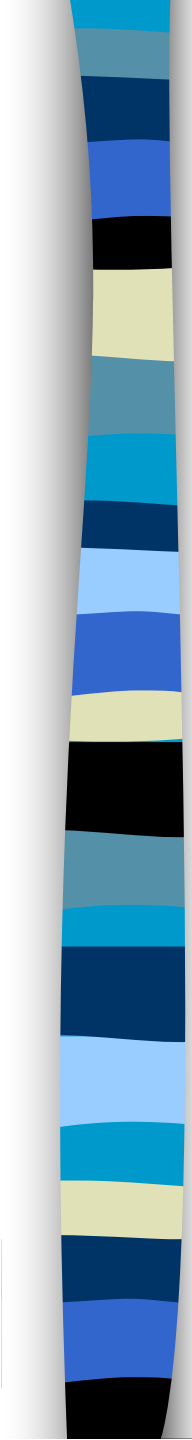


92b Deep Massage: Technique Review and Practice - Posterior Body





92b Deep Massage: Technique Review and Practice - Posterior 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	



92b Deep Massage: Technique Review and Practice - Posterior Body Class Reminders

■ **Assessments:**

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

■ **Quizzes:**

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

■ **Preparation for upcoming classes:**

- 93a Kinesiology: Palpation – Anterior Torso and Arms
- 93b Deep Massage: Technique Demo and Practice – Anterior Torso and Arms
 - Lauterstein: Chapters 13 and 15.
 - Packet L:41-48



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.

92b Deep Massage: Technique Review and Practice - Posterior Body



L-17



Posterior Back and Neck

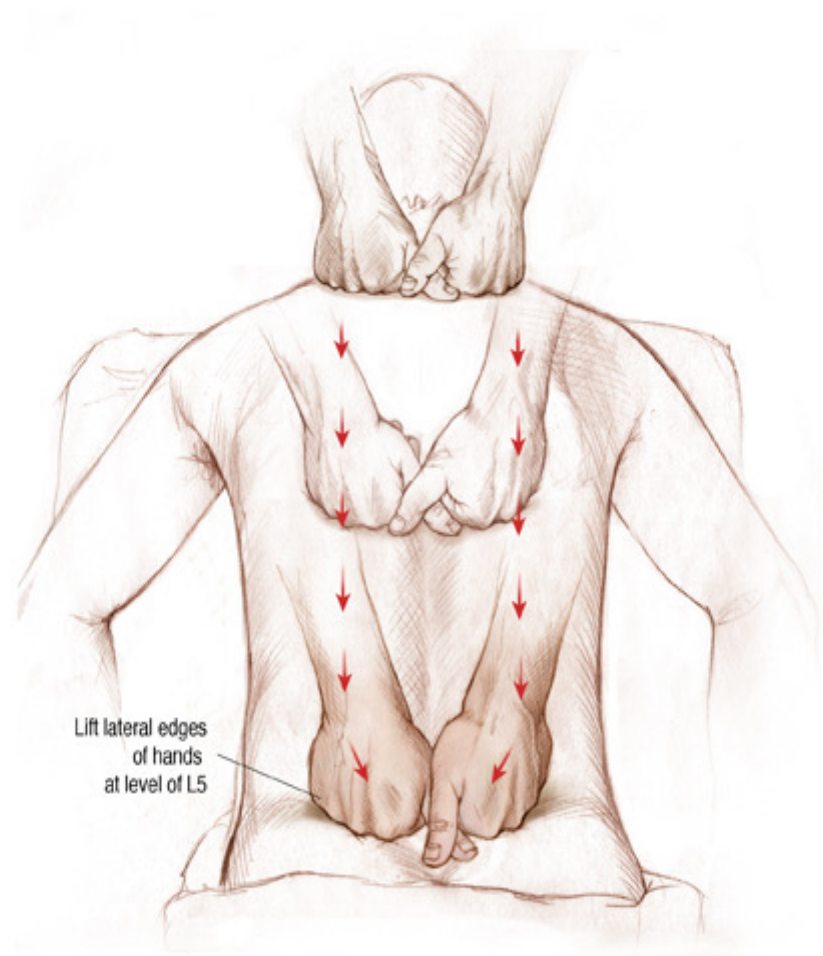
- Fists Down Erectors
- Nine Points
- Ironing Up Erectors
- Levator Scapula
- Trapezius
- Semispinalis Capitis
- Multifidus and Rotatores



Posterior Legs

- Gluteus Maximus (stationary)
- Gluteus Maximus (lengthening)
- Hamstrings
- Gastrocnemius/Soleus
- Half Moon Vector through the Legs

Fists Down Erectors



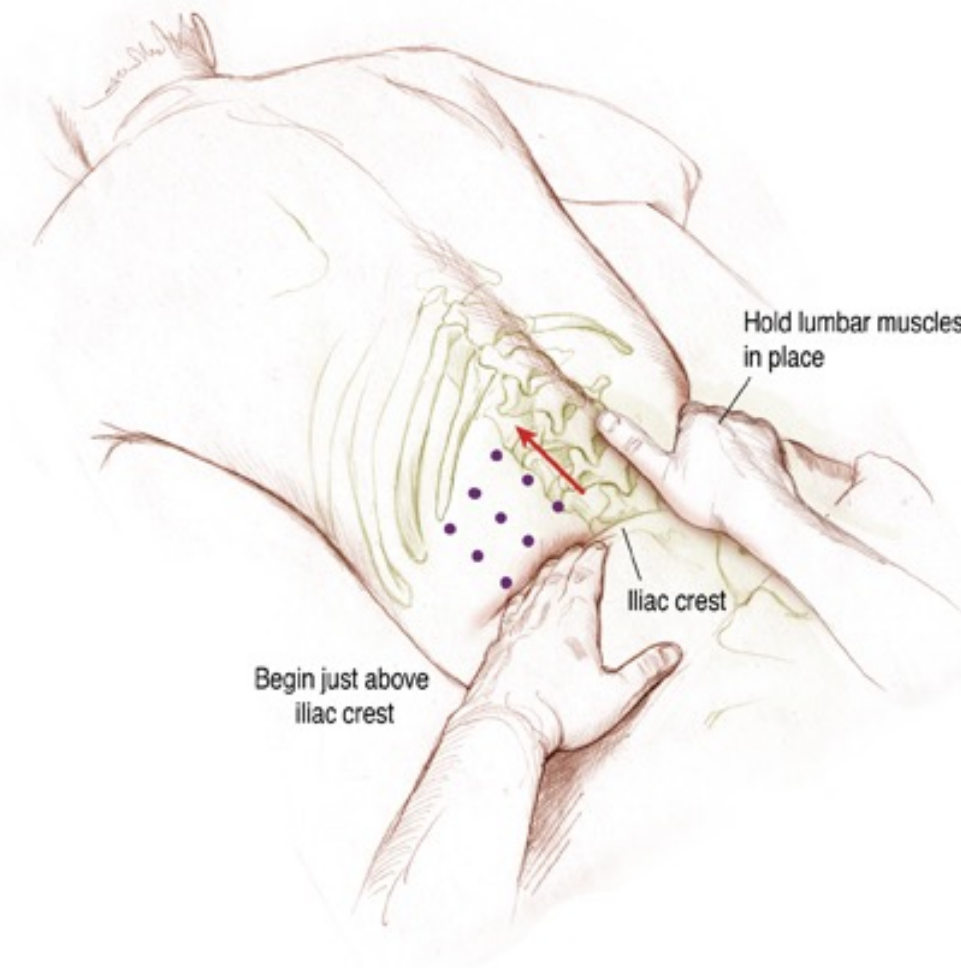


Fists Down Erectors

- 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

(start on right side of body if client has no complaints)





Nine Points

When you palpate, if you feel tension, press into the tension and hold it – creating a fulcrum.

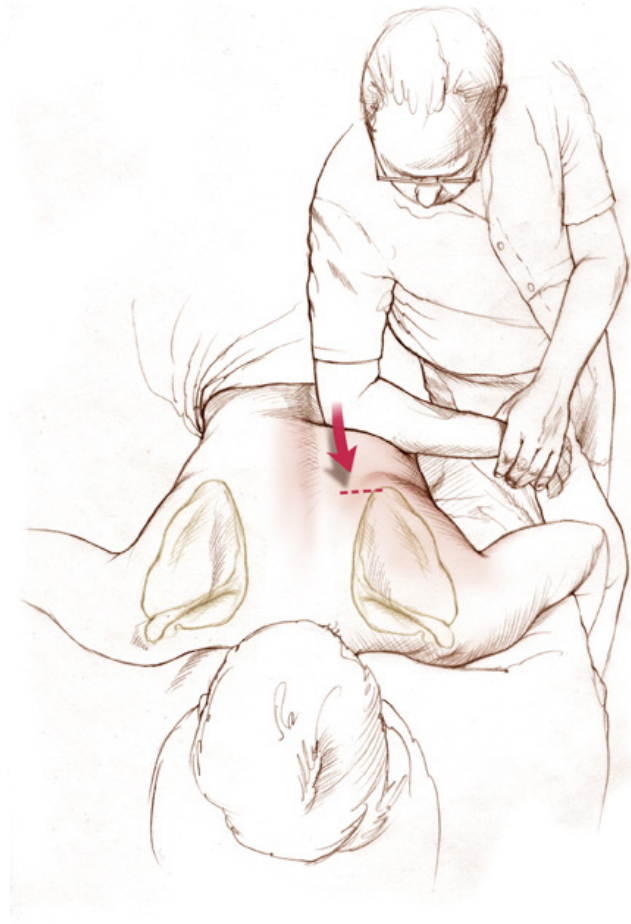
Palpate for tension in -

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

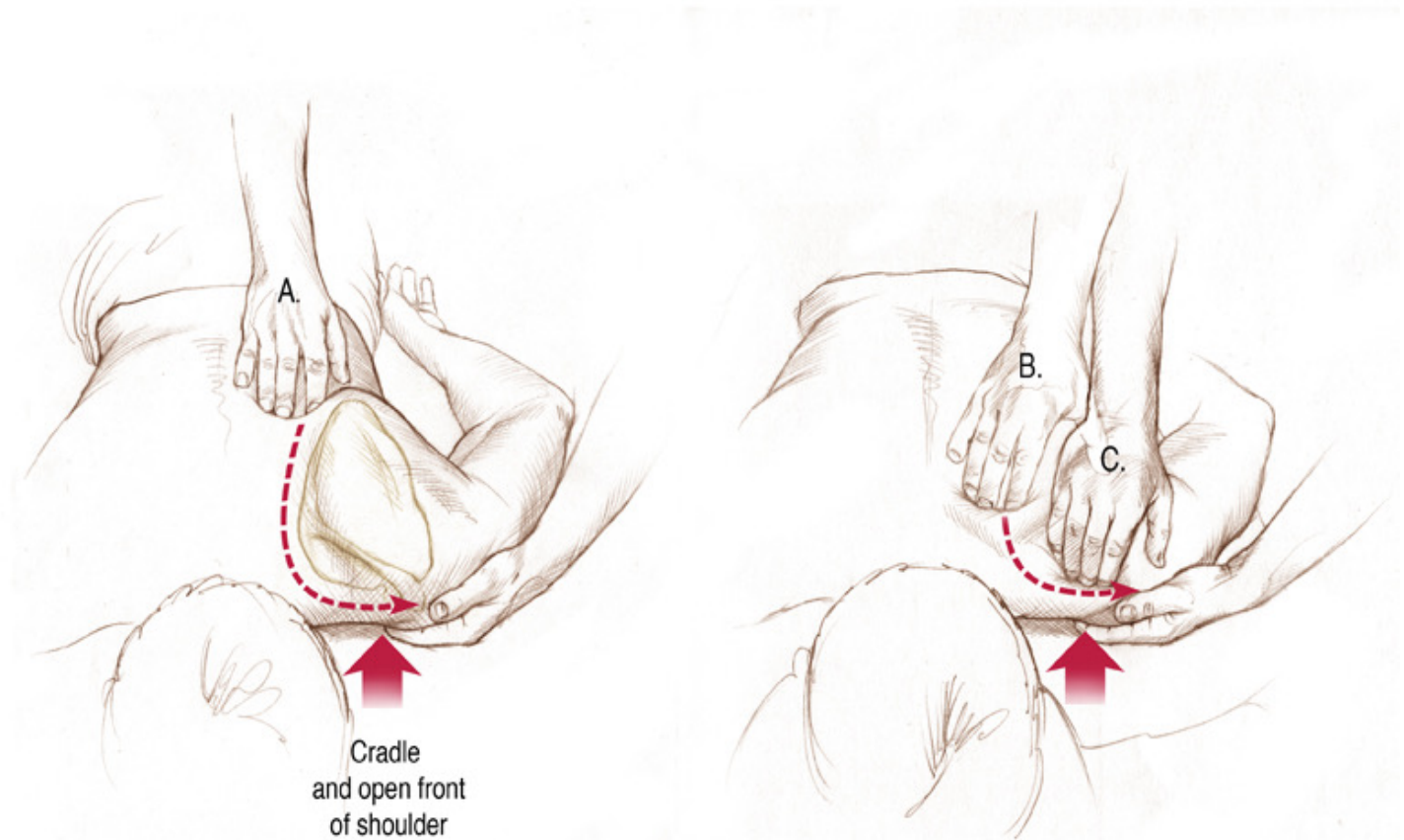
For each muscle, create a fulcrum -

- 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

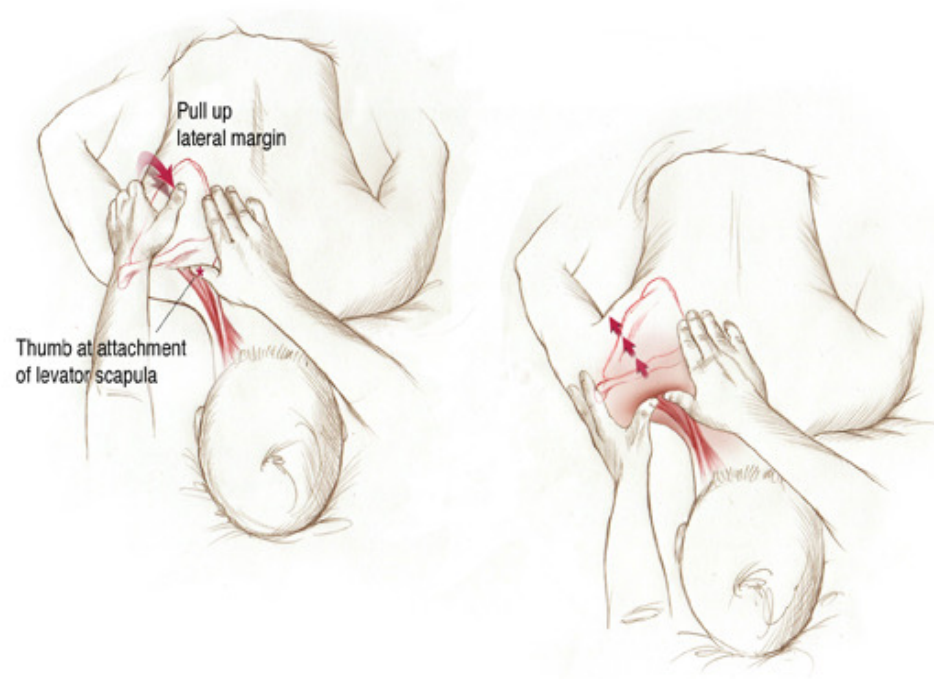
- Take up the slack, pre-stretching superiorly
- Add additional vectors “ironing” up to the level of the scapula’s inferior angle
- Clearly disengage

#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





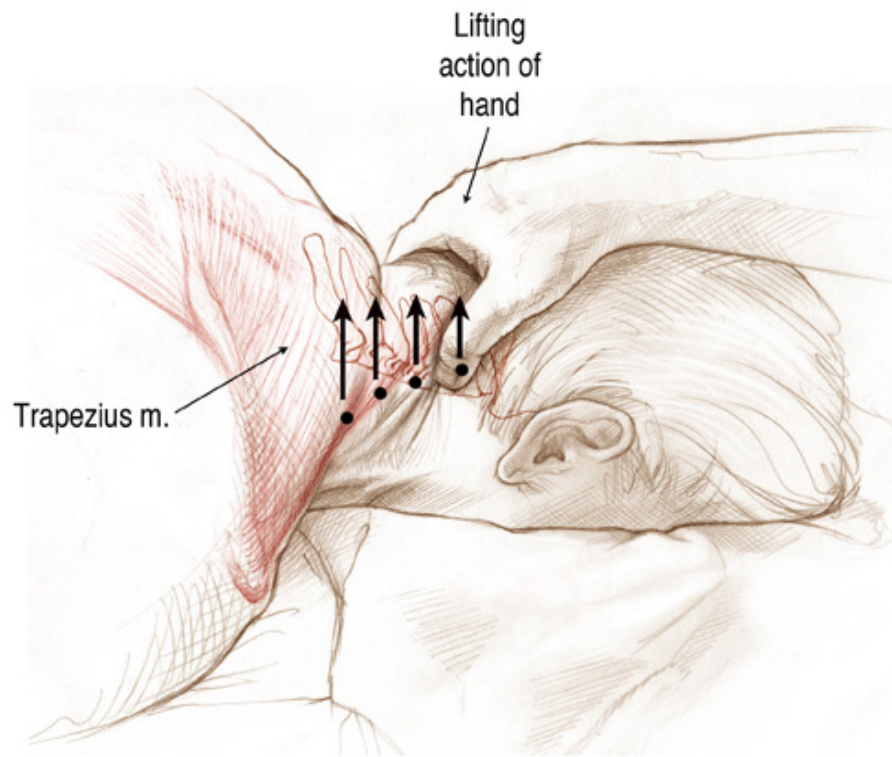
Levator Scapula

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
- Clearly disengage

Posterior Neck

Trapezius, “lifting the curtain”





Posterior Neck

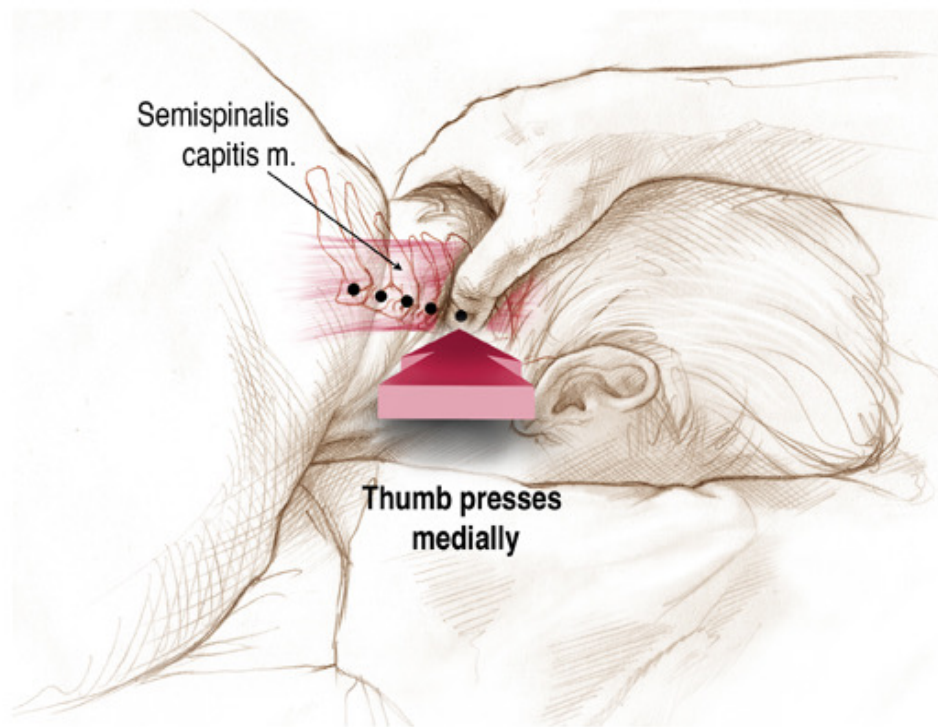
Trapezius, “lifting the curtain”

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





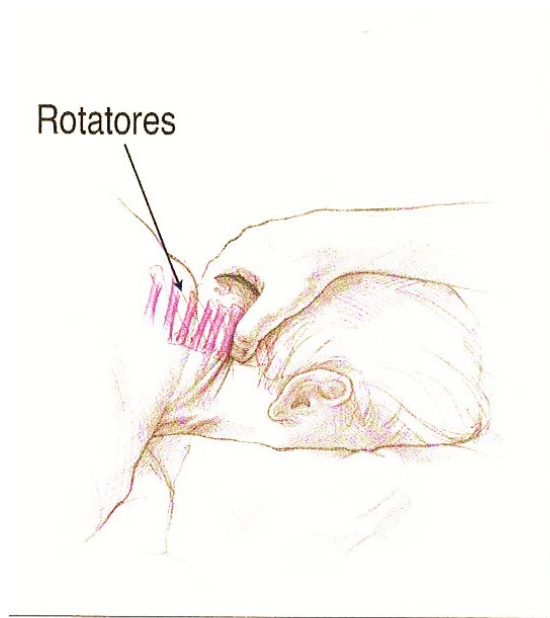
Posterior Neck

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

Posterior Neck Multifidus and Rotatores



Palpate cross fibers
(inferior to superior)
and melting (as needed)





Posterior Neck

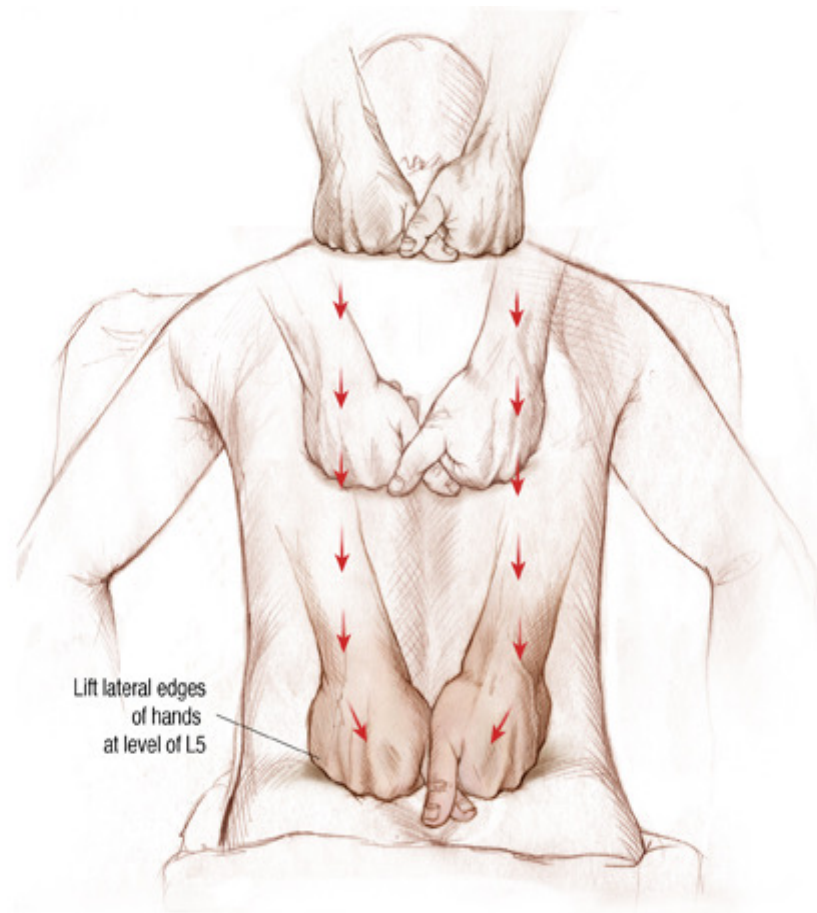
Multifidus and Rotatores

Seated –

- Start again at the base of the neck.
- Place your thumb halfway between the tip of the transverse process of C7. Press into this “transverso-spinal” group of muscles at a 45-degree angle.
- Take out the looseness. Palpate for any tension by drawing your thumb up across the grain of those fibers.
- Since the fibers run obliquely across the vertebrae, it is clearest to palpate from inferior to superior, as if you were drawing your thumb across the rungs of a ladder.
- If you find no tension, clearly disengage and move up to the next vertebral level.
- If you find tension, take up the slack with a bit of pressure postero-medially. Melt into the tension, adding additional vectors, resting in a little more deeply into the lamina groove. Hold while you relax and breathe.

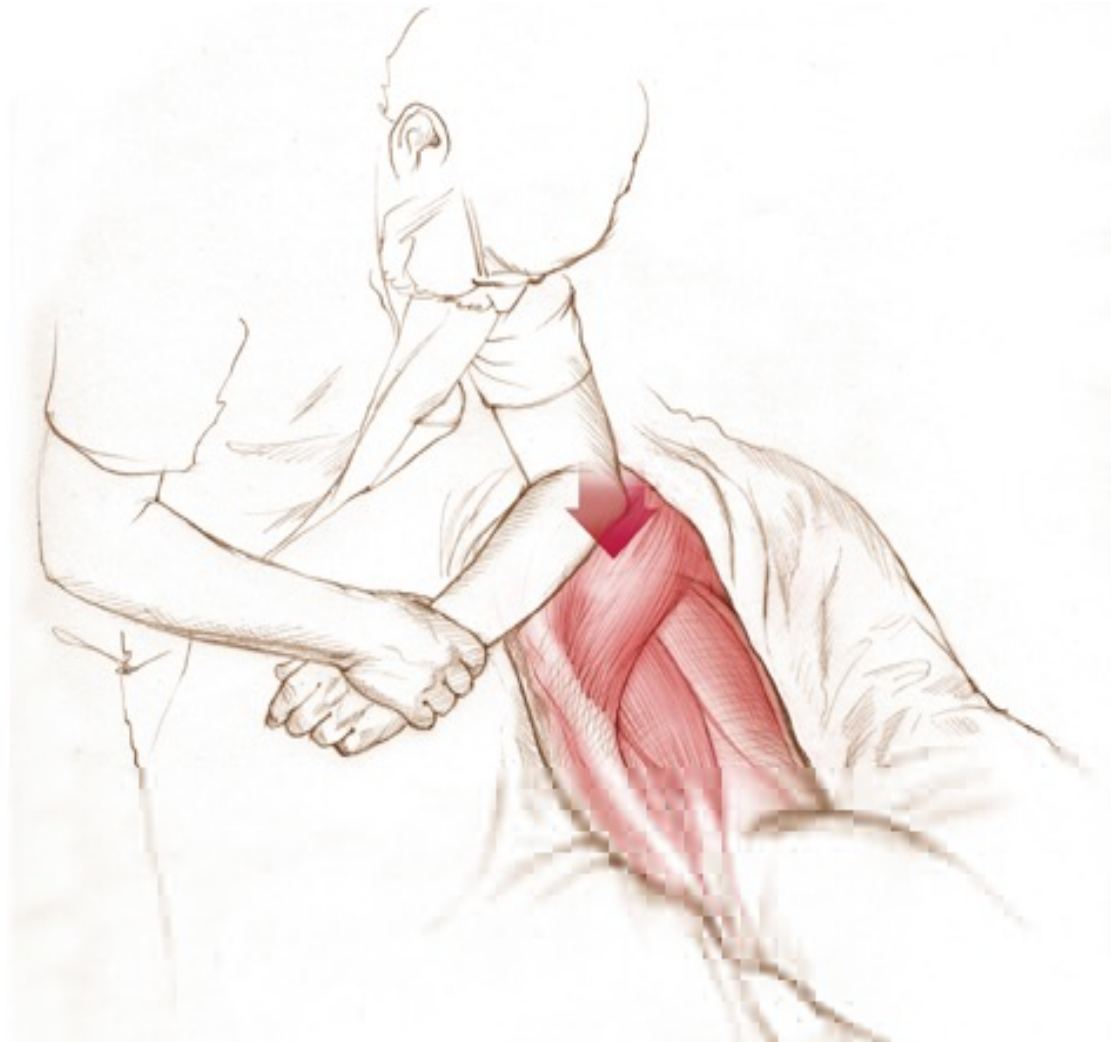
Fists Down Erectors

- *transition to left side and repeat steps;*
- *then repeat to close out upper body*



Gluteus Maximus (stationary)

- start on the right side of the body

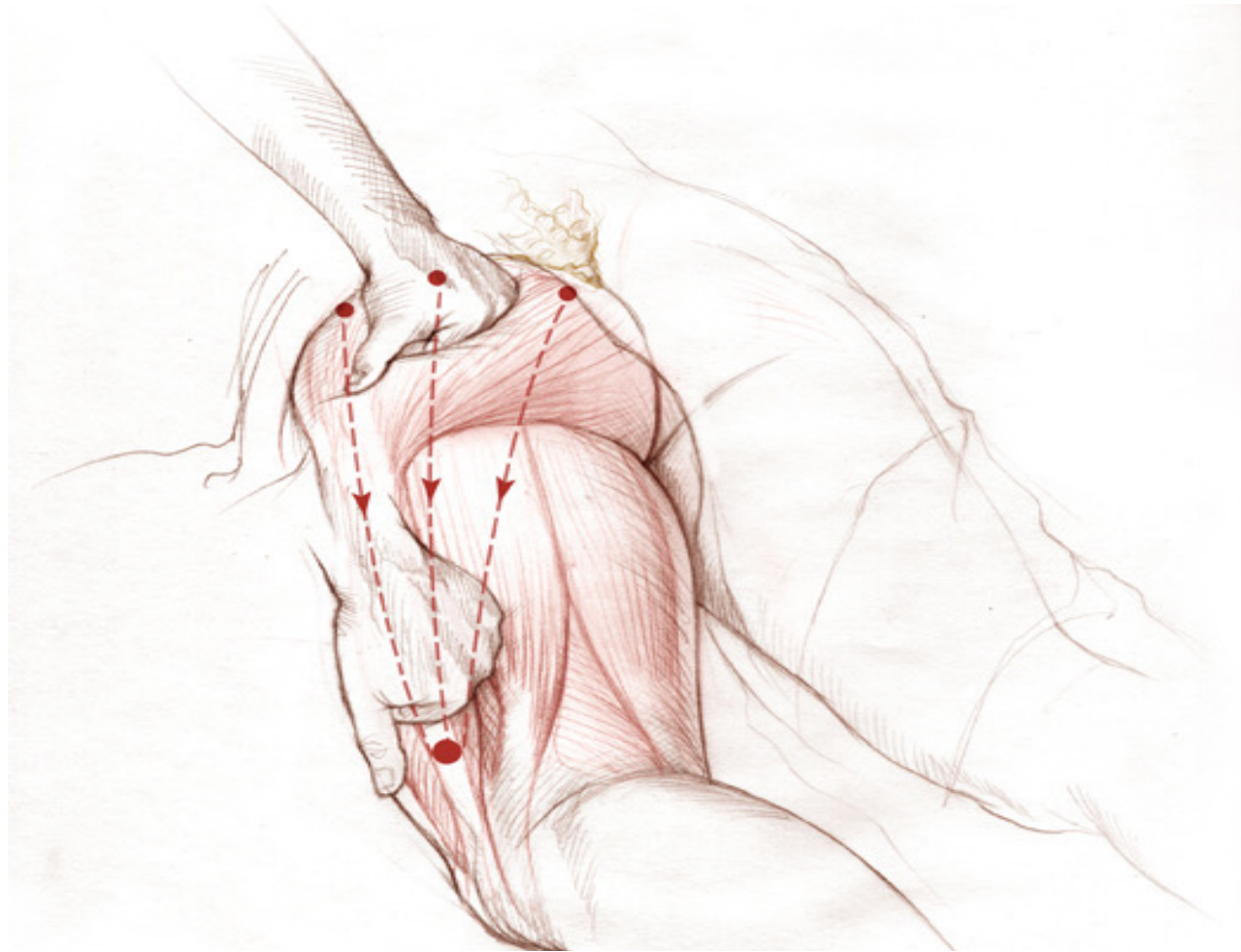




Gluteus Maximus

- 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

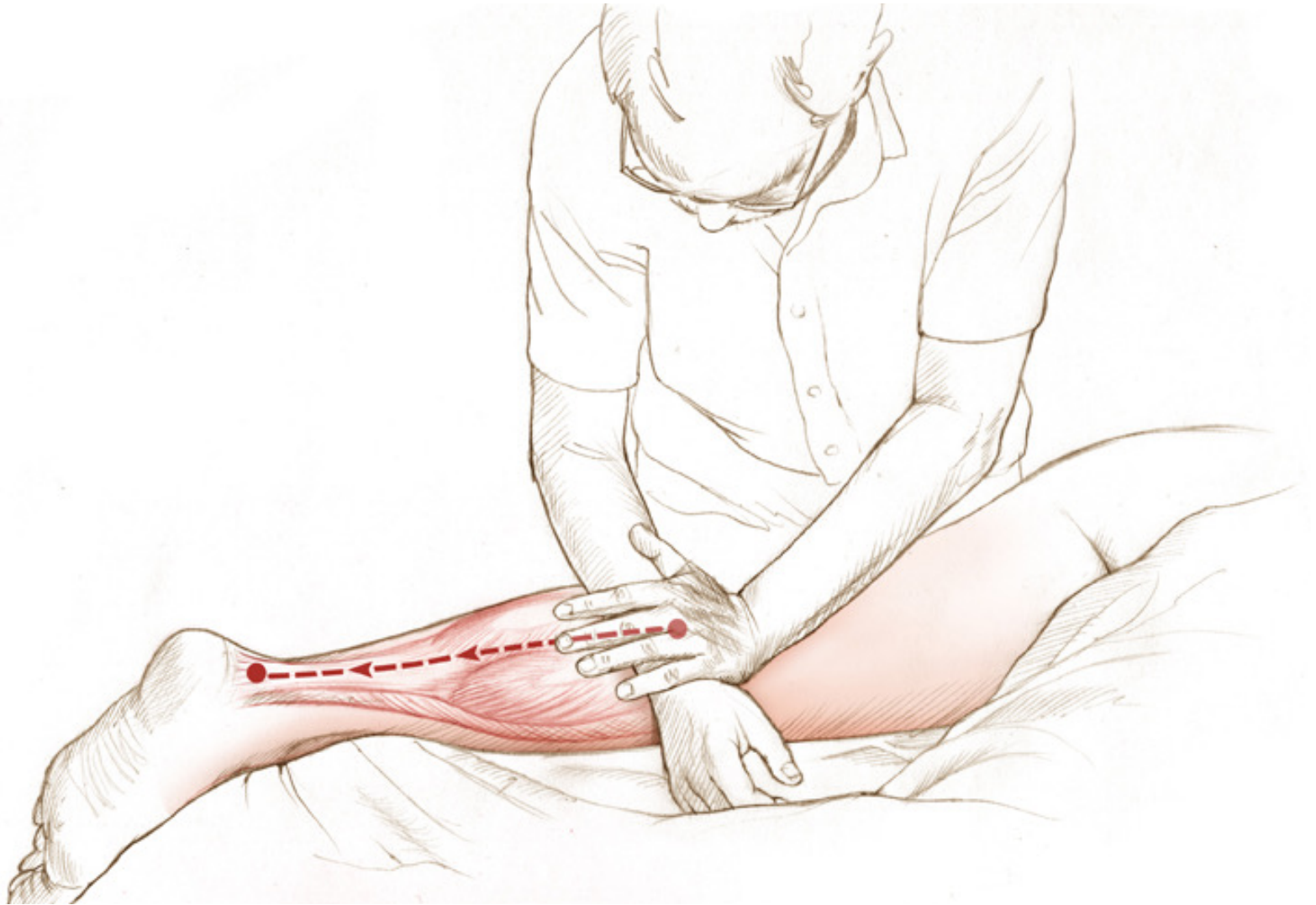




Hamstrings

- ❑ 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, close out with an
appropriate resting stroke.*

92b Deep Massage: Technique Review and Practice - Posterior Body

