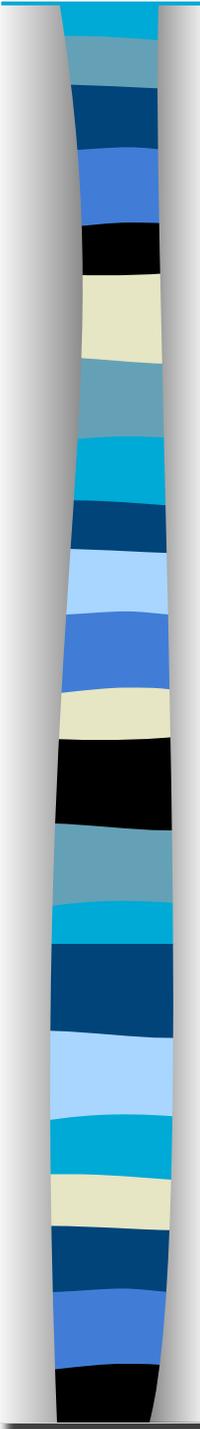


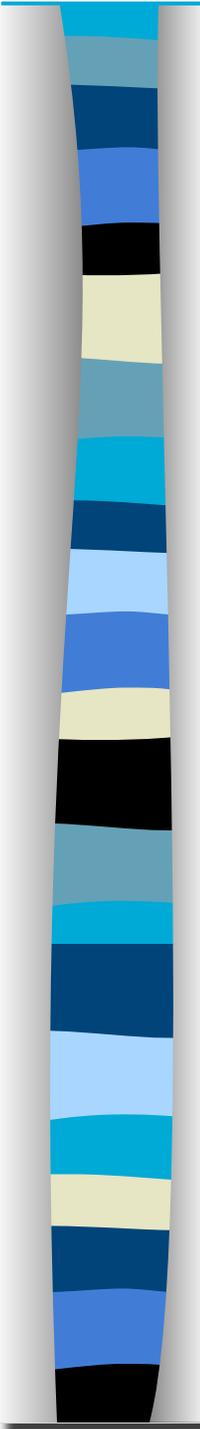
90b Deep Massage:
Technique Demo and Practice - Posterior Back and Neck





90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck Class Outline

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



90b Deep Massage: Technique Demo and Practice - Posterior Back and Neck Class Outline

Quizzes:

- 91a Kinesiology Quiz
(gluteals, hamstrings, gastrocnemius, soleus, TFL, quads, tibialis anterior, peroneus longus, peroneus brevis)
- 93a Kinesiology Quiz
(rectus abdominis, diaphragm, pectoralis major, deltoid, biceps, brachialis, triceps)

Touch Assessment:

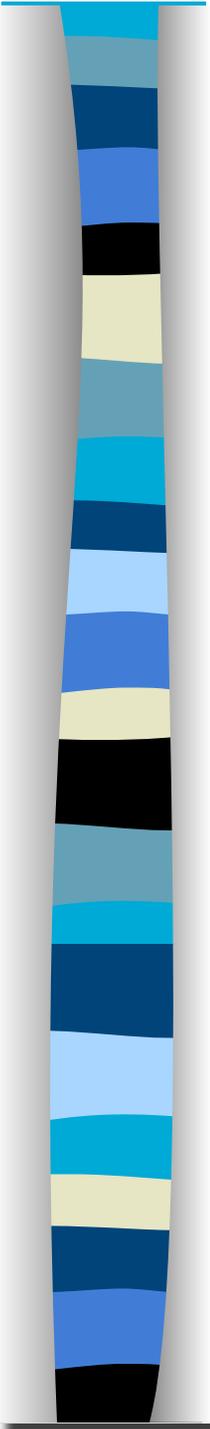
- 97b Deep Massage: Touch Assessment

Exams:

- 98a Practice MBLEx (100 questions in 2 hours)

Preparation for upcoming classes:

- 91a Kinesiology: Palpation – Anterior and Posterior Legs
- 91b Deep Massage: Technique Demo and Practice – Anterior and Posterior Legs
 - Lauterstein: Chapters 9 and 11.



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:

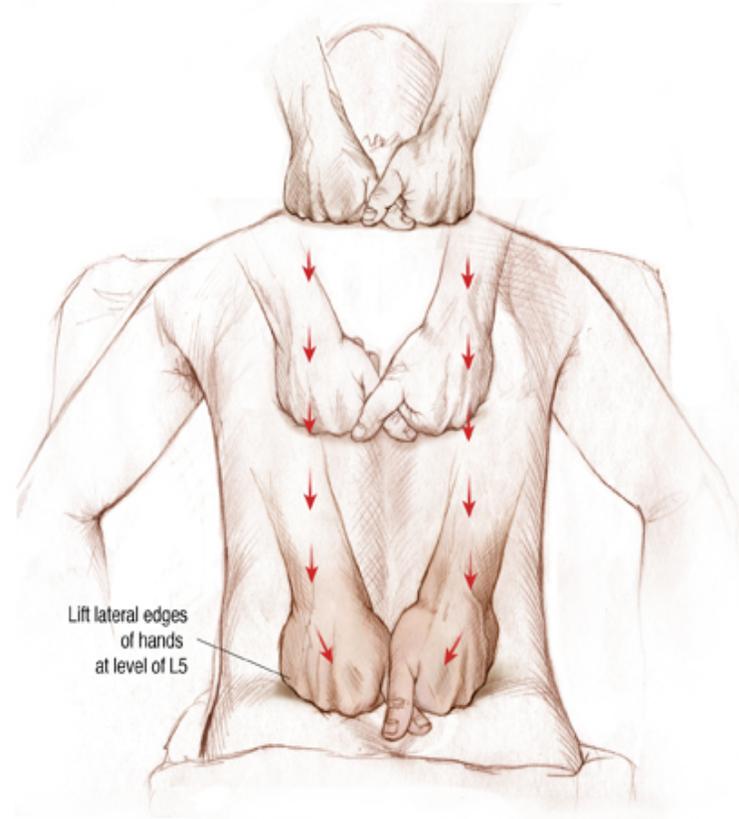
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

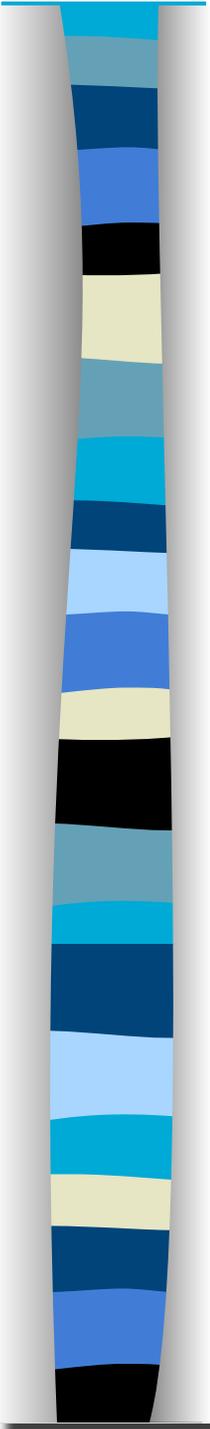
You will receive one verbal warning, then you'll have to leave the room.

90b Deep Massage:
Technique Demo and Practice - Posterior Back and Neck



Fists Down Erectors

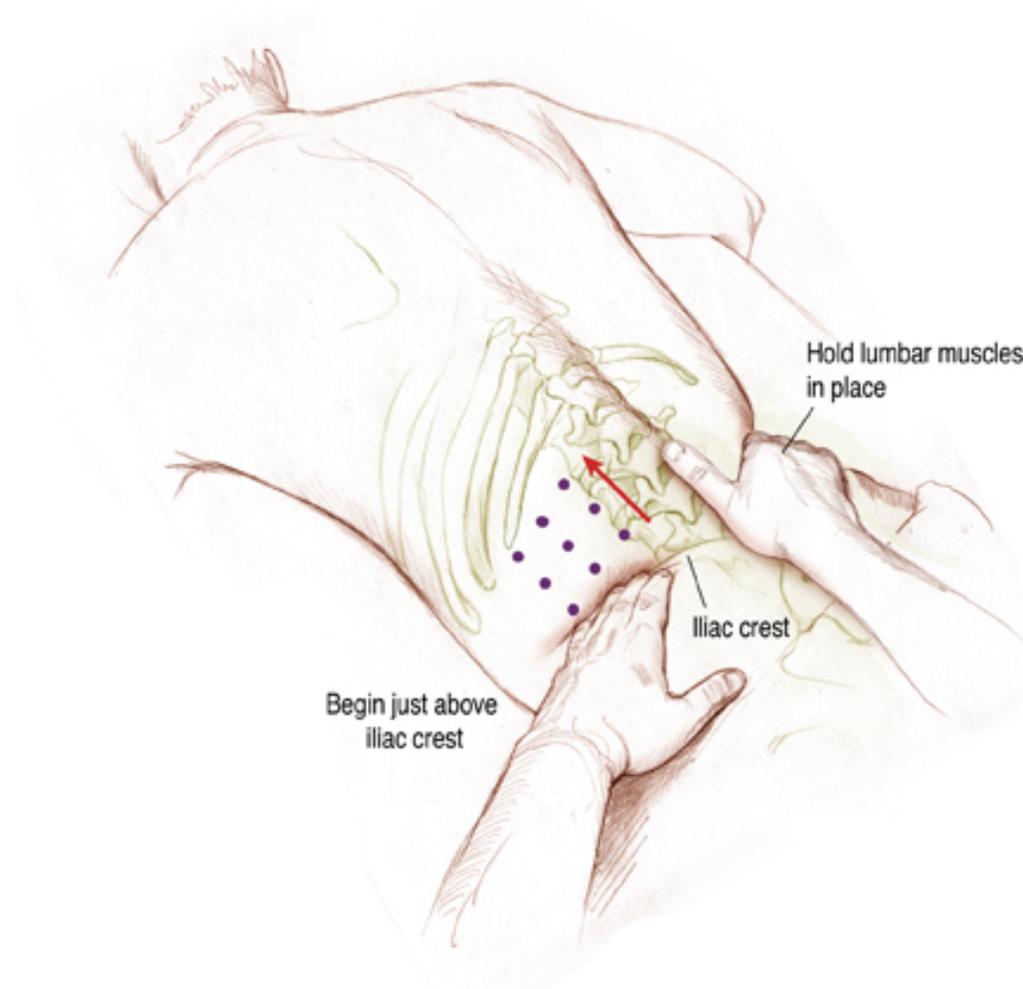


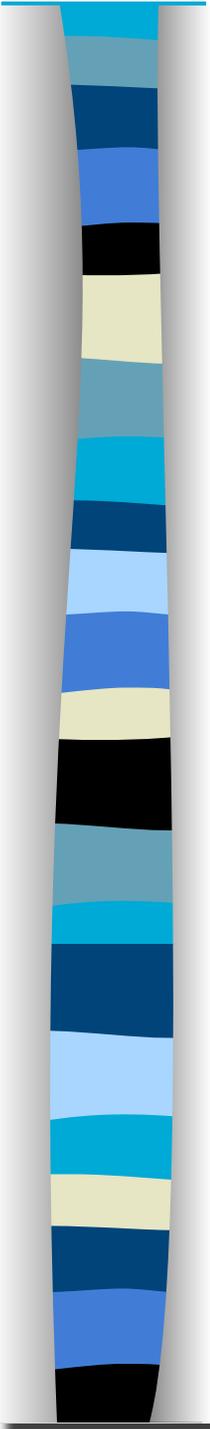


Fists Down Erectors

- 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





Nine Points

Palpate for tension in -

1. the side of iliocostalis
 - Just above the iliac crest
 - Halfway between it and the 12th rib
 - Just below the 12th rib

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

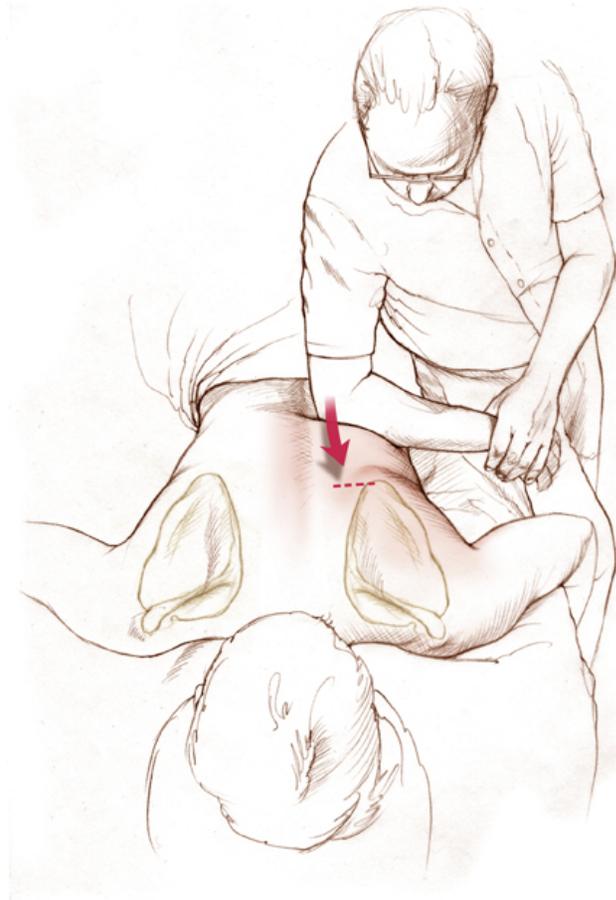
2. Follow the same steps into multifidus

Just above the iliac crest; halfway between the iliac crest and the 12th rib; Just below the 12th rib. When you palpate, if you feel tension, press into the tension and hold it – breathe! Create fulcrums as needed.

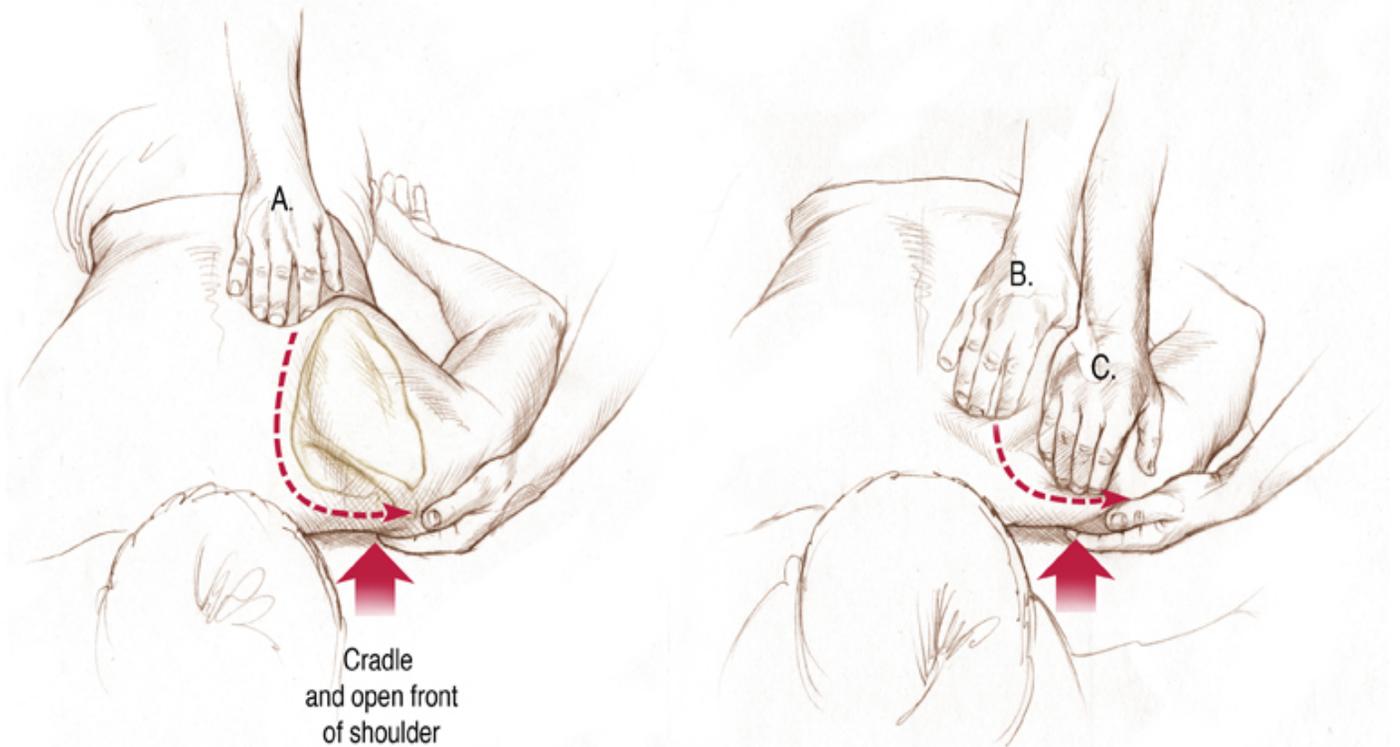
3. Follow the same steps into quadratus lumborum

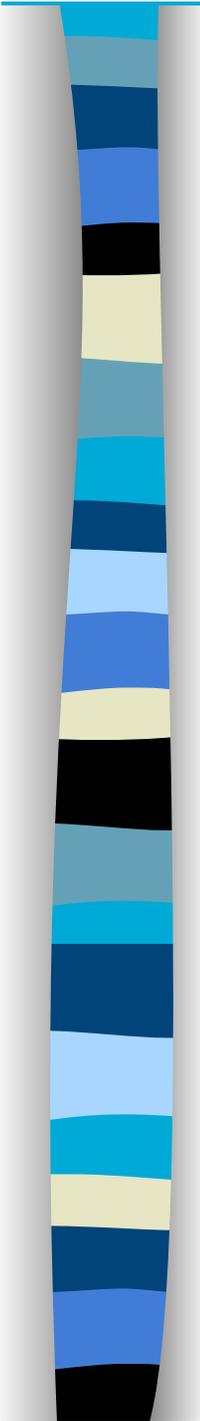
Just above the iliac crest; halfway between the iliac crest and the 12th rib; Just below the 12th rib. When you palpate, if you feel tension, press into the tension and hold it. Create fulcrums as needed.

Ironing up the Erectors #1



Ironing up the Erectors #2





Ironing up the Erectors

#1. Take out the looseness gently – around rib 10-11

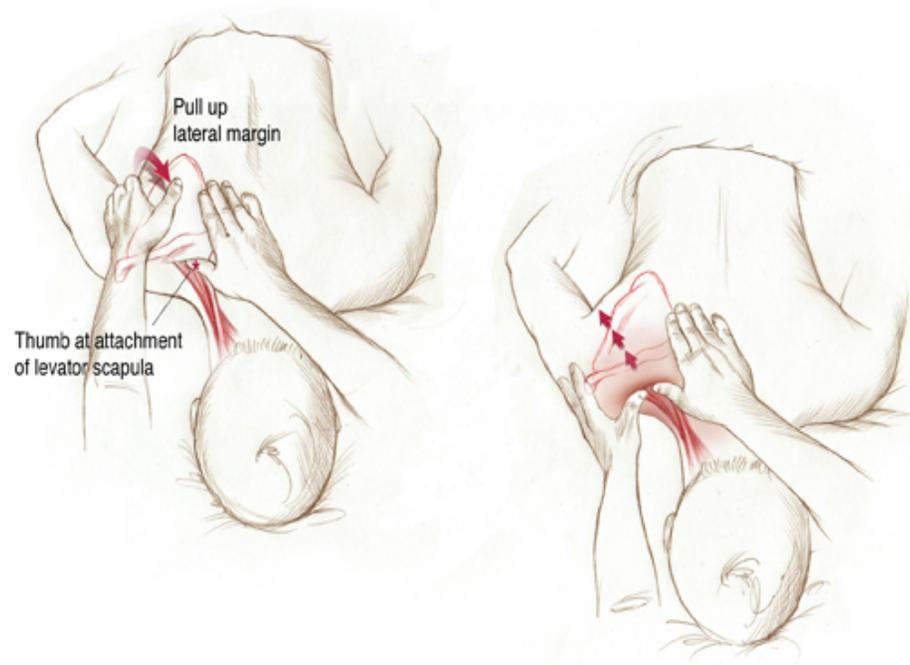
- Take up the slack, pre-stretching superiorly
- Add additional vectors “ironing” up to the level of the scapula’s inferior angle
- Clearly disengage

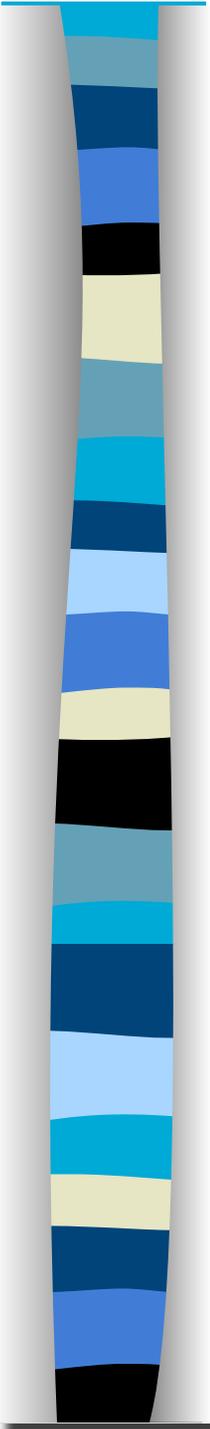
#2. Switch hand positions – so between scapula you work with three fingers. Let your other hand, cup the front of the humerus and gently traction the anterior shoulder girdle open.

- 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

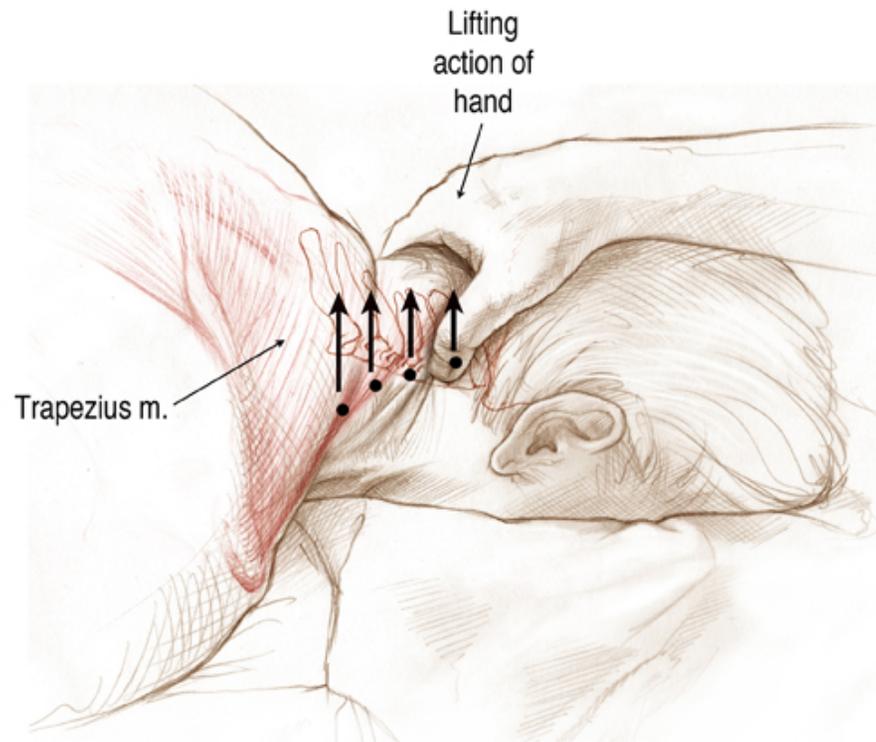
Seated -

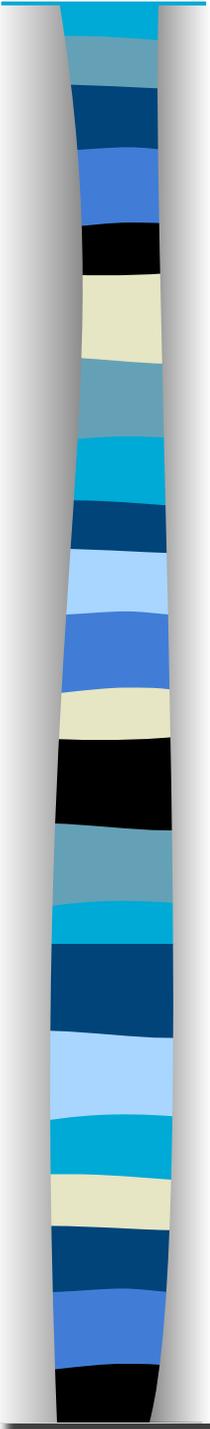
Position your chair at a slight diagonal and above the opposite shoulder – so you face the one you’re going to be working with

- 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 inferio-lateral lengthening
- Clearly disengage

Posterior Neck (supine) Trapezius, “lifting the curtain”





Posterior Neck (supine)

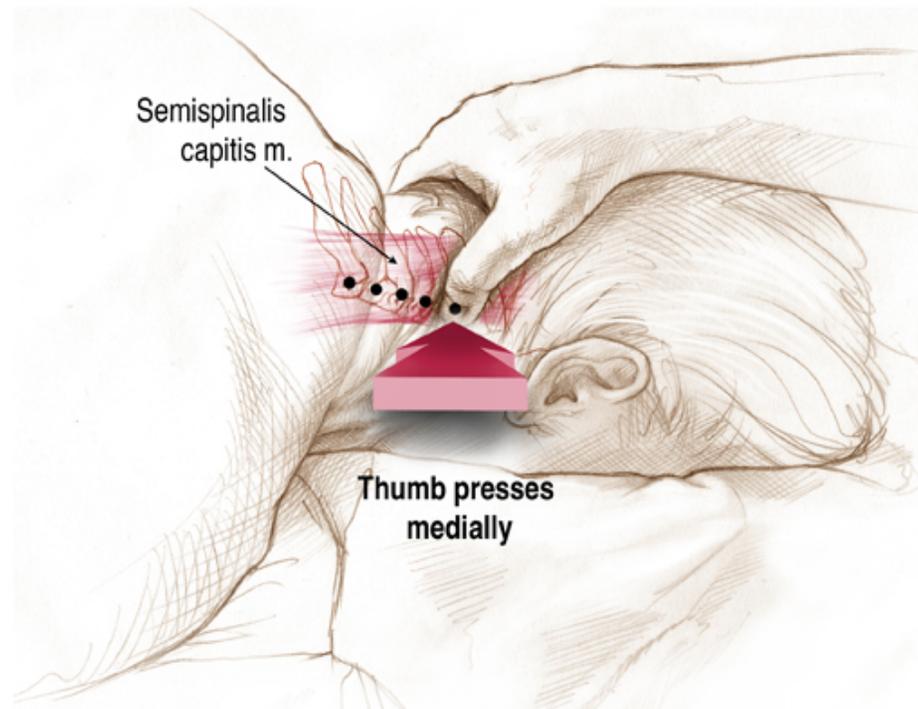
Trapezius, “lifting the curtain”

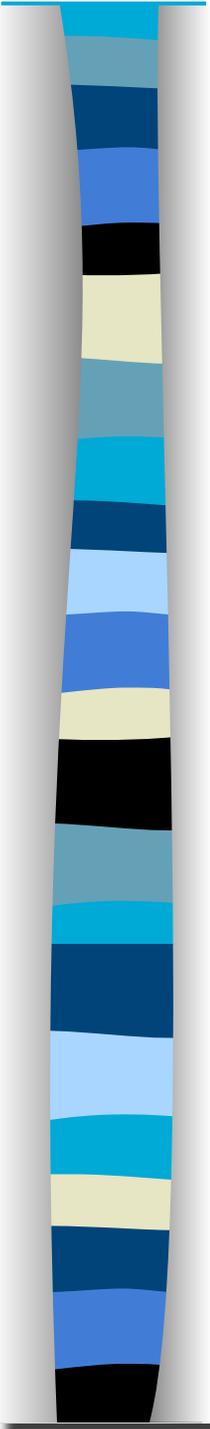
Seated -

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 (supine) Semispinalis Capitis





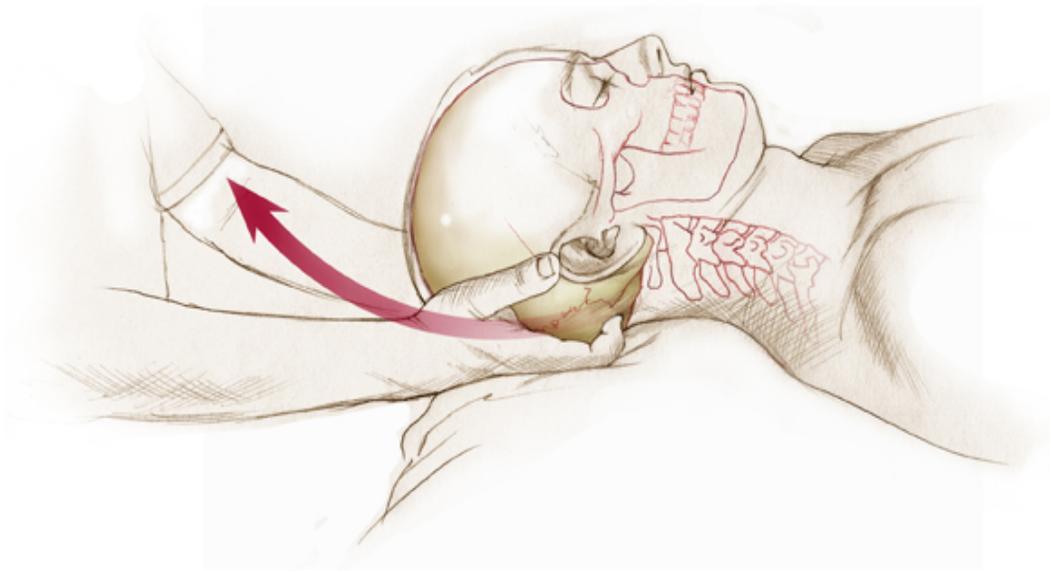
Posterior Neck (supine)

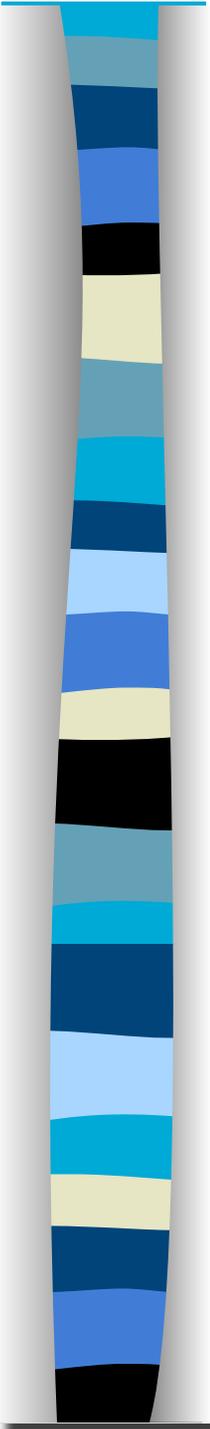
Semispinalis Capitis

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

Half Moon Vector through the Neck



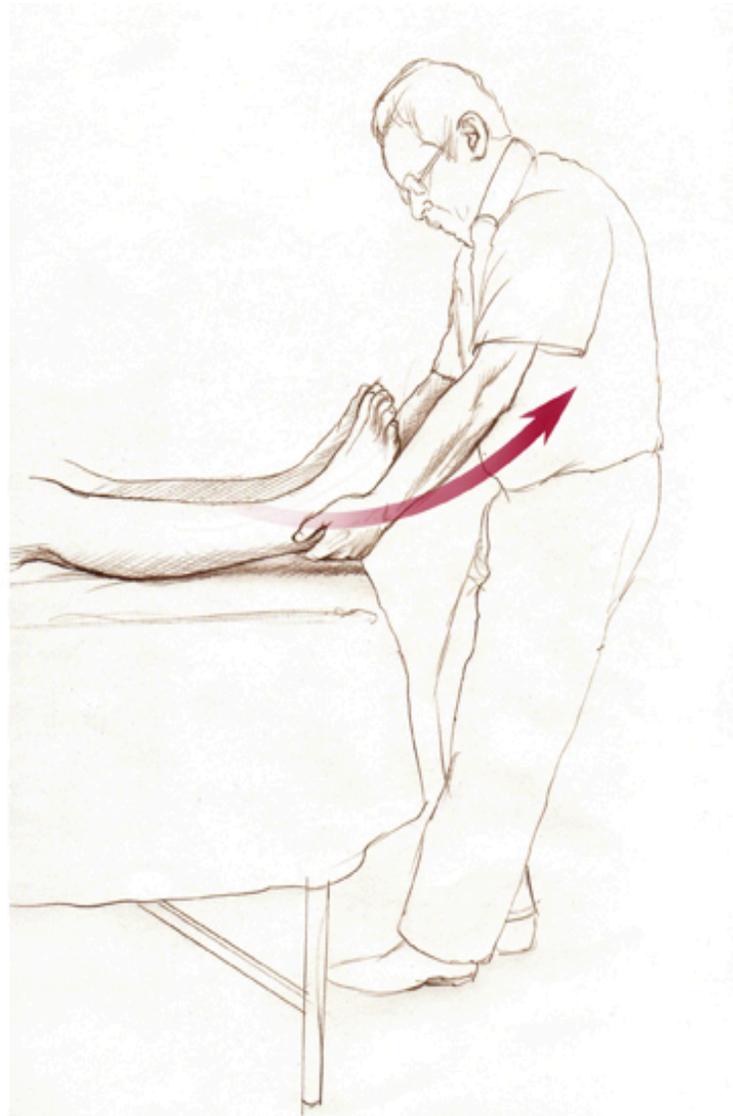


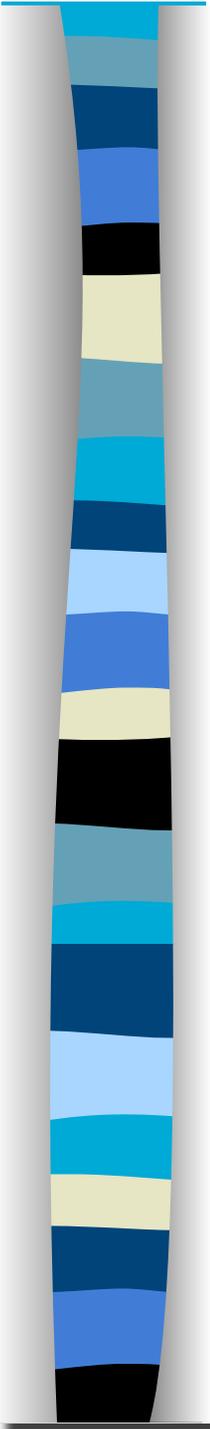
Half Moon Vector through the Neck

Seated -

- Clearly contact the inferior surface of the occiput with your fingers – take out the looseness
- Take up the slack with a gentle superior-ward opening through the neck/upper spine
- Add additional vectors (the “half moon”) by gently bringing your fingers more toward yourself – the chin should, as a result slightly nod downward maybe a half inch.
- Hold it, Hold it, Hold it. Give the client the gift of time to let go of physical tension through the head, neck and whole self.
- Let go of the half-moon.
- Set the head down, leaving the client in length.
- Clearly disengage.

Half Moon Vector through the Legs





Half Moon Vector through the Legs

Center yourself and your client (gently see if you can get the legs not to be too “turned out”)

- Contact the calcanei and calcaneal tendons with your hands – take out the looseness between your hands and the calcanei and Achilles tendons.
- Take up the slack with a gentle inferior-ward opening
- Additional addition vectors (the “half moon”) by adding slight additional length while simultaneously dorsiflexing the ankle (so it’s a clear and simple curved pull). *You can also lift the legs up a little if it feels better for the client or for your back.*
- Hold it, Hold it, Hold it.
- Monitor for working signs (but don’t wait for one!)
- Clearly disengage, setting the legs down in length.

90b Deep Massage:
Technique Demo and Practice - Posterior Back and Neck

