

95b Deep Massage: Guided Full Body





95b Deep Massage: Guided Full Body 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	



95b Deep Massage: Guided Full Body Class Reminders

- **Assessments:**

- 96b Deep Massage Touch Assessment
Packet A:81-82; 89-90

- **Preparation for upcoming classes:**

- 96a Special Populations: Cancer, Hospice and End of Life
K: 29-38; 39-58
- 96b Deep Massage: Touch Assessment
- 97a Myofascial and Fascia Techniques (Part III)
- 97b Myofascial and Fascia Techniques: Demo and Practice



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.

95b Deep Massage: Guided Full Body



L-31

96b Deep Massage: Guided Full Body



L-16



Prone Position:

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



Supine Position:

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

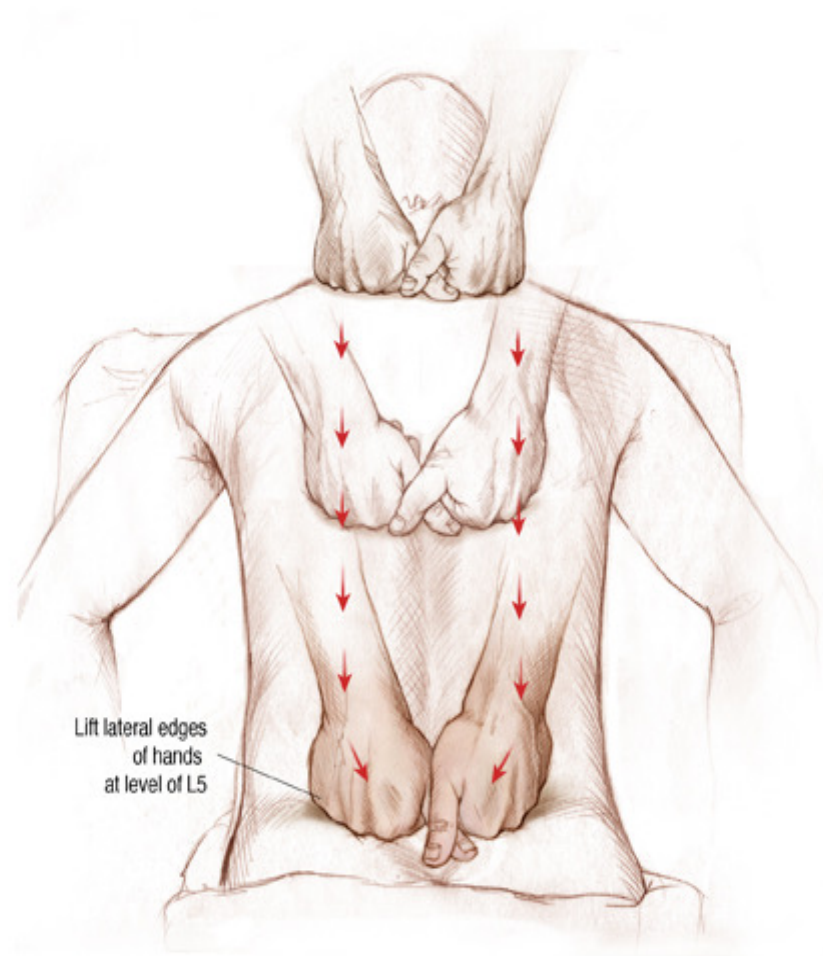
Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs

Fists Down Erectors

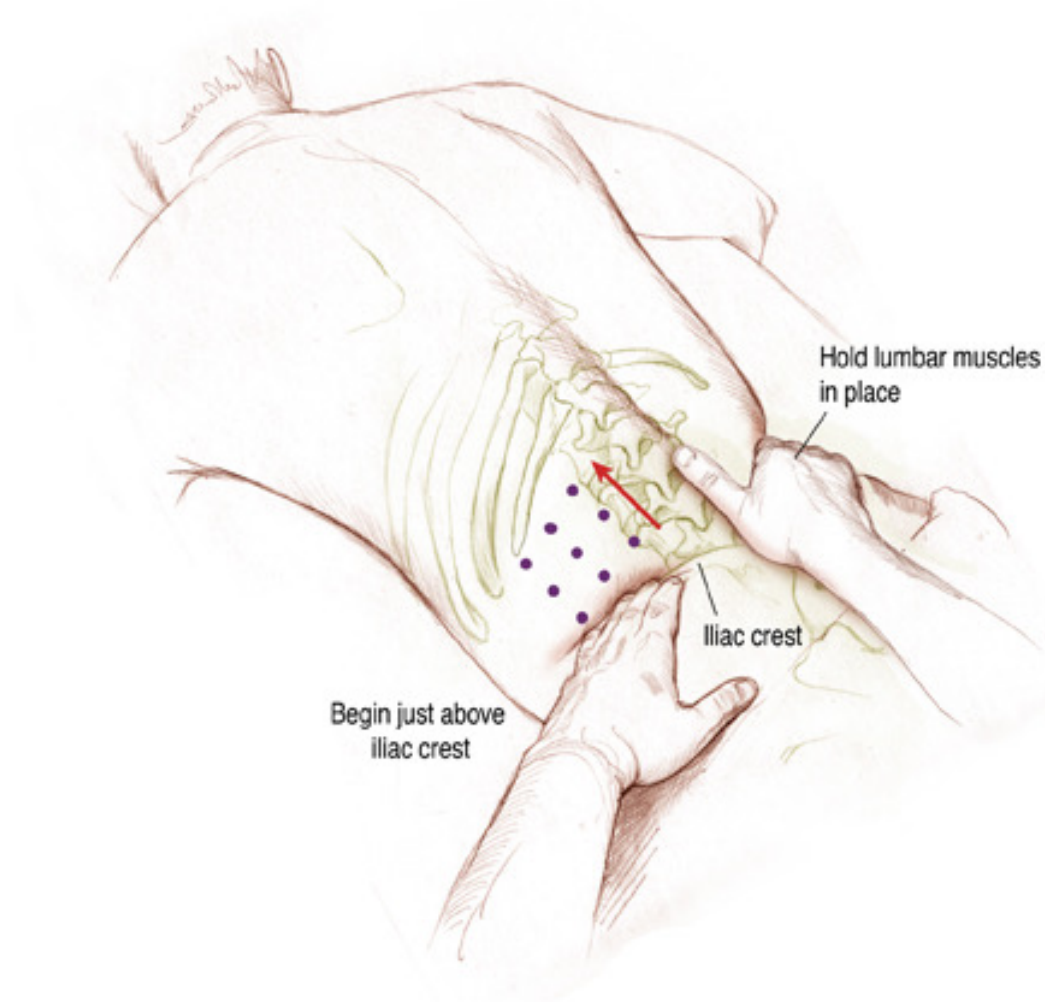




Fists Down Erectors

- 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.

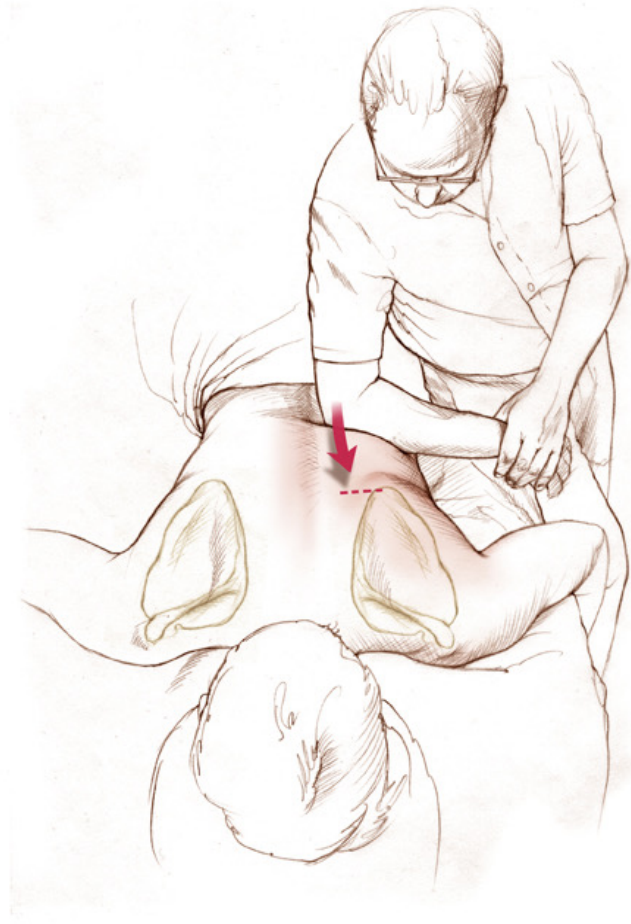
Palpate for tension in -

1. The side of iliocostalis
2. Multifidus
3. Quadratus Lumborum

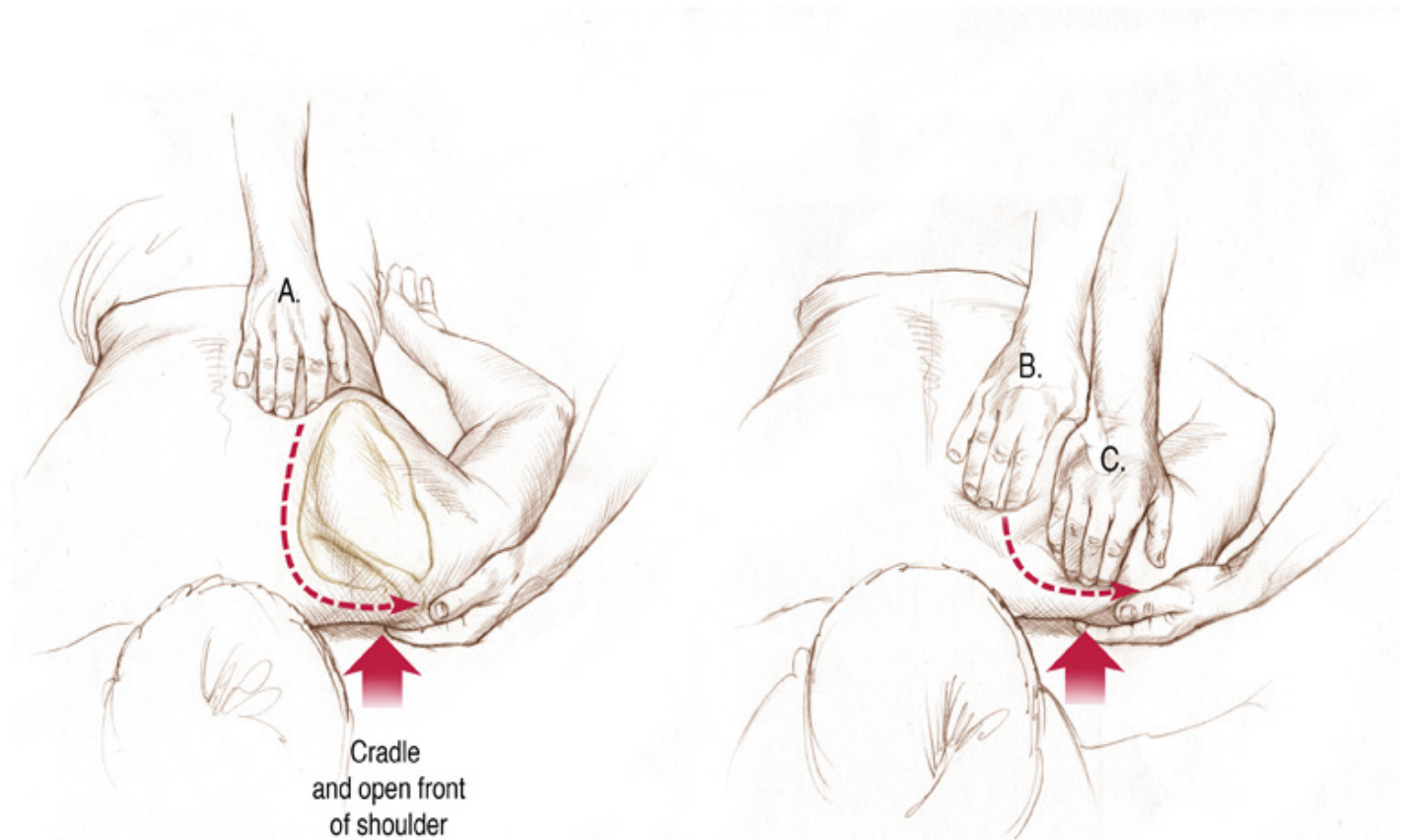
For each muscle, create a fulcrum -

- Just above the iliac crest
- Halfway between it and the 12th rib
- Just below the 12th 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

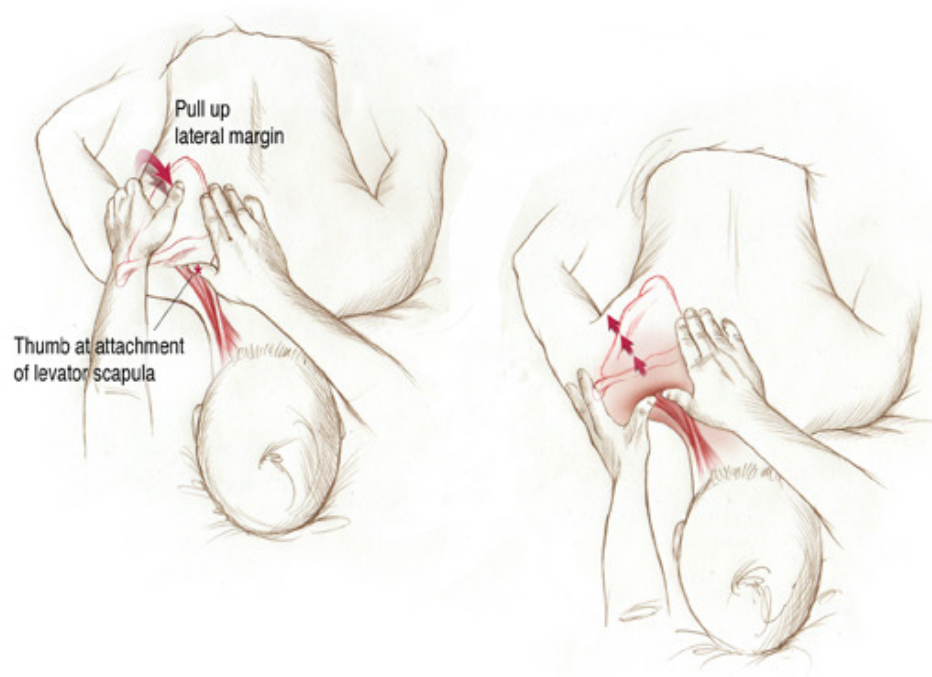
- Take up the slack, pre-stretching superiorly
- Add additional vectors “ironing” up to the level of the scapula’s inferior angle
- Clearly disengage

#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 1st 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





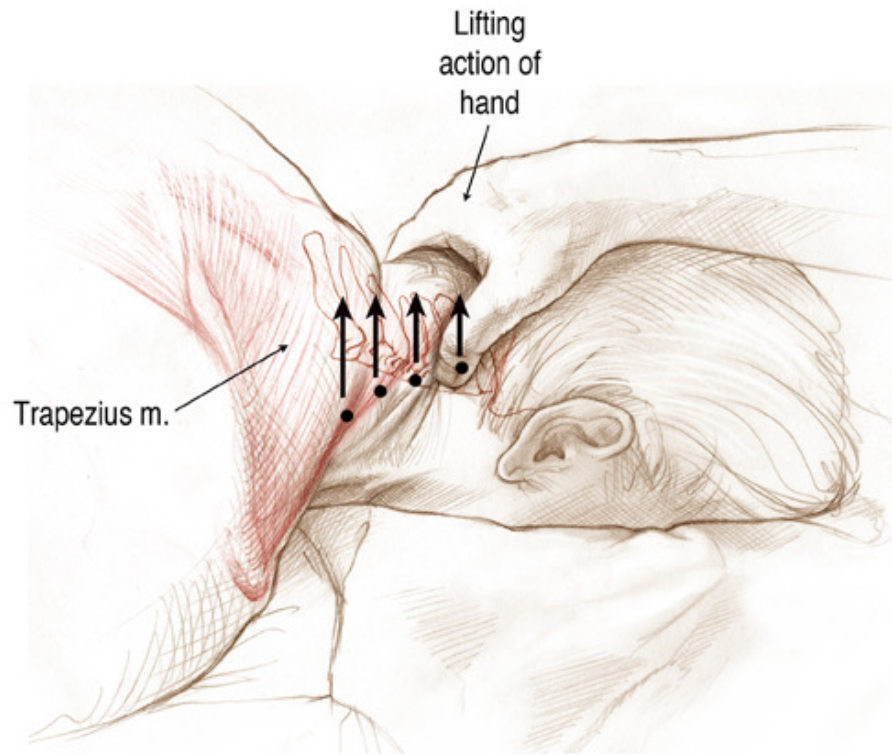
Levator Scapula

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 inferior-lateral lengthening

Posterior Neck

Trapezius, “lifting the curtain”





Posterior Neck

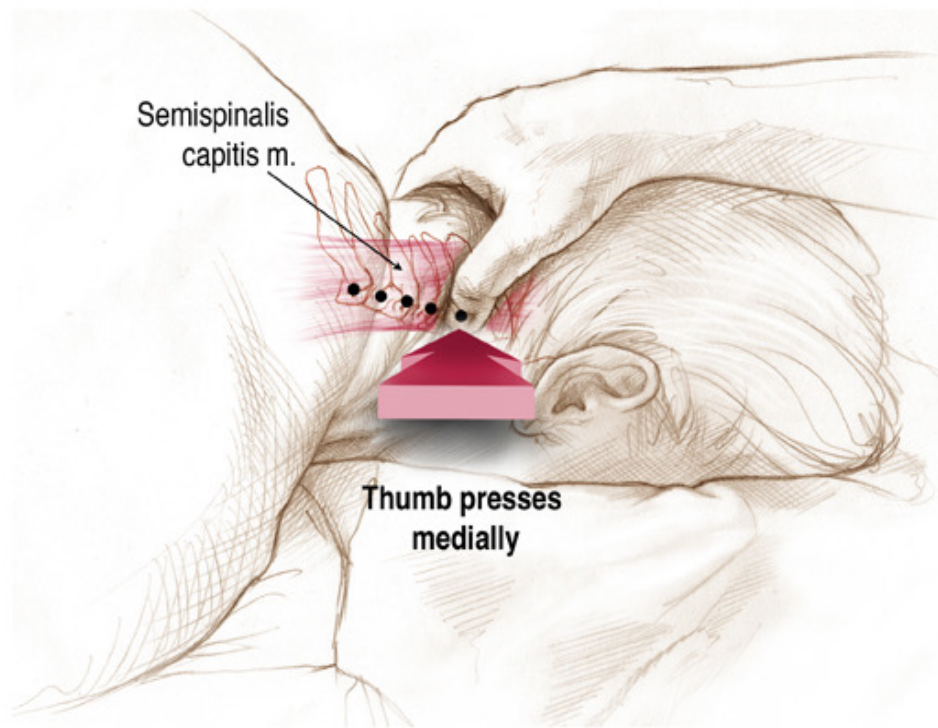
Trapezius, “lifting the curtain”

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





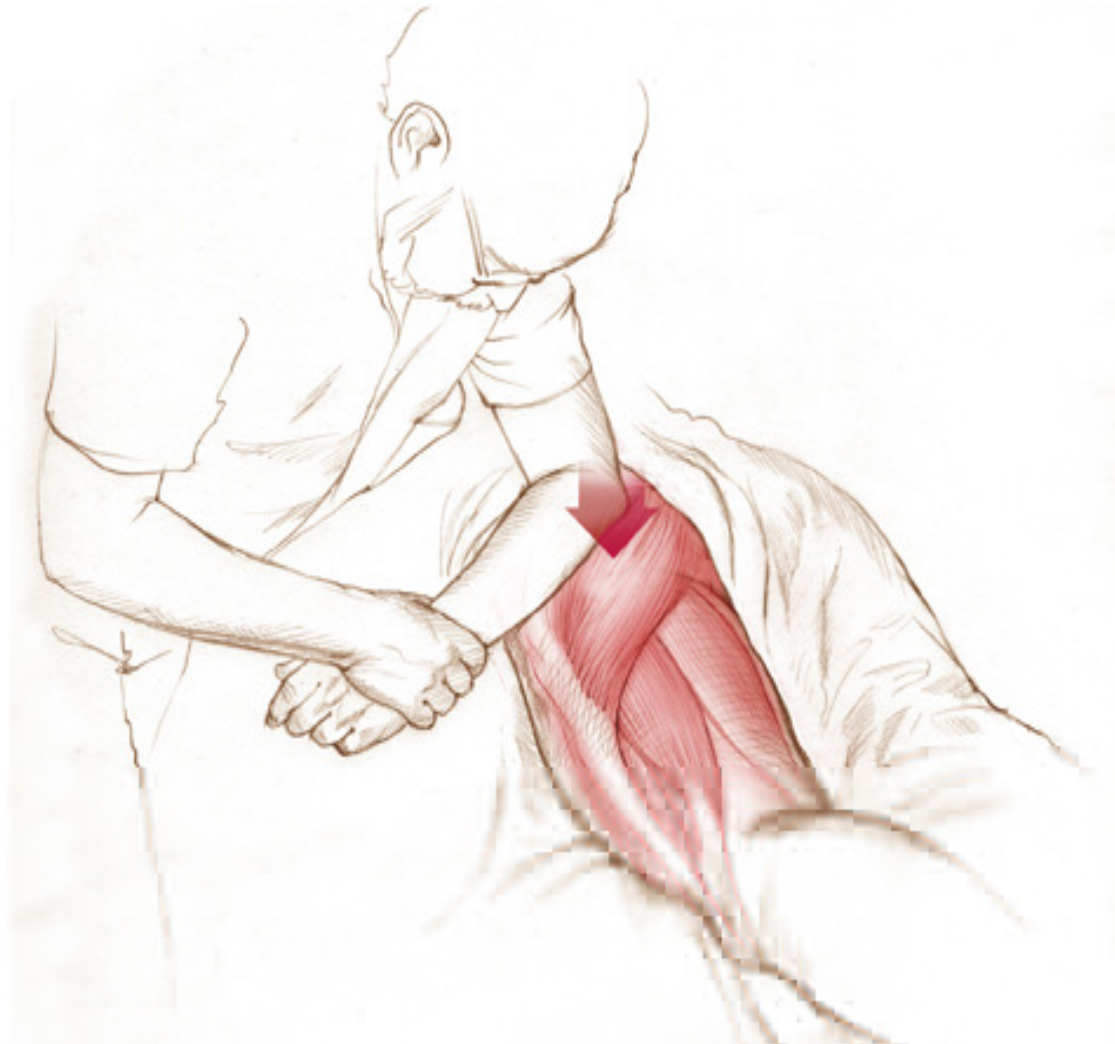
Posterior Neck

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

Gluteus Maximus

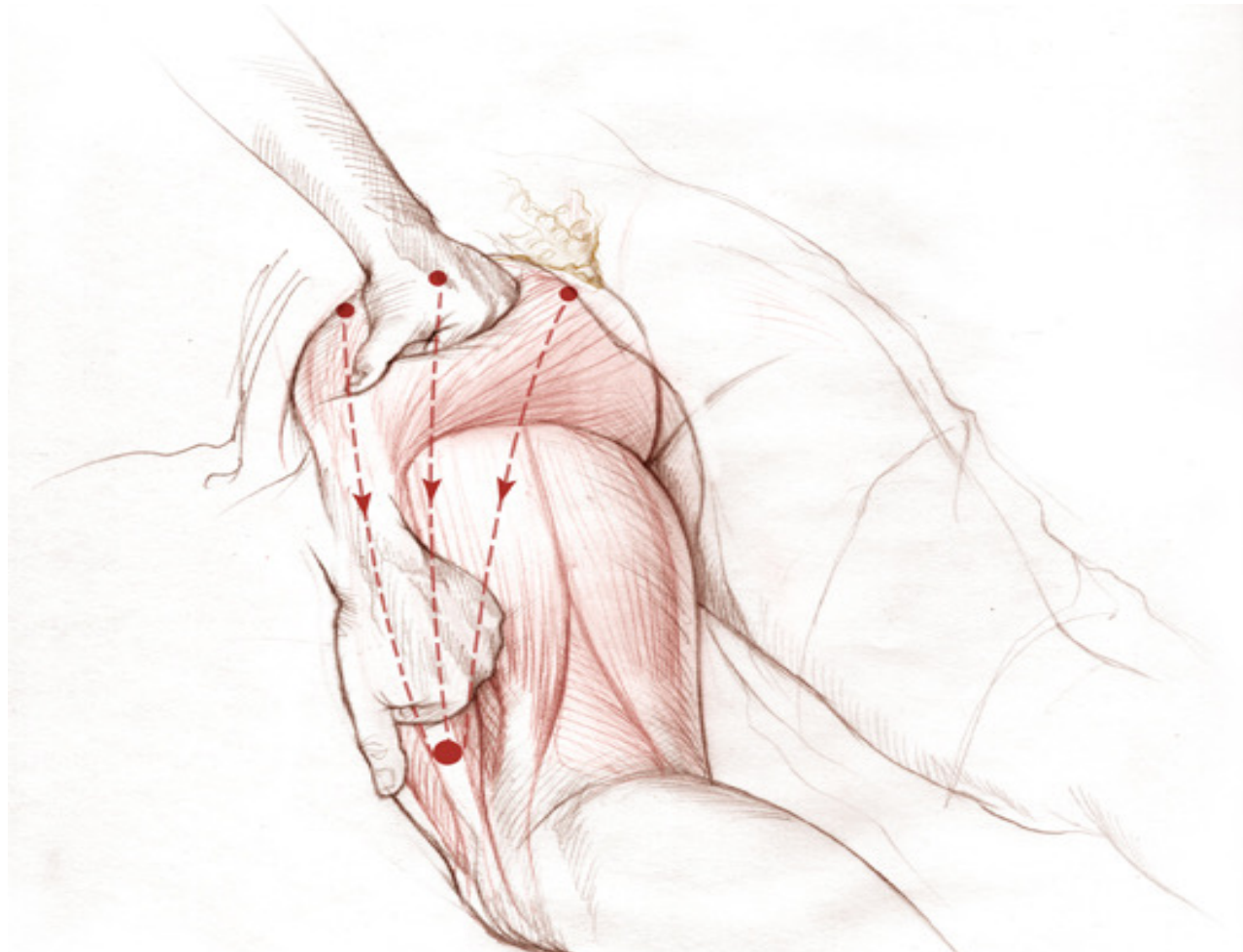




Gluteus Maximus

- Place your forearm (near the elbow) onto the apex of gluteus maximus
- Take out the looseness (pause)
- Take up the slack, with a satisfying level of pressure (pause)
- Breathe, relax and give the person the gift of time in which to let go from inside out (you're "in the box")
- Clearly disengage
- You may choose or not to do some introductory or integrating lighter work

Gluteus Maximus



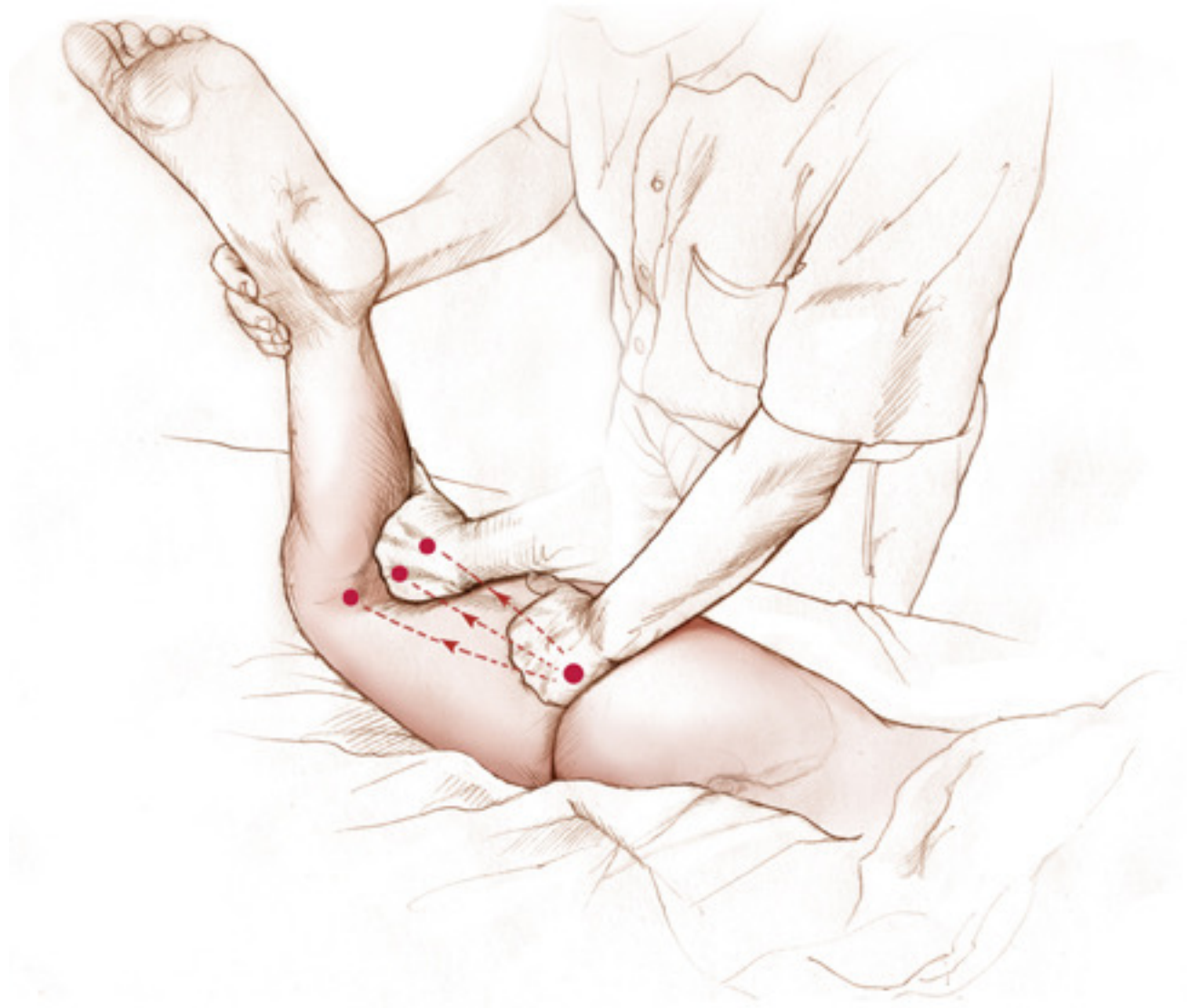


Gluteus Maximus

- With loose fist, take out the looseness just beneath the iliac crest and just lateral to the sacrum (pause)
- Take up the slack, tractioning inferiorly without moving (pause)
- Add additional vectors with a moving fulcrum inferior and a lateral through glutueus max. to its insertion about 3/4 of the way down the femur (i.t. band)
- Do two more moving fulcrums following the same route but each starting a fist's width lateral to the last starting point

(Option - you can do the third pass, with the heel of one hand on the sacrum, generally lengthening the spine, and the other loose fist, palm facing up going down the side of the pelvis, easing up over the greater trochanter and again about 3/4 down femur)

Hamstrings

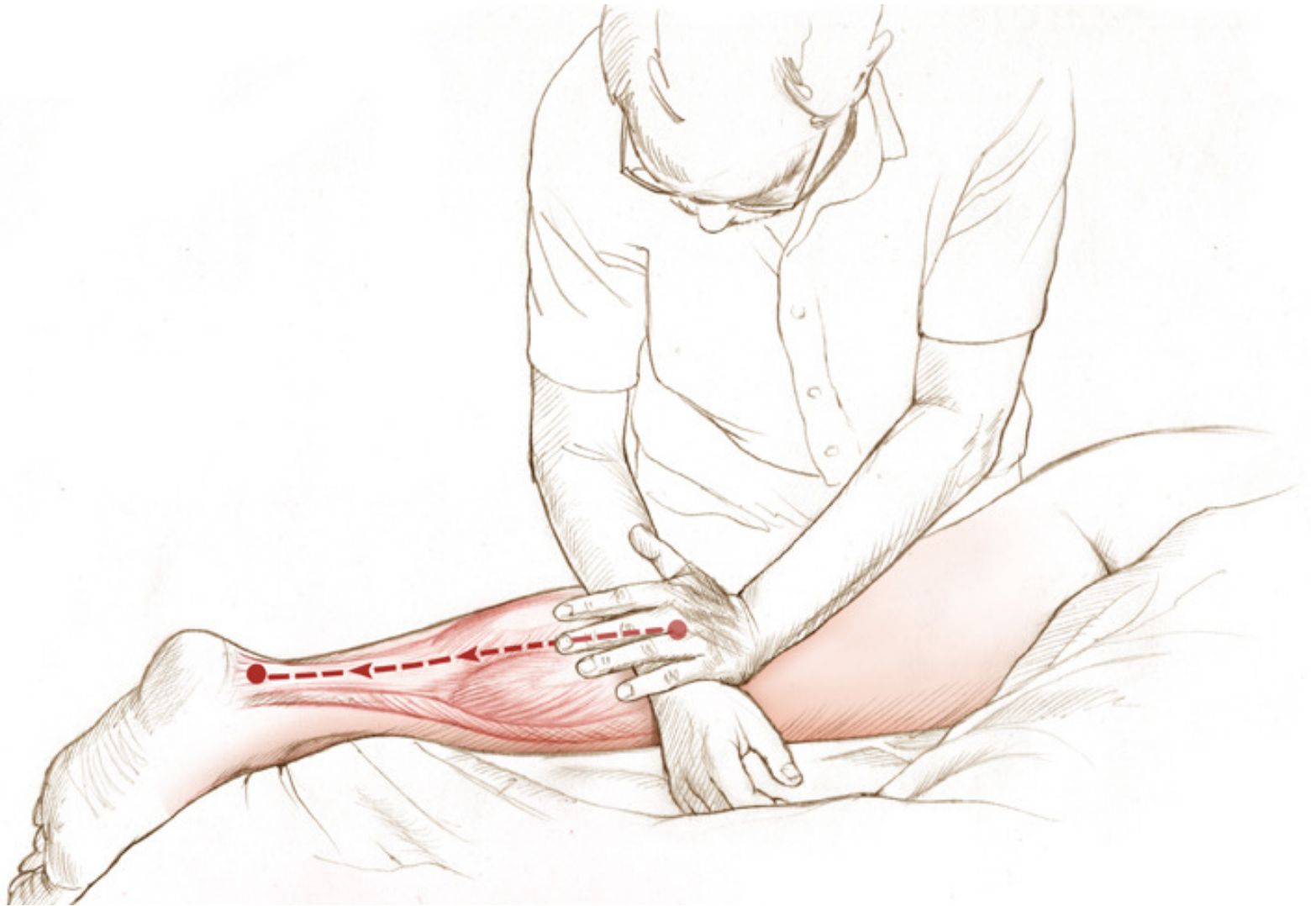




Hamstrings

- With loose fist, nestle into bottom of ischial tuberosity
- Take up the slack with inferiorward traction, not moving
- Add additional vectors with a moving fulcrum going down biceps femoris ending near the insertion on the fibula
- Do a similar fulcrum using the ridge of the knuckles of your loose fist in the “valley” between the medial and lateral hamstrings (easy over the back of the knee)
- Do another moving fulcrum with the flat of the loose fist down the “semi’s” ending at the back of tibia

Gastrocnemius/Soleus (AKA: Triceps Surae)





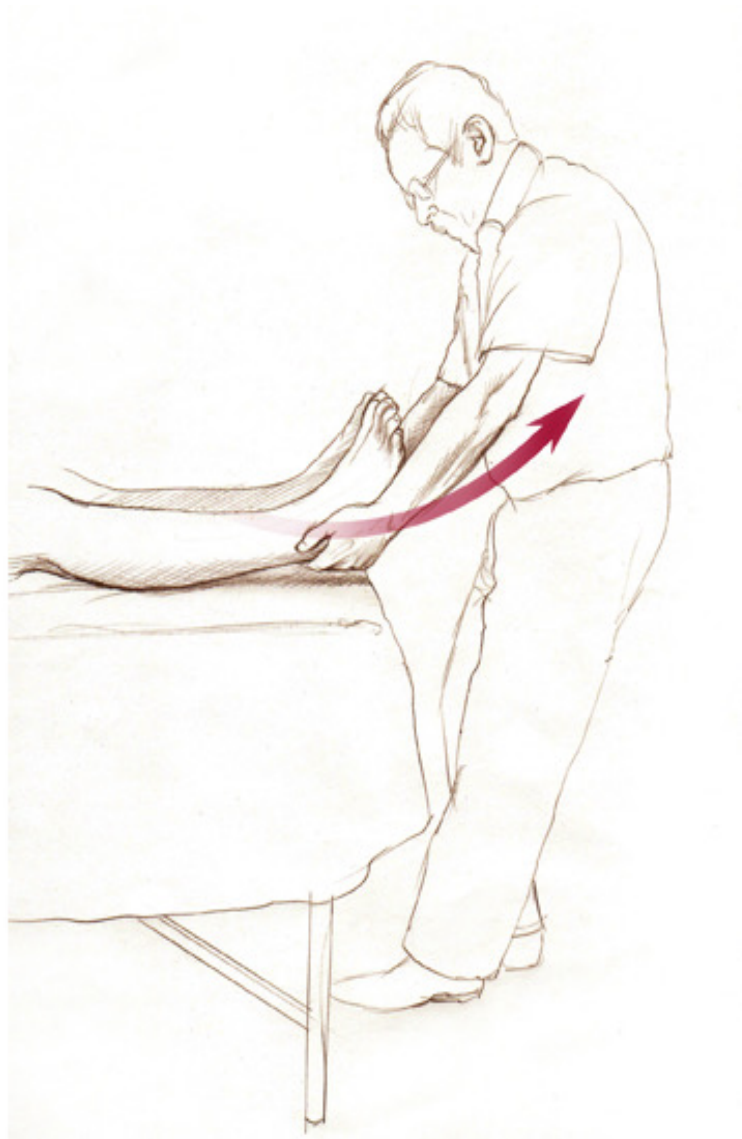
Gastrocnemius/Soleus (AKA: Triceps Surae)

- Using supported forearm (see which is more comfortable) take out the looseness pressing into gastrocnemius/soleus just beneath the knee
- Take up the slack with gentle inferiorward traction
- Add additional vectors following the shape of triceps surae down to the insertion on the calcaneus

Important - slow way down as you work through the calcaneal tendon and then onto the posterior surface of the calcaneus. Tendons change more slowly than muscles bellies.

Also you here have the ability gently to engage the whole person (as in the half moon vector through the legs).

Half Moon Vector through the Legs

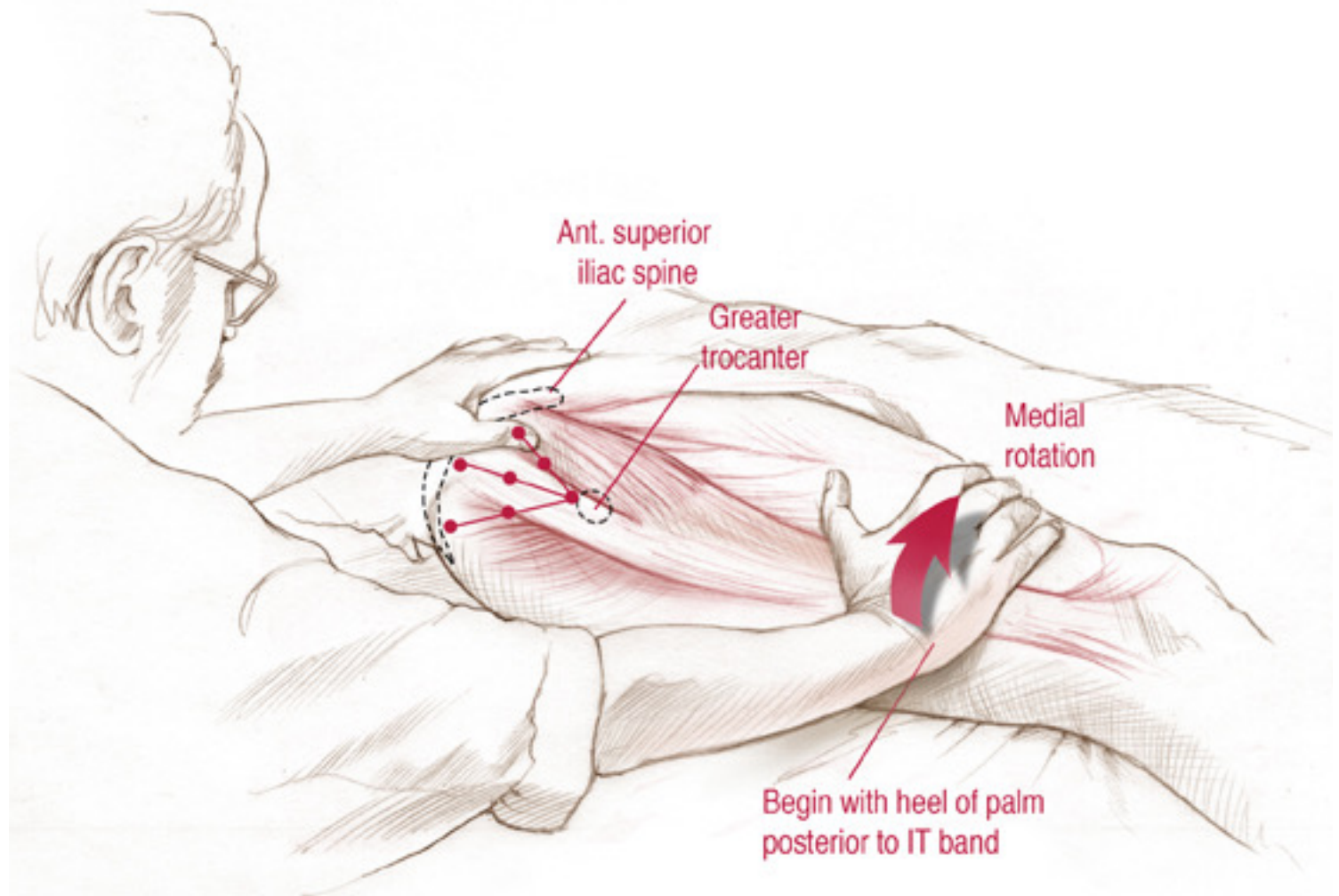




Half Moon Vector through the Legs

- 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



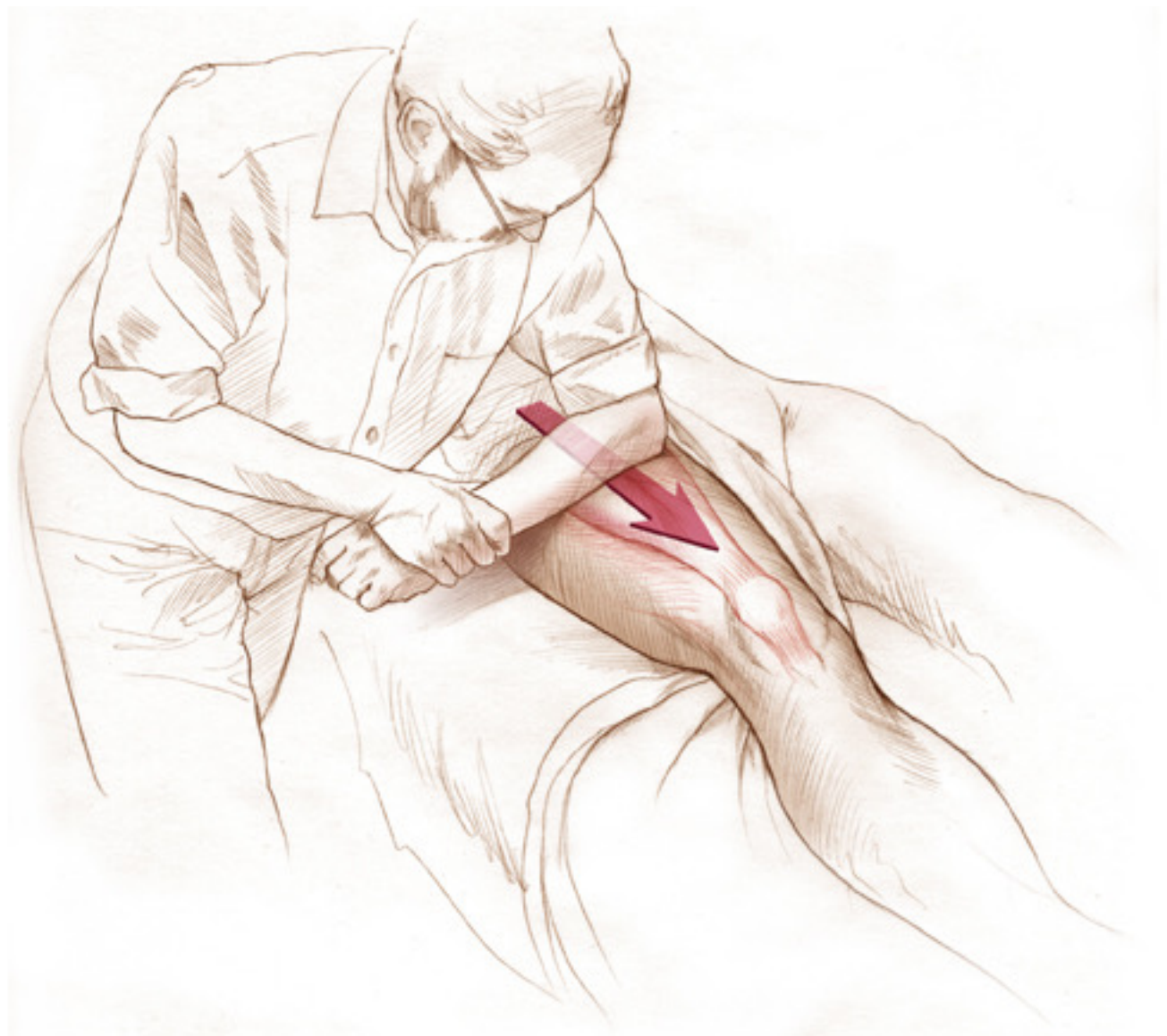


Tensor Fascia Latae, Gluteus Medius and Minimus

- 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

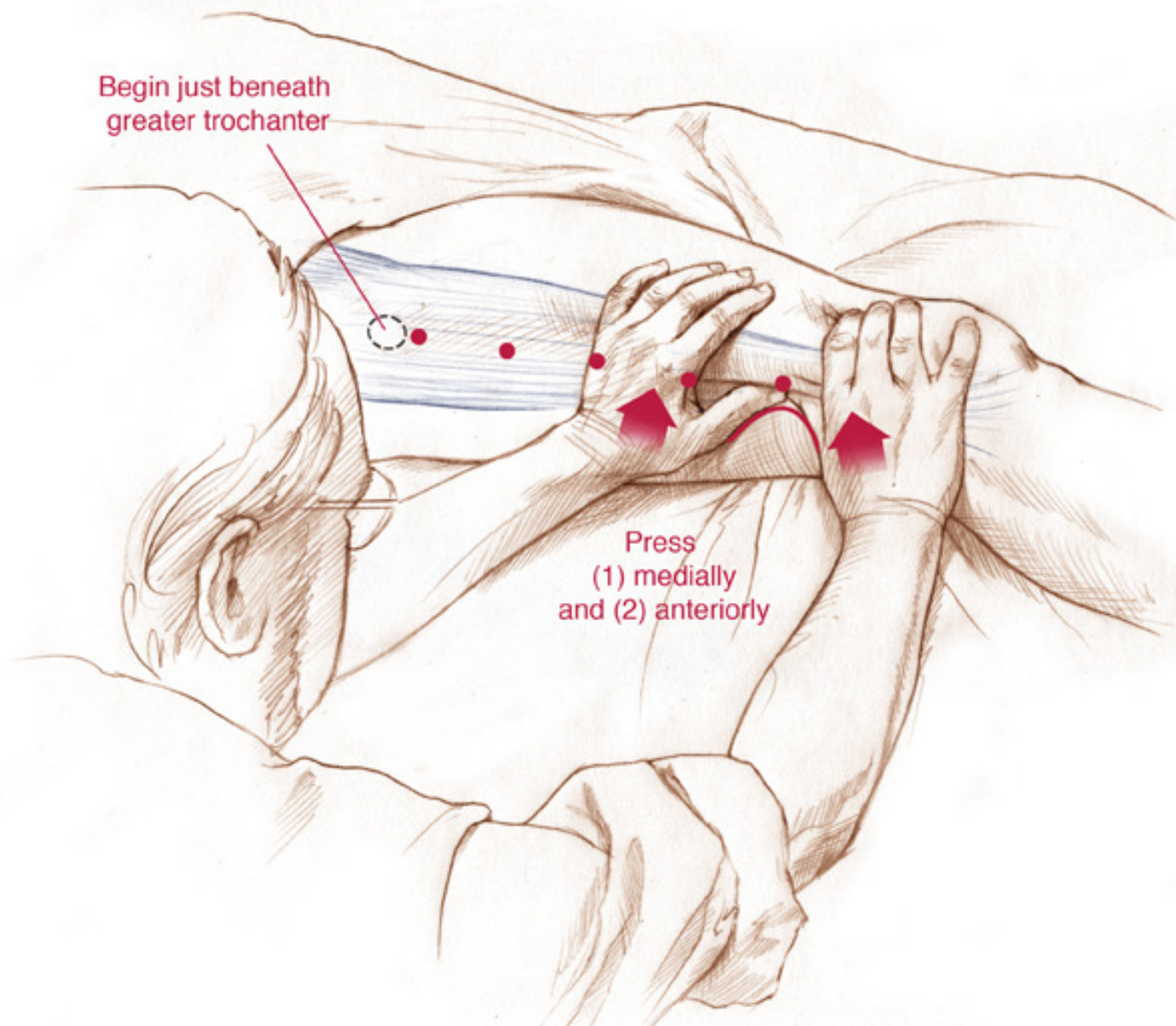




Quadriceps Tendon/Patellar Ligament

- 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

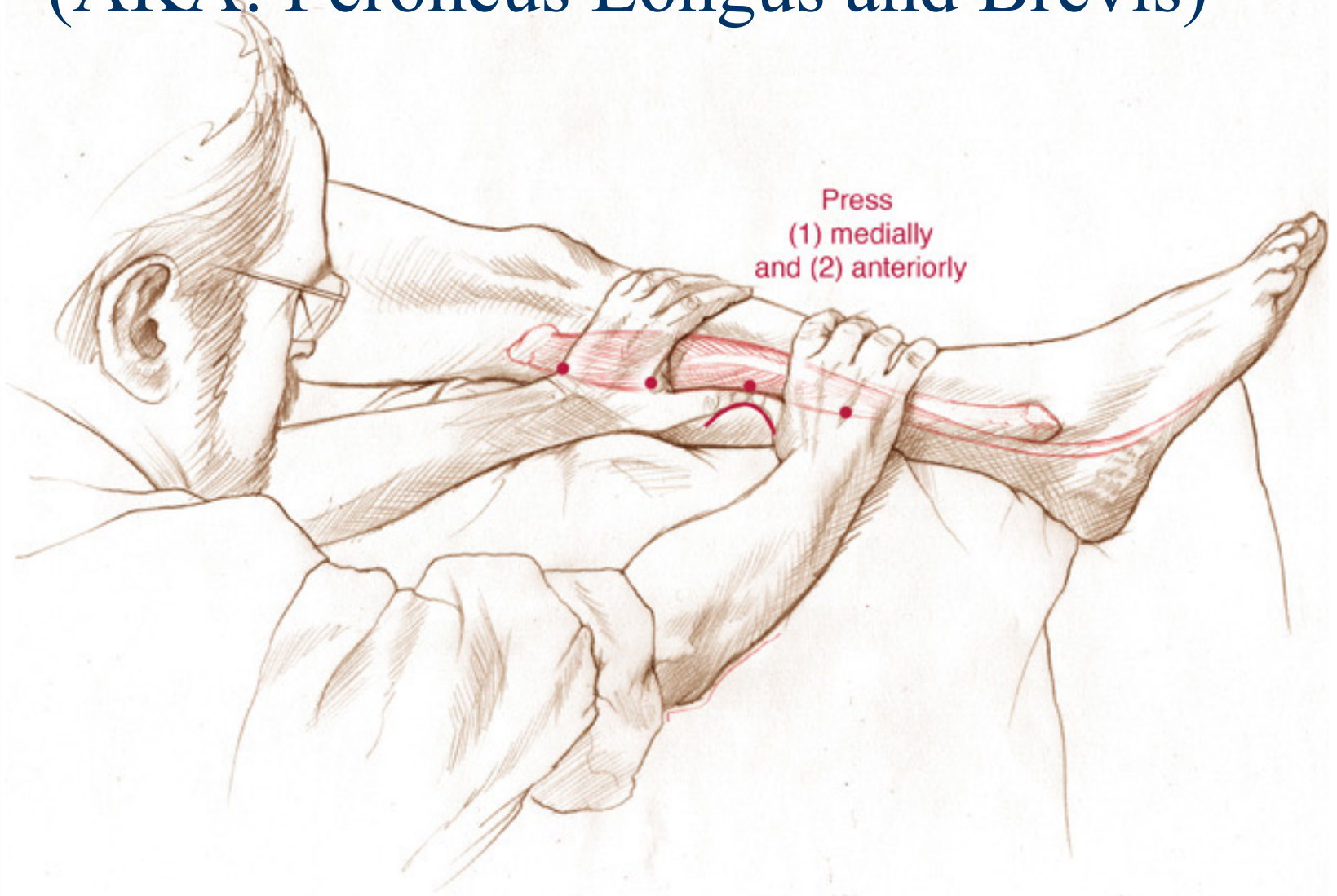




Iliotibial Band

- 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

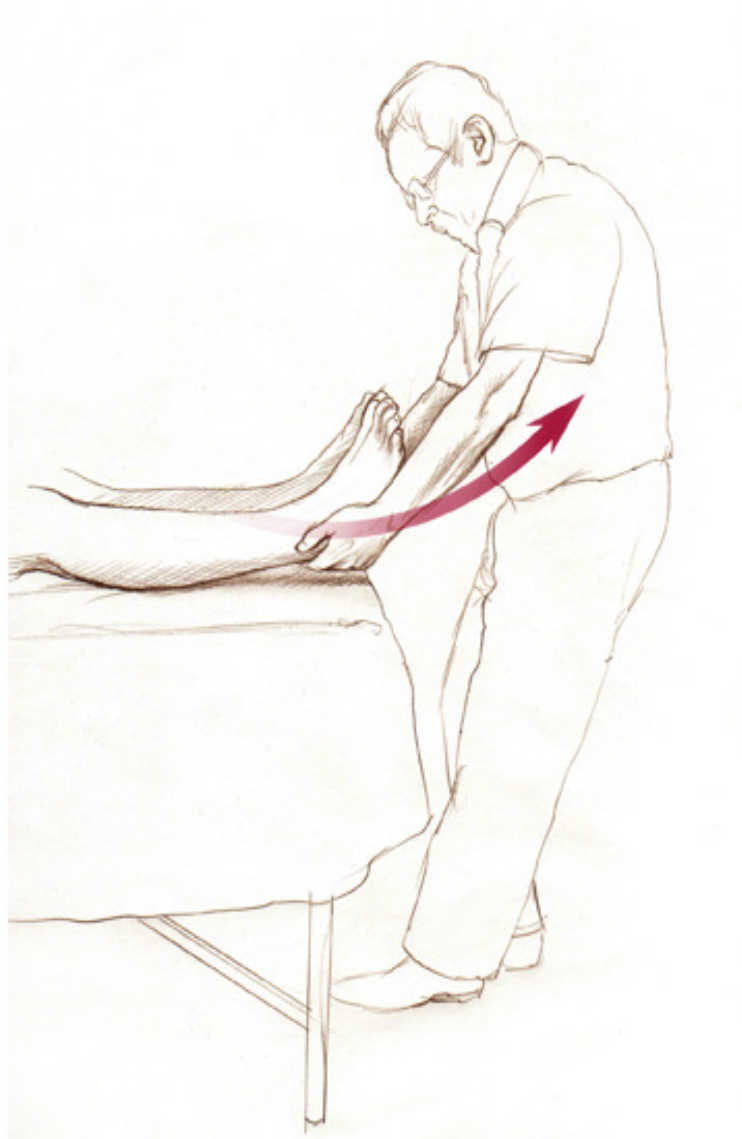




Tibialis Anterior

- 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

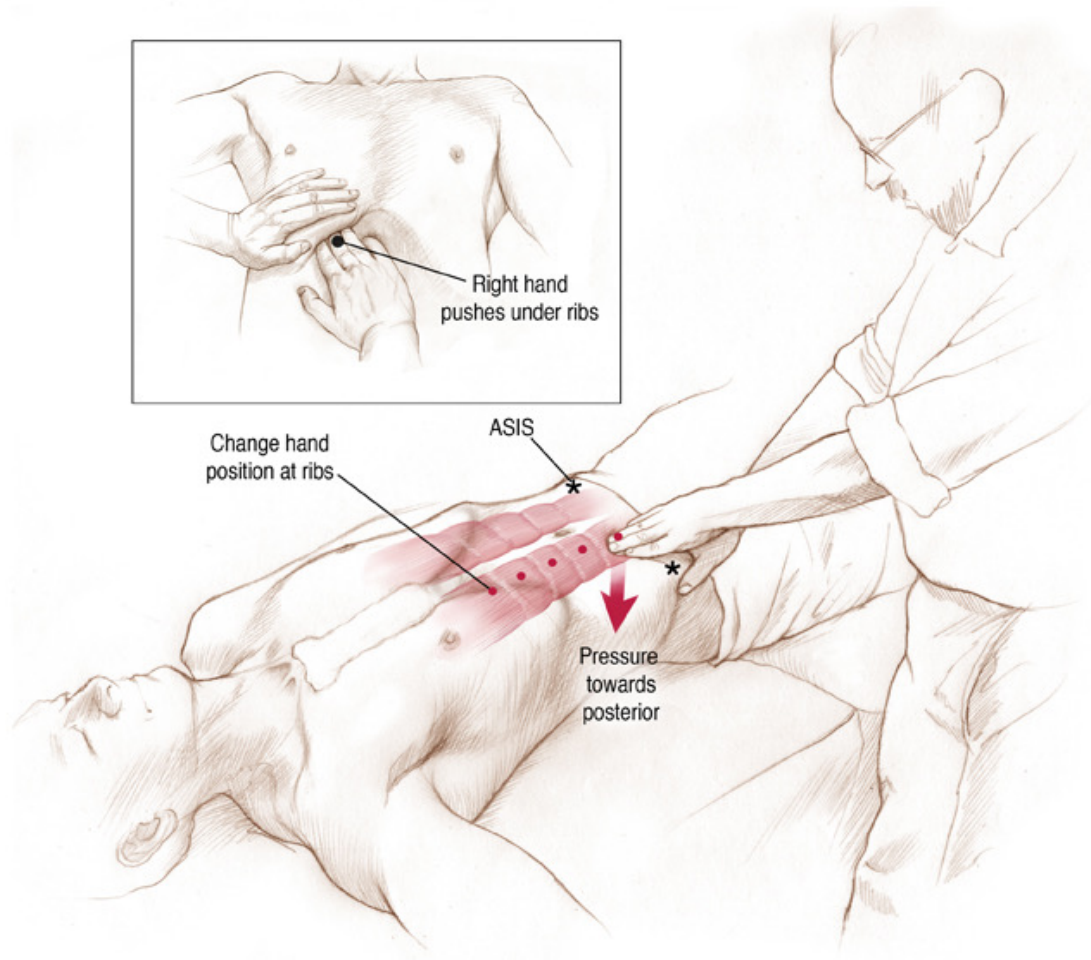




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- Hold it, Hold it, Hold it.
- Monitor for working signs (but don’t wait for one!)
- Clearly disengage, setting the legs down in length.

Rectus Abdominis - #1

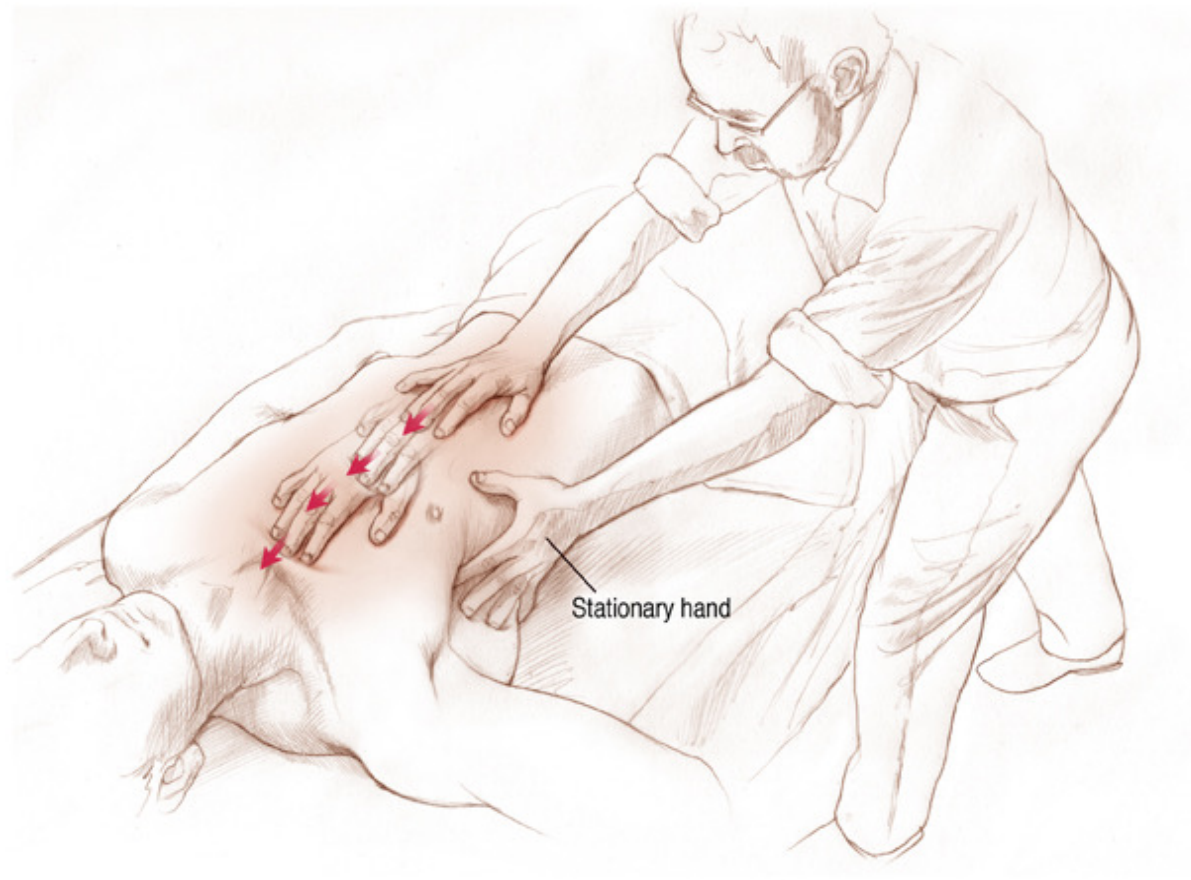




Rectus Abdominis - #1

- 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

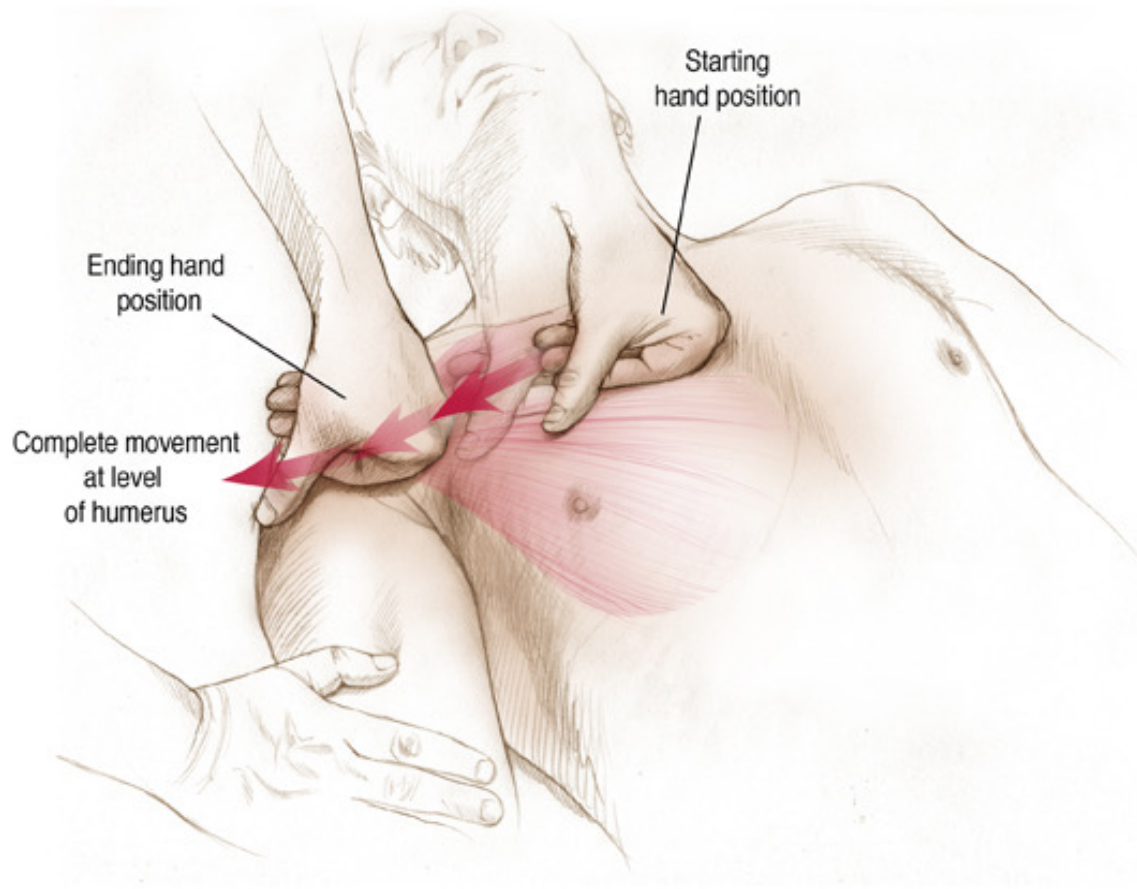




Rectus Abdominis - #2

- 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

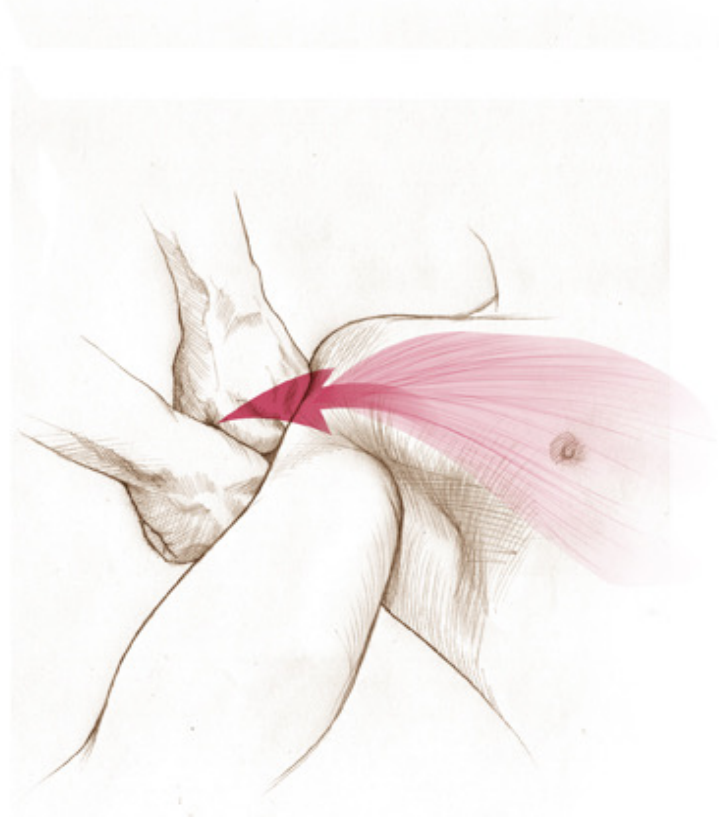
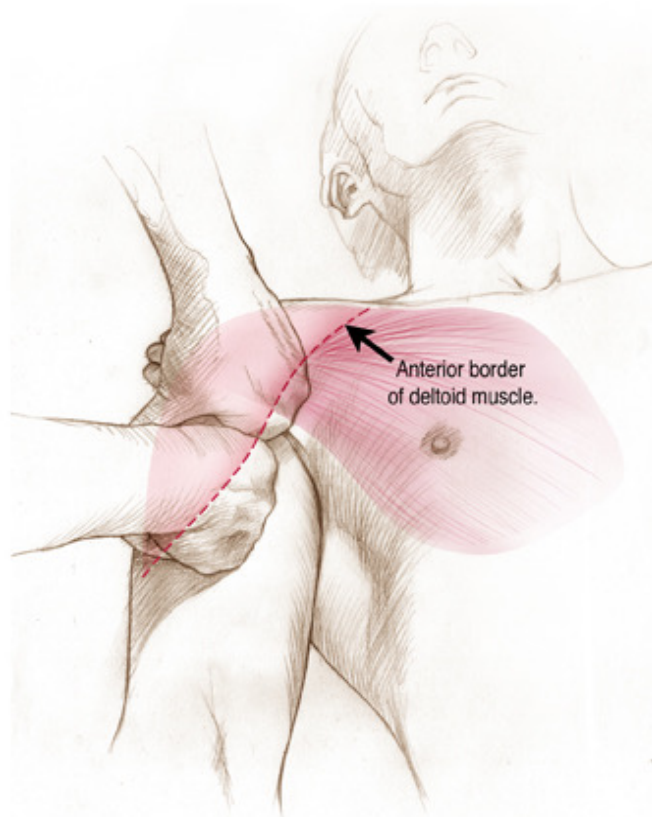




Pectoralis Major – Part #1

- 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

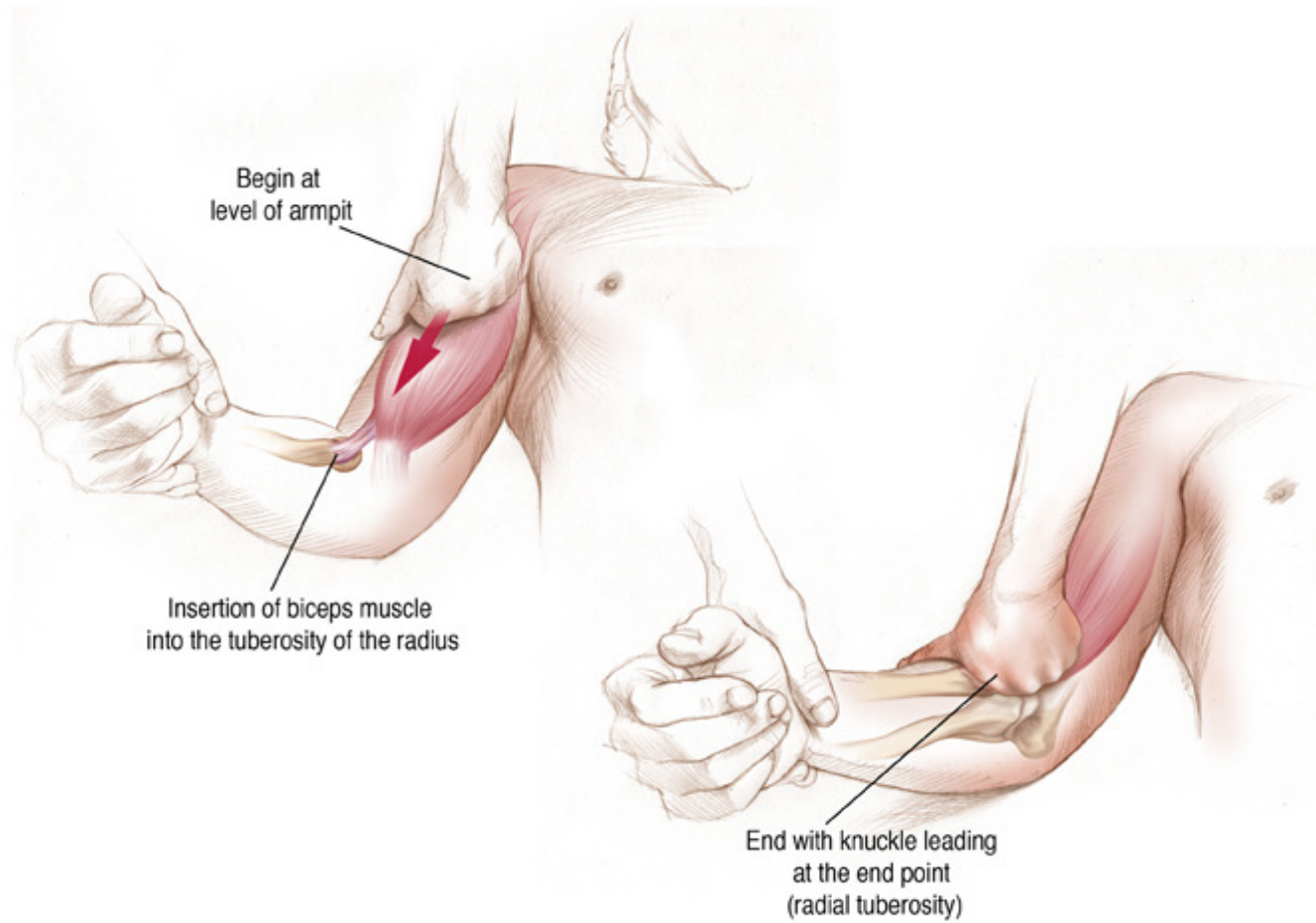




Pectoralis Major (and deltoid) – Part #2

- 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

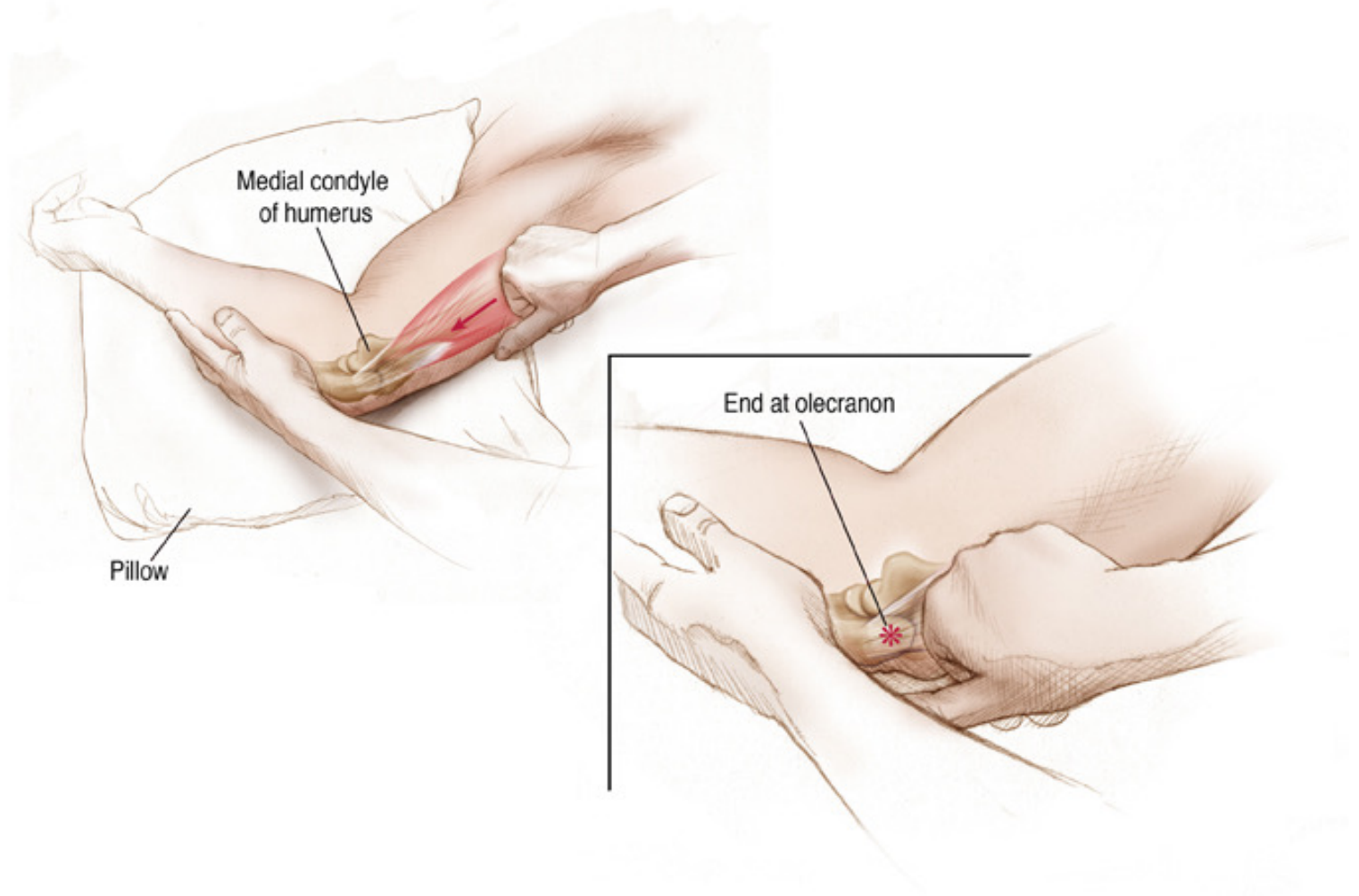




Biceps Brachii

- 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

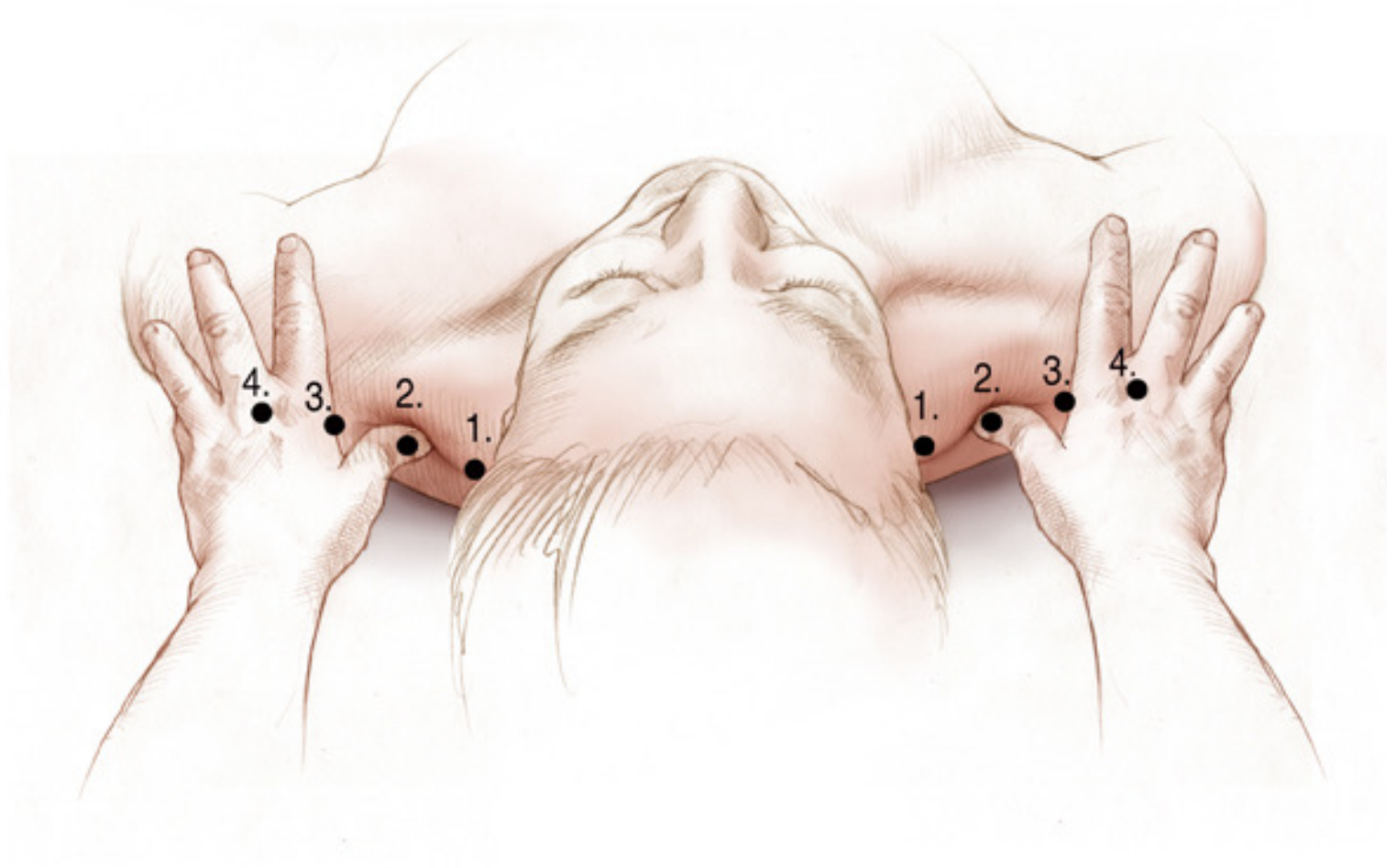




Triceps Brachii

- 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

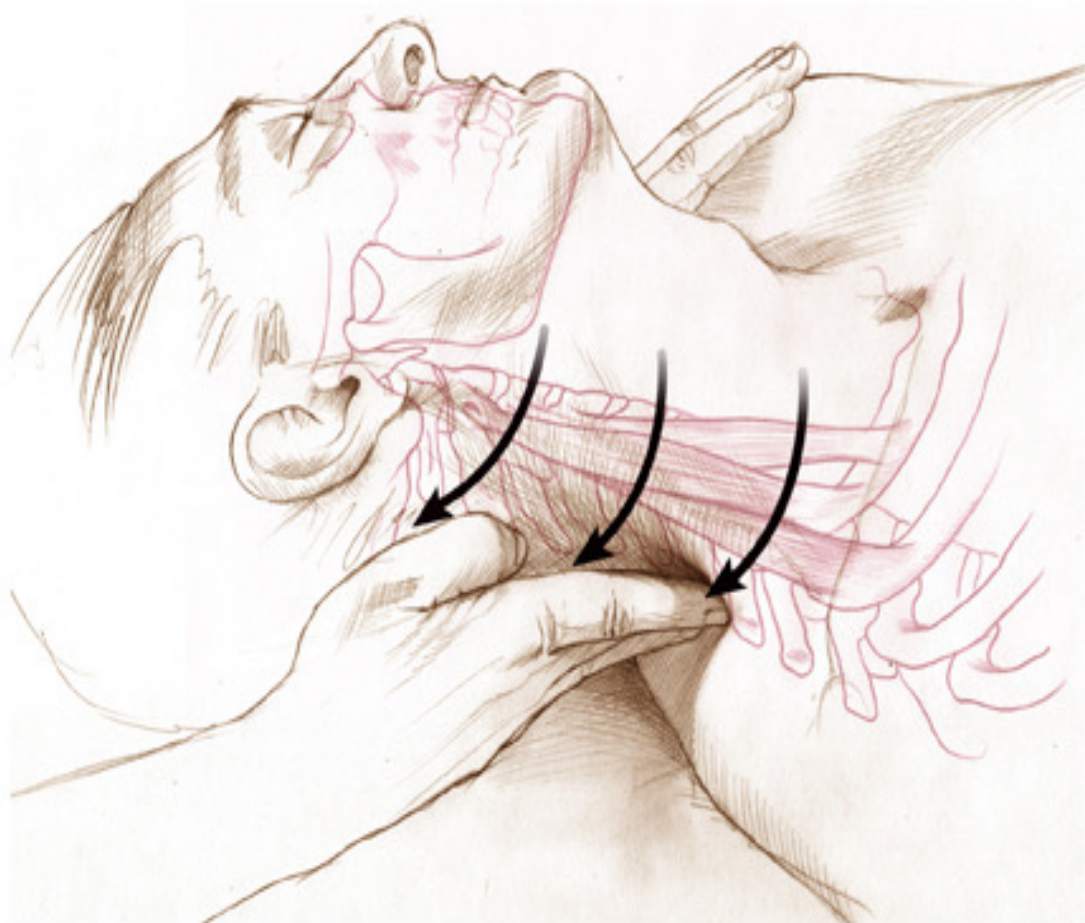




Trapezius

- 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

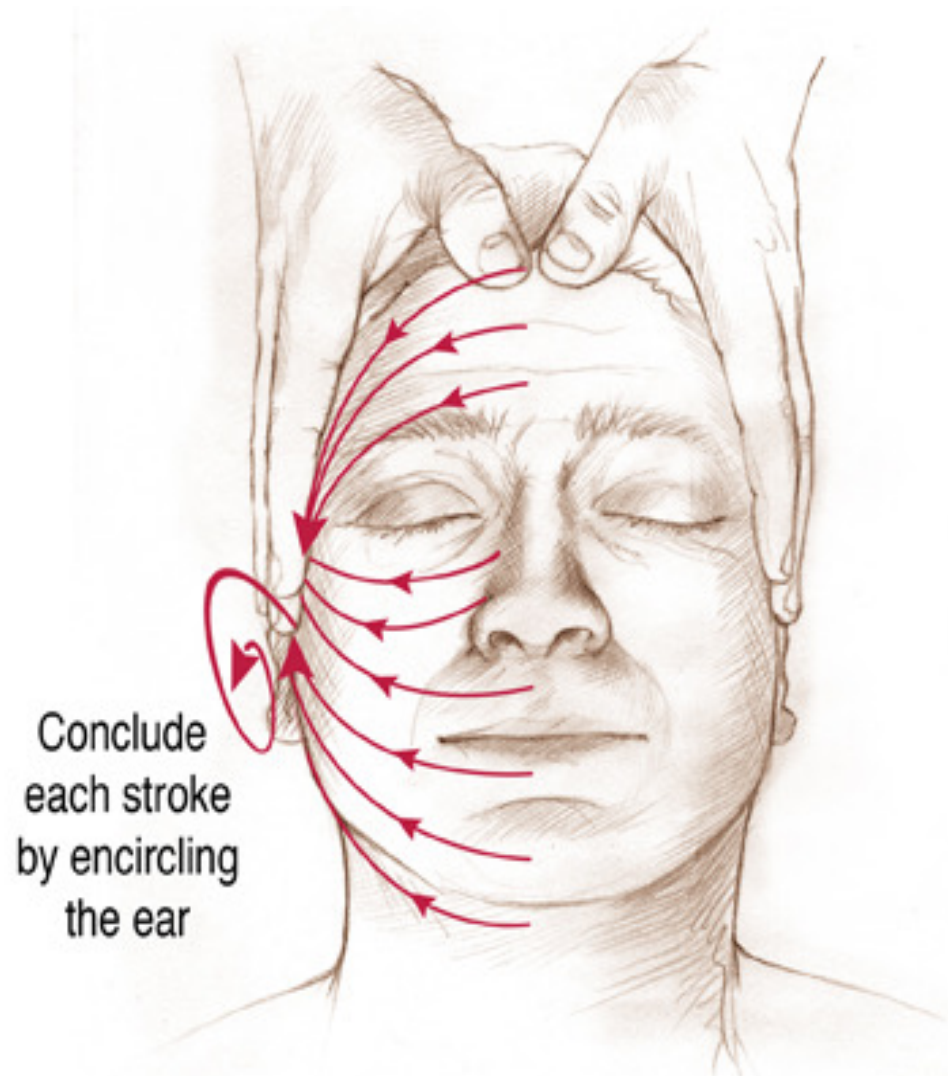




Scalenes

- 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



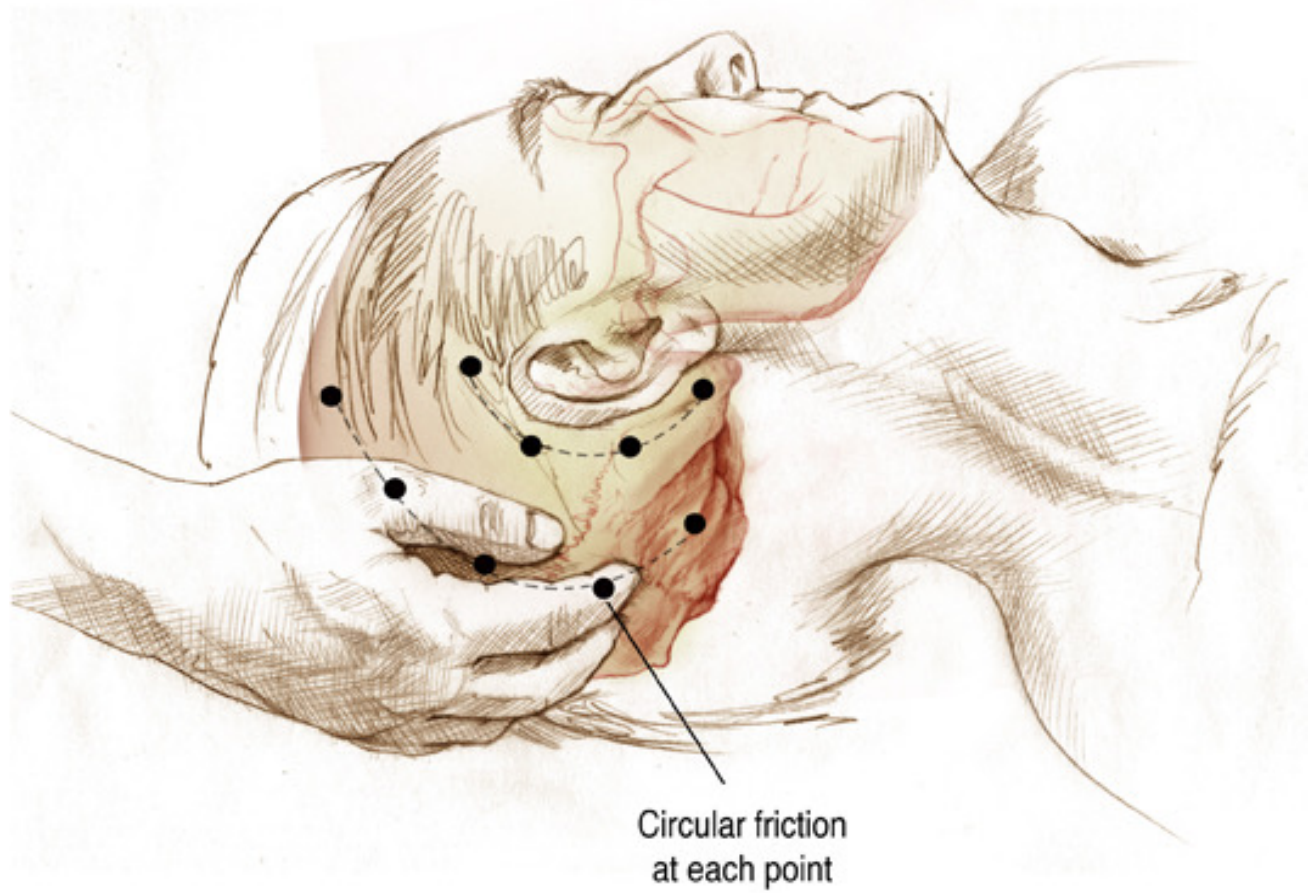


Facial Muscles

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)

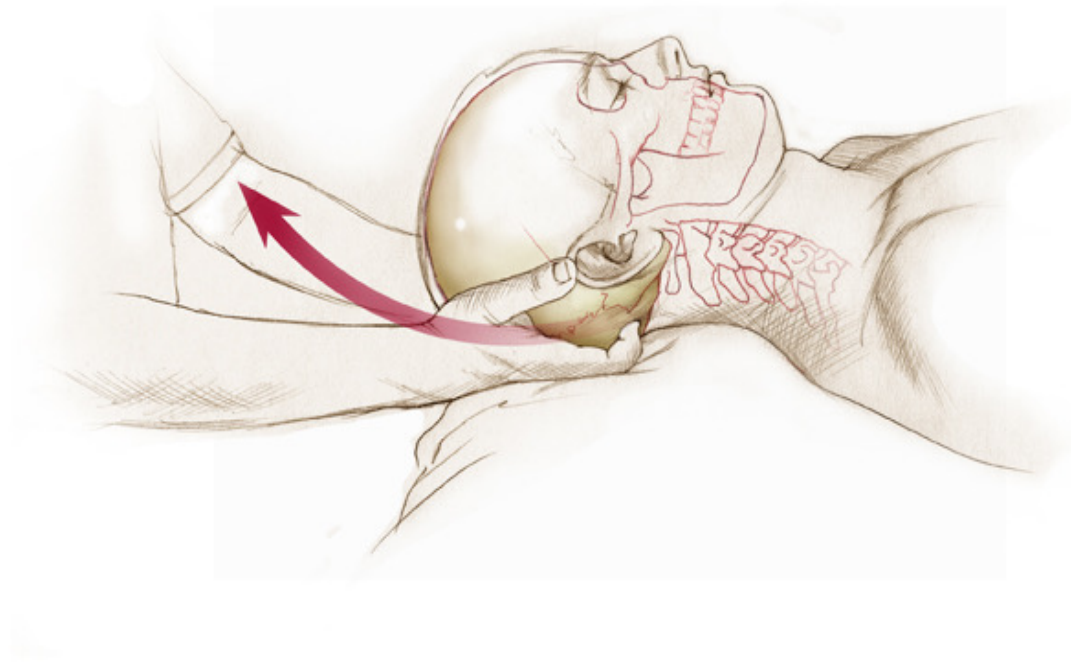




Epicranius (occipitofrontalis)

- 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

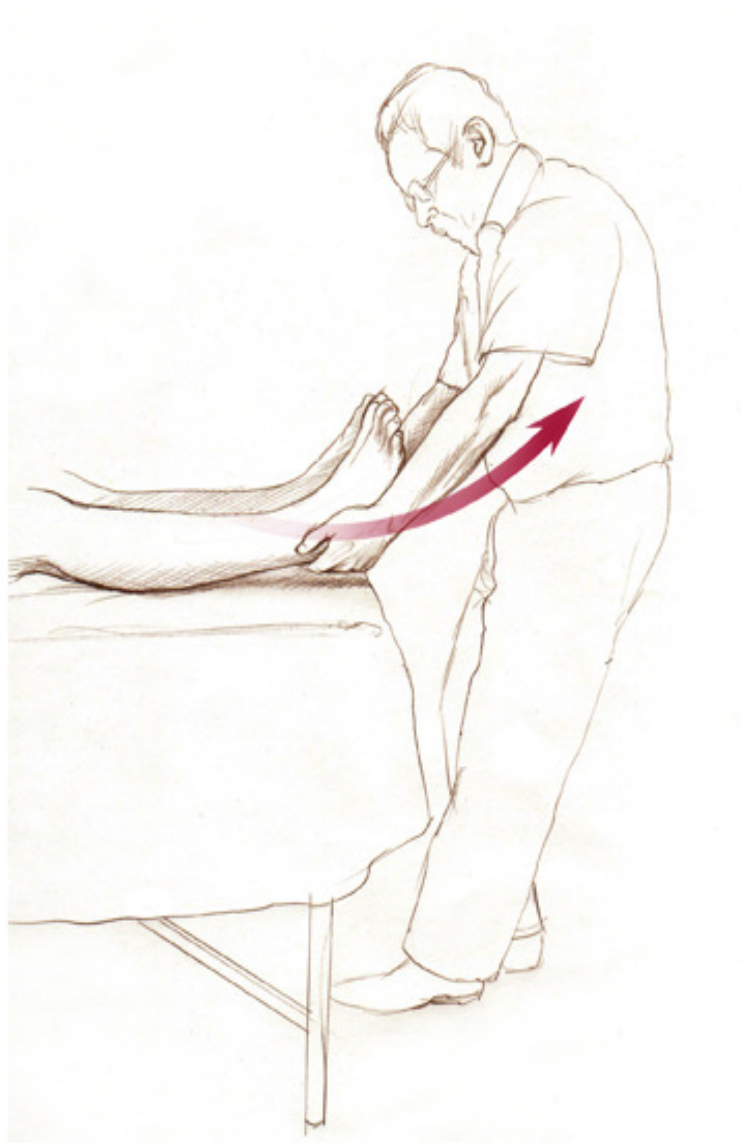




Half Moon Vector through the Neck

- 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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