



97b Myofascial and Fascial Techniques (Part III) – Back, Hips, ITB, Forearms

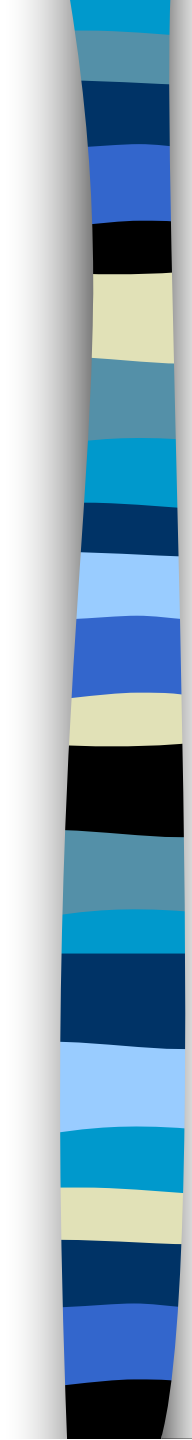


97b Myofascial Release II – Back, Hips, ITB, Forearms Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

55 minutes Lecture

60 minutes Total



97b Myofascial and Fascial Techniques (Part III) – Back, Hips, ITB, Forearms Class Reminders

- **Preparation for upcoming classes:**
 - 97b Myofascial and Fascia Techniques: Demo and Practice
 - 98a Critical Thinking Scenarios
 - 98b 90-minute Receiver's Choice Trades
 - 99a Completion
 - 99b Exit Interview (15 mins; scheduled once you get completion email from Tila)



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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Class Handouts



Myofascial Release – Back 1 “Bilateral Double Palms Down”

1. With the client in the prone position, drape the back.
2. Using your front-facing position, standing at the head of the table, place both palms on the upper back, medial to the scapulae, on either side of the spinous processes.
3. Hook in to the fascia, directing force inferiorly
4. Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
5. Plantarflex into the ground, allowing this to move you forward, not up
6. Listen for working signs of change or release
7. When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
8. Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary

This technique may also be used unilaterally, with one hand over the scapula and the other between the scapula and the spine.

Myofascial Release – Bilateral Back 1 – “Double Palms”





Myofascial Release – Back 2 – “Unilateral Soft Fist Down”

1. Using your front-facing position, standing at the head of the table, place a soft fist, thumb side up, on the upper back, between the scapula and spine;
2. Support your fist with your other hand
3. Hook in to the fascia, directing force inferiorly
4. Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
5. Plantarflex into the ground, allowing this to move you forward, not up
6. Listen for working signs of change or release
7. When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
8. Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary

Myofascial Release – Back 2 – “Unilateral Soft Fist”





Myofascial Release – Back 3 – “Unilateral Ulna Down”

1. Using your side-facing position, standing at the head of the table, place your ulna, with relaxed wrist, on the upper back, between the scapula and spine;
2. Hook in to the fascia, directing force inferiorly; NOTE: This is a slower and deeper move than the previous techniques, so allow more time to sink in to the tissues.
3. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
4. Plantarflex into the ground, allowing this to move you forward, not up
5. Listen for working signs of change or release
6. When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
7. Take a moment to mentally check in with your own body
8. Palpate the fascia for change
9. Repeat as necessary

Myofascial Release – Back 3 – “Unilateral Ulna Down”





Myofascial Release – Back 4 – “Unilateral Palm Up”

1. Using your side-facing position, standing at the side of the table, place your palm on the thoracolumbar fascia at the iliac crest
2. Hook in to the fascia, directing force superiorly, away from the ilium.
3. Align your torso to support your shoulder joint
4. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
5. Plantarflex into the ground, allowing this to move you forward, not up
6. Listen for working signs of change or release
7. When excursion is reached, shifting your weight onto your front foot, and disengage from the client
8. Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary

Note: take caution when working near or over the floating ribs

Myofascial Release – Back 4 – “Unilateral Palm Up”





Myofascial Release – Back 5 – “Unilateral Ulna Up”

1. Using your side-facing position, standing at the side of the table, place your ulna in the lamina groove, parallel to the spine at the iliac crest
this may also be done perpendicular to the spine, but take care not to go over the spine
2. Hook in to the fascia, directing force superiorly, away from the ilium.
3. Align your torso to support your shoulder joint. (You may want to sit on the edge of the table.)
4. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
5. Plantarflex into the ground, allowing this to move you forward, not up
6. Listen for working signs of change or release
7. When excursion is reached, shifting your weight onto your front foot, and disengage from the client
8. Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary

Note: take caution when working near or over the floating ribs

Myofascial Release – Back 5 – “Unilateral Ulna Up”





Myofascial Release – Hip 1 – “Side-Lying Trochanter”

1. With your client in side-lying position, drape the top leg to expose the glutes and greater trochanter. Allow their top hip and knee to flex to 90 degrees and come to rest on the table, while their table leg lies straight.
2. Using your side-facing position, standing at the side of the table, place your palm or soft fist on the posterior aspect of the greater trochanter
3. Hook in to the fascia, directing force inferiorly, away from the trochanter.
4. Align your torso to support your shoulder joint
5. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
6. Plantarflex into the ground, allowing this to move you forward, not up
7. Listen for working signs of change or release
8. When excursion is reached, Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary in any direction away from the greater trochanter

Myofascial Release – Hip 1 – “Side-Lying Trochanter”





Myofascial Release – Hip 2 – “Side-Lying Trochanter with Ulna”

1. With your client in side-lying position, drape the top leg to expose the glutes and greater trochanter. Allow their top hip and knee to flex to 90 degrees and come to rest on the table, while their table leg lies straight.
2. Using your side-facing position, standing at the side of the table, place your forearm flexors on the posterior aspect of the greater trochanter
3. Hook in to the fascia, directing force inferiorly, away from the trochanter.
4. Align your torso to support your shoulder joint
5. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
6. Plantarflex into the ground, allowing this to move you forward, not up
7. Listen for working signs of change or release
8. When excursion is reached, Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary in any direction away from the greater trochanter

Myofascial Release – Hip 2 – “Side-Lying Trochanter with Ulna”





Myofascial Release – ITB 1 – “Fiber Spread”

1. With your client in side-lying position, drape the top leg to expose the glutes and greater trochanter. Allow their top hip and knee to flex to 90 degrees and come to rest on the table, while their table leg lies straight.
2. Using your side-facing position, standing at the foot end of the table, place your superior hand on the IT Band and your inferior hand on your client's heel to prevent the leg from shifting
3. Hook in to the fascia, directing force across the IT band, as though you are spreading the fibers of a rope. Do not direct pressure into the femur.
4. Align your torso to support your shoulder joint
5. Check that your back leg creates a straight line through your head, and your front leg is flexed and ready to support, should you need it.
6. Plantarflex into the ground, allowing this to move you forward, not up
7. Listen for working signs of change or release
8. When excursion is reached, Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary anywhere along the IT band

Myofascial Release – ITB 1 – “Fiber Spread”





Myofascial Release – Forearm 1 – “Flexors from elbow”

1. With your client in side-lying position, flex their arm to “cactus” position.
2. Using your front-facing position, standing at the side of the table. Place your lateral hand at the proximal forearm. Place your medial hand at the elbow bend to prevent the arm from sliding.
3. Hook in to the fascia, directing force away from the elbow joint.
4. Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
5. Plantarflex into the ground, allowing this to move you forward, not up
6. Listen for working signs of change or release
7. When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
8. Take a moment to mentally check in with your own body
9. Palpate the fascia for change
10. Repeat as necessary (may use soft fist for a deeper stroke)

Myofascial Release – Forearm 1 – “Flexors from elbow”





Myofascial Release – Forearm 2 – “Flexors from wrist”

- With your client in side-lying position, flex their arm to “cactus” position.
- Using your front-facing position, standing at the head of the table. With your lateral hand, hold your client’s hand to prevent the arm from sliding. Position your medial hand at the flexor retinaculum.
- Hook in to the fascia, directing force away from the wrist.
- Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
- Plantarflex into the ground, allowing this to move you forward, not up
- Listen for working signs of change or release
- When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
- Take a moment to mentally check in with your own body
- Palpate the fascia for change
- Repeat as necessary (may use soft fist for a deeper stroke)

Myofascial Release – Forearm 2 – “Flexors from wrist”

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Myofascial Release – Forearm 3 – “Extensors Inferiorly”

- Client is supine.
- Using your front-facing position, standing at the head of the table. Position your lateral hand on the flexor side of the client’s forearm. Position your medial hand at the proximal forearm.
- Hook in to the fascia, directing force away from the elbow, while simultaneously drawing the flexor fascia toward you.
- Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
- Plantarflex into the ground, allowing this to move you forward, not up
- Listen for working signs of change or release
- When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
- Take a moment to mentally check in with your own body
- Palpate the fascia for change
- Repeat as necessary (may use soft fist or side-facing ulna for a deeper stroke)

Myofascial Release – Forearm 3 – “Extensors Inferiorly”





Myofascial Release – Forearm 4 – “Extensors Superiorly”

- Client is supine.
- Using your front-facing position, standing at the side of the table. Position your medial hand on the flexor side of the client's forearm. Position your lateral hand at the distal forearm.
- Hook in to the fascia, directing force away from the wrist, while simultaneously drawing the flexor fascia toward you.
- Walk both legs back and drop your hips forward, while simultaneously engaging your core to draw the lumbar spine posteriorly
- Plantarflex into the ground, allowing this to move you forward, not up
- Listen for working signs of change or release
- When excursion is reached, bring one foot forward, shifting your weight onto it, and disengage from the client
- Take a moment to mentally check in with your own body
- Palpate the fascia for change
- Repeat as necessary (may use soft fist or side-facing ulna for a deeper stroke)

Myofascial Release – Forearm 4 – “Extensors Superiorly”





Myofascial Release – Back, Hips, ITB, Forearms

Prone

1. Bilateral Double-Palms down upper back
2. Unilateral Soft fist down upper back
3. Unilateral Ulna down upper back
4. Unilateral Palm up lower back
5. Unilateral Ulna up lower back (parallel and perpendicular to spine)

Side-Lying Hips

1. Side-Lying Trochanter (Palms, Fists, Ulna)
2. ITB fiber spread

Side-Lying Forearm Flexors

1. flexors from elbow
2. flexors from wrist

Supine

1. Extensors inferiorly
2. Extensors superiorly



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