

STAND AT THE SIDE OF THE TABLE FACING THE CLIENT FOR MOVEMENTS 1 - 5



1

Rock the Body

THERAPIST POSITION:

Place one hand on either side of the hips.

CLIENT POSITION: Prone

BODY AREA: Whole Body

ACTION:

Jostle the client's body from side to side, while moving your hands up and down the lateral aspect of the torso, hips, and upper legs.



2

Stirring the Pot

THERAPIST POSITION:

Place the *south hand* at the client's foot. Place the *north fist*, forearm, elbow, or knee at the client's hip.

CLIENT POSITION: Prone with the knee flexed

BODY AREA: Hip & Glutes

ACTION:

Circle the client's foot in either direction with the *south hand* while applying pressure into the hip and/or glutes.



3

Hip Rotator Pin & Stretch

THERAPIST POSITION:

Place the *south hand* at the client's foot. Place the *north fist*, forearm, elbow, or knee at the client's hip.

CLIENT POSITION: Prone with the knee flexed

BODY AREA: Hip & Glutes

ACTION:

Work the internal and/or external rotators of the hip by pushing and / or pulling the foot away from or toward you. Simultaneously apply pressure with the fist, forearm, elbow, or knee.



4

Knee at the Hip

THERAPIST POSITION:

Place the *north or south knee* at the lateral hip or glutes. You may support your body with your hands on the client or place one hand over the other on top of your working knee.

CLIENT POSITION: Prone with the client's hands off the table

BODY AREA: Hip & Glutes

ACTION:

Compress and friction the lateral hip and glutes.



5

Assisted Knee at the Hip

THERAPIST POSITION:

Place the *north or south knee* at the lateral hip or glutes. Place the hooked fingers of both hands at the client's opposite lateral hip.

CLIENT POSITION: Prone with the client's hands off the table

BODY AREA: Hip & Glutes

ACTION:

Reach to the opposite hip with your hooked fingers and pull the opposite hip into your knee.

Compress and friction glutes and lateral hip.

SIT ON THE TABLE FACING NORTH FOR MOVEMENTS 6 - 10



6

Nutcracker the Calf

THERAPIST POSITION:

Rest the client's foot at your inside shoulder. Clasp your hands in the nutcracker position and place them at the client's calf near the knee.

CLIENT POSITION: Prone with the knee flexed 90 degrees

BODY AREA: Calf

ACTION:

Nutcracker palm press magic number to the ankle and back.



7

Roll the Hamstrings

THERAPIST POSITION:

Rest the inside forearm at the hamstrings. Clasp the client's ankle with your outside hand.

CLIENT POSITION: Prone with the knee flexed and the hip abducted

BODY AREA: Hamstrings & Hips

ACTION:

Forearm roll (*pronate to supinate*) the hamstrings while pushing off with the south foot.

Possible Variations: Forearm circles, forearm compressions and elbow presses. Internally and externally rotate the hip by pushing the foot away or back toward you.



8

Foot Sandwich Elbow Press & Lift

THERAPIST POSITION:

Place the inside elbow at the proximal hamstrings. Place the client's heel into the palm of the inside hand. Place the outside hand at the client's dorsal foot, sandwiching the foot between the hands.

CLIENT POSITION: Prone with the knee flexed and the hip abducted

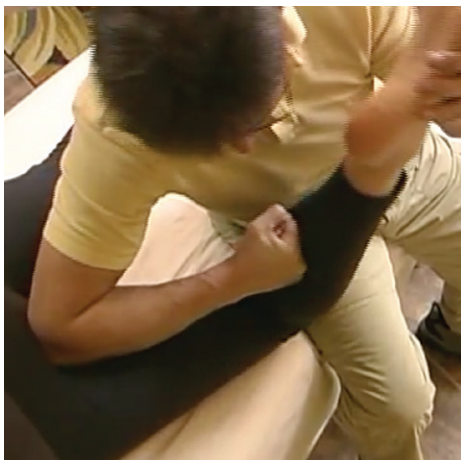
BODY AREA: Hamstrings & Hip Flexors

ACTION:

Elbow press up and down the hamstrings.

Lift the foot with each compression and push off with the south leg for leverage.

This movement can be done from the outside facing south.



9

Leg Lever Fist Press

THERAPIST POSITION:

Place the *north forearm* parallel to the hamstrings with the elbow at the ischial tuberosity. Place the *south hand* at the client's anterior ankle or foot. The *north palm* or fist is at the client's calf.

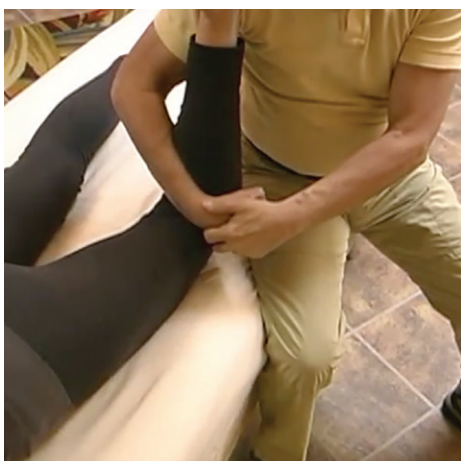
CLIENT POSITION: Prone with the knee flexed and the hip abducted

BODY AREA: Hamstrings & Calf

ACTION:

Push the client's ankle or foot northward compressing the hamstring attachments as well as the calf.

Reposition the palm or fist on the calf and repeat.



10

Hip Traction

THERAPIST POSITION:

Place the client's foot at your inside shoulder. Wrap your inside wrist around the calf at the knee. Clasp your wrist with the outside hand.

CLIENT POSITION: Prone with the knee flexed 90 degrees

BODY AREA: Hip & Knee

ACTION:

Pull back at the calf and repeat several times.

STAND AT THE SIDE OF THE TABLE FACING THE CLIENT FOR MOVEMENTS 11- 13



11

Leg Jostle

THERAPIST POSITION:

Lift and place the client's foot in your *south hand* with the fingertips into the arch.

CLIENT POSITION: Prone with the knee slightly flexed

BODY AREA: Hip, Leg & Foot

ACTION:

Shake the foot back and forth with a rapid flexion and extension of your wrist.



12

Toe Flexor Stretch

THERAPIST POSITION:

Clasp the client's heel with the *north hand* and their toes with the *south hand*.

CLIENT POSITION: Prone with the knee flexed 90 degrees

BODY AREA: Extensors of the Toes

ACTION:

Flex the toes and dig the fingertips into the base of the first phalangeal joints.



Sorry, no photo, but come to Costa Rica with me next time for the best coffee ever!

13

Ankle Coffee Grinder

THERAPIST POSITION:

Place your *north knee* on the table. Place the client's ankle on top of your knee. Cup the heel with the *north hand* and clasp the toes with the *south hand*.

CLIENT POSITION: Prone with the knee slightly flexed

BODY AREA: Ankle & toes

ACTION:

Vigorously rotate the ankle several times in each direction.



14

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: Prone position with the knee flexed

BODY AREA: Soleus & Achilles Tendon

ACTION:

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



15

Ankle Contra Rotation

THERAPIST POSITION:

Clasp the client's ankle with the *outside hand*. Clasp the client's foot with the *inside hand* with the fingertips into the arch. You may optionally grip the client's foot by clasping the big toe.

CLIENT POSITION: Prone with the knee flexed 90 degrees

BODY AREA: Ankle & foot

ACTION:

Circle the ankle and then the foot with a churning motion in a counter clockwise direction.



16

Calf Stretch

THERAPIST POSITION:

Clasp the client's heel with the *inside hand* and rest the forearm on the plantar surface of the foot. Clasp the ankle with the *outside hand*.

CLIENT POSITION: Prone with the knee flexed 90 degrees

BODY AREA: Calf & Achilles Tendon

ACTION:

Lever your forearm into the plantar surface of the foot while pushing the heel towards the buttocks.