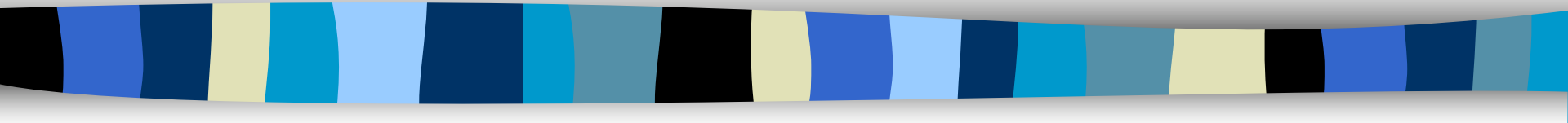


# 91b Deep Massage: Technique Demo and Practice - Posterior and Anterior Legs





## 91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs 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	



## 91b Deep Massage: Technique Demo and Practice - Anterior and Posterior Legs Class Reminders

### ■ Assessments:

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

### ■ Quizzes:

- 94a Kinesiology Quiz
  - See syllabus for list of muscles to review
  - 75 questions in 60 minutes

### ■ Preparation for upcoming classes:

- 92a Deep Massage: Working at Interface & The Seven Dimensions of Touch
  - Lauterstein: Chapters 6, 8, 10, 12, 14, 16, and 18.
  - Lauterstein: Pages 13-23.
- 92b Deep Massage: Technique Review and Practice – Posterior
  - Lauterstein: Chapters 7, 9, and 11.
  - Lauterstein: Pages 140-142 and 166-171.
- 93a Kinesiology: Palpation – Anterior Torso and Arms



# 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.*

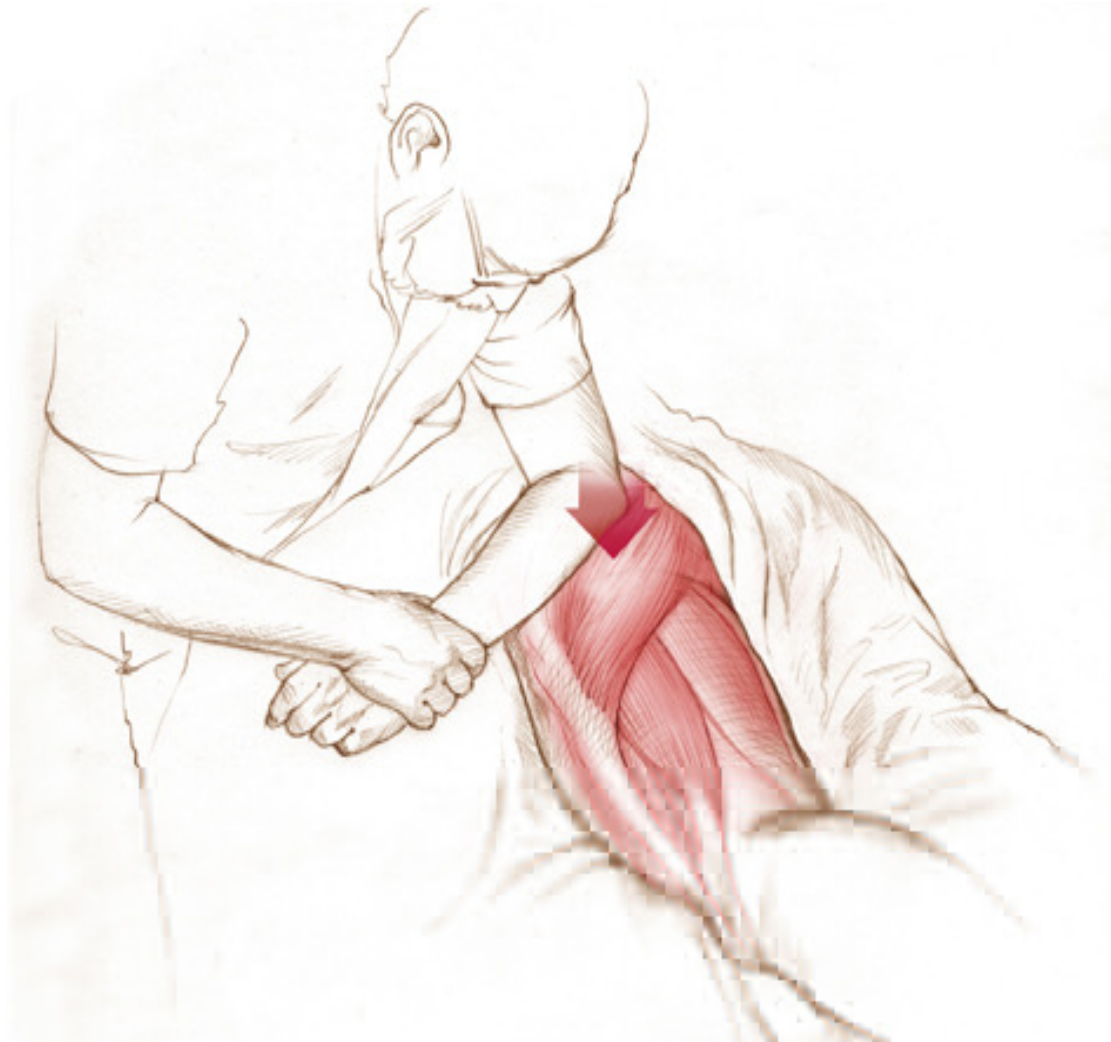
# 91b Deep Massage: Technique Demo and Practice - Posterior and Anterior Legs



L-27

# Gluteus Maximus (stationary)

*- start on the right side of the body*

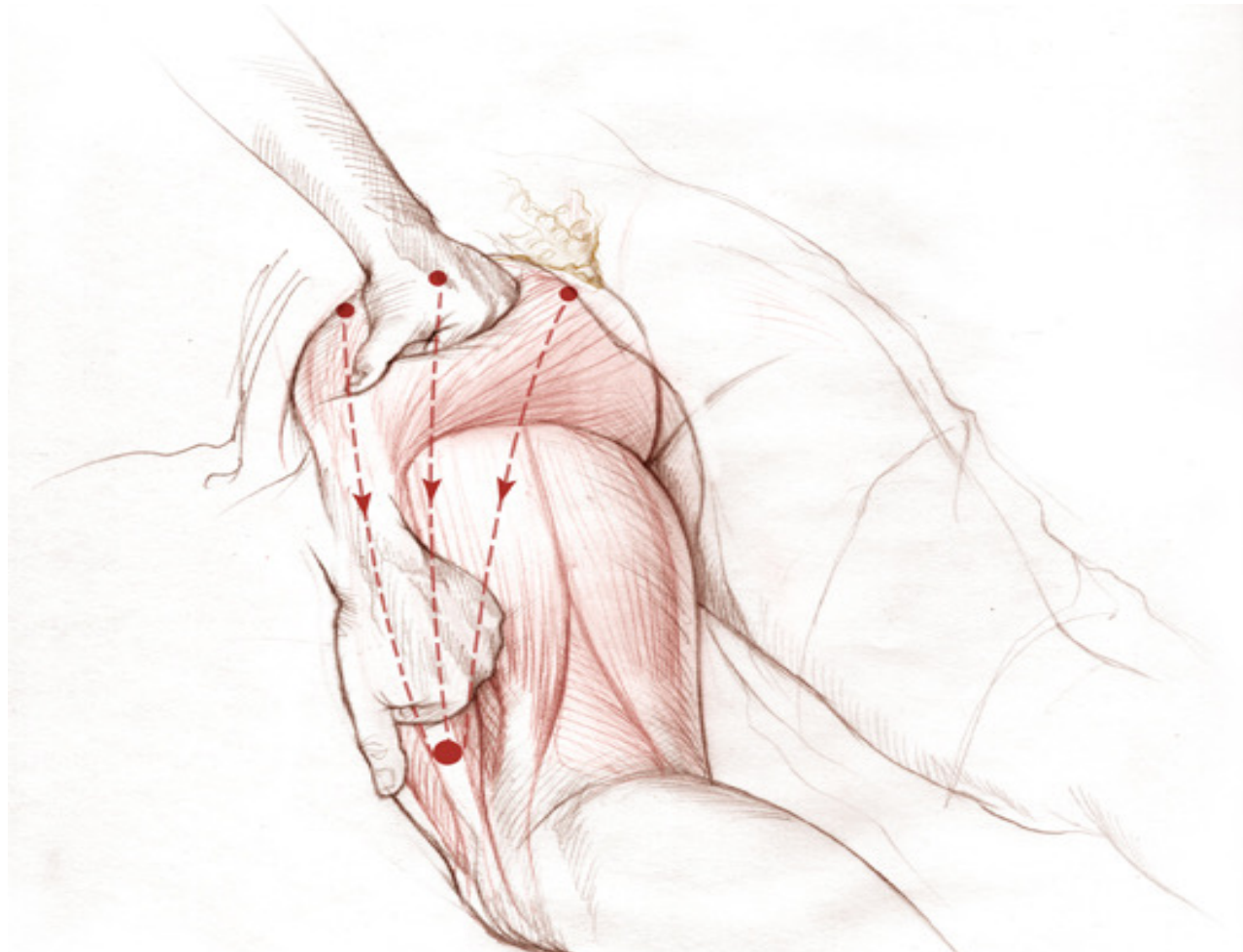




# Gluteus Maximus

- 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 (lengthening)







# 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

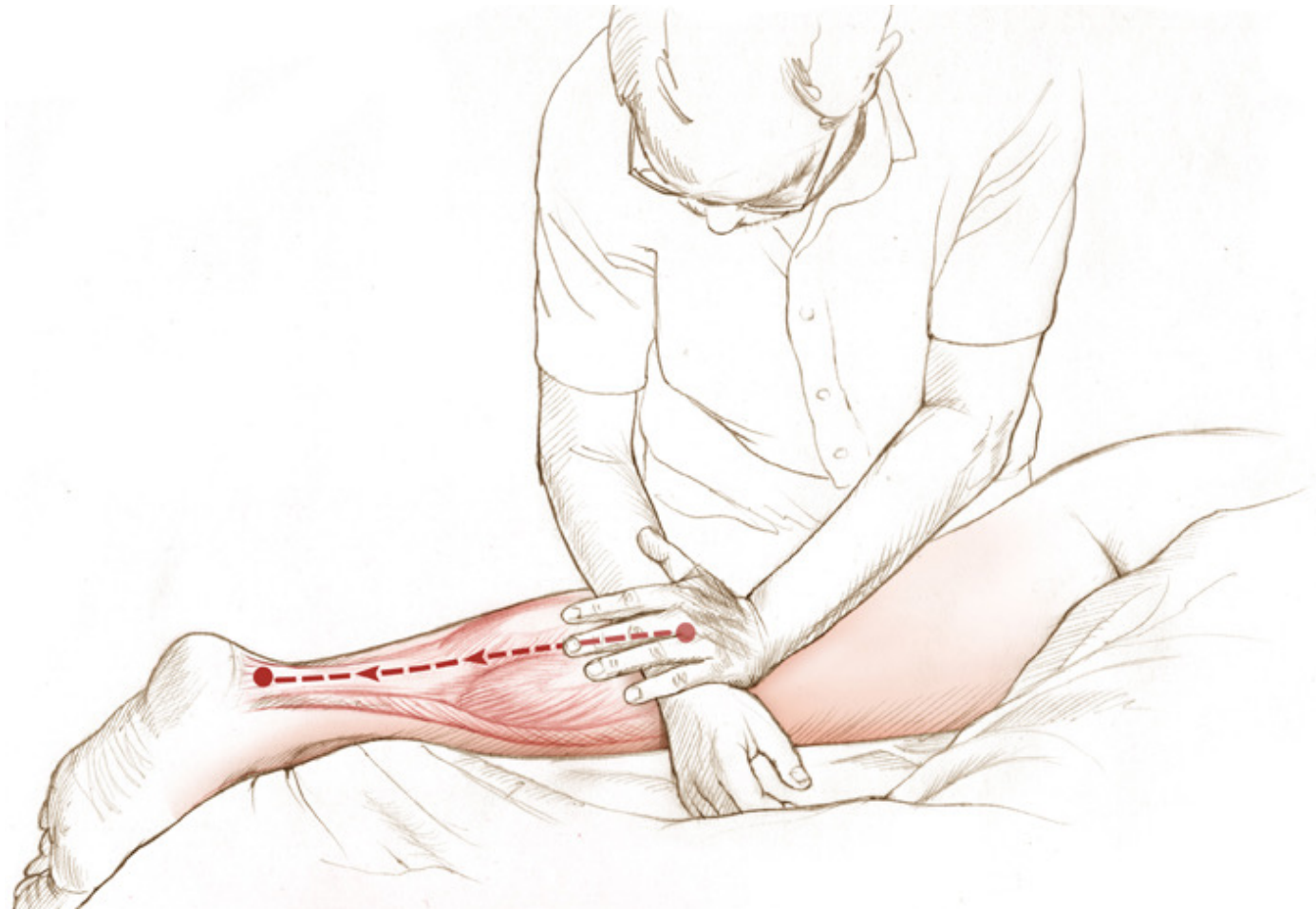




# Hamstrings

- ❑ Start with the knee flexed, down table / outside hand on the dorsal surface of foot
- ❑ With loose fist of the up table / inside hand, nestle into bottom of ischial tuberosity to take out the looseness
- ❑ Take up the slack with distal traction, not moving
- ❑ As the up table / inside hand moves down the biceps femoris, slightly extend the knee
- ❑ As hand reaches the end of the vector near the insertion on the fibula, slightly flex the knee again so that the loose fist contacts the attachment points
- ❑ Add additional vectors with moving fulcrums:
  - One pass in the middle, in the “valley” between the medial and lateral hamstrings (easy over the back of the knee)
  - One pass medially, 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.

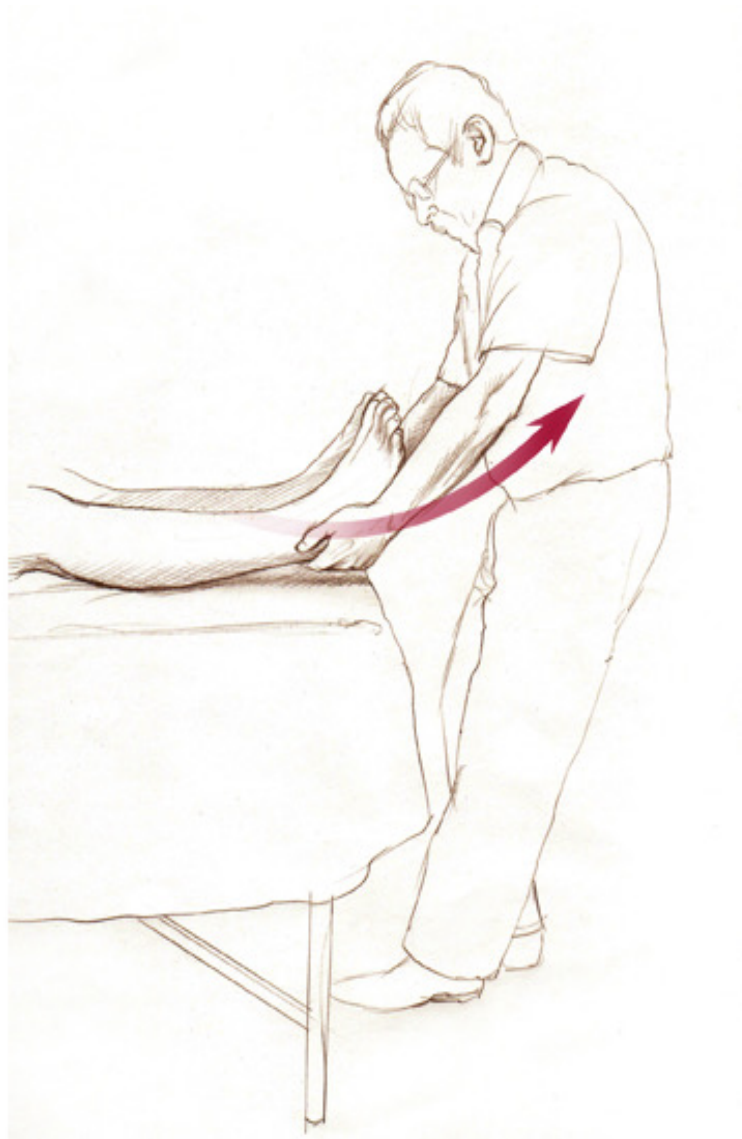
Also you here have the ability gently to engage the whole person (as in the half moon vector through the legs).



*Repeat steps on the other side.*

*When done, turn the client supine.*

# Half Moon Vector through the Legs



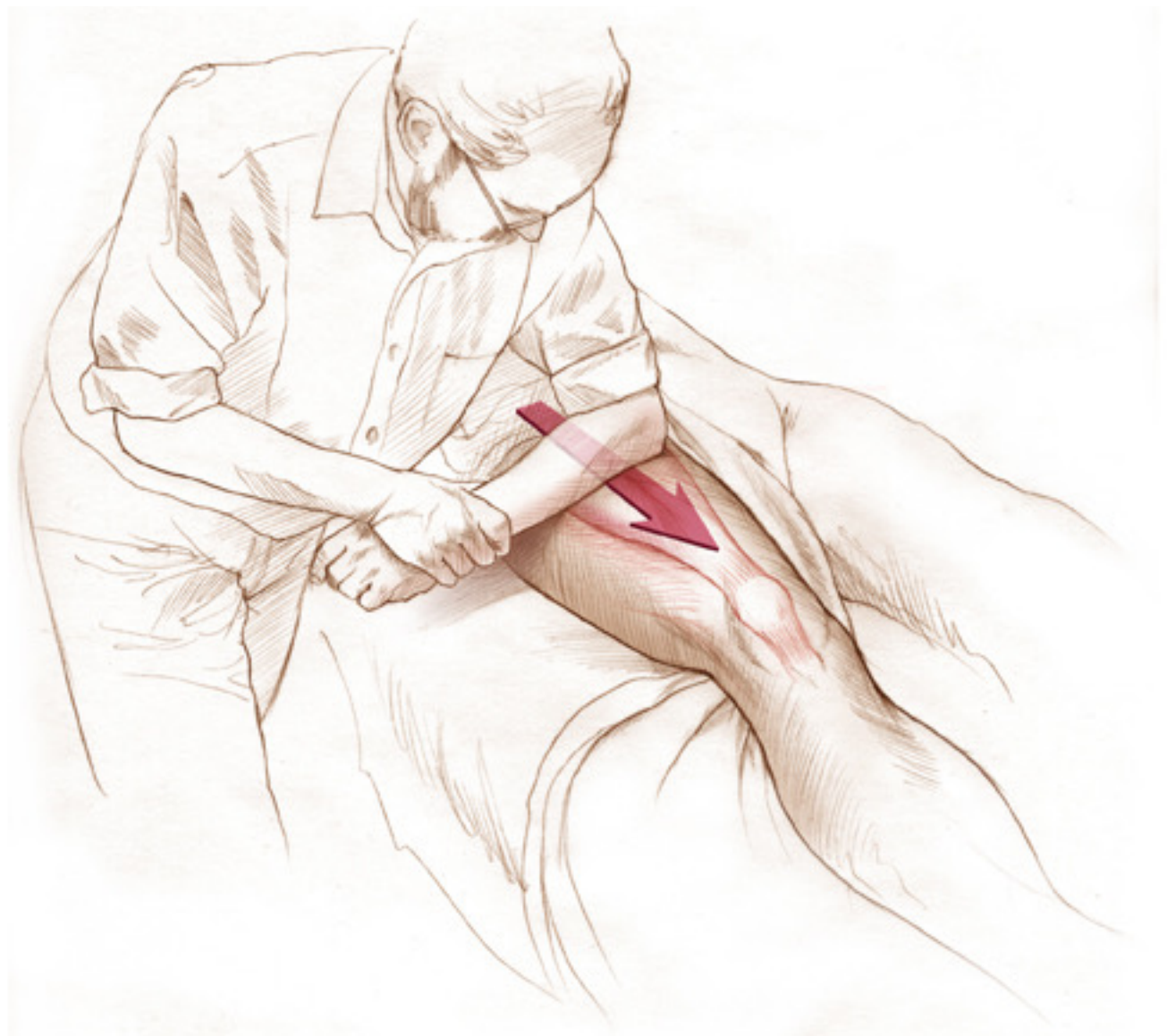


# Half Moon Vector through the Legs

- 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.



# 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

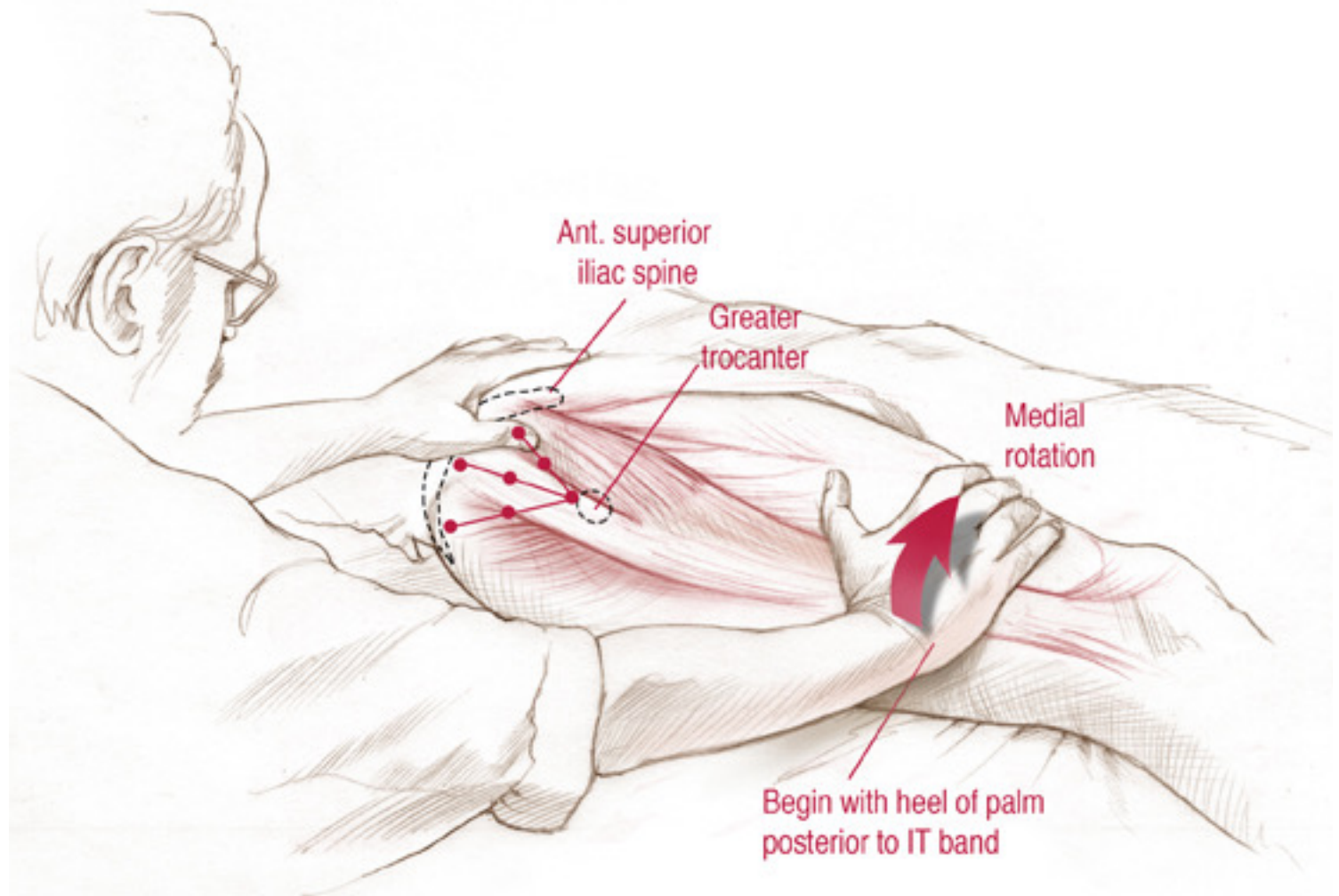




# Quadriceps Tendon/Patellar Ligament

- 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

# Tensor Fascia Latae, Gluteus Medius and Minimus





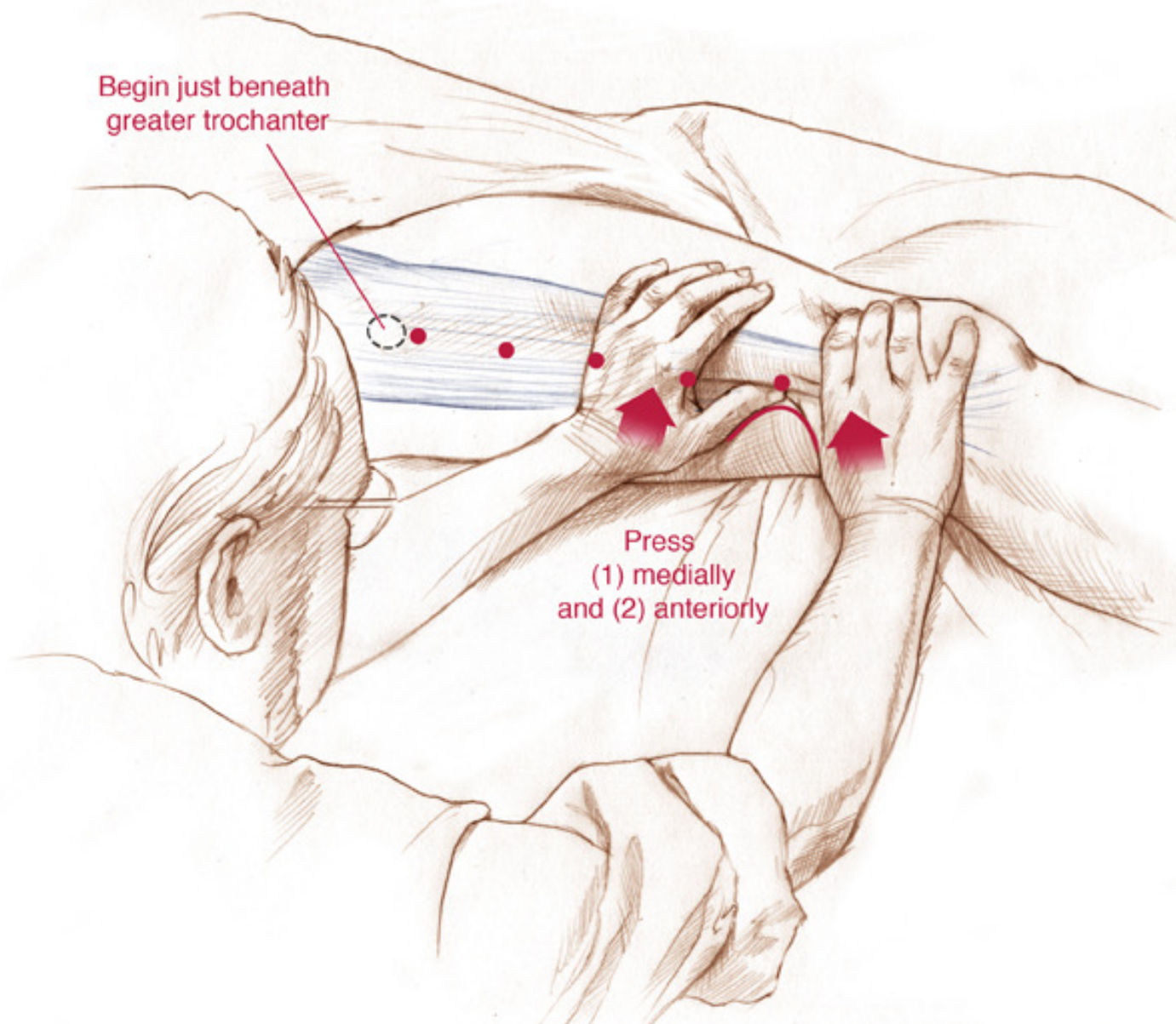
# Tensor Fascia Latae, Gluteus Medius and Minimus

- 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



# Iliotibial Band



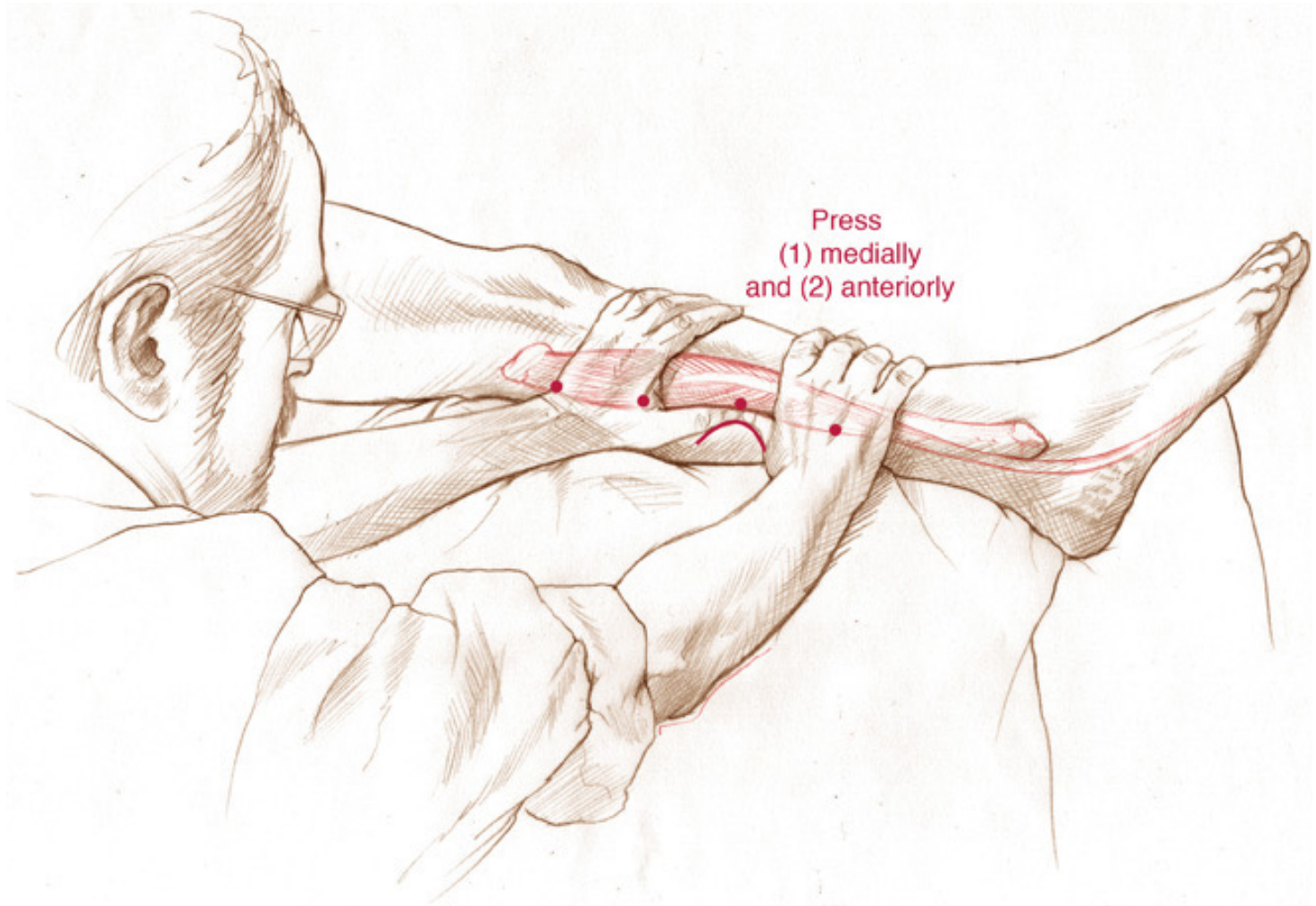


# Iliotibial Band

- 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



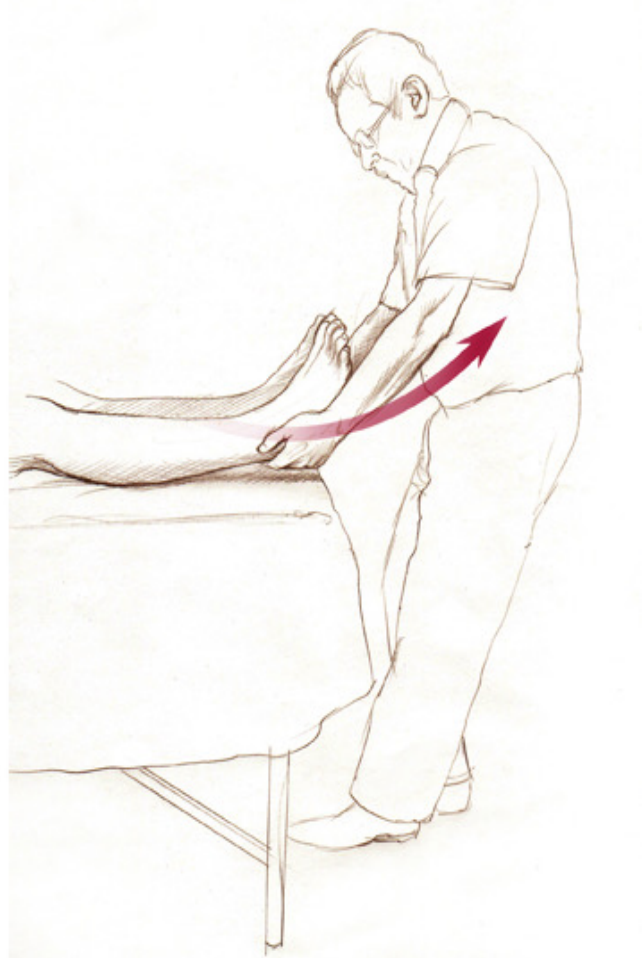


# Tibialis Anterior

- 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

- *transition to the other side and repeat steps*
- *then repeat vector to closeout anterior lower body*





# Posterior and Anterior Legs

- Gluteus Maximus (stationary)
- Gluteus Maximus (lengthening)
- Hamstrings
- Gastrocnemius/Soleus
- Half Moon Vector through the Legs
- Rectus Femoris
- Quadriceps Tendon/Patellar Ligament
- Tensor Fascia Latae, Gluteus Medius, Gluteus Minimus
- Iliotibial Band
- Fibularis Longus
- Tibialis Anterior

# 91b Deep Massage: Technique Demo and Practice – Posterior and Anterior Legs

