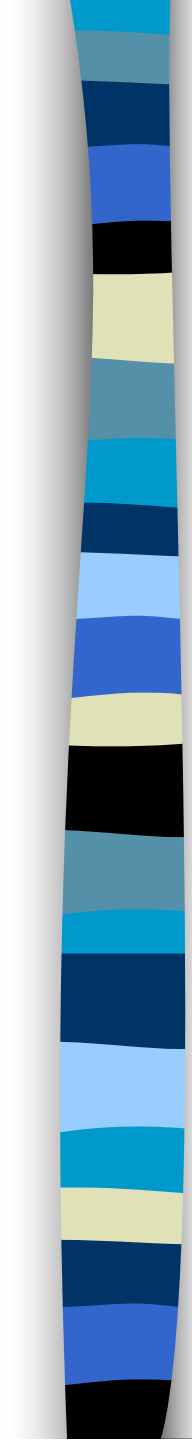
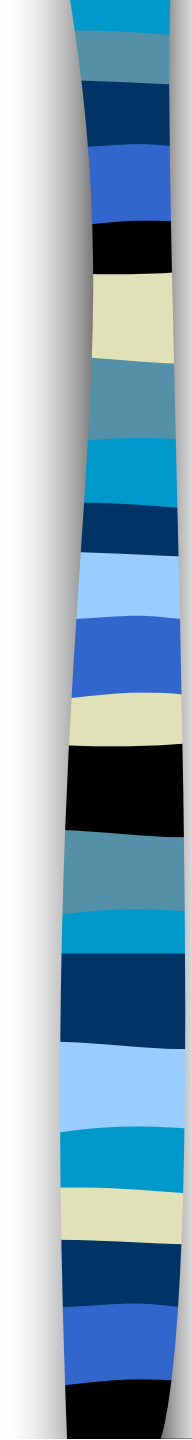


97b Myofascial and
Fascial Techniques (Part III):
Demo and Practice –
Side-Lying Hip, ITB, & Leg



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

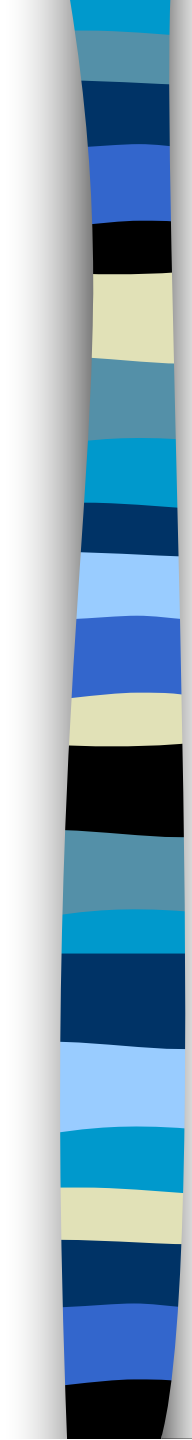
Punctuality - everybody's time is precious

- 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

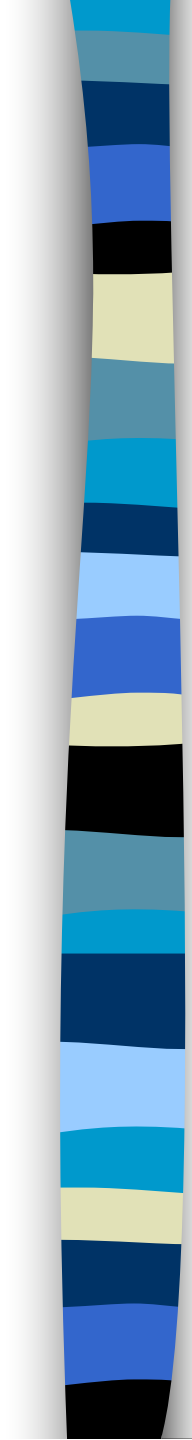
The following are not allowed:

- 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.

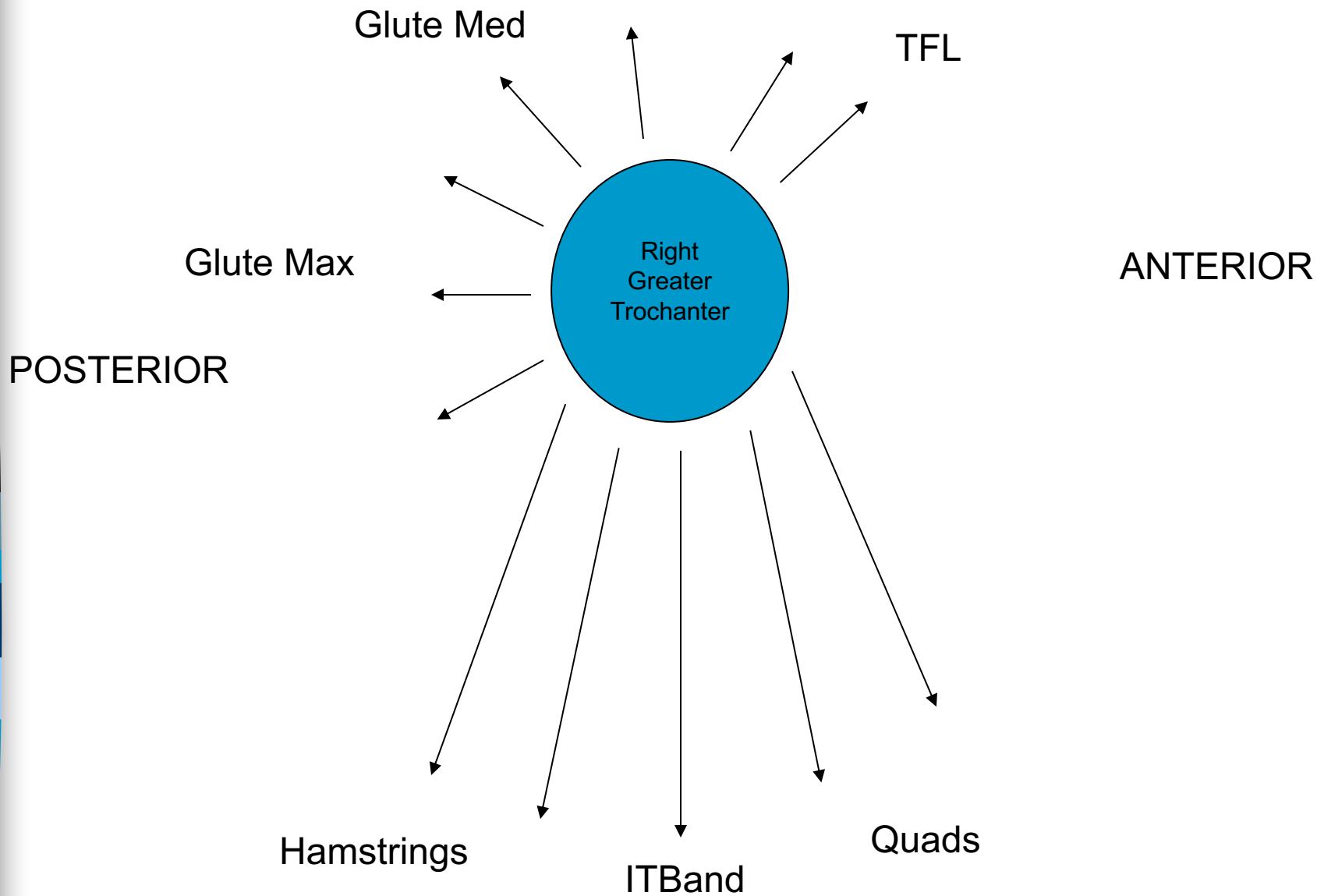


97b Myofascial and Fascial Techniques (Part III) – Side-Lying Hip, ITB, & Leg



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.

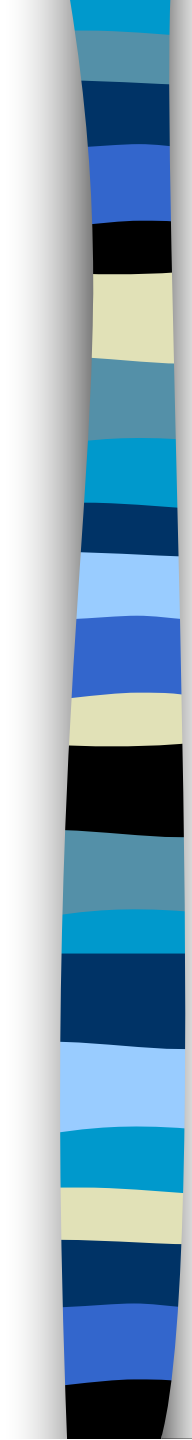


Myofascial Release – Hip 1 – “Side-Lying Trochanter”



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



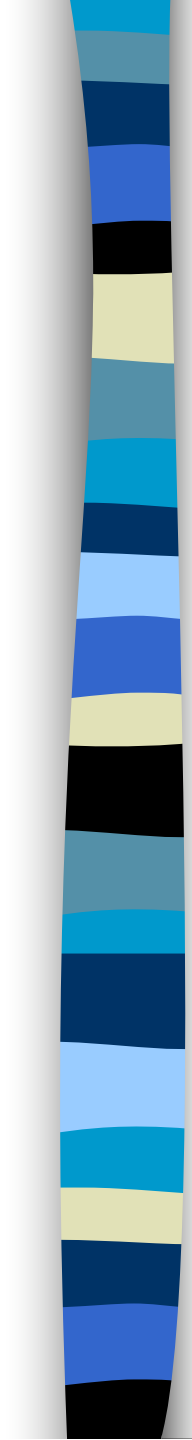


Myofascial Release – Hip 2 – “Side-Lying Trochanter with Ulna”

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”



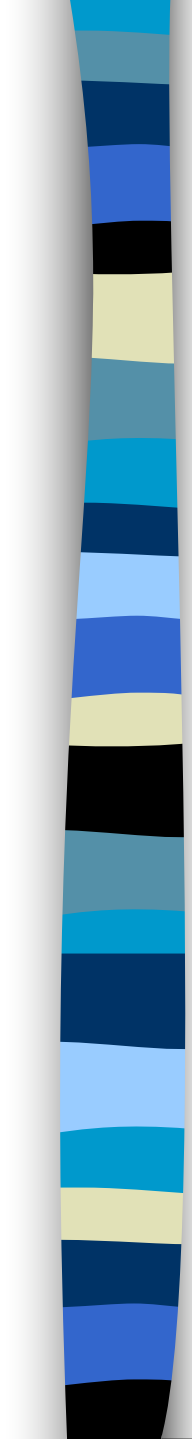


Myofascial Release – ITB 1 – “Fiber Spread”

1. Facing up-table, place one hand on your client's ankle to prevent the technique from moving the leg
2. Place your other 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

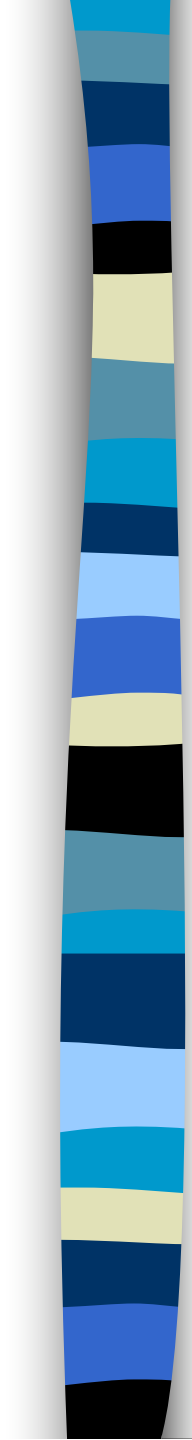
Myofascial Release – ITB 1 – “Fiber Spread”





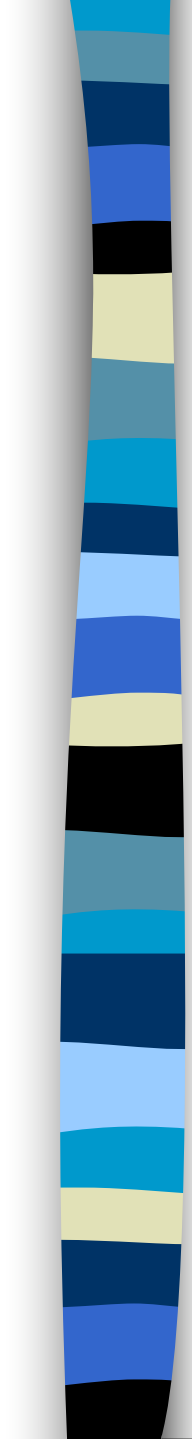
Myofascial Release – Lateral leg 1 (no photo)

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 2 (no photo)

1. 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 – 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

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