

STRAIGHT LEG SEN LINE SEQUENCE:



NOTE: Move client's shoulder & hip to edge of table with upper leg perpendicular to spine and lower leg straight. Support client's head with either a face cradle or pillow. Bolster the bent leg if needed.

STAND AT STRAIGHT LEG SIDE OF TABLE FACING CLIENT FOR MOVEMENTS 1 - 3

1

Straight Leg Warm Up

THERAPIST POSITION:

Place the *north hand* at the client's upper leg and the *south hand* at the client's ankle or foot.

CLIENT POSITION: Side Lying

BODY AREA: Medial Leg

ACTION:

Stretch the Sen lines 3 times. Palm press walk in towards the knee, away from the knee, back to the knee, then palm press walk to the ankle.

2

Working the Sen Lines

THERAPIST POSITION:

Place the pads of both thumbs at inside line 1 with the tips of the thumbs facing each other.

CLIENT POSITION: Side Lying

BODY AREA: Medial Leg

ACTION: Use a thumb chasing thumb technique. Work up & down line 1 of lower leg, then skip to line 2 of upper leg.

Return along line 2 of upper leg, and then skip to line 1 of lower leg. Work line 2 of lower leg, and then skip to line 3 of upper leg. Work Line 3 of lower leg, and then skip to line 4 of upper leg. Reverse and return the same way.

For deeper work you may use a thumb on thumb technique.

3

Sen Line Completion Sequence

THERAPIST POSITION:

Place both palms just proximal to the ankle.

CLIENT POSITION: Side Lying

BODY AREA: Medial Leg

ACTION:

Palm press walk up and down the leg. Stretch the ankle with the *south hand* at the plantar

surface of the foot with the thumb wrapped around the base of the big toe.

Clasp the lower leg just proximal to the ankle joint with the *north hand*.

Push with the *south hand* and pull with the *north hand* as if drawing back a bow.

SIT OR STAND AT THE SIDE OR FOOT OF THE TABLE

4

Forearm Roll

THERAPIST POSITION:

Vary your position for maximum results.

CLIENT POSITION: Side Lying

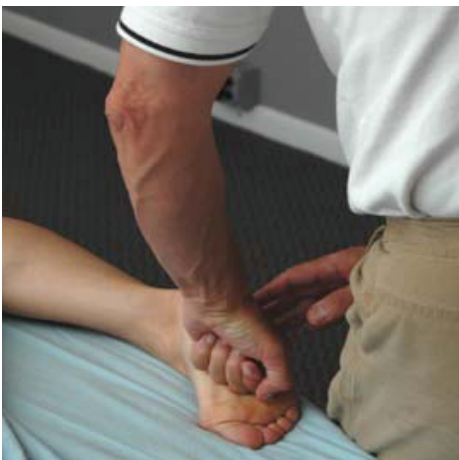
BODY AREA: Plantar Surface And Arch Of The Foot

ACTION:

Roll either forearm from the heel to the base of the big toe and back.

Remember to pronate to supinate.





5

Fist Press

THERAPIST POSITION:

Vary your position for maximum results.

CLIENT POSITION: Side Lying

BODY AREA: Plantar surface and arch of the Foot

ACTION:

Stand in a lunge position and apply pressure with your fist keeping your arm straight.



6

Thumb on Thumb Press

THERAPIST POSITION:

Vary your position for maximum results.

CLIENT POSITION: Side Lying

BODY AREA: Plantar surface and arch of the foot

ACTION:

Place one on top of the other and apply pressure along the 5 lines and 6 points of the feet.



7

Sawing

THERAPIST POSITION:

Place your hands in prayer position. Vary your position for maximum results.

CLIENT POSITION: Side Lying

BODY AREA: Plantar surface and arch of the foot

ACTION:

Use a back and forth movement with the blades of the palms.



8

Percussion the Foot

THERAPIST POSITION:

Vary your position for maximum results.

CLIENT POSITION: Side Lying

BODY AREA: Plantar surface and arch of the foot

ACTION:

Use a variety of percussion movements on the plantar surface and arch of the foot.



9

Heel & Ball Foot Rock

THERAPIST POSITION:

Place the *outside hand* at the heel and the *inside hand* at the ball of the big toe.

CLIENT POSITION: Side Lying

BODY AREA: Plantar surface and arch of the Foot

ACTION:

Alternately press the heel and the ball of the foot rocking left and right. Press together and stretch to finish.



10

Nutcracker the Heel & Calf

THERAPIST POSITION:

Clasp your hands in the nutcracker position.

CLIENT POSITION: Side Lying

BODY AREA: Heel & Calf

ACTION:

Drop your elbows and double palm press the client's heel, calf and Achilles tendon.

STAND AT THE STRAIGHT LEG SIDE OF THE TABLE FACING NORTH



11

ASIS Calf Stretch

THERAPIST POSITION:

Place the ball of the client's foot at your outside ASIS. Clasp the client's heel with both hands.

CLIENT POSITION: Side Lying with the knee flexed

BODY AREA: Soleus & Achilles Tendon

ACTION:

Pull the client's heel toward you as you press your hip forward.

NOTE:

Also used in Prone Position

STAND AT THE STRAIGHT LEG SIDE OF THE TABLE FACING NORTH



12

External Rotator Stretch

THERAPIST POSITION:

Stand in a semi lunge position and place your outside hand at the client's ankle and clasp the knee with your inside hand.

CLIENT POSITION: Side Lying with the knee flexed 90 degrees

BODY AREA: External Rotators

ACTION:

Make sure the client's knee is near the edge of the table. Press the ankle to the floor internally rotating the hip.

Assist the rotation of the femur with your inside hand.



13

Straight Leg Quad Stretch

THERAPIST POSITION: Stand in a lunge position and place your hands in butterfly palm press position at the *dorsal surface* of the client's foot.

CLIENT POSITION: Side Lying with the knee at maximum flexion

BODY AREA: Quads

ACTION:

Press the top of the foot forward, bringing the heel towards the buttocks. Move the foot in an arc, internally and externally rotating the hip.

You may place the outside hand at the dorsal surface of the client's foot and the inside hand at the knee to perform this move.

STAND AT STRAIGHT LEG SIDE OF THE TABLE FACING CLIENT FOR MOVEMENTS 14 - 19



14

Double Forearm Roll the Hip

THERAPIST POSITION:

Place the forearms together at the greater trochanter

CLIENT POSITION: Side Lying

BODY AREA: Lateral Hip & Glutes

ACTION:

Roll forearms away from each other: pronate to supinate. Move your body in an arc from North to South.



15

Nutcracker Squeeze the Hip

THERAPIST POSITION:

Place your clasped hands at the greater trochanter

CLIENT POSITION: Side Lying

BODY AREA: Lateral Hip & Glutes

ACTION:

Nutcracker palm press around the greater trochanter and upper thigh.



16

Double Elbow Press - Imperial Land Walker

THERAPIST POSITION:

Clasp your hands, and place your elbows on either side of the greater trochanter.

CLIENT POSITION: Side Lying

BODY AREA: Lateral Hip & Glutes

ACTION:

Elbow press together or walk around the hip.