



# SAMPLE SEQUENCE

## *Prone Position*

---

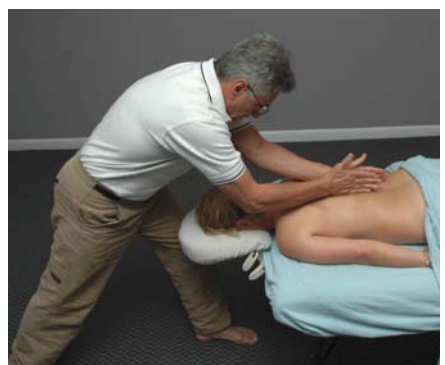
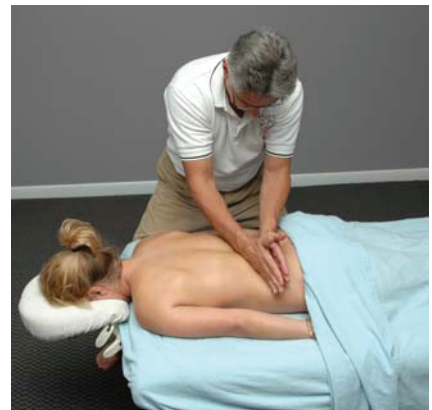
### **Sacral Vibration & Rocking:** (*Side of Table*)



---

**Sawing 1:** (*Side of Table*) from sacrum up  
erectors to traps, across traps & up  
neck, back across traps, and back down  
erectors to sacrum

**Sawing 2:** (*head of table  
facing South*) up/down  
traps, erectors, between  
shoulder blades, & up to  
occiput





## BodySaver Massage: “No Thumbs” Method for Deep Tissue Massage

### Nutcracker Neck & Trapezius

---

---

---



### K1/K2 Bilateral Slide from Acromium to Occiput

---

---

---



### Inchworm between shoulder blades

---

---

---



### Assisted Fingerhook Occiput (*therapist may move to seated position*)

---

---

---





## BodySaver Massage: “No Thumbs” Method for Deep Tissue Massage

### **Assisted Fingerhook Occiput** *(Therapist may stand or use stool)*

---

---

---

---



### **Double Fingerhook Occiput**

---

---

---

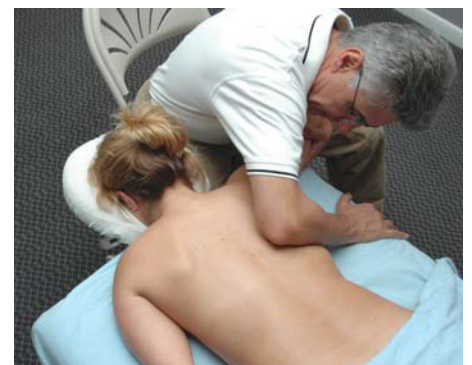


### **Windshield Wiper shoulder/ upper back** *(Therapist may stand or use stool)*

---

---

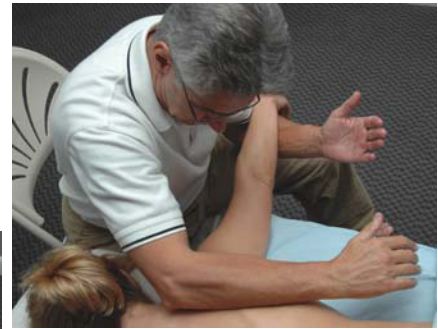
---





## Forearm Techniques on Shoulder using Range of Motion

- Forearm Slides
- Forearm Rolls
- Reverse Slide/ Rolls
- Forearm Compression
- Forearm Friction



## Elbow Compress/ Friction/ Effleurage Traps, Rhomboids & Erectors



## Forearm Slide with external shoulder rotation

