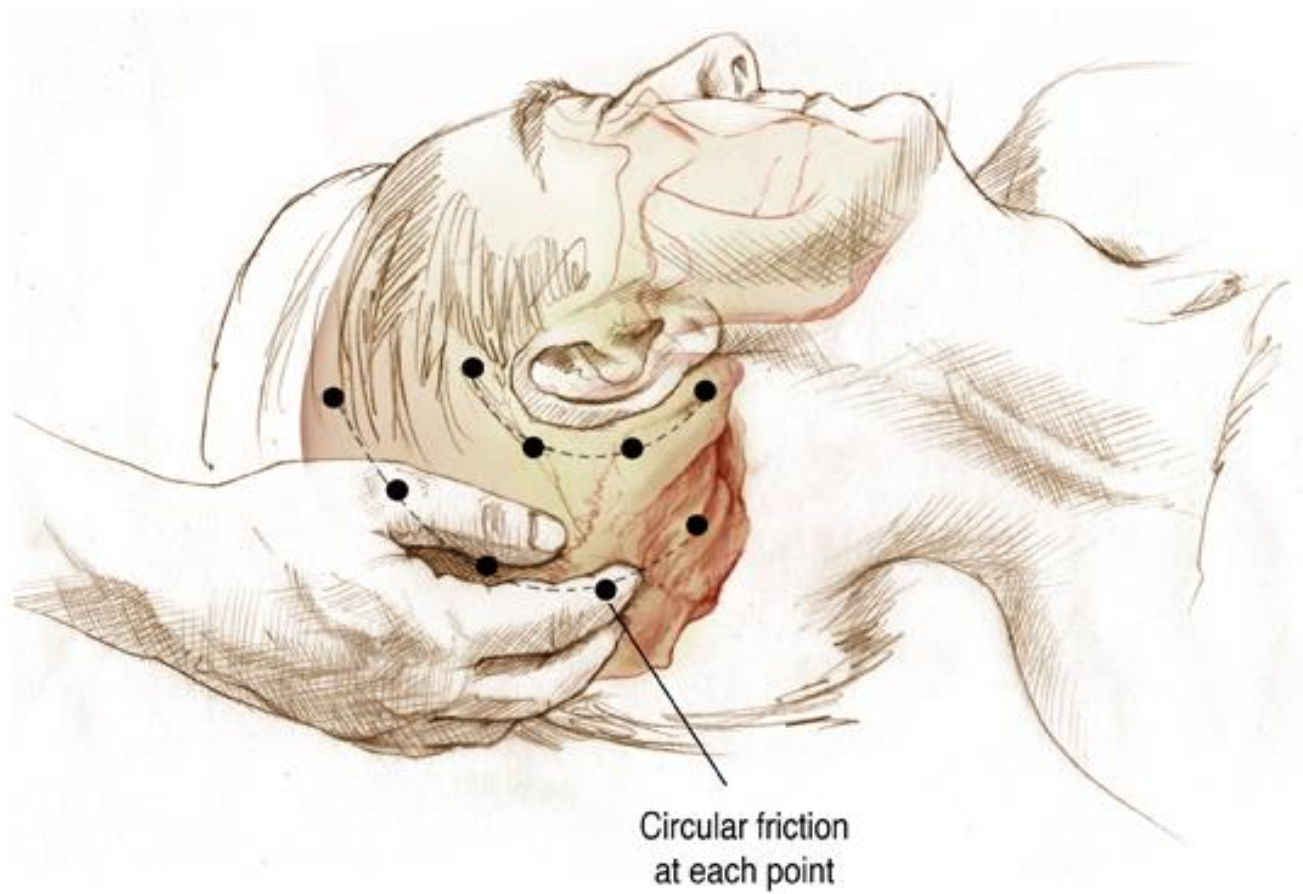


Facial Muscles

Therapist seated:

- Place thumbs at the center just below the hairline
- Take out the looseness pressing posteriorly – visualize that you’re engaging the cranio-facial periosteum, not the skin
- Take up the slack with a static stretch to the sides
- Use your thumbs to create a moving fulcrum just underneath the hair line, then, as a return “nerve” stroke underneath, behind the ears, and back to the next lowest place about 1.5 lower on the face
- Repeat about 8 more times to cover the whole face, ending with a pass on the undersurface of the mandible
- Switch to fingers anytime they’re easier to work with.

Epicranius (occipitofrontalis)

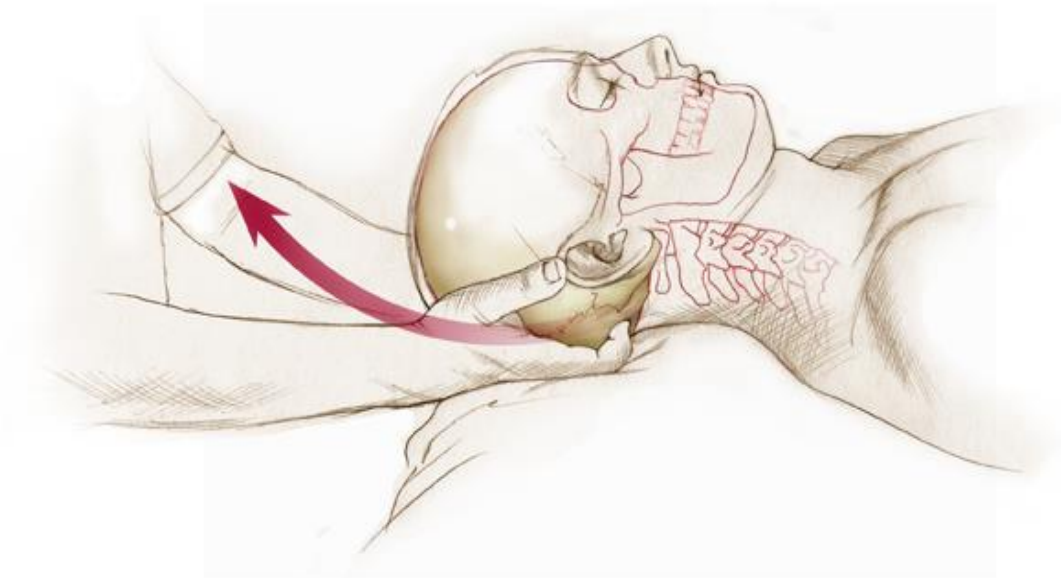




Epicranius (occipitofrontalis)

- Place your fingers behind the ear near the base of the temporal bone
- Take out the looseness, visualizing you're contacting the periosteum
- Add additional vectors, mobilizing the cranial tissues with somewhat deep semi-circles
- Disengage; then come up about 1.5" and repeat
- Do about four passes starting behind, then over the ear
- Place your fingers close to the centerline near the base of the occipital bone.
- Repeat the steps above, making 5-6 semicircular fulcrums near the center line, ending finally just above hairline on the frontal bone

Half Moon Vector through the Neck

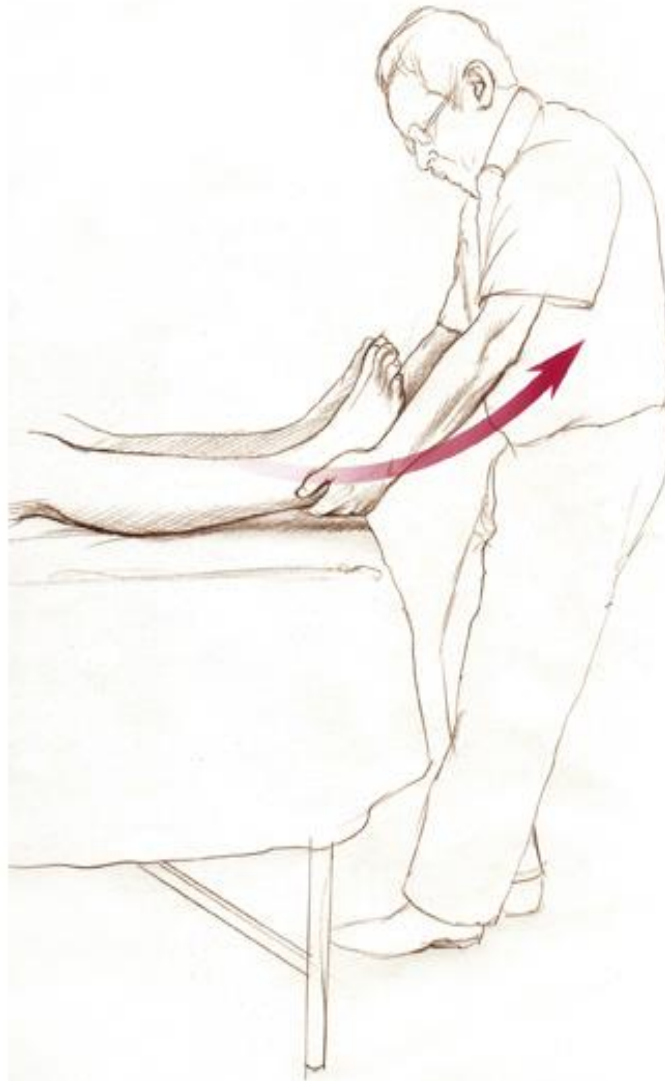




Half Moon Vector through the Neck

- Center yourself as you begin, seated at the head of the table. Place your hands under the client's head. With your fingertips, find the undersurface of the occipital bone. Interface with only the occiput and avoid C1 and C2
- Let the back of the head rest in your palms and fingers. Gently take out the looseness in the neck
- Put in the Half-Moon Vector by bringing your fingers more toward yourself, which adds additional gentle traction and a slight flexion of the head and neck (chin should incline very slightly toward the chest.)
- Hold it, hold it, hold it. Allow the client to relax their mind, body, and spirit
- When you sense it's time to let go or when you see a working sign, set the head and neck down in length. It's important for the client to be left with an open, lengthened feeling
- Allow the client some moments to savor the experience, then move on. This is a fulcrum you can repeat a few times during upper body work.

Half Moon Vector through the Legs





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