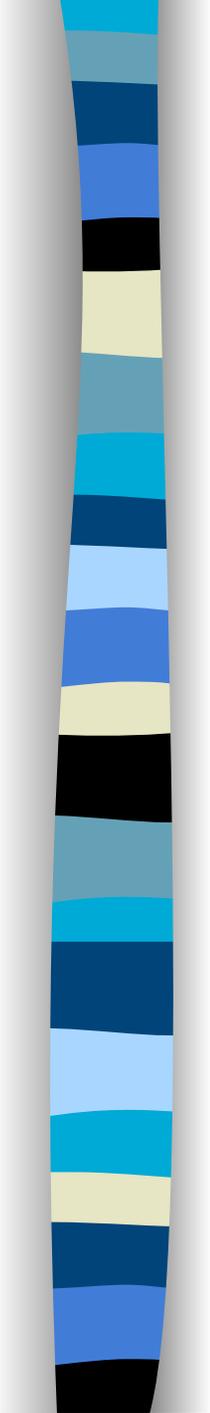


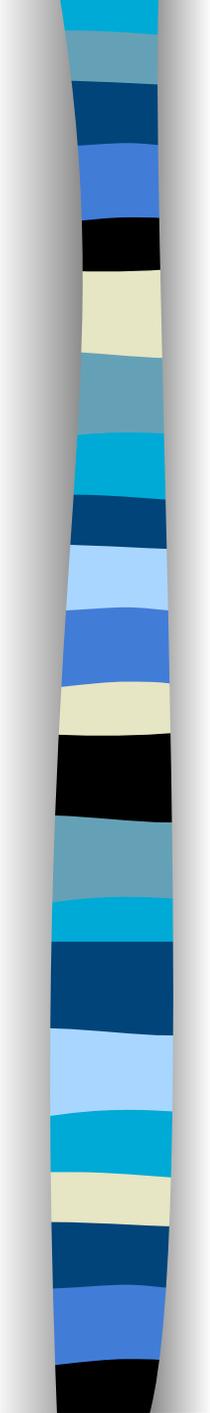
88b Deep Massage: Introduction



88b Deep Massage: Introduction

Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



88b Deep Massage: Introduction

Class Outline

Exams:

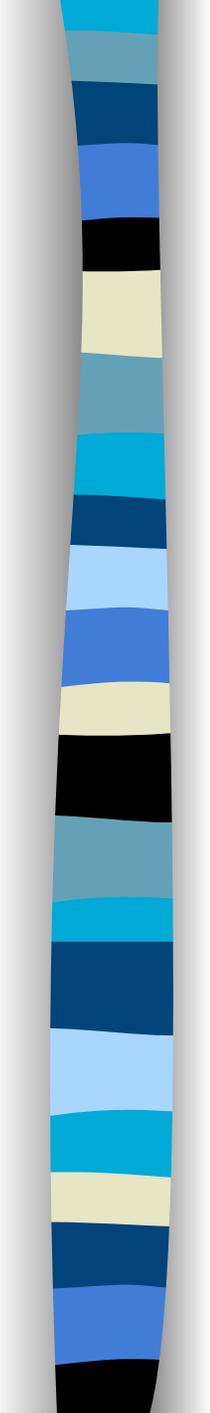
- 89a Practice MBLEx

Quizzes:

- 90a Kinesiology Quiz
(erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, and semispinalis capitis)
- 91a Kinesiology Quiz
(gluteals, hamstrings, gastrocnemius, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)

Preparation for upcoming classes:

- 89a Practice MBLEx
 - 2.5-hour class.
 - Use MassagePrep.training to study all 10 MBLEx Final Exams.
 - 100 questions in 120 minutes.
- 89b Chair Massage, BMTs, Passive Stretches, and Side-lying Massage
 - 2-hour class.
 - Packet A-73.



Classroom Rules

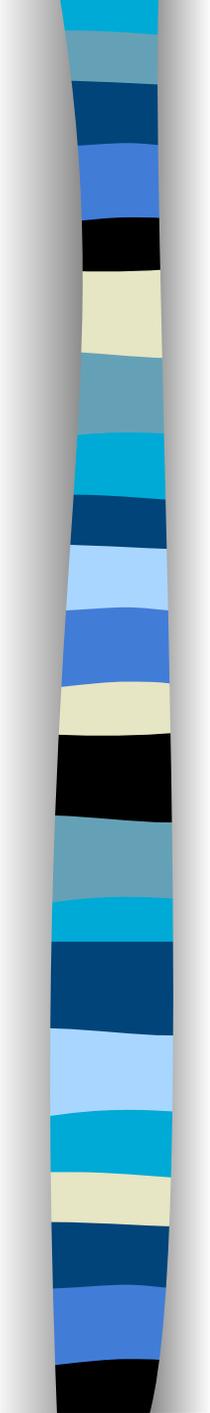
Punctuality - everybody's time is precious

- 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:

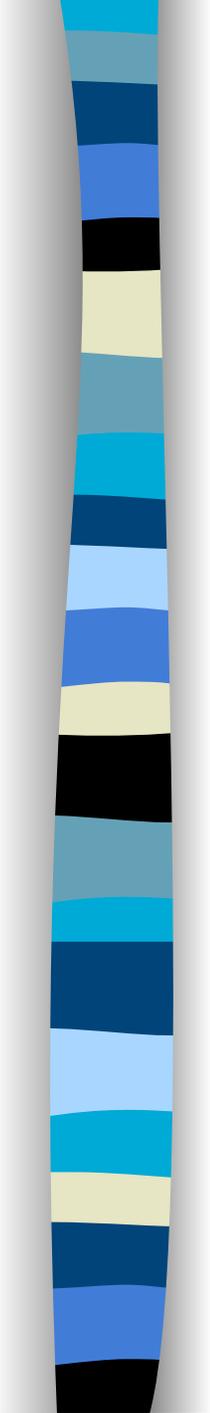
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



88b Deep Massage: Introduction

How to Combine Structure and
Energy in Bodywork



Thixotrophy

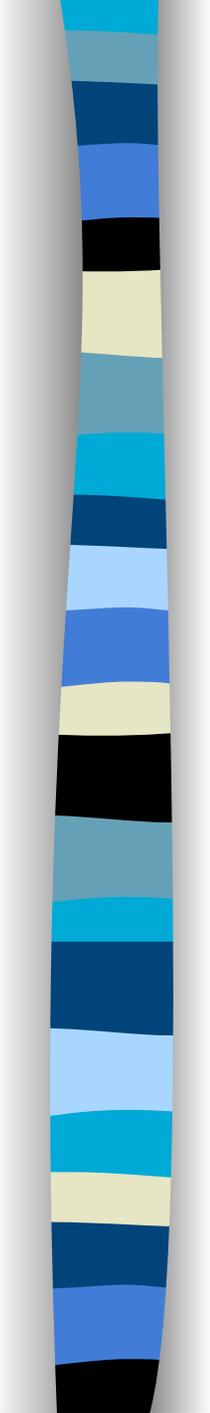
- Fascia is thixotropic.
- Thixotropic substances, such as certain clays in the soil and our fascia, become more fluid when energy (activity) is added to them, e.g. pressure, movement, heat.
- Fascia, like the rest of the body, is more or less a fluid.
- Our touch, intelligently applied, can change the shape of fascia and the structures it invests.

Tensegrity

from “tensional integrity” – Buckminster Fuller

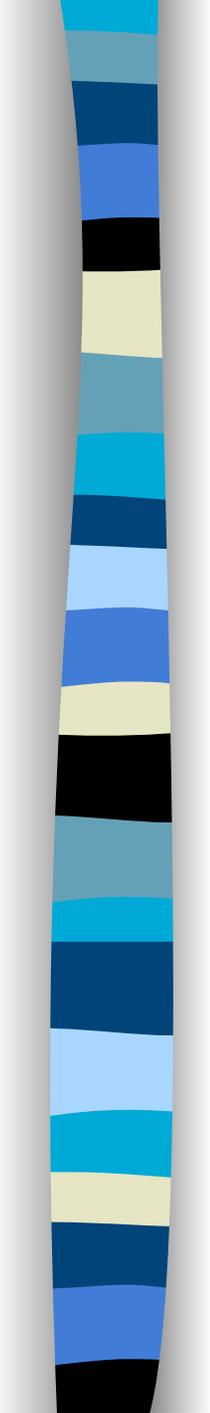
- “Fascia is the organ of structure.” – Ida Rolf
- The old compression model (“head bone connected to the neck bone”) is fortunately false.
- Tensegrity system – “an interconnected network of structures which use tension and pressure in order to move or retain their shape.” – Wikipedia
- In the tensegrity system of the human body, soft members (the myofascial system) position, shape and move the hard members (the skeletal system).





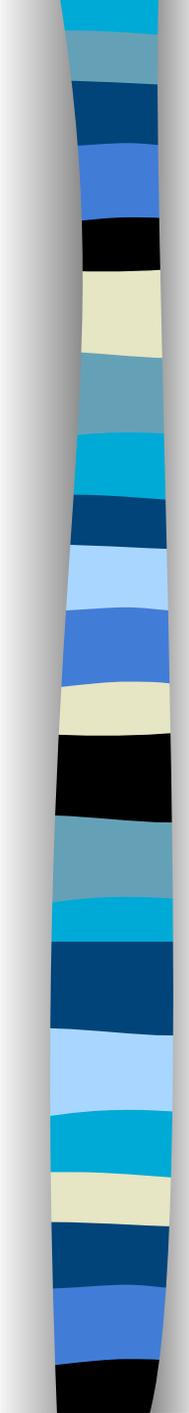
Nervous System

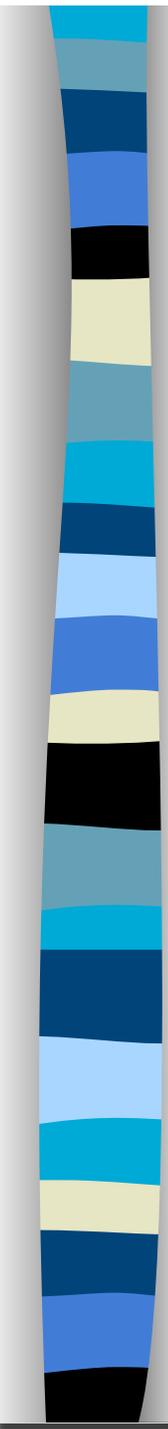
- In turn, the nervous system determines the various tensions in the myofascial system.
- If we really want change, we need to affect the nervous system.
- So how do we “touch” the nervous system?
- Nervous system overlaps with sensation, emotion, thought, belief, spirit.
- In other words, it is included within the broad use of the word “energy”.
- One might say “energy” determines “structure”.
- To affect the nervous system, we need to contact energy as well as structure.



What is Energy? - continued

- Various languages have been applied to talk about energy. There is debate as to whether these describe things which objectively exist or are helpful metaphors for what we subjectively experience:
 - Chi (also “Ki”)
 - Meridians
 - Chakras
 - Kundalini
 - Shakti
 - Elan vital
 - Bioenergy

- 
- The Nervous System helps bridge the structural and energetic aspect of us
 - How Do We Optimally Facilitate Change in and through the Nervous System?
 - “A person cannot change without a new experience.” – Moshe Feldenkrais
 - Through the sensory receptors in the myofascial system, muscles are as important as sense organs as motor organs.
 - When we affect our mechanoreceptors, our proprioception, we affect the perceived shape of our world.
 - Touch is the haptic sense.
 - Haptic Communication – the means by which people and animals communicate via touching
 - Haptic Perception – the process of recognizing objects through touch

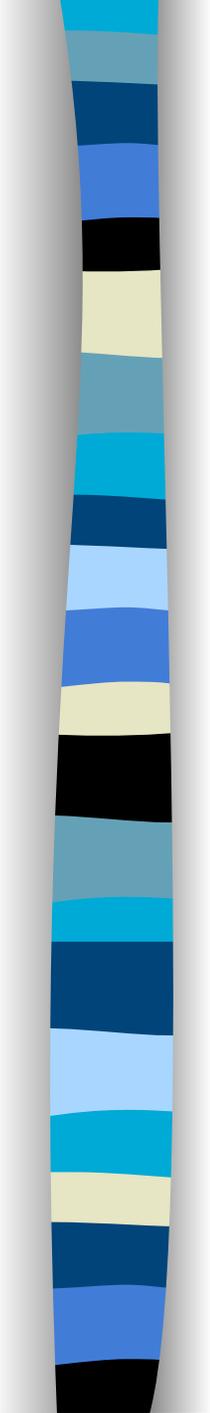


“The haptic sense is the sense of touch reconsidered to include the entire body rather than merely the instruments of touch, such as the hands. To sense haptically is to experience objects in the environment by actually touching them (by climbing a mountain rather than staring at it). Treated as a perceptual system the haptic incorporates all those sensations (pressure, warmth, cold, pain and kinesthetics) which previously divided up the sense of touch, and thus it includes all those aspects of sensual detection which involve physical contact both inside and outside the body.

For example, if you accidentally swallow a marble you may haptically sense it as it moves through your body, thus experiencing part of the environment within your body. Similarly, you may sense body motion haptically by detecting movement of joints and muscle through your entire bodyscape.

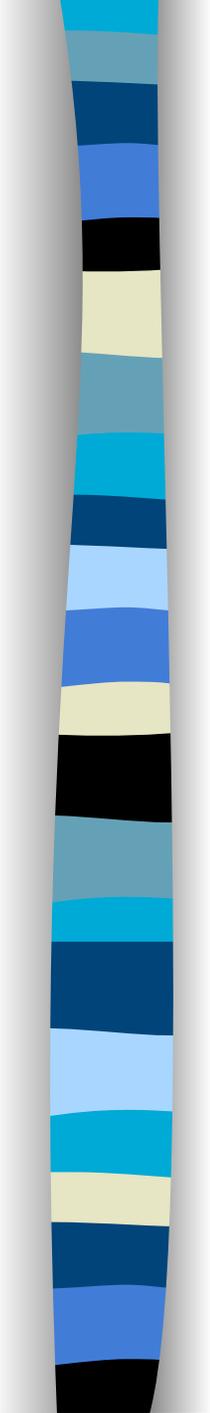
No other sense deals as directly with the three-dimensional world or similarly carries with it the possibility of altering the environment in the process of perceiving it; that is to say, **no other sense engages in feeling and doing simultaneously.**”

- Bloomer and Moore - Body, Memory and Architecture



Touch

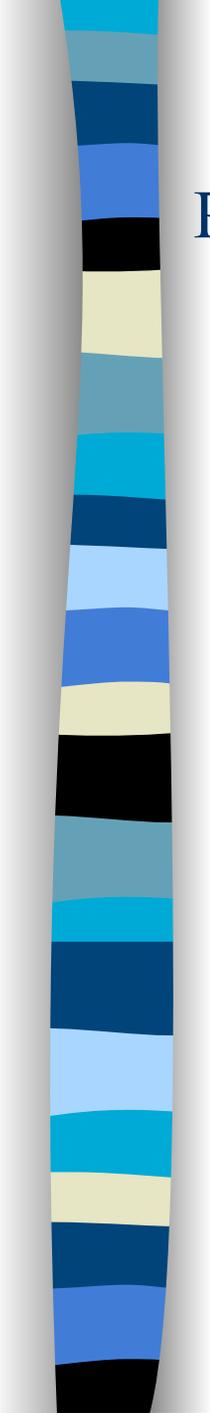
- Touch is the earliest sense to develop in the embryo. Therefore, touch communicates with the foundation of our whole sensory world.
- Intentional touch is the **only** sense which necessarily and simultaneously contacts structure and energy.
- How do we facilitate change simultaneously in structure and energy?
- Intentional positive touch



Interface

All real living is meeting. – Martin Buber

- To optimally contact both energy and structure, we need to work at interface
- Interface – the therapist consciously “meets” the client’s structure and energy with his/her structure and energy
- Not to allow streaming or blending
- Working effectively with both structure and energy calls for clear boundaries



Psycho-mechanics and Body Mechanics of Interface – The Organization of Awareness

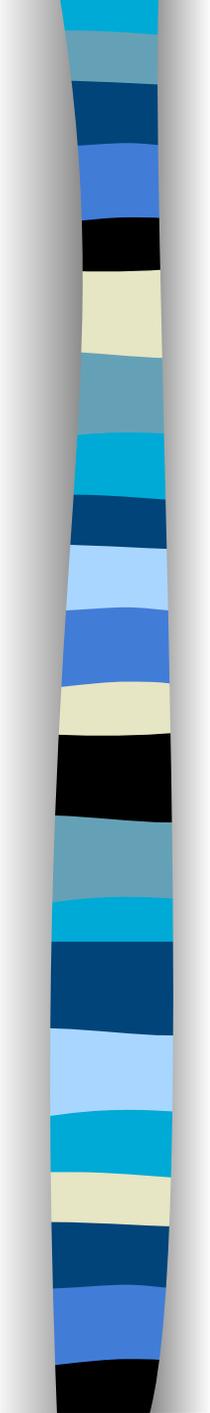
Body

Mind

Interface

Emotion

Spirit



Working with Fulcrums

Fulcrum –

- a. the support or point of rest on which a lever turns*
- b. an agent around, through, or by means of which vital powers are exercised*

– American Heritage Dictionary

Amplify your sense of boundaries with fulcrums:

by systematically engaging:

touch receptors

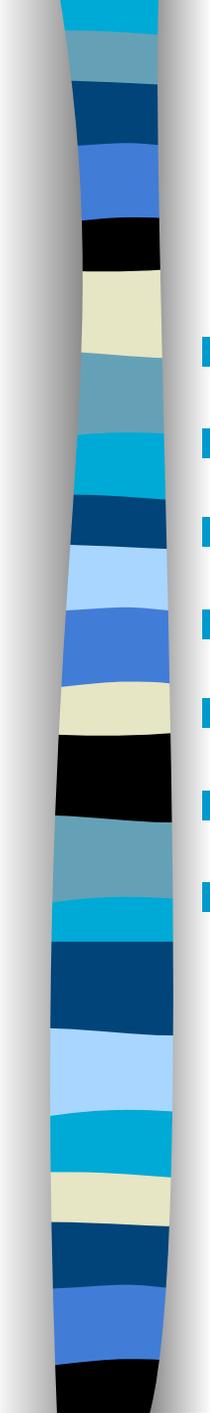
pressure receptors

proprioceptors

cerebellum

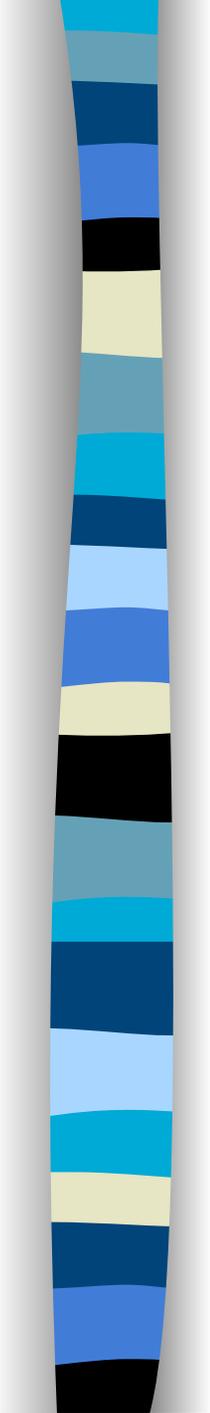
cerebrum

limbic and autonomic nervous systems



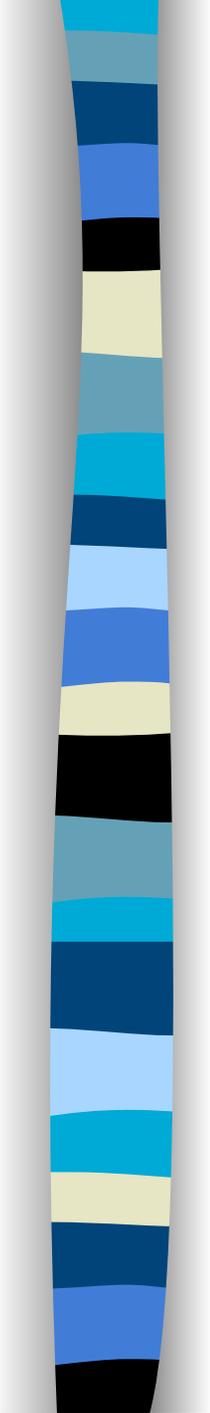
Fulcrum – a Grammar of Touch Communication

- Center yourself (pause)
 - Take out the looseness (pause)
 - Take up the slack (pause)
 - Add additional vectors
 - Hold (now that fulcrum is built, hold for min. 3 sec.)
 - Monitor for change (working state)
 - Clearly disengage (and pause)
- * Importance of perceptible pauses between the stages of the fulcrum (maybe as little as a 1/4 of a second) after each action (otherwise boundaries become less clear)



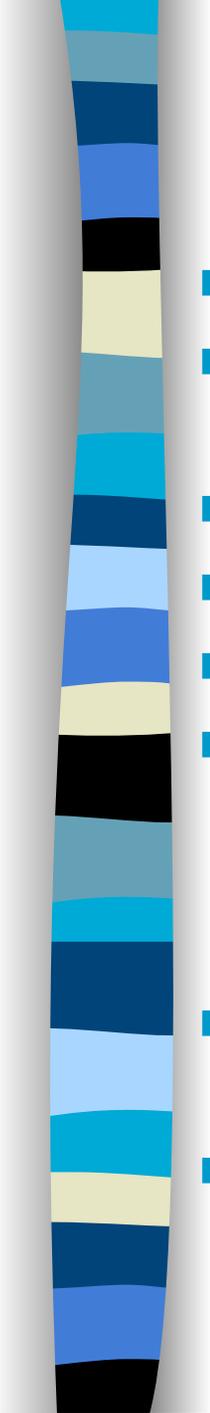
Working State

- State of being in which client is integrating structure and energy
- Fertile mid-ground between conscious and unconscious
- Since “healing” doesn’t take place until the client does their “work” from inside out, it is important that we help facilitate and carefully observe for working state and working signs.



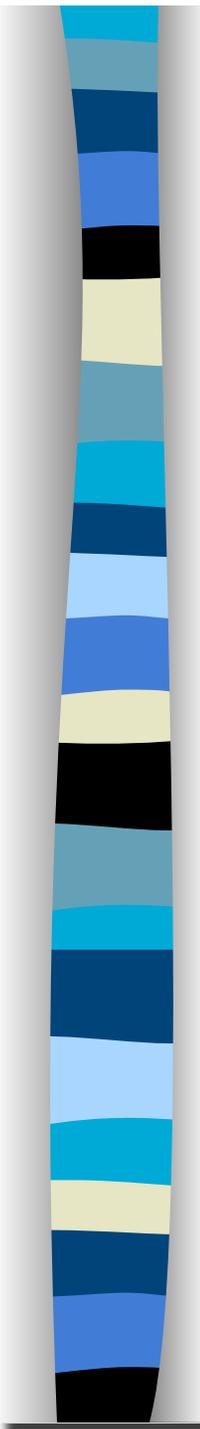
Working Signs

- Eyes – windows to the soul
- Breath – windows to the spirit
- Facial Expression
- Client reports – what they say
- Voice Vitality – how they say it
- Body Tissue Change –
 - hard → soft,
 - dry → fluid,
 - cold → warm,
 - feeling of flow-through, etc.
- Movements or “Kriyas” - spontaneous small or whole body movements
- Borborygmus and/or Swallowing – autonomic signals
- Serenity - less objective, but clear sense of shift in environment of treatment room



Practical tips

- Table height – 1 notch lower than for Swedish
- Working origin to insertion conveys length (balanced by circulatory work toward heart)
- Work less affected side first
- First do no harm – to yourself and to the client
- Practice Deep Massage in pure form until you are fluent with it.
- Feel free, however, to use basic massage strokes, as needed, to warm up the body, to palpate for tension, and to integrate the work with a little lighter work after a deep fulcrum e.g. rocking, resting hands, gentle effleurage or petrissage, etc.
- Get the rhythm by being in touch with your breath and that of the client, incorporating pauses to allow assimilation of the work.
- **DEEP MASSAGE DOES NOT MEAN MORE PRESSURE –**
It is primarily based on the client letting go from inside out, not pressure from outside in. Deep Massage has faith in the client.



Cautions

- Hair – in this respect, men aren't usually as sensitive as you might think! 😊
- Don't add lubricant just because you're used to it. Use cream or oil, when it really helps you and/or when the client or employer clearly expresses that preference. Body produces its own lubrication – oils and water.
- Verbal fulcrums – in a working state clients are more vulnerable; pay attention to what you say, how and when you say it,
- Depletion – people who are low energy or whose energy moves very quickly may be more likely to deplete. Pay close attention – check in periodically.
- Transference and Countertransference – with deeper structural/energetic work, client and/or therapist may more likely project onto therapist or client. Pay close attention to your and other's boundaries.

Basic Deep Massage Protocol

Client Prone

Fists Down Erectors

Nine Points (lumbar erectors, multifidus, quadratus lumborum)

Ironing Up Erectors (“Erector spinae and posterior ribs”)

Levator Scapula

Posterior Neck (prone)

Trapezius

Semispinalis Capitis

Multifidus/Rotatores

(Integrate upper body work with fists down erectors)

Gluteus Maximus

Hamstrings

Gastrocnemius/Soleus



Client Supine

Half Moon Vector through the Legs

Tensor Fascia Lata, Gluteus Medius and Gluteus Minimus

Iliotibial Band

Rectus Femoris

Peroneus Longus (Fibularis)

Tibialis Anterior

Half Moon Vector through the Legs

Rectus Abdominis

Pectoralis Major

Biceps Brachii

Triceps Brachii

Trapezius (supine)

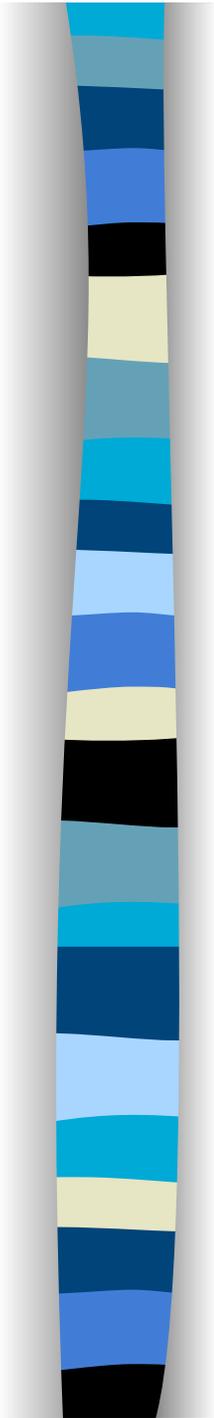
Scalenes

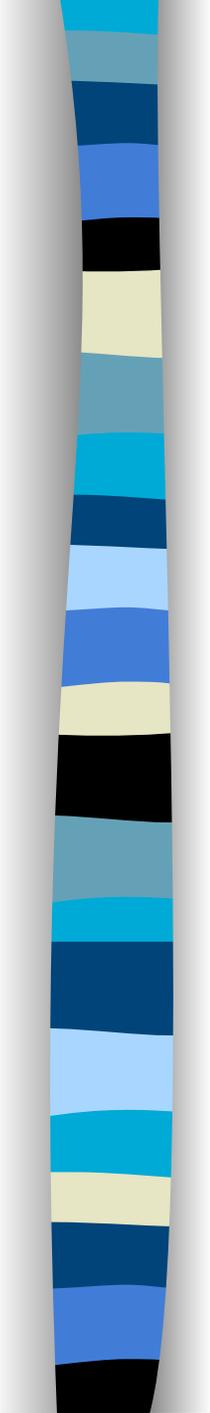
Facial muscles

Epicranium (occipitofrontalis)

Half Moon Vector through the Neck

Half Moon Vector through the Legs





88b Deep Massage: Introduction