

95b Deep Massage: Technique Review and Practice

Anterior Body





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Class Outline

15 minutes	Break and set up
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	First trade
20 minutes	Switch and break
75 minutes	Second trade
15 minutes	Clean up and circle up
3 hours and 25 minutes with 5 minutes flex time	



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Class Outline

Touch Assessment:

- 97b Deep Massage: Touch Assessment

Preparation for upcoming classes:

- 96a Special Populations: Hospice and End of Life
 - Packet K: 29-38.
- 96b Deep Massage: Guided Full Body
 - Lauterstein : Chapter 19.



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.

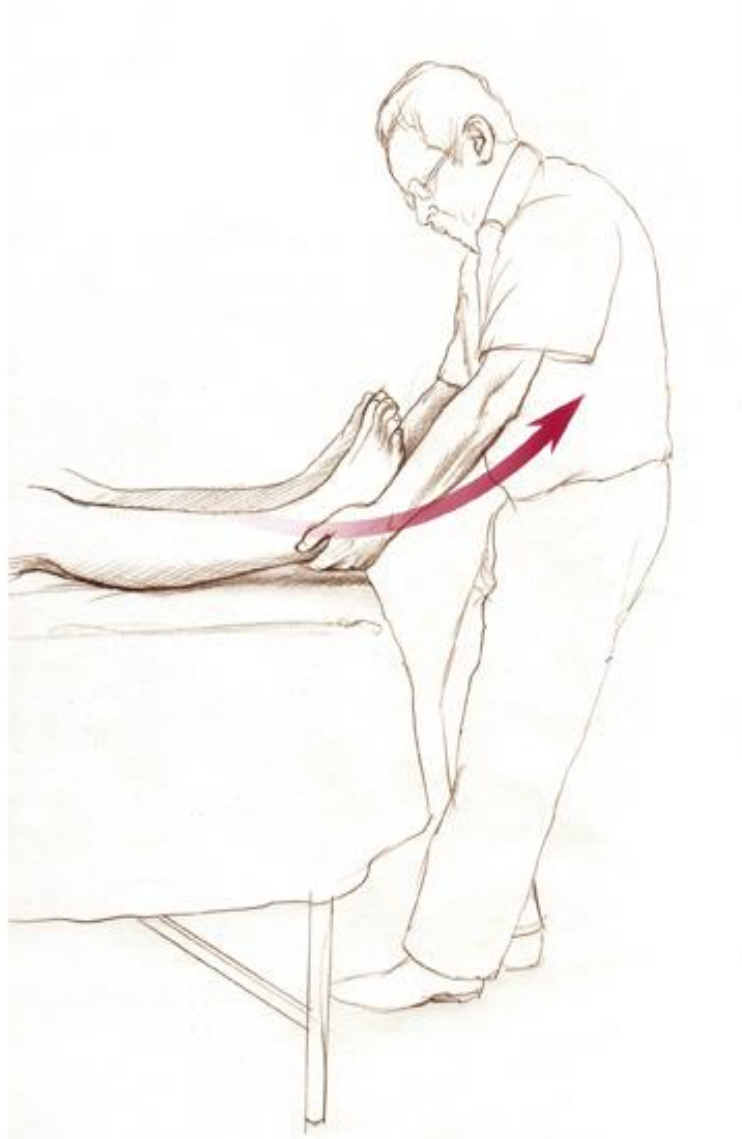
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L-31

Half Moon Vector through the Legs

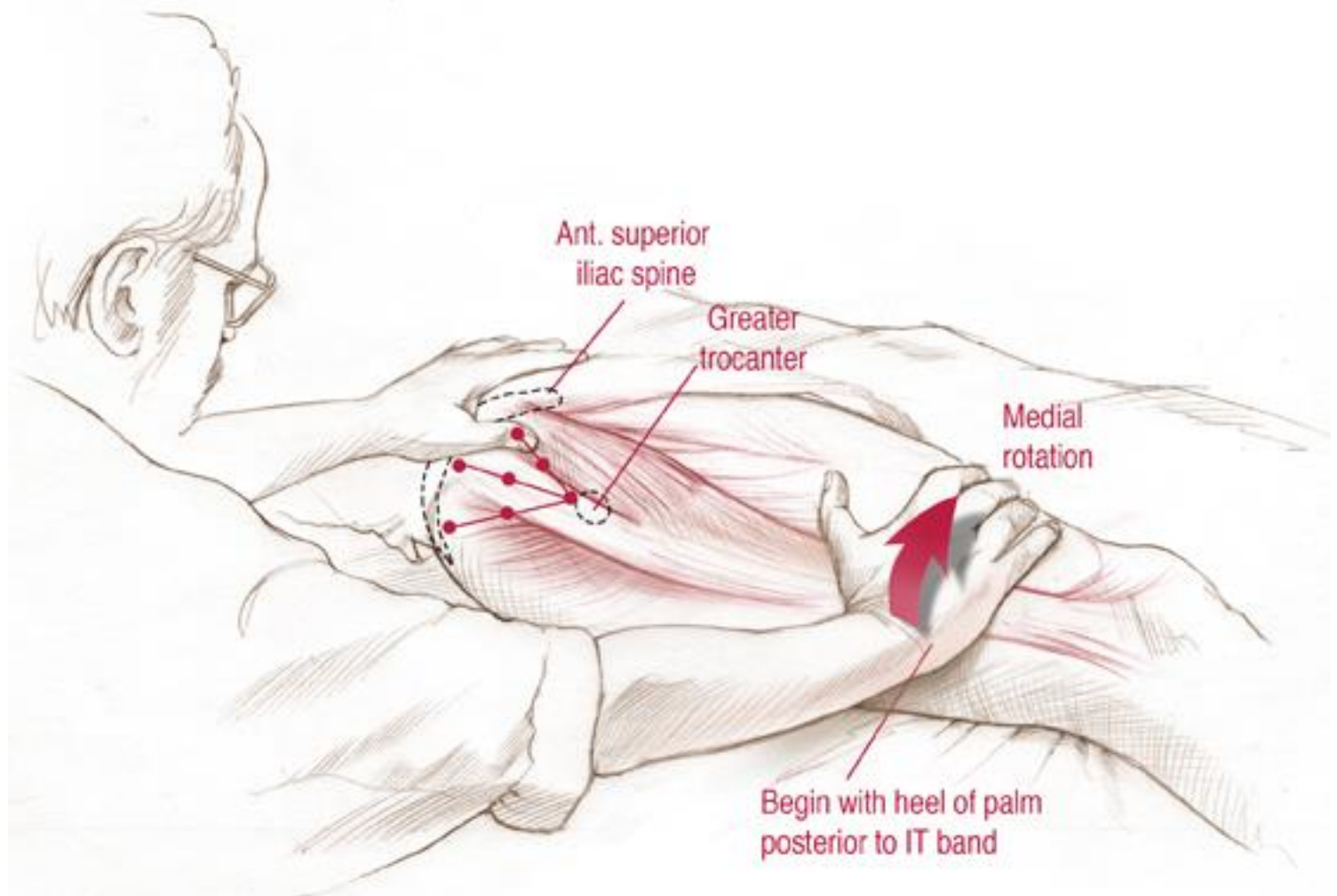




Half Moon Vector through the Legs

- 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 from the whole body and the Achilles tendons.
- Add additional vectors (the “half moon”) by adding slight additional length while simultaneously going down, then back up (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.

Tensor Fascia Latae, Gluteus Medius and Minimus



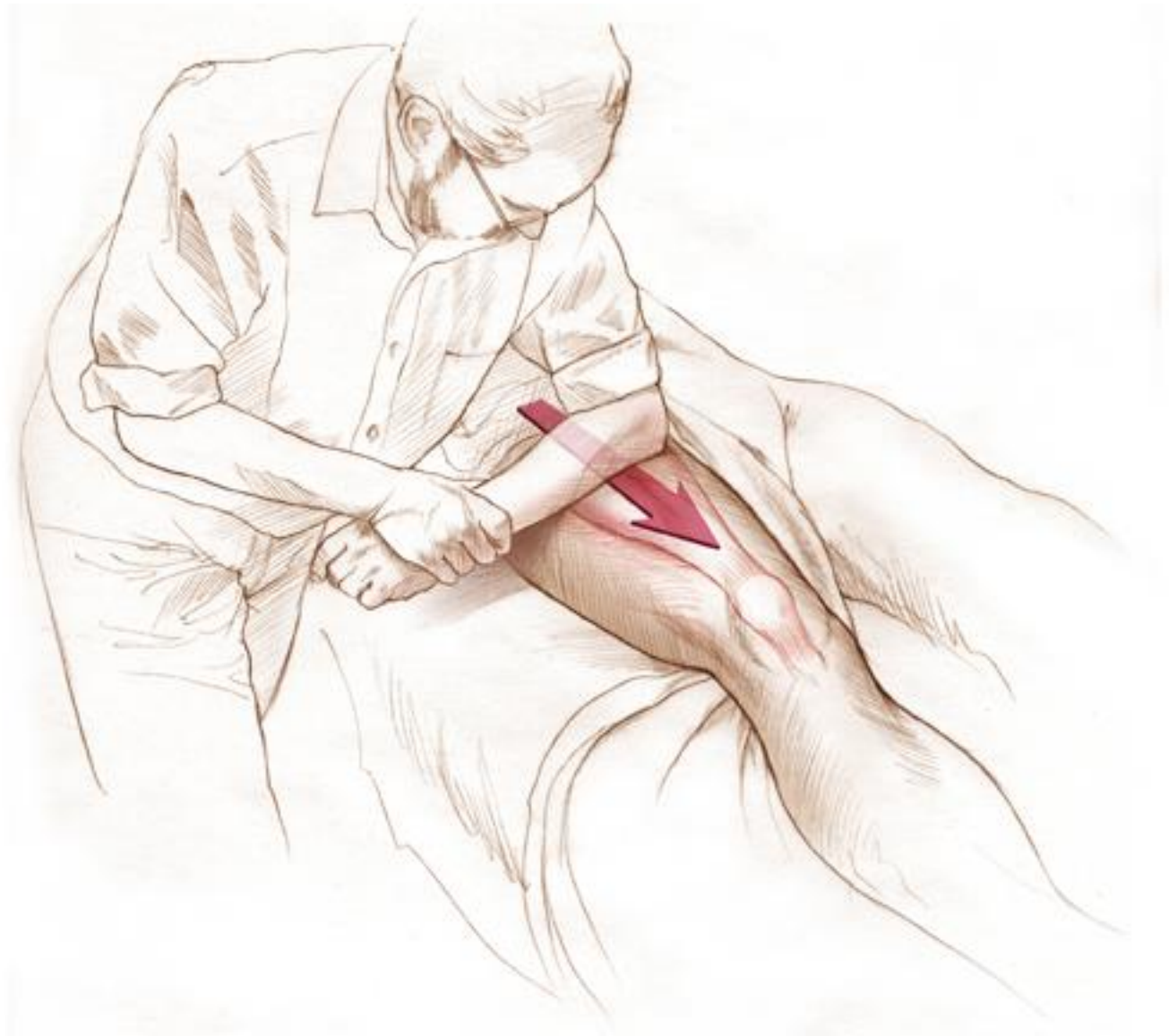


Tensor Fascia Latae, Gluteus Medius and Minimus

- Kneeling or seated - Place your thumb just behind the ASIS at the origin of tensor fasciae latae and place the heel of your other hand about 2/3rds of the way down the femur posterior to the i.t. band.
- Take out the looseness in the point and the hip (with pressure into t.f.l. and gentle medial rotation thru hip)
- Take up the slack adding a bit more pressure and rotation
- Hold it, Hold it, Hold it
- Clearly disengage
- Repeat 8 times - following the routes shown in the illustration

You will have created fulcrums in three lines, each ending at the top of the greater trochanter

Rectus Femoris and Vastus Intermedius





Rectus Femoris and Vastus Intermedius

- Take out the looseness in the front of hip (origin of rectus femoris)
- Take up the slack with a static traction
- Additional vectors inferiorly through the belly of rectus femoris (you can also visualize vastus intermedius)
- Well before getting there, put your palm gently on the patella to reassure your client
- Clearly disengage

Quadriceps Tendon/Patellar Ligament

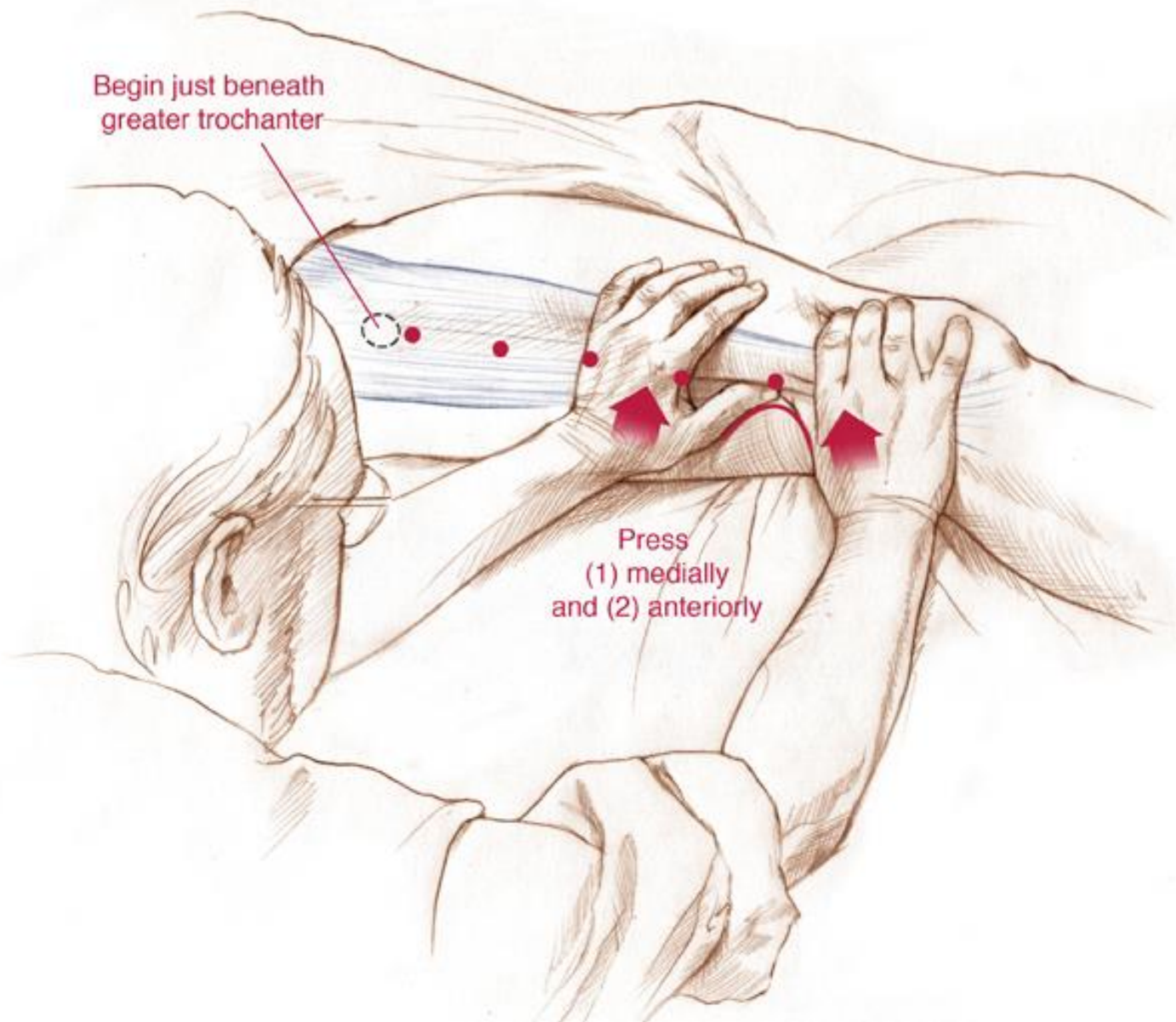




Quadriceps Tendon/Patellar Ligament

- Place both thumbs between the patella and tibial tuberosity - take out the looseness
- Static traction - medial and lateral
- Add additional vectors making the shape of a smile with a moving fulcrum medial and lateral beneath the patella
- Place both thumbs just above the patella at the centerline - take out the looseness
- Take up the slack pulling laterally and medially w/o moving
- Add additional vectors with a moving fulcrum medial and lateral just above the level of the patella

Iliotibial Band

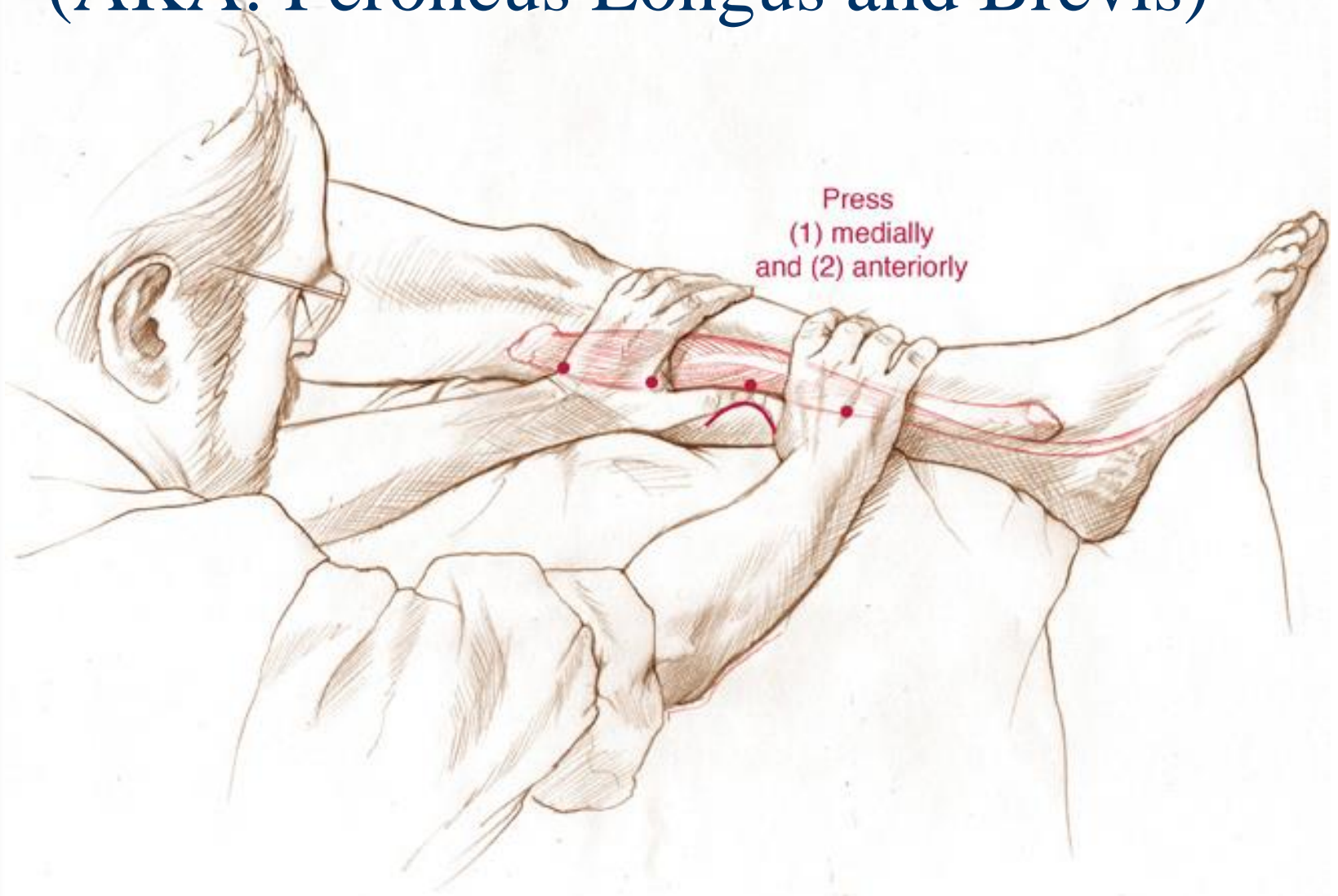




Iliotibial Band

- Starting just beneath the greater trochanter and just posterior to I.T. band, take out the looseness pressing medially
- Turn thumb pads facing up - take up the slack
- Make a rainbow shape with the thumbs, gently stretching the I.t. band up toward the sky
- Hold it, Hold it, Hold it
- Clearly disengage
- Repeat about 4-5 more times until the last fulcrum about an inch above the knee

Fibularis Longus and Brevis (AKA: Peroneus Longus and Brevis)





Fibularis Longus and Brevis (AKA: Peroneus Longus and Brevis)

- As with iliotibial band, create fulcrums through peroneus longus and brevis (aka) fibularis
- Start just below the fibular head and do a series of about 5 fulcrums with the last one about an inch above the lateral malleolus

Tibialis Anterior

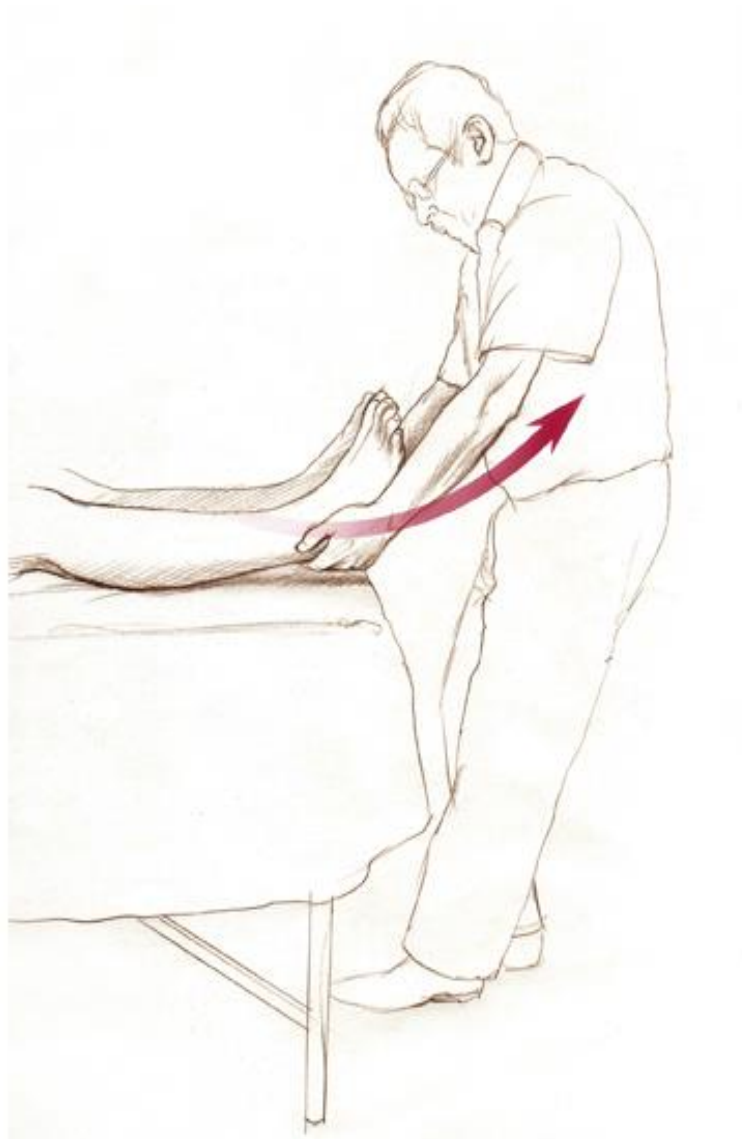




Tibialis Anterior

- Take out the looseness with the loose fist just below the patella and immediately lateral to the tibia
- Take up the slack with a static traction
- Add additional vectors with a moving fulcrum along the whole length of tibialis anterior (ease up in front of the ankle but do gently follow out its full length to the medial cuneiform/instep)

Half Moon Vector through the Legs

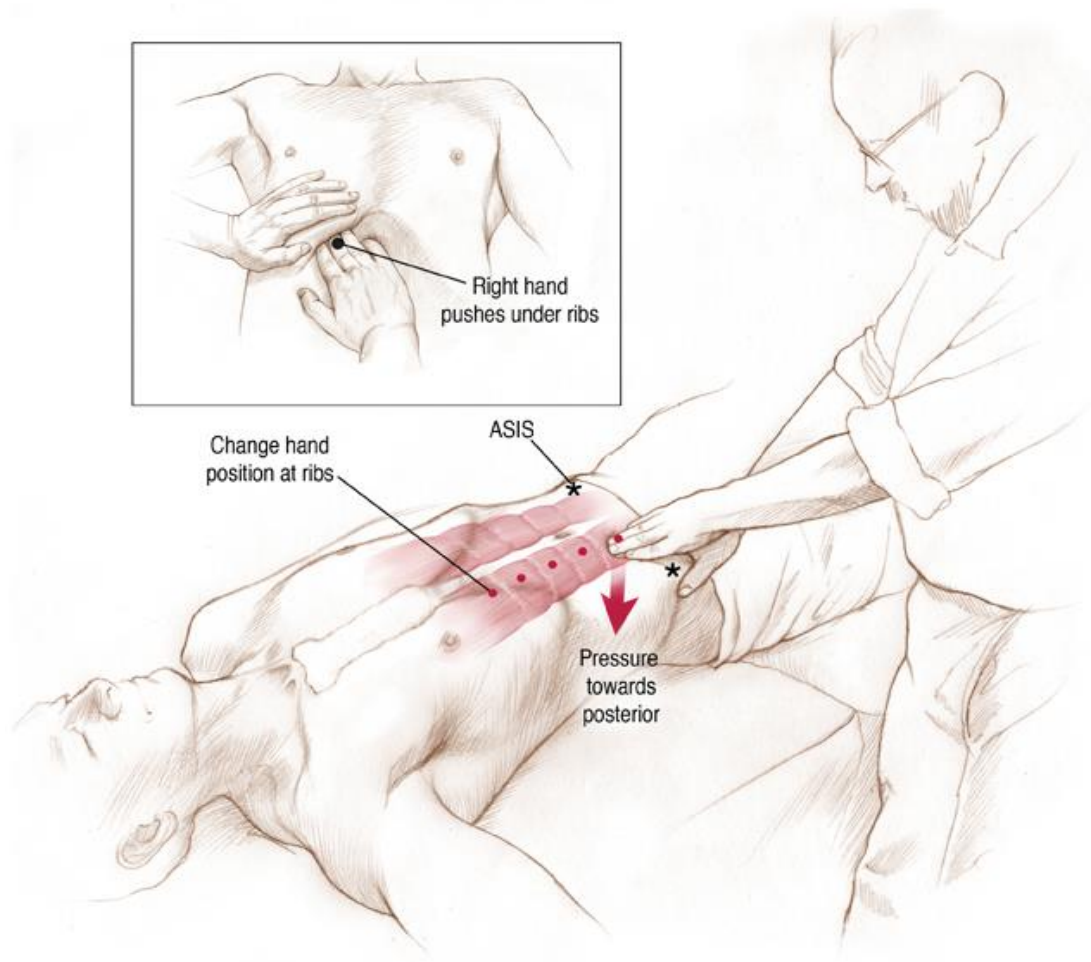




Half Moon Vector through the Legs

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- 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 from the whole body and the Achilles tendons.
- Add additional vectors (the “half moon”) by adding slight additional length while simultaneously going down, then back up (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.

Rectus Abdominis - #1





Rectus Abdominis - #1

- R- side – gently place whole palm of r. hand on belly of rectus ab so your middle finger is in the middle of the belly of the muscle about 2 in. beneath level of navel
- Let left hand rest on right hand
- Press gently with left hand fingers, so you take up the looseness in the belly of the muscle – pause
- Press just a little more, taking up the slack
- Relax yourself – your breathing/your abdomen, etc. – maintain the pressure – let client let go from inside out, feeling free to breathe. Hold it, hold it, hold it.
- Clearly disengage
- Do a series of similar fulcrums – each about 1-1.5 inches higher – so you do about 5 fulcrums.
- For the last one into the belly you can add additional looseness and ease, by gently pulling lower ribs down.

Rectus Abdominis - #2

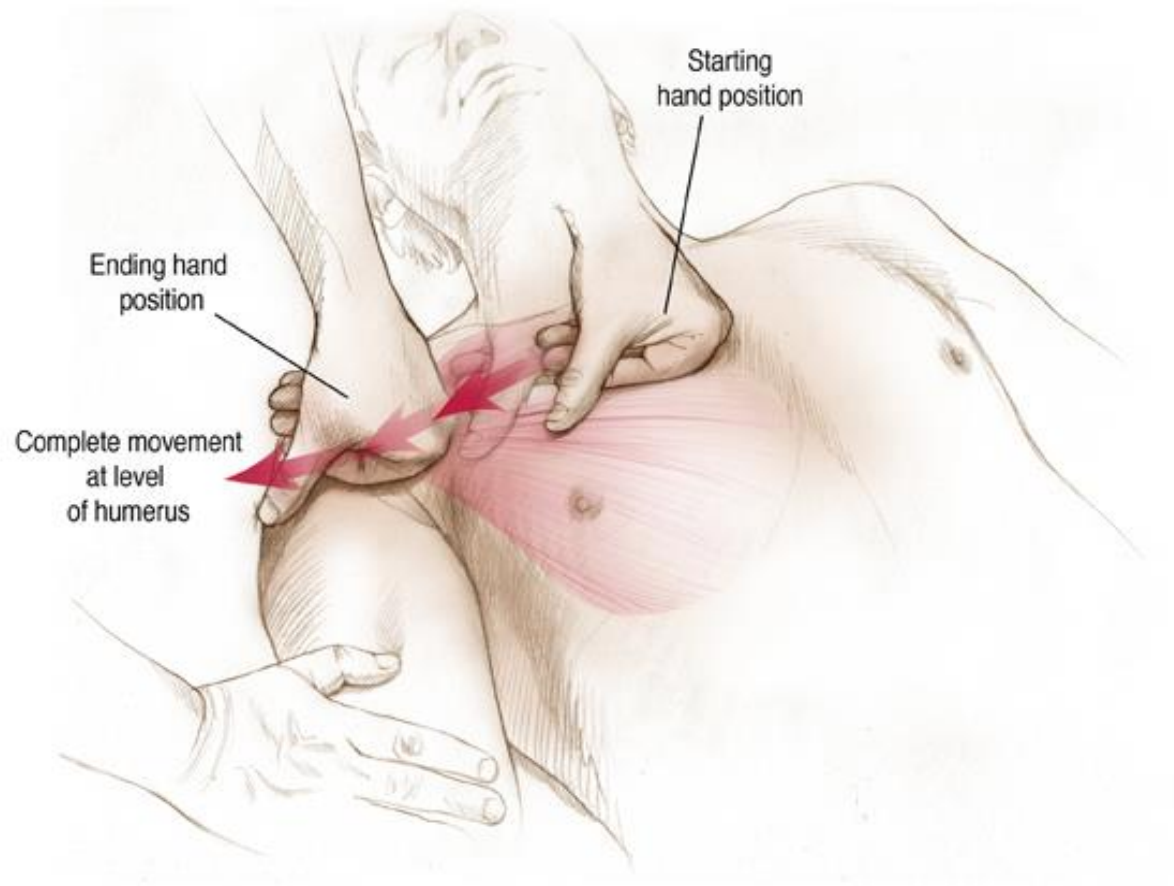




Rectus Abdominis - #2

- Change your body position. Standing further down body in more of a lunge position
- Place left hand alongside ribs, place right hand, fingers gently curved, between ribs 7 & 8 lateral to xiphoid process
- Press gently into body with both hands, take up the looseness
- Gentle stretch up without movement, take up the slack
- With right hand, do a slow, moderately deep effleurage adding additional vectors up rectus abdominis' tendons to R5 (you're contacting sternum, costo-sternal joints and rib cartilage next to the joints)
- For clients without a breast drape, continue that up to undersurface of clavicle
- For clients with a breast drape, at R5 bring upper hand to touch lower, and pull up with upper hand, so you needn't work between the breasts at any time. Switch hands back around R2 up to undersurface of clavicle.

Pectoralis Major – Part #1

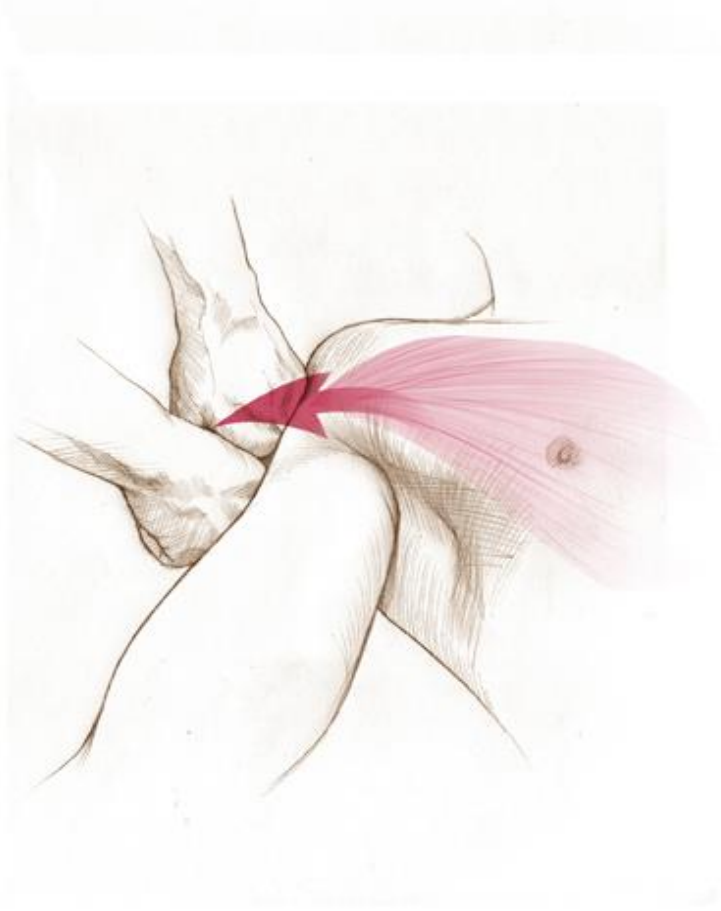
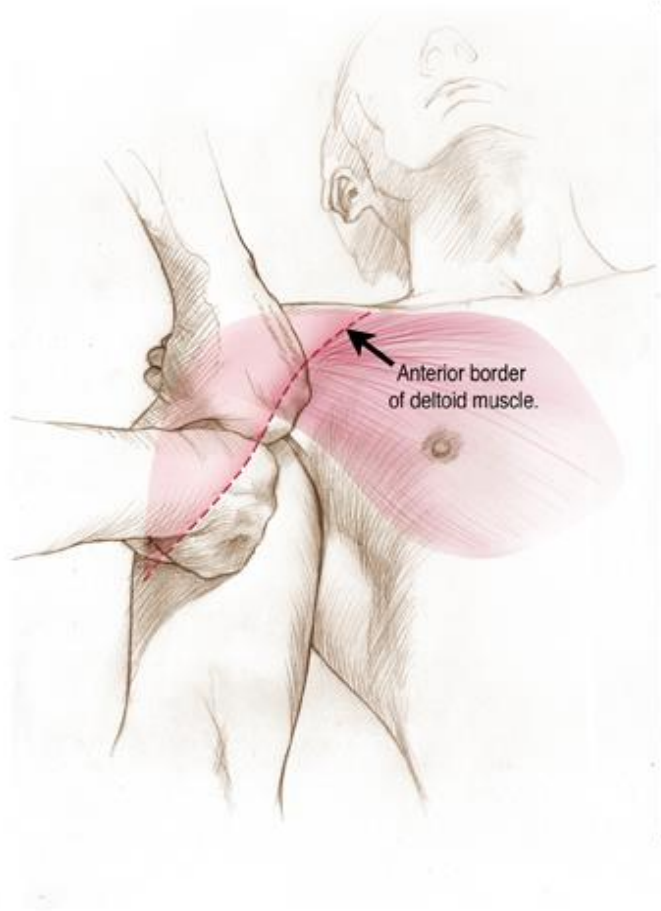




Pectoralis Major – Part #1

- With loose fist take out looseness contacting sternum and costal cartilages 1-4.
- Take up the slack pulling laterally w/o moving.
- Add Additional vectors with moving fulcrum laterally through pectoralis major – go to space between ribcage and arm
- Disengage

Pectoralis Major (and deltoid) – Part #2

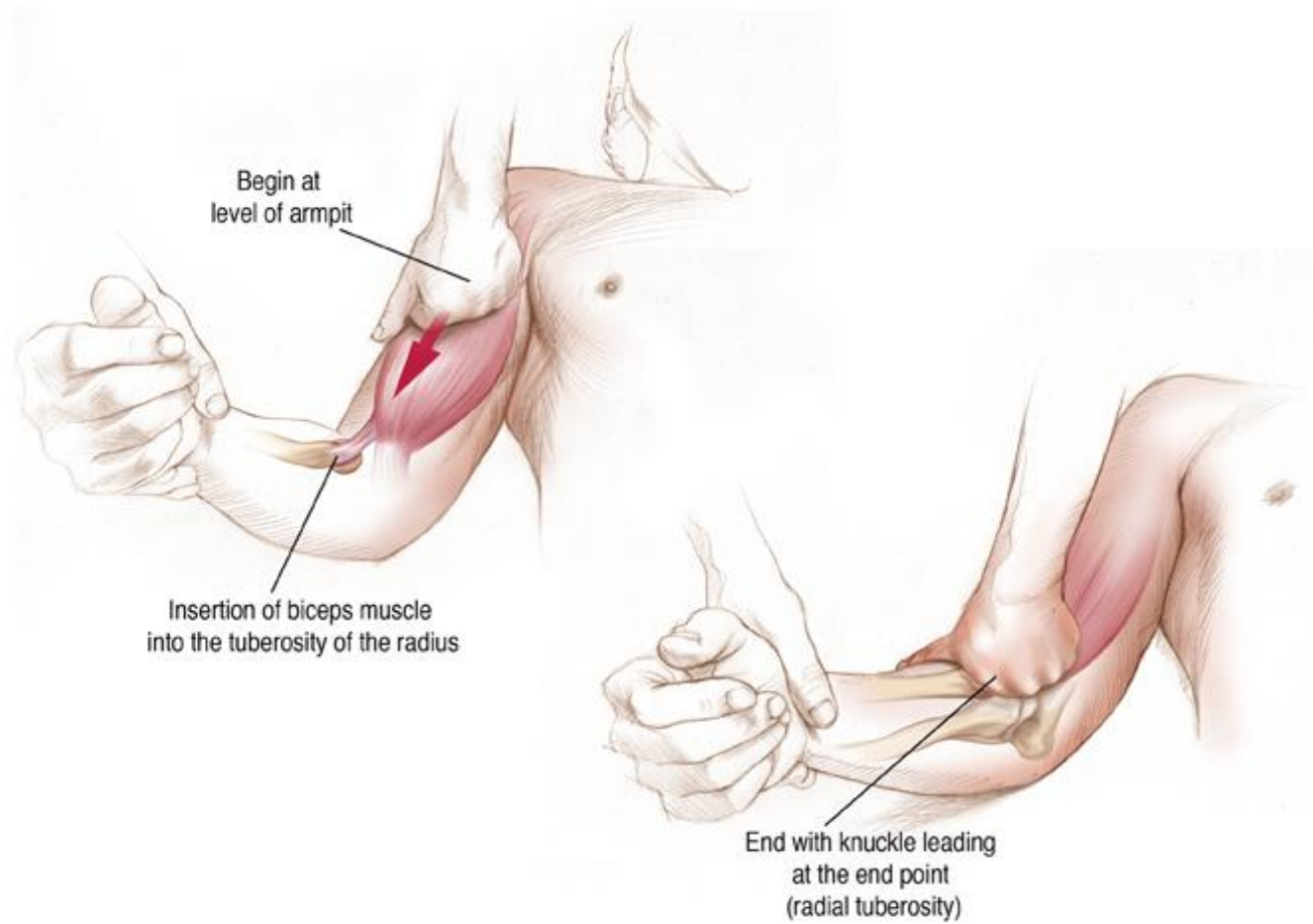




Pectoralis Major (and deltoid) – Part #2

- Placing both fists medial to the anterior deltoid, take out the looseness
- Pull them laterally without moving (arm may start to rotate laterally)
- Add additional vectors with a moving fulcrum through the anterior and acromial fibers of the deltoid (and deep to it – pectoralis major)
- As you come across deltoid, go as far as the table surface, but ease up a bit, don't pinch
- Clearly disengage

Biceps Brachii

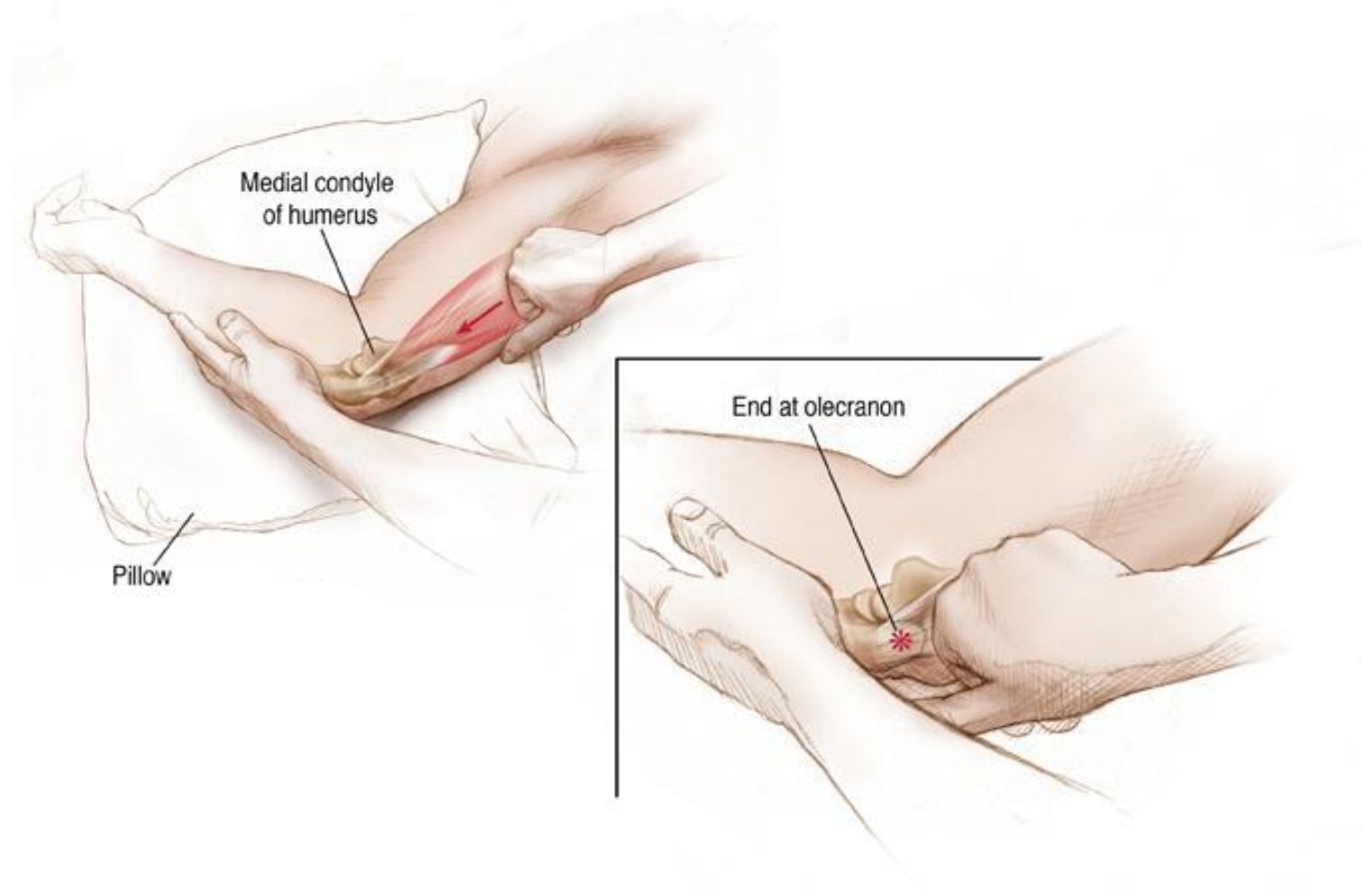




Biceps Brachii

- Place loose fist about $\frac{1}{4}$ way down the biceps – take out the looseness
- With gentle pull distally, take up the slack
- Add additional vectors with moving fulcrum down to insertion at radial tuberosity
- Clearly disengage

Triceps Brachii

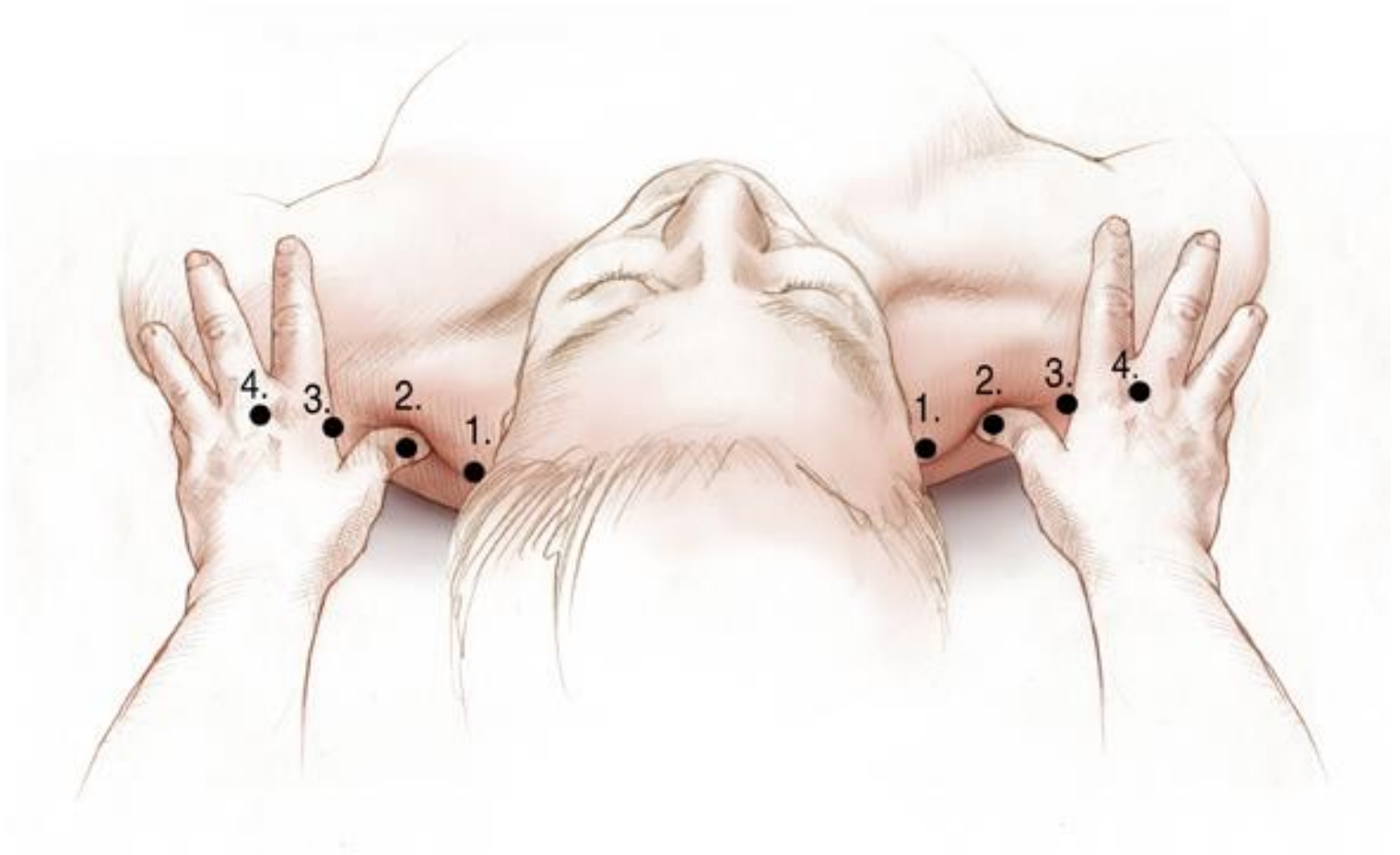




Triceps Brachii

- Position arm comfortably overhead (can rest it on a pillow or your thigh)
- Take out looseness, with loose fist, close to scapular attachment
- Take up the slack pulling distally
- Do moving fulcrum adding additional vector down length of triceps – slowing down and ending at olecranon process
- Clearly disengage

Trapezius

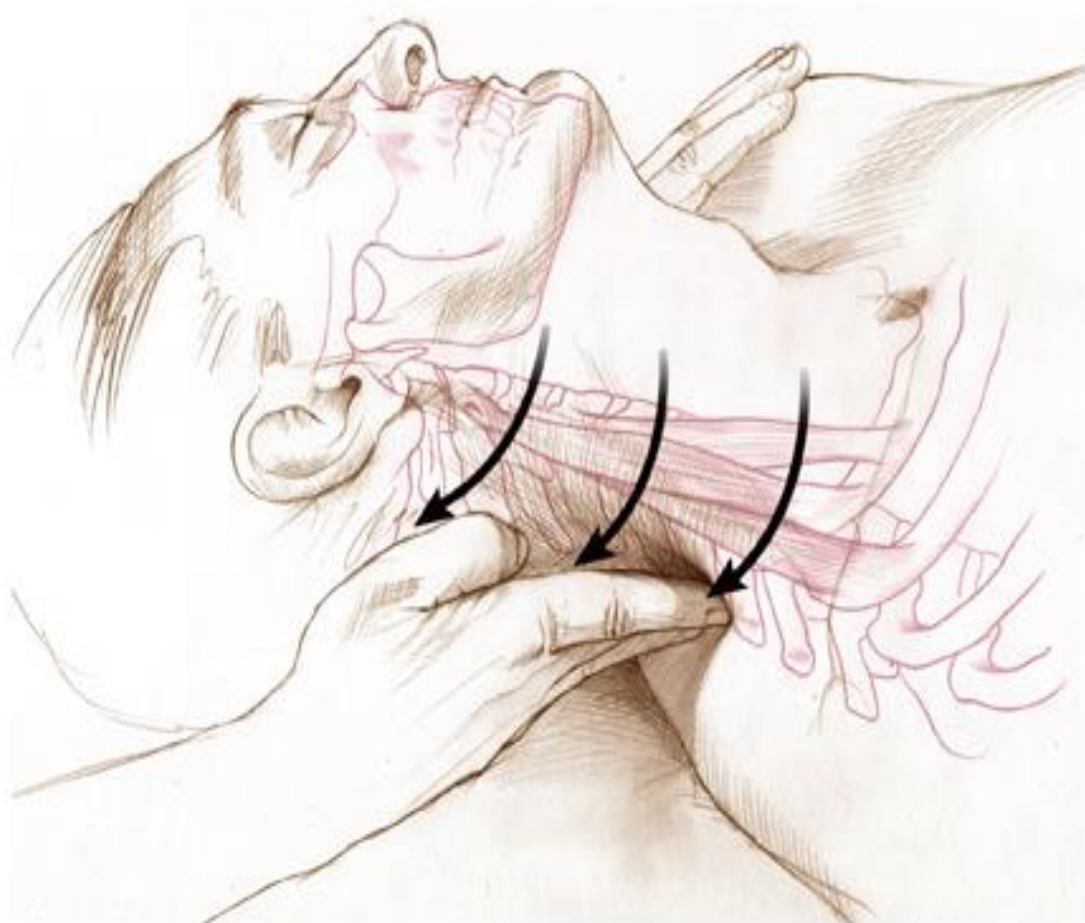




Trapezius

- Take out looseness bilaterally, just lateral to neck in belly of trapezius, find tension (if it's there) and press onto it
- Take up the slack, press into the tension
- Add additional vectors, relaxing your breath and letting your body rest in – take out additional looseness as they let go
- Hold it, hold it, hold it
- Monitor for working signs
- Clearly disengage
- Repeat these fulcrums bilaterally about 3 more times, each time about a ½ to 1 inch more lateral

Scalenes

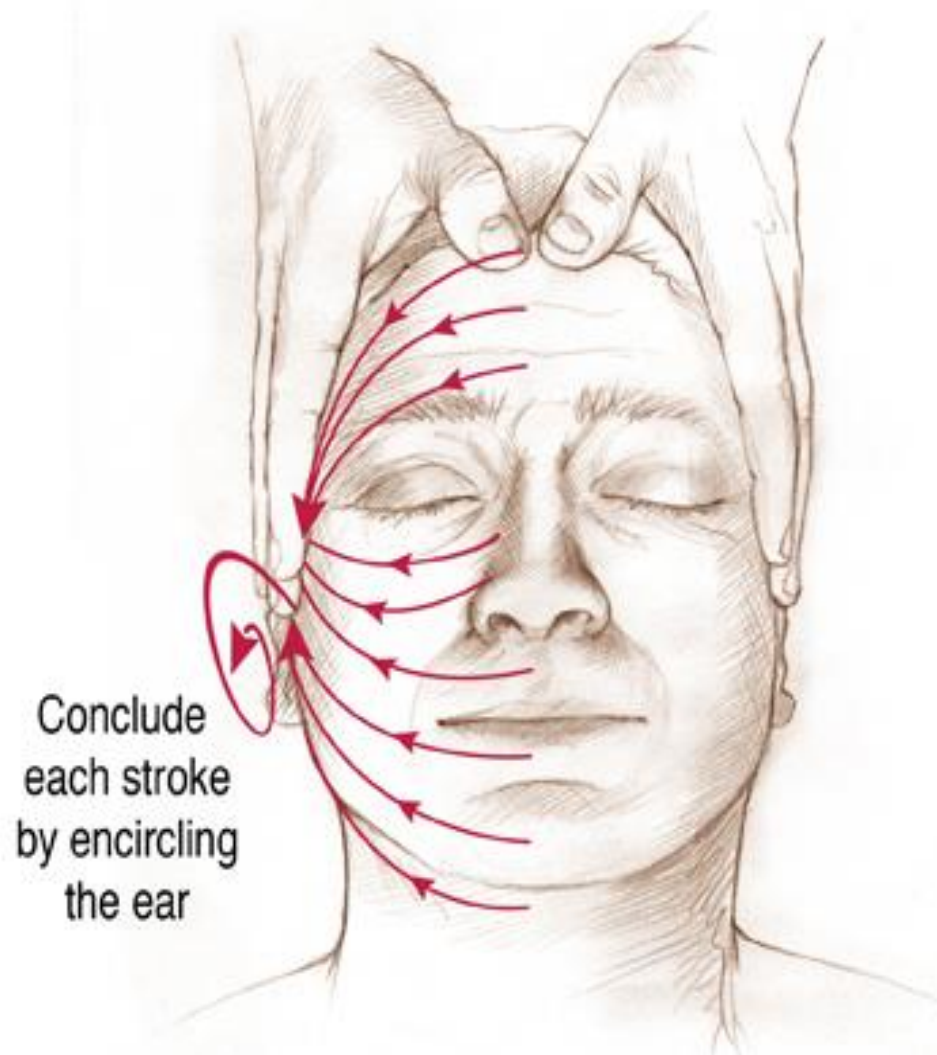




Scalenes

- 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



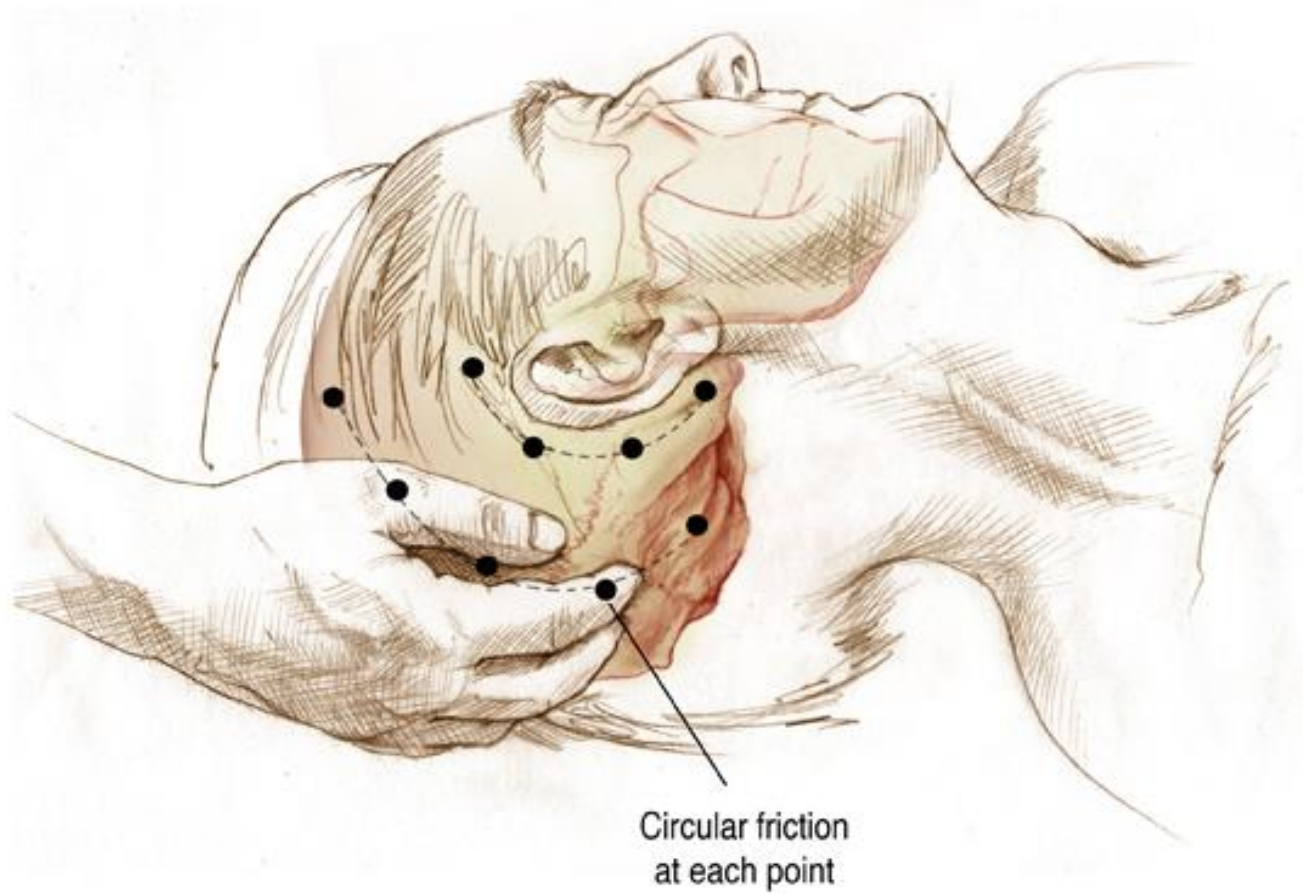


Facial Muscles

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)

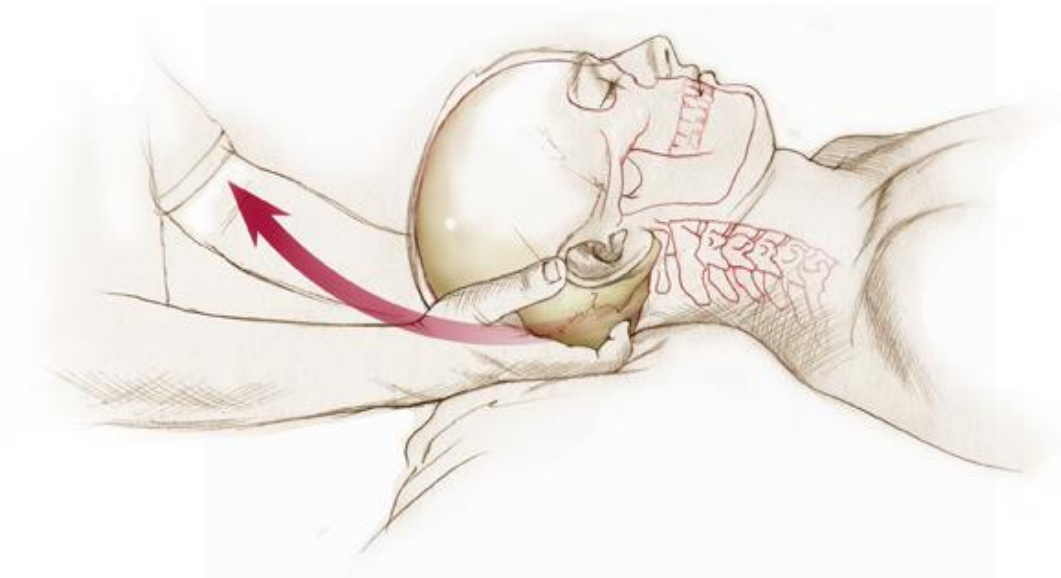




Epicranius (occipitofrontalis)

- 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

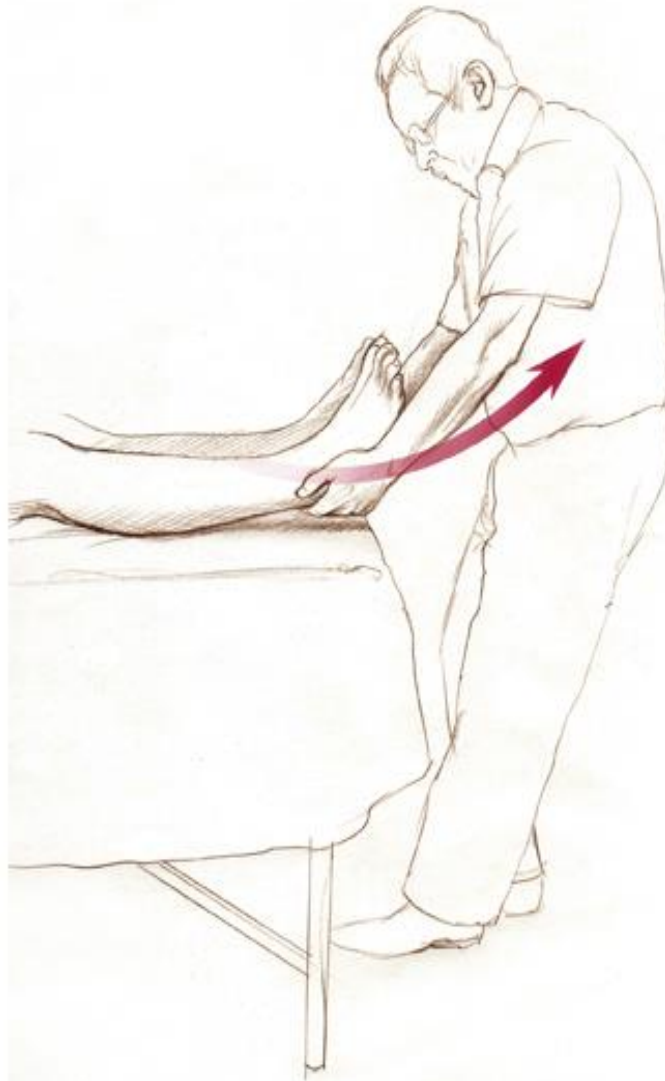




Half Moon Vector through the Neck

- 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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