



76b Orthopedic Massage: Technique Demo and Practice - Low Back Pain



76b Orthopedic Massage: Technique Demo and Practice - Low Back Pain 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	



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Class Reminders

Early Warning:

- 85a Orthopedic Massage: Outside Massages – Begin these now!

Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores) – 50 questions in 40 minutes

Spot Checks:

- 78b Orthopedic Massage: Spot Check – Low Back Pain
- 81b Orthopedic Massage: Spot Check – Rotator Cuff and Carpal Tunnel

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 77a Myofascial and Fascia Techniques (Part II)
- 77b Orthopedic Massage: Technique Demo and Practice – Low Back Pain - Packet J: 69-76 and 77-78
- 78a Kinesiology Quiz
- 78b Orthopedic Massage: Spot Check – Low Back Pain
- 79a Orthopedic Massage: Introduction – Rotator Cuff and Carpal Tunnel -Packet J: 79-84



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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J - 69



Soft-Tissue Manipulation Prone Details



PRONE DETAILS - Low Back Pain

1. Low back: superficial fascia assessment

- Work without lubricant
- Use your palm and fingers to apply light tangential pulling pressure
- Place your fingertips flatly on the skin surface
- Press in just enough to traction the superficial fascia without sliding
- Slowly traction in all directions taking note of restrictions
- Use before and after treating superficial fascia to gauge progress



PRONE DETAILS - Low Back Pain

2. Low back: myofascial release (bilateral)

- Work without lubricant
- Assess the fascia before and after to track effectiveness
- Arms crossed: place hands 5 to 10 inches apart on either side of the spine
- Apply a light degree of pulling force between the hands
- Hold. Wait for a subtle sensation of tissue release or a working sign
- Slowly release and repeat (between the sacrum and T10)



PRONE DETAILS - Low Back Pain

3. Low back: warming and softening

- Address thoracolumbar fascia, lats, erectors, and QL
- BMTs: spinal rotation and release with erector compressions
- Swedish: effleurage, wringing, pulling, and skin rolling
- Deep tissue: QL deep effleurage
- Tissues must be thoroughly warmed and softened before proceeding



PRONE DETAILS - Low Back Pain

4. Erector spinae: deep longitudinal stripping

- Address lumbar sections of spinalis, longissimus, and iliocostalis
- Use thumbs or fingertips with hands stacked for stability
- Strip longitudinally and superiorly, working in 2-4 inch sections
- Melt in or repeat stripping in areas of palpated or reported tension
- Progressively work more deeply as tissues soften

A decorative vertical bar on the left side of the slide, featuring a stylized human spine with various colored segments (blue, yellow, black, grey) representing vertebrae and intervertebral discs.

PRONE DETAILS - Low Back Pain

5. Quadratus lumborum: deep longitudinal stripping

- Address the 3 angles of QL muscle fibers
 1. Iliac crest diagonally to lumbar transverse processes 1-4
 2. Iliac crest superiorly to the 12th rib(Move to the opposite side of the table)
 3. Lumbar transverse processes 1-4 diagonally to the 12th rib
- Melt in or repeat stripping in areas of palpated or reported tension
- Progressively work more deeply as tissues soften



PRONE DETAILS - Low Back Pain

6. Lamina groove: deep longitudinal stripping

- Address the lumbar sections of multifidi and rotatores
- Use thumbs or fingertips with hands stacked for stability
- Strip longitudinally and superiorly, working in 2-4 inch sections
- Melt in or repeat stripping in areas of palpated or reported tension
- Progressively work more deeply as tissues soften

Repeat on the other side starting with “3. Low back: warming and softening”.



Soft-Tissue Manipulation Side-Lying Details



SIDE-LYING DETAILS - Low Back Pain

7. Side-lying: draping and positioning

- Keep the client fully covered with sheet and blanket



SIDE-LYING DETAILS - Low Back Pain

8. Quadratus lumborum: pin and stretch with active engagement

- Only use in non-acute stages and check in with the client because this may be intense or may exacerbate symptoms
- Instruct the client:
 - o “I’m going to hold the sheet and blanket while you reposition.”
 - o “Lie on your side diagonally with your head at the top front corner and your hips at the back edge of the middle of the table.”
 - o “Slightly flex your bottom hip and knee so they stay on the table.”
 - o “Hang your top leg off the table behind you.”
 - o “Grasp the top edge of the table with your top hand to stabilize the torso and further stretch the lateral trunk muscles”
- Keeping the client completely covered with the sheet, move the blanket out of the way to help gain access to the QL



SIDE-LYING DETAILS - Low Back Pain

8. Quadratus lumborum: pin and stretch with active engagement, continued

- Using a thumb wrapped in your index finger OR two thumbs side-by-side, press medially to clearly but compassionately pin the QL
- Instruct the client:
 - o “Take the weight of your leg and hike your hip toward your ribs.”
 - o “Slowly release the hip hike and then lower the leg toward the floor behind you to stretch this muscle that I am pinning.”
 - o “Bring your leg back up and hike your hip again.”
 - o Repeat to facilitate more tension reduction up 3 repetitions total
 - o “We’re done. Bring your top leg forward to rest on the table.”
- VARIATION: instead of pinning, strip the QL fibers inferiorly or superiorly as the client releases the hip hike and adducts the leg



SIDE-LYING DETAILS - Low Back Pain

9. Quadratus lumborum: active-assisted stretch after PIR

- Only use in non-acute stages and check in with the client because this may be intense or may exacerbate symptoms
- Instruct the client:
 - “I’m going to hold the sheet and blanket while you reposition.”
 - “Lie on your side diagonally with your head at the top front corner and your hips at the back edge of the middle of the table.”
 - “Slightly flex your bottom hip and knee so they stay on the table.”
 - “Hang your top leg off the table behind you.”
 - “Grasp the top edge of the table with your top hand to stabilize the torso and further stretch the lateral trunk muscles”
- Keeping the client completely covered with the sheet, move the blanket out of the way to help gain access to the QL



SIDE-LYING DETAILS - Low Back Pain

9. Quadratus lumborum: active-assisted stretch after PIR, continued

Instruct the client:

- “Inhale and hold your breath as you take the weight of your leg and hike your hip toward your ribs. Hold this for 5 seconds.” (isometric contraction)
- “Slowly release your breath and the hip hike.” (PIR)
- “Lower your leg toward the floor behind you.”
- “I’m going to press down on your hip to get a stretch.”
- “Let me know when this is a good stretch for you.”
- Hold stretch for 3 of your breath cycles
- “Bring your leg back up and I will support the weight of your leg.”
- Repeat to facilitate more length up to 3 repetitions total
- “We’re done. Bring your top leg forward to rest on the table.”



SIDE-LYING DETAILS - Low Back Pain

Repeat on the other side starting with “8. Quadratus lumborum: pin and stretch”.



Soft-Tissue Manipulation Supine Details



SUPINE DETAILS - Low Back Pain

Draping:

- Keep the client fully covered with sheet and blanket



SUPINE DETAILS - Low Back Pain

10. Iliopsoas: active-assisted stretch after PIR

- Instruct the client:
 - o “I’m going to hold the sheet and blanket while you reposition.”
 - o “Lie diagonally with your head and hips at opposite sides of the table and your outside leg hanging off the table.”
 - o “Pull your inside knee up into your chest and hold it there” (reducing lumbar extension reduces Z-joint compression)
 - o “Inhale and hold your breath. Using only 25% of your strength, lift your hanging leg with knee bent against my resistance and hold for 5 seconds.” (isometric hip flexion)
 - o “Slowly release your breath and your contraction, allowing your leg to lower.” (post-isometric relaxation, PIR)
 - o “Let me know when this stretch feels good.”
 - o Hold stretch for 3 of your breath cycles
 - o Repeat to facilitate more length up 3 repetitions total
 - o “We’re done with this side. I’ll hold the sheet and blanket while you reposition yourself on the table.”



SUPINE DETAILS - Low Back Pain

11. Quadriceps femoris: superficial fascia assessment

- Work without lubricant
- Use your palm and fingers to apply light tangential pulling pressure
- Place your fingertips flatly on the skin surface
- Press in just enough to traction the superficial fascia without sliding
- Slowly traction in all directions taking note of restrictions
- Use before and after treating superficial fascia to gauge progress



SUPINE DETAILS - Low Back Pain

12. Quadriceps femoris: myofascial release

- Work without lubricant
- Assess the fascia before and after to track effectiveness
- Arms crossed: place hands 2 to 10 inches apart
- Apply a light degree of pulling force between the hands
- Hold. Wait for a subtle sensation of tissue release or a working sign
- Slowly release and repeat to address the entire quadriceps femoris



SUPINE DETAILS - Low Back Pain

13. Quadriceps femoris: warming and softening

- Address all 4 quad muscles, but focus on rectus femoris
- BMTs: supine hip rotation with leg compressions
- Swedish: effleurage, fulling, kneading, and skin rolling
- Deep tissue: deep effleurage, petrissage, and wringing / fiber spreading
- Tissues must be thoroughly warmed and softened before proceeding



SUPINE DETAILS - Low Back Pain

14. Quadriceps femoris: deep longitudinal stripping

- Address entire length of rectus femoris
- Use thumbs or fingertips with hands stacked for stability
- Work superiorly in 2-4 inch sections
- Melt in or repeat stripping in areas of palpated or reported tension
- Progressively work more deeply as tissues soften

Repeat on the other leg, “10. Iliopsoas: active-assisted stretch after PIR”.



Soft-Tissue Manipulation Prone (again) Details



PRONE (again) DETAILS - Low Back Pain

15. Rectus femoris: passive stretch

- Mobilization of the hip joint with the knee flexed to 90 degrees
- Traction to slightly open the hip joint
- “I’m going to stretch your quads. Let me know when the stretch is good for you”
- Slowly bring the calcaneus toward the ischial tuberosity
- When the client indicates a good stretch, hold the stretch for 3 of your breath cycles
- Slowly release and mobilize the hip joint again



PRONE (again) DETAILS - Low Back Pain

15. Rectus femoris: passive stretch, continued

- VARIATION: to enhance the stretch with emphasis on the rectus femoris
- “I’m going to enhance this stretch by lifting your leg and placing it on top of my leg”
- Fully flex the knee of you foot-leg and place it on the table just inferior to the client’s flexed knee
- Gently lift the client’s leg and slide your leg in between it and the table
- Place your head-hand on the sacrum with slight anterior and inferior pressure to counteract any over emphasis of the lumbar lordosis
- “Is this position comfortable for you?”
- “Let me know when this stretch is good for you”
- Slowly bring the calcaneus toward the ischial tuberosity
- When the client indicates a good stretch, hold the stretch for 3 of your breath cycles
- Slowly release and repeat if needed

Repeat on the other side starting with “15. Rectus femoris: passive stretch”.



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