97b Myofascial and Fascial Techniques (Part III): Demo and Practice – Side-Lying Hip, ITB, & Leg

97b Myofascial and Fascial Techniques (Part III) – Side-Lying Hip, ITB, & Leg Class Reminders

Preparation for upcoming classes:

- 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:

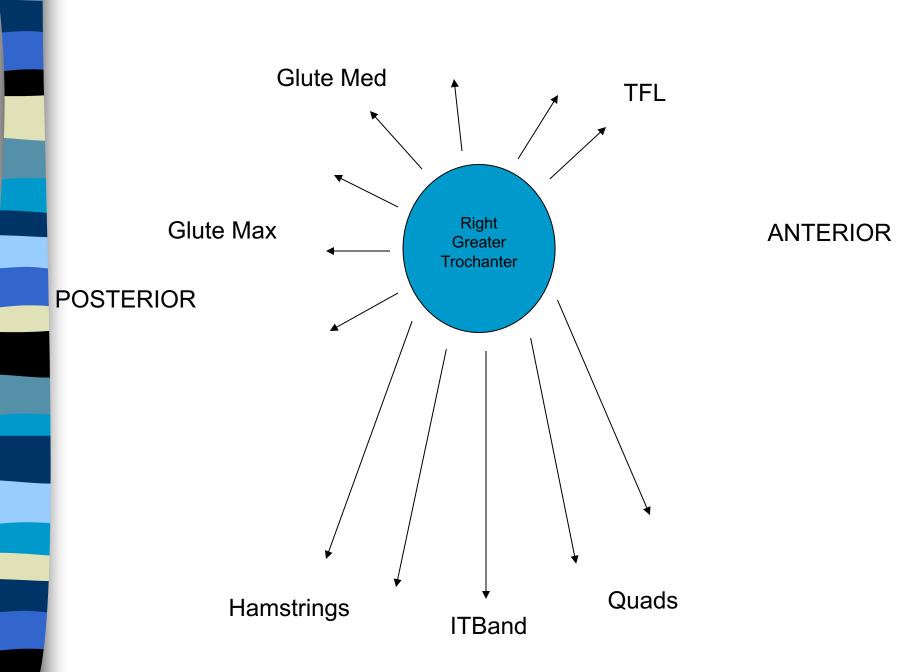
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

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Myofascial Release – Hip 1 – "Side-Lying Trochanter"

- 1. Using your front-facing position, standing at the head of the table, place both palms lightly on the greater trochanter
- **2. Hook in**, directing force inferiorly
- 3. Walk both legs (or one, if that is more comfortable) back and **drop in**
- 4. Plantarflex into the ground, to **lift forward**
- 5. When excursion is reached, **stop the train.** Shift your weight the the front foot and disengage.
- 6. **Unwind** and **check in** with your own body, **palpate for change**, **repeat** as necessary
- 7. Repeat as necessary in any direction away from the greater trochanter. You may need to cross to the other side of the table.



Myofascial Release – Hip 1 – "Side-Lying Trochanter"

Need new photos here

Myofascial Release – Hip 2 – "Side-Lying Trochanter with Ulna"

- 1. Using your side-facing position, standing at the side of the table, place your supinated forearm just off the greater trochanter.
- 2. **Hook in** to the fascia by pronating your forearm directing force away from the trochanter.
- 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, Take a moment to mentally check in with your own body
- 8. Palpate the fascia for change
- 9. 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. Facing up-table, place one hand on your client's ankle to prevent the technique from moving the leg
- 2. Place your otherr hand on the IT Band
- 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 – Lateral leg 1

- 1. Facing down-table, place one hand at the knee joint to prevent the leg from moving
- 2. Place your other hand at the lateral leg, just inferior to the head of the Fibula
- 3. Hook in to the fascia, directing force away from the knee joint.
- 4. Walk both legs (or one, if that is more comfortable) back and **drop in**
- 5. Plantarflex into the ground, to **lift forward**
- 6. When excursion is reached, **stop the train.** Shift your weight the the front foot and disengage.
- 7. **Unwind** and **check in** with your own body, **palpate for change**, **repeat** as necessary
- 8. Repeat as necessary (may use soft fist for a deeper stroke)

Myofascial Release – Lateral Leg 1

Myofascial Release – Lateral leg 2

- Facing up-table, place one hand at the ankle joint to prevent the leg from moving
- 2. Place your other hand at the lateral leg, just superior to the lateral malleolus
- 3. Hook in to the fascia, directing force away from the ankle joint.
- 4. Walk both legs (or one, if that is more comfortable) back and **drop in**
- 5. Plantarflex into the ground, to **lift forward**
- 6. When excursion is reached, **stop the train.** Shift your weight the the front foot and disengage.
- 7. **Unwind** and **check in** with your own body, **palpate for change**, **repeat** as necessary
- 8. Repeat as necessary (may use soft fist for a deeper stroke)

Myofascial Release – Lateral Leg 2

Myofascial Release – Back, Hips, ITB, Forearms

Side-Lying Hips

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

Side-Lying Leg

- 1. Lateral Leg from Knee
- 2. Lateral Leg from Ankle

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