

SPINAL COLUMN SEQUENCE:



32

Palm Press the Erectors

THERAPIST POSITION:

Place one hand next to the other or on top of the other on the erector spinae above the spine starting at the lumbar. Keep your arms straight.

CLIENT POSITION: Side Lying

BODY AREA: Erector Spinae & Spinal Column

ACTION:

Palm press walk or palm press together up & down the erectors.



33

Thumb Press Walk the Groove

THERAPIST POSITION:

Place pads of the thumbs at the laminar groove with the thumb tips apart and facing each other.

CLIENT POSITION: Side Lying

BODY AREA: Erector Spinae & Spinal Column

ACTION:

Thumb press walk the laminar groove Sen line 4.

Thumb press walk the center of the erector spinae.



34

Thumb Press the Groove Together

THERAPIST POSITION:

Keep your arms straight and place one thumb on top of the other at the laminar groove of the lumbar spine.

CLIENT POSITION: Side Lying

BODY AREA: Erector Spinae & Spinal Column

ACTION:

Thumb press together up and down the laminar groove Sen line 4.

Thumb press up and down the erector spinae.

Palm press or palm circle to finish.

SHOULDER GIRDLE SEQUENCE



35

Rotate & Pull Back

THERAPIST POSITION:

Reach under the client's arm and clasp the shoulder with both hands.

CLIENT POSITION: Side Lying

BODY AREA: Shoulder Girdle & Neck

ACTION:

Rotate and traction the shoulder several times in each direction.

STAND IN THE LUNGE POSITION AT THE STRAIGHT LEG SIDE OF THE TABLE

FOR FOLLOWING SEQUENCE PAY ATTENTION TO VARYING THERAPIST POSITIONS FOR MOVEMENTS 35 - 47



36

Locomotive

THERAPIST POSITION: Reach under the client's arm and place your *inside hand* at the pec. Place the heel of the palm of your *outside hand* at the medial border of the scapula with the fingers facing down.

CLIENT POSITION: Side Lying

BODY AREA: Shoulder Girdle

ACTION:

Circle inside hand down & up facilitating the shoulder moving up & back. Compress the medial border of the scapula down and in as you pull back on the shoulder.

Lunge forward and rotate your torso toward the client as you complete this technique.



37

The Wave

THERAPIST POSITION:

Place the *inside hand* under the client's arm. Place the *outside hand* next to *inside hand* at the base of the neck with your fingers hooked.

CLIENT POSITION: Side Lying

BODY AREA: Shoulder Girdle & Neck

ACTION:

Push the client's shoulder forward then lift their elbow.

Dig your fingers into the traps, pull back and drop the elbow.

Release your hooked fingers and push the shoulder forward again and repeat the movement.



38

Subscap Work

THERAPIST POSITION:

Reach under the client's arm and cup their shoulder with your *inside hand*. Place the thumb of your *outside hand* at the medial border of the scapula.

CLIENT POSITION: Side Lying

BODY AREA: Shoulder Girdle

ACTION:

Thumb press the medial border of the scapula magic number.

Pull the shoulder into the pressure resting your elbow on your inner thigh.

You may circle the shoulder into the pressure while holding any of the points.



39

Side Lying Spinal Twist

THERAPIST POSITION:

Lift the client's arm with your *outside hand* and hold at the wrist. Place your *inside hand* at client's pec and stabilize the client's hip with your hip.

CLIENT POSITION: Side Lying arm abducted 90 degrees

BODY AREA: Spinal Column, & Shoulder Girdle

ACTION:

Lift and traction the client's arm out to the side and down to the floor, rotating the client's torso.

Compress at the pec with the inside hand and shift your hip into the client's hip.

Ask the client to rotate their head in the same direction as the extended arm and exhale with each spinal rotation.



40

Forearm Rock & Roll the Armpit

THERAPIST POSITION:

Lift the client's arm with your *inside hand* and hold at the wrist. Rest your *outside forearm* at the client's armpit with your elbow facing outward.

CLIENT POSITION: Side Lying with the arm abducted

BODY AREA: Shoulder Girdle, Pecs & Lats

ACTION:

Traction the client's arm while rocking and rolling the forearm between the pecs and the lats.

With your elbow facing the client, you may reverse your hand and arm positions.



41

Arm Stretch Heart Sequence

THERAPIST POSITION:

Lift the client's arm with your *outside hand* and hold at the wrist. Place the *inside hand* at the armpit.

CLIENT POSITION: Side Lying arm abducted 90 degrees

BODY AREA: Arm, Shoulder Girdle & Lateral Torso

ACTION: Step forward and lunge northward while tractioning the arm and maintain compression at armpit.

Return to starting position. Move the inside hand southward an inch or so. Draw half of heart first drawing the client's arm toward you then lunge forward.

Return to starting position. Place inside hand northward towards armpit and move client's arm away from you drawing the other half of the heart.

Remember the point of the heart is facing north.



42

Forearm See Saw Lumbar

THERAPIST POSITION:

Reach underneath the client's arm and place your *south forearm* at the lumbar. Clasp your hands and place the inside of your *north forearm* at the client's anterior shoulder. Step your *north foot* behind you.

CLIENT POSITION: Side Lying

BODY AREA: Lumbar Spine & Shoulder Girdle

ACTION:

Compress the lumbar spine with the south forearm using a see saw frictioning motion.

Simultaneously draw the shoulder back and rotate your torso to complete the movement.



43

Blade of Palm Lumbar

THERAPIST POSITION:

Place the blade of the *south palm* at the lumbar and clasp the shoulder with the *north hand*. Step your *north foot* behind you.

CLIENT POSITION: Side Lying with the Client's arm below your hand

BODY AREA: Lumbar Spine & Torso

ACTION:

See saw your palm into the lumbar while pulling back at the client's shoulder.

The heel of the palm or forearm may be substituted for the blade of the palm. You may also place the client's arm behind your back.

Hip Push / Spinal Twist

44

THERAPIST POSITION: Place the palm, fist or forearm of your *south hand* at the SI joint of the client's hip. Clasp the client's shoulder with the *north hand*.

CLIENT POSITION: Side Lying with the client's arm behind your back

BODY AREA: Spinal Column, Pelvic Girdle, & SI Joint

ACTION:

Lunge forward & compress the hip while pulling back at the shoulder and repeat.



Push Pull Neck & Traps Stretch

45

THERAPIST POSITION:

Place your *south hand* under the client's arm and clasp the shoulder. Place the heel of the palm of the *north hand* at the occiput.

CLIENT POSITION: Side Lying

BODY AREA: Neck & Traps

ACTION:

Simultaneously, push at the occiput with the *north hand* and pull back on the shoulder with the *south hand* as if drawing back a bow.



Forearm Roll the Neck & Traps

46

THERAPIST POSITION:

Place your *south hand* under the client's arm and clasp the shoulder. Place your *north forearm* at the base of the neck.

CLIENT POSITION: Side Lying

BODY AREA: Neck & Traps

ACTION:

Forearm roll the neck & trapezius, simultaneously pulling back at the shoulder with your *south hand*.



Occipital See Saw & Friction

47

THERAPIST POSITION:

Place your *south hand* under the client's arm and clasp the shoulder. Place your *north forearm* at the base of the neck.

CLIENT POSITION: Side Lying

BODY AREA: Occiput

ACTION:

Work at the occipital ridge and occiput using a see saw friction motion with the ulnar surface of the forearm.

Clasp your hands and friction the occipital ridge.

