



1: FIRST CONTACT

Client/Therapist Position

Stand in straddle horse position. Place your south hand on the sacrum, and place your north hand at the base of the neck or upper back.

Action

Allow your hands to make full and complete contact saying hello to your clients body.



2: SACRAL ROCK

Client/Therapist Position

Stand in the straddle horse position. Place your south hand on the sacrum, and place your north hand at the base of the neck or upper back.

Action

Push and pull with your south hand allowing the client's pelvis to move independently at their spinal column. Pivot the palm back and forth to allow the pelvis to articulate.



3: PALM PRESS ROCK

Client/Therapist Position

Place your inside hand at the lumbar spine and place your outside hand at the client's shoulder.

Action

Palm press the opposite side erectors keeping your arms straight.



4: PALM CIRCLE SACRUM & BACK

Client/Therapist Position

Place one hand on the sacrum and one hand on the client's back.

Action

Palm circle the sacrum & the client's back with both hands.



5: SAWING

Client/Therapist Position

Place your hands in prayer position at the client's sacrum.

Action

Rapidly move your hands back and forth in a sawing motion from the sacrum, up the back, across the trapezius to the base of the neck. Return the sacrum and repeat moves 3, 4 & 5 on the opposite side.



6: PALM PRESS THE ERECTORS

Client/Therapist Position

Place your palms on either side of the client's spine starting at the lumbar.

Action

Palm press together up and down the erectors and remember to extend your back as you lunge forward.



7: FIST SWIRL WALK

Client/Therapist Position

Place the fists on the upper back.

Action

Palm press together up and down the erectors and remember to extend your back as you lunge forward.



8: FIST PRESS

Client/Therapist Position

Place the fists perpendicular to the spine.

Action

Rock in and flex the wrist with each compression.



9: FIST WALK DOWN

Client/Therapist Position

Place the fists at the upper back.

Action

Apply alternating fist presses down and up the erectors.



10: LATERAL FIST PRESS

Client/Therapist Position

Place fists together at the lumbar with palms facing inward.

Action

Fist press together up and down the erectors while laterally flexing the wrists as you compress.



11: THUMB PRESS LINE 1

Client/Therapist Position

Place the pads of the thumbs at the laminar groove between the shoulder blades.

Action

Thumb press together the laminar groove down to the sacrum line 1.



12: THUMB PRESS LINE 2

Client/Therapist Position

Place your thumbs in the erector spinae at the lumbar.

Action

Thumb press up the center of the erectors line 2. Finish with a thumb press walk down line 2 to the naval line.



13: BUTTERFLY PALM PRESS

Client/Therapist Position

Place the heels of the palms in the lumbar at the navel line. Fingers facing away from each other.

Action

You may use an opposing palm press as an alternate. Palm press up and down the lumbar spine. Soft, hard, soft.



14: THUMB PRESS THE NAVAL LINE

Client/Therapist Position

Place the pads of the thumbs in the lumbar groove at the naval line.

Action

Begin medially then move laterally then back to the lumbar groove magic number (1, 2, 3, 2, 1) and repeat above and below the navel line. Finish with butterfly or opposing palm presses.



15: PRAYER PRESS

Client/Therapist Position

Place your hands in the prayer position with the blades of the palms on either side of the spinal column.

Action

Roll the blades of the palms up or down the erector spinae.



16: FOREARM ROLL THE UPPER BACK

Client/Therapist Position

Place the inside forearm on the opposite erector spinae parallel to the spine. Make a fist with the working forearm and clasp it with the opposite hand.

Action

Roll the forearm up and down the erector spinae. Remember to roll the forearm away from you pronate to supinate. Repeat on the opposite side with the forearm facing the opposite direction.