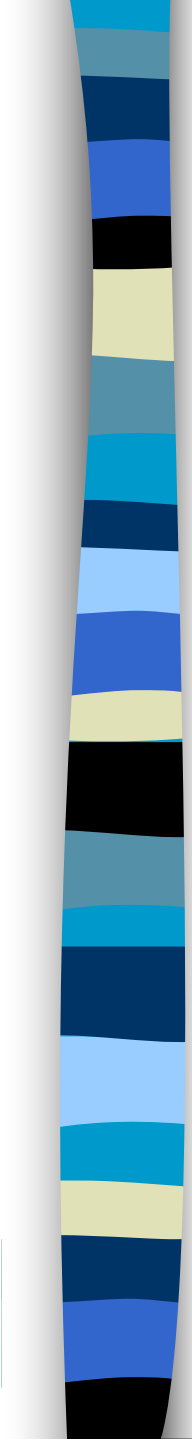


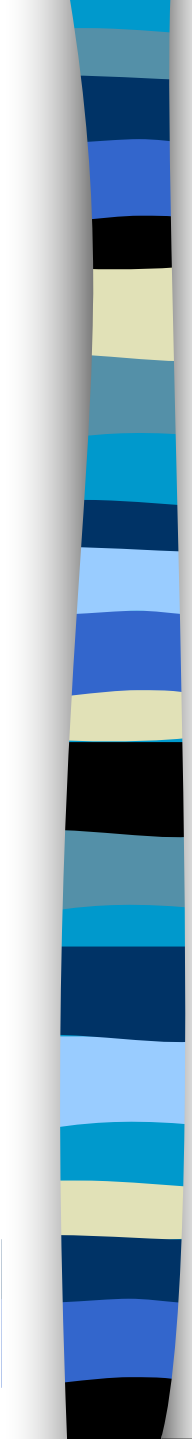
69b Myofascial Release: Demo and Practice –

Tools of the Technique and
Principles of Treatment for
Posterior Upper Body



69b Myofascial Release: Demo and Practice – Tools of the Technique and Principles of Treatment for Posterior Upper Class Outline

60 minutes	Body Mechanics & Technique Demo
15 minutes	15-minute break
45 minutes	Technique Practice
15 minutes	15-minute break
45 minutes	Technique Practice
15 minutes	Clean Up & Closing Circle
3 hours, 15 minutes Total	



69a Introduction to Myofascial Release: The Structure and Function of Fascia

Class Reminders

Exams:

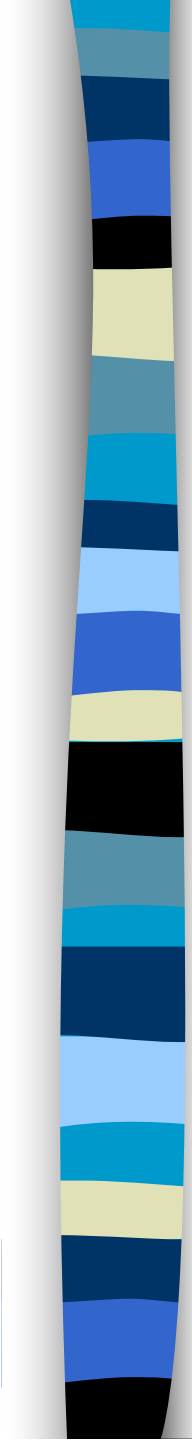
- 70a Exam

Special Reminder:

- 71b Sports Massage: Technique Demo and Practice – Pre-Event and Post-Event
 - Please wear athletic clothing to this class.
 - You will be giving and receiving several 10-minute pre- and post-event massages in an athletic context

Preparation for upcoming classes:

- 70b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - Packet C: 11-12



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

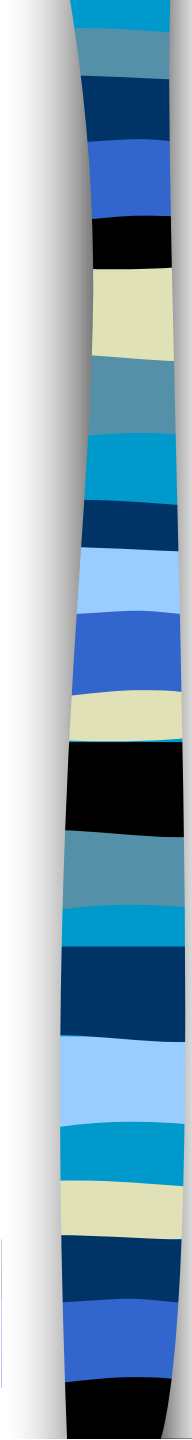
You will receive one verbal warning, then you'll have to leave the room.

Classroom Rules

Cell Phone – Turn it off!



And put it away!



69b Myofascial Release: Demo and Practice –

Tools of the Technique and Principles of Treatment for Posterior Upper

Class Handouts

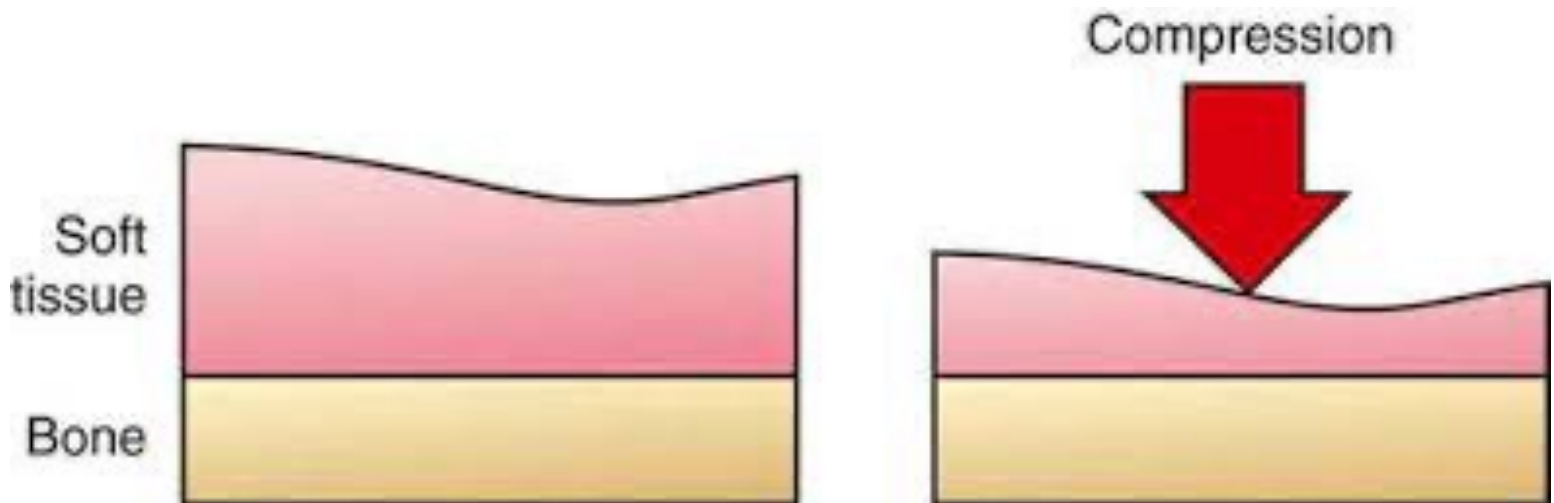
Myofascial Release Fundamental Principles

- Absolutely NO lubricant is used in this technique
 - The client's skin must also be free of any lotions prior to receiving work
 - A small cup of water or a spray bottle may be used to apply to the practitioner's working tool in order to give some extra traction



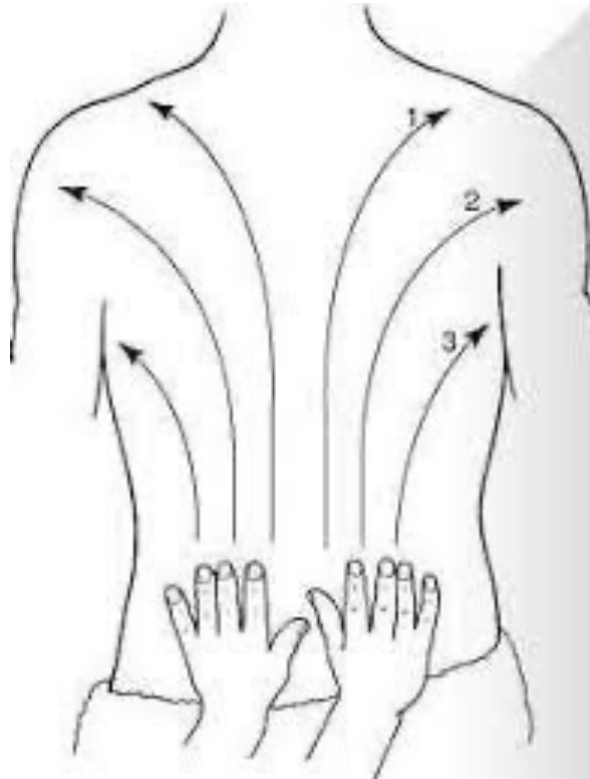
Myofascial Release Fundamental Principles

The direction of force is not vertical (compression)



Myofascial Release Fundamental Principles

The direction of force is **not** horizontal (effleurage)

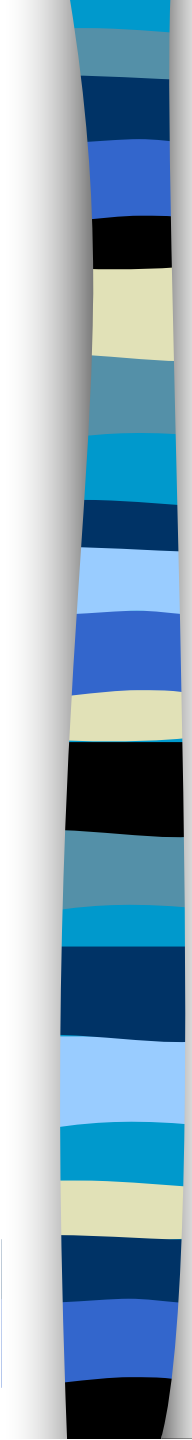


Myofascial Release Fundamental Principles

The direction of force is **OBLIQUE**

- Only by working at an angle to the tissues can we attain the desired fascial stretch
- Visualize working through the body, not into it or across it





Body Mechanic Basics that apply for every moment in MFR

Engagement of one's whole presence is essential –

Without presence of mind, body, and spirit, boundaries and safety cannot be maintained.

This includes awareness of your own body!

Feeling, sensing, & palpating are far more important than thinking –

Listen with your hands.

LEARNING MFR IS KINESTHETIC, NOT COGNITIVE!

DON'T THINK.

FEEL.

Body Mechanic Basics that apply for every moment in MFR

The same principles apply to every working tool!

Fingertips



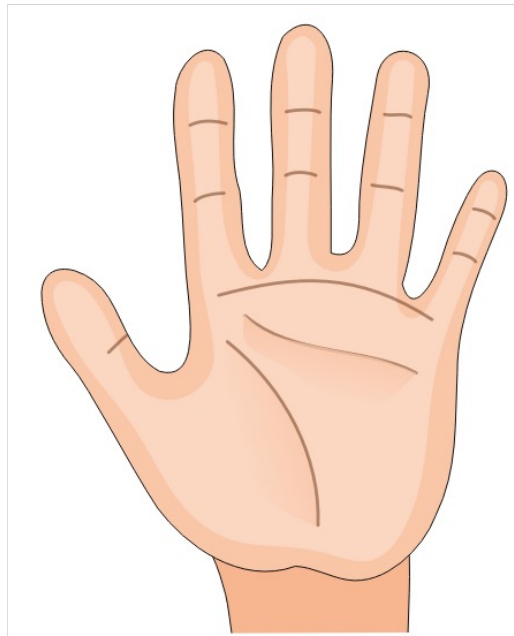
Palm

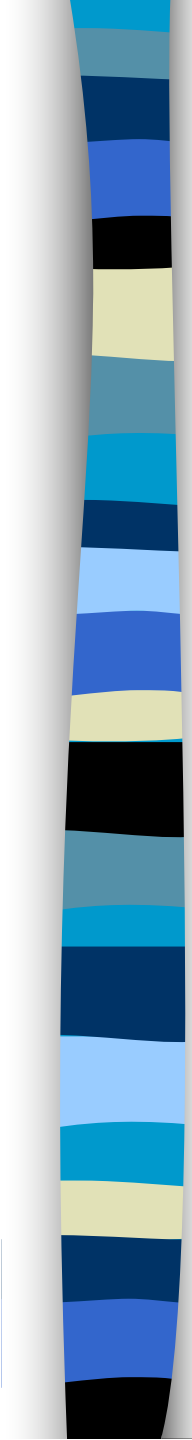


Soft Fist



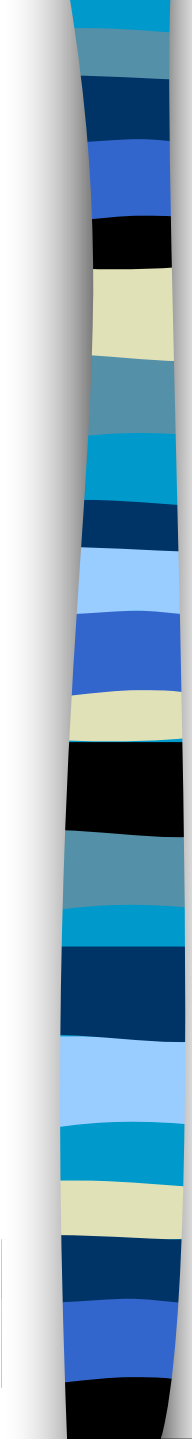
Ulna





Body Mechanic Basics that apply for every moment in MFR

- All you need are a few basic “moves,” though I may show you more as alternatives for your comfort
- You can do the same “move” repeatedly, and with varying success with different tools
- If you feel good doing the work, chances are the client will feel good
- Explain to the client, if they are unfamiliar, that they might feel a pull but that the intensity will lessen as the session goes on
- Start with broader, lighter moves before doing more concentrated sections.
- For hairy body parts, use shorter, slower strokes or simply hold.



Body Mechanic Basics that apply for every moment in MFR

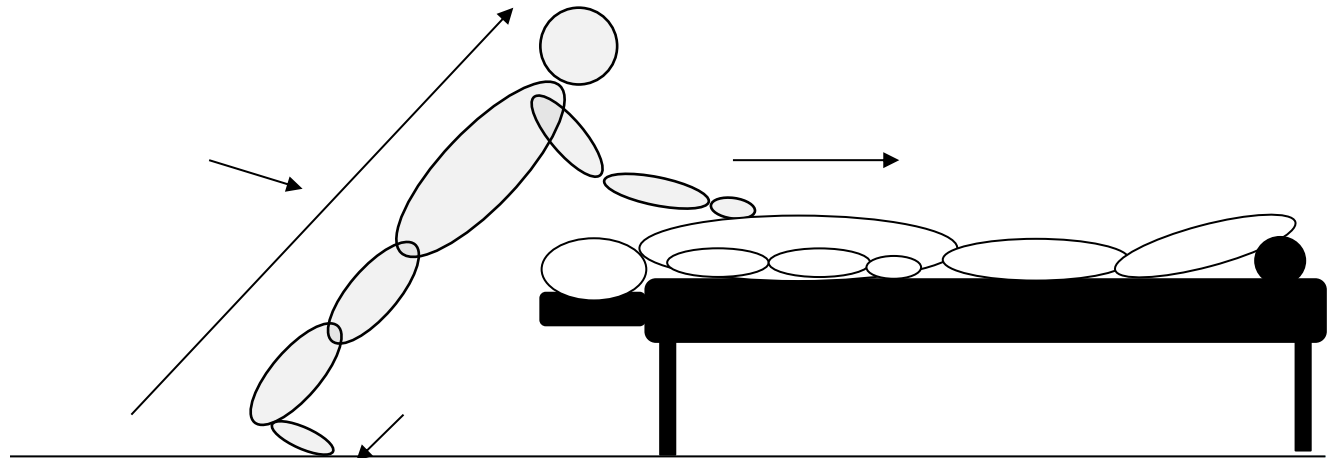
- Your body should be aligned, relaxed, and grounded
- Use gravity to apply controlled body weight into the client
- Use an oblique angle to “hook in” to the fascia and stretch it
- Move as one body unit, as in yoga. Lengthen your body as you work
- Work in short excursions – this work is meant to be very slow and to be done without continuous “flow” as in Swedish Massage
- When the desired excursion is reached, disengage completely from contact to allow the work to take effect
- If it hurts the client, reduce force and distance or choose a broader tool

*** ALL PRINCIPLES MUST BE APPLIED SIMULTANEOUSLY TO BE EFFECTIVE AND TO PROMOTE CHANGE IN THE CLIENT. ***

If one principle is compromised, they're all compromised!

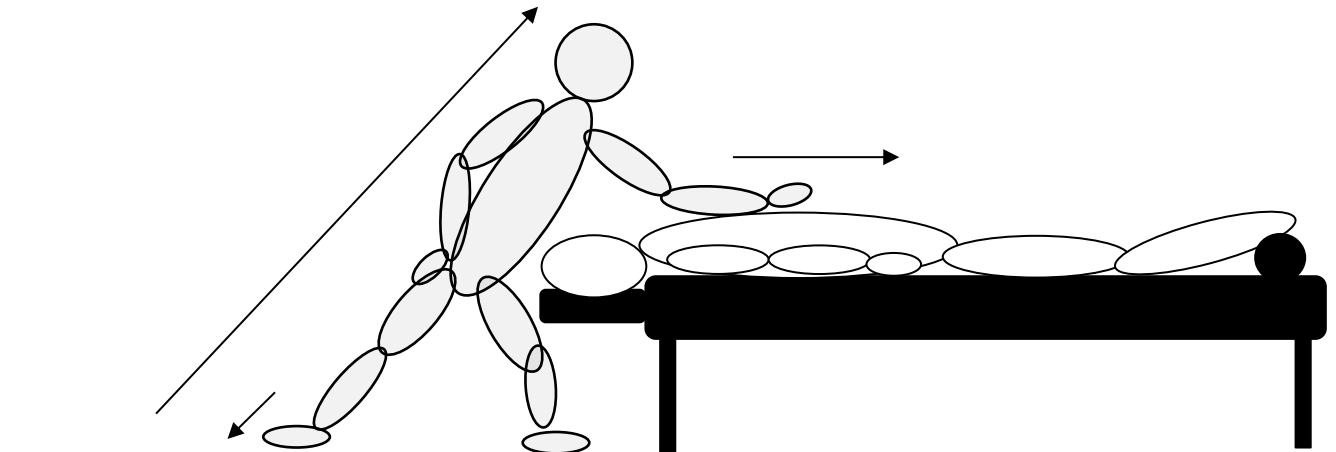
Practitioner Positioning – Front-facing

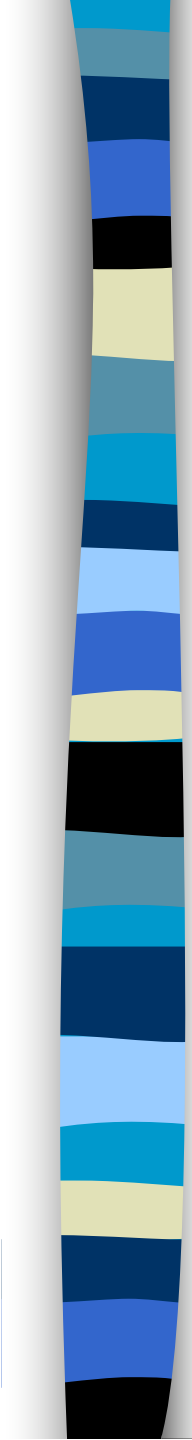
- Reach through top of head into space
- Shoulders relaxed
- Arms spanning from torso, elbows slightly flexed
- Straight plane from hand to wrist through forearm
- Pelvis squared and dropping forward in lunge
- Lifting from plantarflexion



Practitioner Positioning – Side-facing

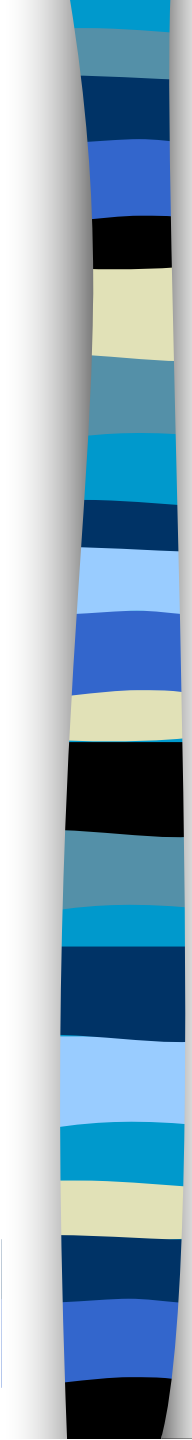
- Top of head reaching into space, face forward, not looking at client
- Chest toward wall
- GH joint supported by axial frame
- Forearm parallel to direction of stroke
- Straight line from leg through neck and head
- Lift from plantarflexion of back leg





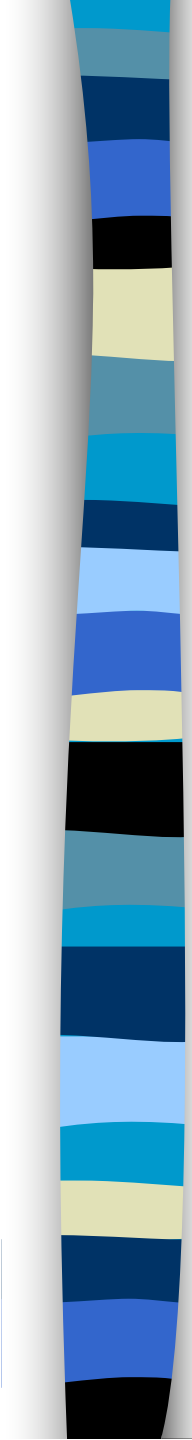
Step 1 – Alignment & Positioning

- Decide which approach (front or side-facing) is appropriate for the intended work
- Make deliberate contact
- Palpate & assess the fascia
- Hook in
- Get into position
- Check-in with each of your joints, from head to hip to foot and from shoulder to fingers



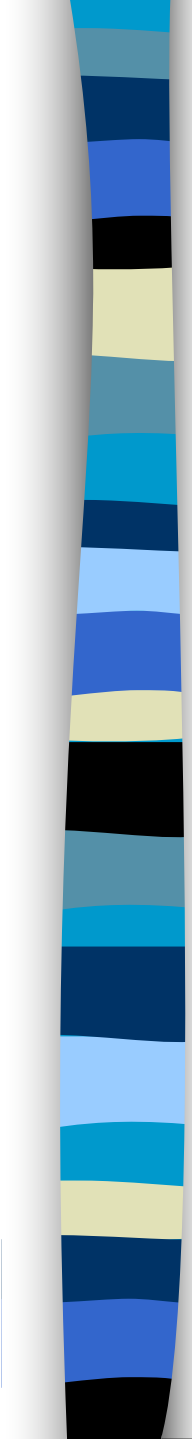
Step 2 – Drop in

- Once in position, let go of anything holding your body back – tap into gravity
- If in front-facing, this means literally dropping your pelvis forward while envisioning your lumbar spine pulling back, engaging your core
- If you are in a lunge, you may bring your front foot back to join your back foot if you feel stable enough
- Your weight should be completely on your back foot



Step 3 – The Lift Forward

- Plantarflex your back foot (or feet) into the ground
- Your body should move as one unit, gracefully forward on a diagonal

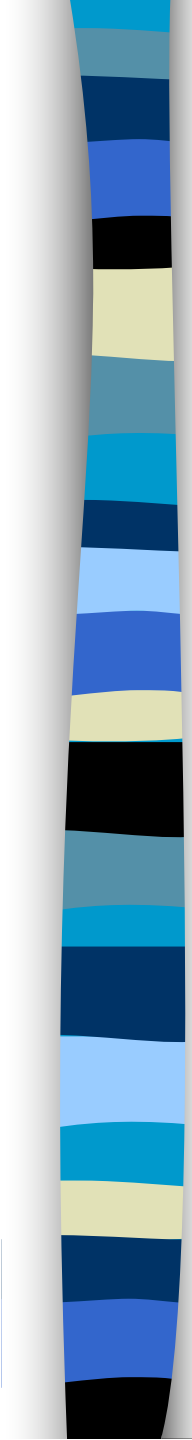


Step 4 – The Journey

- Envision the fascia under your hands or arm stretching as a fabric
- Remember to relax your neck, your arms, your breath
- Continue to engage your core muscles (iliopsoas) as you allow gravity to move your body through your client's fascial stretch
- Listen with your hands and ears for release or working signs (breath change, sigh, a twitch) and let it inform you

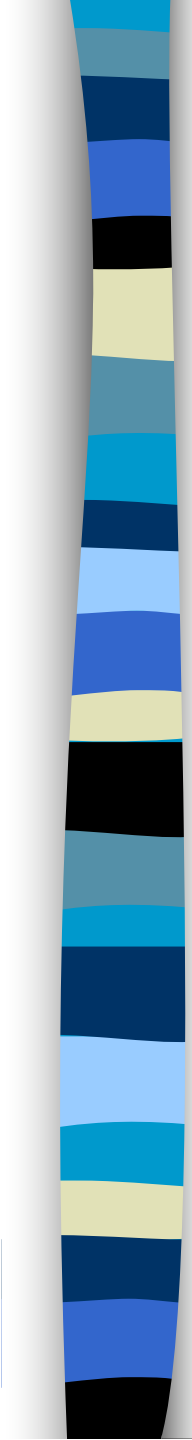
Is what you're doing comfortable for the client?

- Check in with your client



Step 5 – Stop the Train

- When you feel you have reached the end of your excursion, shift your body weight onto your front leg.
- If you have been using both legs in a plank position, bring one leg forward and shift your weight onto this leg
- Disengage from your client once your weight is no longer dependent on them



Step 6 – Unwind & Check-In with your own body

- Take this opportunity to truly move your body while disengaged
- Check in with your neck, arms, back, legs and notice any areas of tension

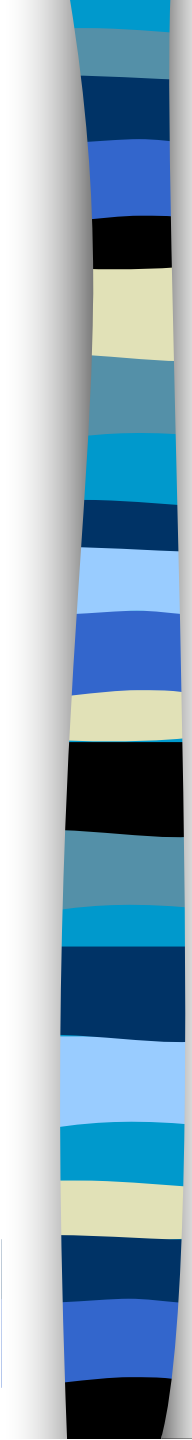
Step 7 – Palpate for Change

- Reassess the client's fascia for changes

Step 8 – Repeat as Necessary

Myofascial Release – Double Palms Down the Back





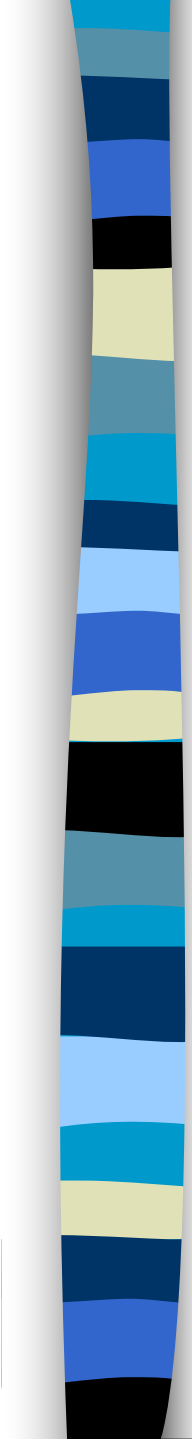
Myofascial Release – Double Palms Down

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 (or one, if that is more comfortable) back and drop your hips forward, while 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 between scapula and the spine.

Myofascial Release – Unilateral Soft Fist Down the Back



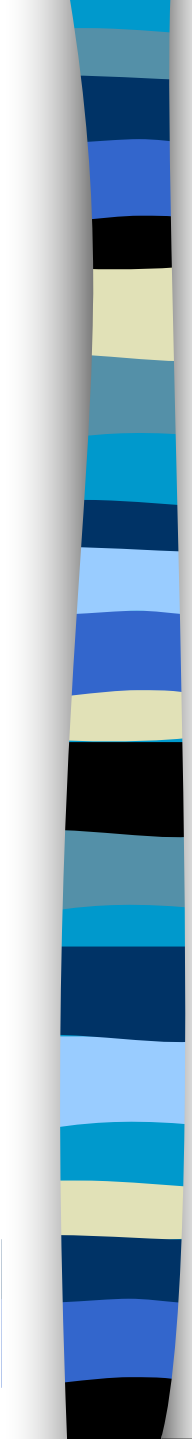


Myofascial Release – Unilateral Soft Fist Down the Back

1. Using your side-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. Hook in to the fascia, directing force inferiorly
3. Turn your body to the side, supporting your G/H joint with your torso
4. Ensure there is a straight line from your back leg through your neck and head
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, shift your weight onto your front leg, 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 – Unilateral Ulna Down the Back



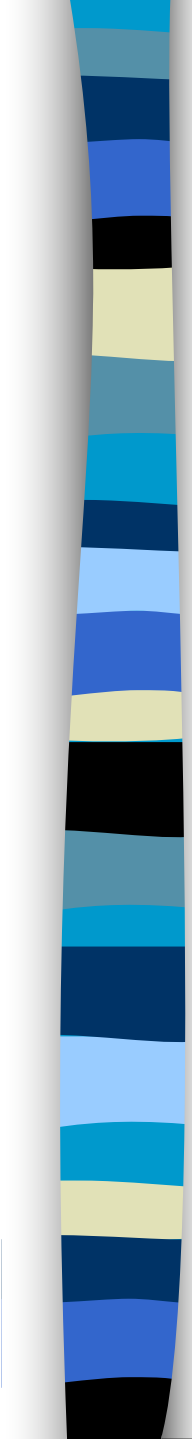


Myofascial Release – Unilateral Ulna Down the Back

1. Using your side-facing position, standing at the head of the table, place your forearm, ulna side down, with relaxed wrist on the upper back, between the scapula and spine;
2. Hook in to the fascia, directing force inferiorly
3. Turn your body to the side, supporting your G/H joint with your torso
4. Ensure there is a straight line from your back leg through your neck and head
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, shift your weight onto your front leg, 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 – Unilateral Palm Up the Back





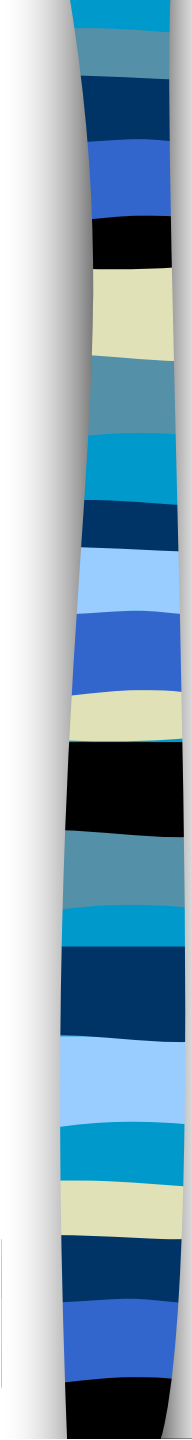
Myofascial Release – Unilateral Palm Up the Back

1. Using your side-facing position, standing at the side of the table, place your palm on the Thoracolumbar Fascia, superior to the Iliac Crest.
2. Hook in to the fascia, directing force superiorly
3. Turn your body to the side, supporting your G/H joint with your torso
4. Ensure there is a straight line from your back leg through your neck and head
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, shift your weight onto your front leg, 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: Use caution when working near or over the floating ribs*****

Myofascial Release – Unilateral Ulna Up the Back

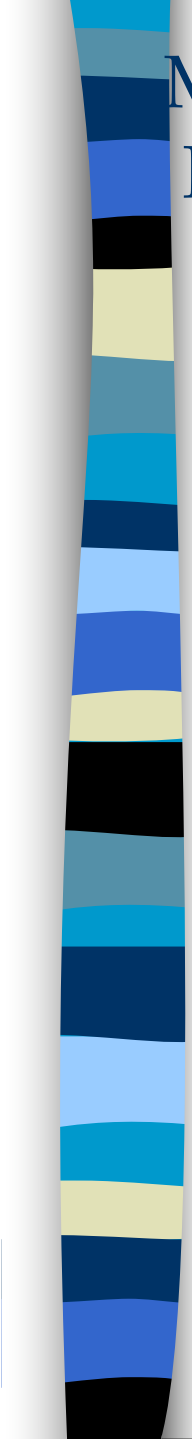




Myofascial Release – Unilateral Ulna Up the Back

1. Using your side-facing position, standing at the side of the table, place your forearm, ulna side down, with relaxed wrist in the lamina groove, parallel to the spine at the iliac crest (*This may also be done perpendicular to the spine, but do NOT go over the spine)
2. Hook in to the fascia, directing force superiorly
3. Turn your body to the side, supporting your G/H joint with your torso. (You may want to sit on the edge of the table)
4. Ensure there is a straight line from your back leg through your neck and head
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, shift your weight onto your front leg, and disengage from the client
8. Take a moment to check in with your own body mentally
9. Palpate the fascia for change
10. Repeat as necessary

*****NOTE: Do not use the ulna over the floating ribs!!!*****



Myofascial Release – Principles and Posterior Upper Recap

*No lubricant is used!

*Oblique Angle of Force to stretch the tissues

*Don't think. Feel.

*Engage your whole body to use gravity, not strength

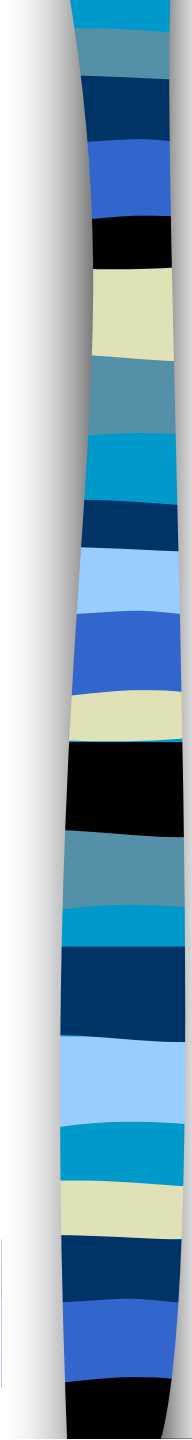
*Disengage after each stroke

Work away from areas of concentration – away from a joint

All principles are used together with every stroke

Posterior Upper Tools:

1. Double Palms Down
2. Unilateral Soft Fist Down
3. Unilateral Ulna Down
4. Unilateral Palm Up
5. Unilateral Ulna Up



69b Myofascial Release: Demo and Practice –

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Posterior Upper