

ESPA

ESPA Deep Muscle Massage
Training Manual



Deep Muscle Massage

60 / 90 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

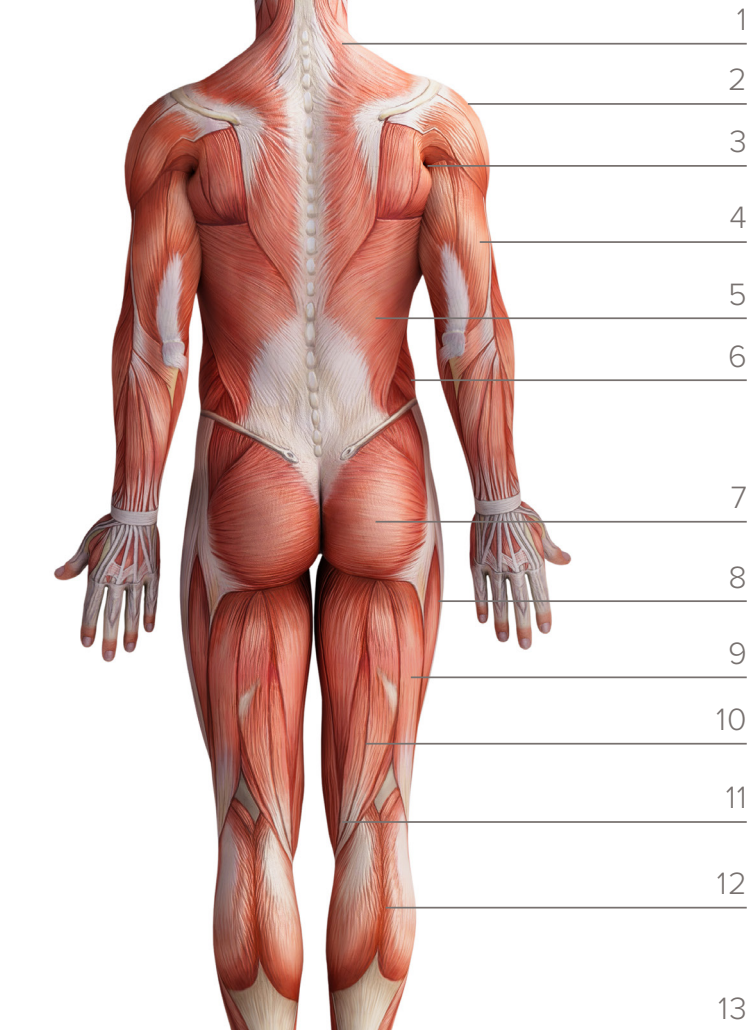
Massage Styles

- Aromatherapy

- Swedish

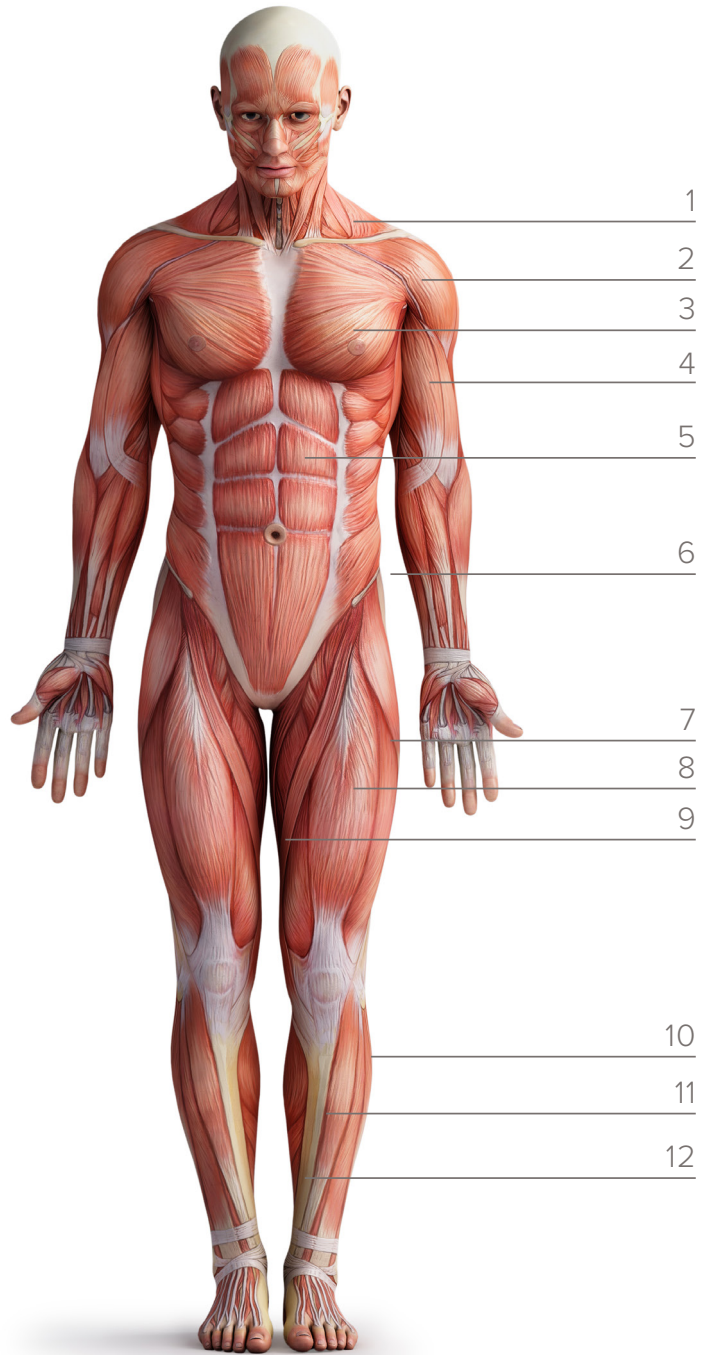
- Deep Muscle

Main Muscles of the Back of the Body

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1. Trapezius
2. Deltoid
3. Infraspinatus
4. Triceps brachii
5. Latissimus dorsi
6. External obliques
7. Gluteus maximus
8. Iliotibial tract
9. Biceps femoris
10. Semitendinosus
11. Semimembranosus
12. Gastrocnemius
13. Calcaneal tendon
- The illustration shows a posterior view of a human figure with muscles highlighted in red. Numbered lines point to specific muscles: 1 points to the trapezius at the neck; 2 points to the deltoid at the shoulder; 3 points to the infraspinatus on the scapula; 4 points to the triceps brachii on the upper arm; 5 points to the latissimus dorsi on the back; 6 points to the external obliques on the side; 7 points to the gluteus maximus on the buttock; 8 points to the iliotibial tract on the thigh; 9 points to the biceps femoris on the thigh; 10 points to the semitendinosus on the thigh; 11 points to the semimembranosus on the thigh; 12 points to the gastrocnemius on the calf; and 13 points to the calcaneal tendon at the heel.

Main Muscles of the Front of the Body

1. Trapezius
2. Deltoid
3. Pectoralis major
4. Biceps brachii
5. Rectus abdominus
6. External obliques
7. Iliotibial tract
8. Rectus femoris
9. Sartorius
10. Peroneus longus
11. Tibialis anterior
12. Gastrocnemius



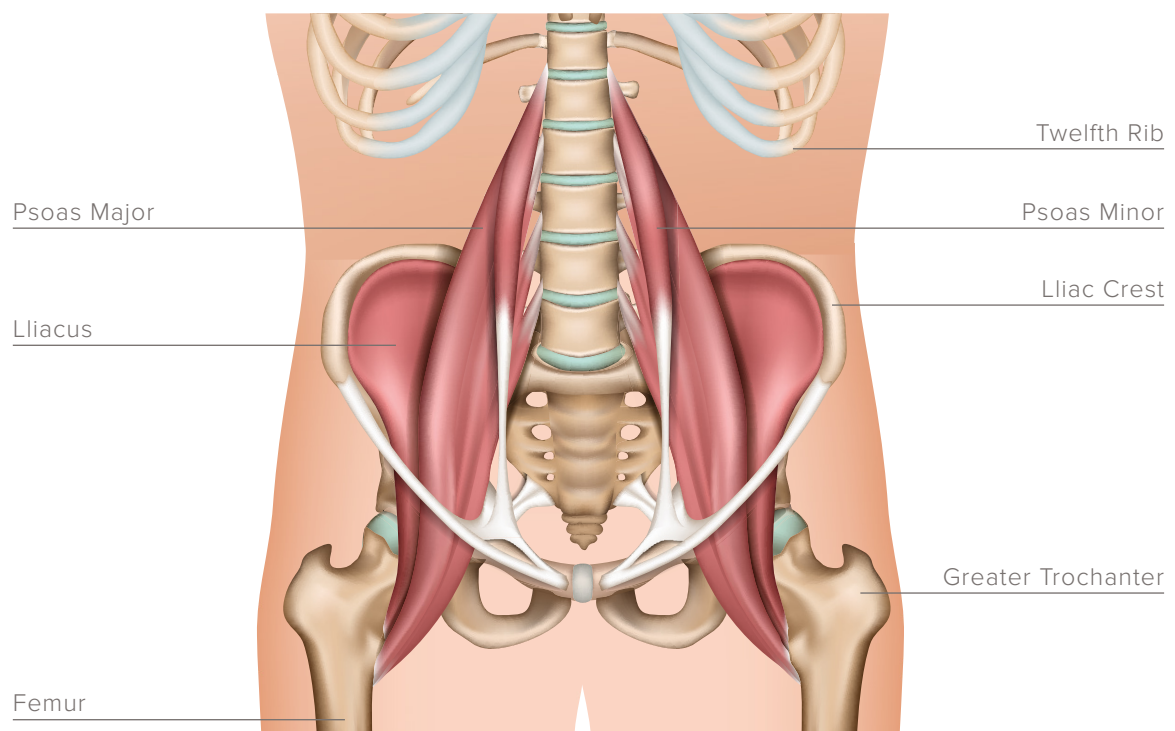
Psoas Muscle

Where the psoas is and its action

Deep within the anterior hip joint and lower spine lies the psoas major muscle. It is the most important skeletal muscle in the human body because it is the only muscle that connects the spine to the legs. This makes it a very significant postural muscle and mover and stabiliser of two different joints, the iliofemoral joint and the lumbar spine. The muscle is also located near the body's centre of gravity so its role becomes that of regulating balance, and affecting nerve and subtle energies as well.

The psoas has a major and a minor muscle, both connect at the lumbar spine but where the major connects the femur to the spine, the minor connects the pelvis to the spine.

Both psoas muscles are part of a larger muscle group called the iliopsoas, which also includes the iliacus. The iliacus attaches from the femur to the iliac bone of the pelvis.



Deep Muscle Massage

60 / 90 minutes

Preparation

- 2 pair of mitts
- 14 hot stones
- Eye pillow in hot cabbie
- Bowl of warm water with a high level medical disinfectant (after treatment rinse in cold water and replace in heater)

Sensory Test

- Sensory check Fitness Bath & Body Oil

Treatment Procedure

Client face down

- Hot mitts to the feet, cover and blot dry
- Inhalation bowl
- Pressure on soles of feet together
- Bear walk up back of legs
- Rock up either side of spine
- Shoulder stretch right side then left side
- Bear walk down arms
- Finish with pressure into palm of hands

Back

- Collect stones
- Uncover back
- Spread oil along spine – rock x3
- Deep effleurage to apply oil
- Crossed arm effleurage x3
- Side kneading with hot stones

- Double hand circles to glute, large then small with hot stones
- Deep forearm and elbow pressures and drainage over glute
- Repeat to other side
- Forearm rolling glute to shoulder *
- Forearm figure of 8, hip to shoulder
- Rotate shoulder
- Place arm onto back
- Gentle pectoral stretch from lower, middle and upper scapula
- Using a towel to support shoulder deep work to scapula
- Return arm to side of body and stretch from shoulder towards foot
- Repeat to other side *
- Reverse effleurage
- Freestyle work to shoulders
- Double handed figure of 8 to trapezius
- Deep knuckling and forearm work to trapezius
- Pressures to shoulder with elbow
- Forearm and elbow pressures around scapula on the rhomboids
- Finger pressures and rotation into occipital
- Scalp rotations
- Pinch of the trapezius with thumb and middle finger maintain pressure for 5 seconds *
- Zig zag down side of spine x1
- Repeat to left side *
- Double forearms down back collect towel and cover back
- Stretch and rock
- Pinch and rock to spine
- Diagonal stretches
- Using one hand large circles up back
- Squeeze shoulders bear walk to feet

Back of legs

- Collect stones
- Apply oil from popliteal
- Effleurage
- Circular kneading from ankle to hip with hot stones
- Split forearm from popliteal along legs – upper and lower
- Forearm effleurage to entire leg
- Forearm effleurage just to upper leg
- Wringing to upper leg
- Drain IT band with knuckles
- Side kneading to upper leg
- Thumb drains ankle to popliteal
- Side kneading to lower leg
- Elevate leg and drain from ankle to popliteal with forearms
- Rotate ankle and pummel foot
- Deep pressure to gluteus maximus
- Stretch foot towards glute on exhale breath
- Lower leg
- Forearm drain and pressures with elbow to sole of foot
- Effleurage full leg and stretch at ankle
- Cover and bear walk from hip to foot
- Repeat to left leg

Client face up

- Place warm eye pillow over the eyes (optional)

Legs

- Collect stones
- Apply oil from knee
- Effleurage
- Circular kneading from ankle to hip with hot stones
- Forearm effleurage to thigh only
- Wringing
- Bend leg-place client's heel in therapist's hand-rotate hip
- Keeping leg in the same position – stretch knee towards chest
- Place client's bent leg over the other leg – push knee
- Keeping leg in the same position – support knee, use forearm to drain and press along IT band
- Kneading to inner and outer calf
- Zig zag to inner and outer calf
- Freestyle to foot
- Effleurage and stretch
- Cover and bear walk hip to foot
- Repeat to left leg
- Connect to hip with a pressure
- Push and pull to left side of abdomen over the towel *
- Using the tips of the fingers with a straight hand pressure into the psoas and hold for 10 seconds
- Repeat to other side *

Arms

- Collect stones
- Apply oil from elbow
- Effleurage with hot stones
- Support elbow and knead upper arm
- Take arm over to opposite shoulder – therapists place fingertips under scapula and rotate
- Stretch from shoulder towards the feet
- Drain lower arm
- Knead palm of hand
- Effleurage and stretch
- Cover and bear walk shoulder to hand
- Repeat to left arm

Shoulders

- Knuckling to shoulders
- Pinch trapezius both sides together
- Thumb drains to the intercostal muscles
- Effleurage to occipital and stretch
- Turn head and stretch
- Repeat to other side
- Forward neck stretch and rock to return
- Remove excess oil from the feet, cover and blot dry

Swedish Massage

– Tool Box

60 / 90 minutes

Below is a tool box of movements for you to include into your core Inner Calm Massage procedure.

Hot stones (see procedure) can be incorporated into the tool box to warm muscles prior to deeper Swedish massage movements.

Treatment Procedure

Client face down

- Hot mitts to the feet, cover and blot dry

Back

- Deep heel of hand circular kneads to either side of the spine
- Plucking, hacking and pounding to the glutes, trapezius and upper arms
- Deep skin rolling to the glutes, continue up either side of the spine
- Deep knuckling to the entire back

Back of legs

- Deep heel of hand circular kneads ankle to glute
- Plucking, hacking, cupping and pounding to the full leg
- Muscle rolling to the lower leg
- Holding the heel with thumb and fingers – shake the leg and continue waving vibrations up to the glutes (snake)
- Lift the leg (rest on therapist's shoulder) heel of hand – upward circular kneads popliteal to ankle
- Vigorous frictions to the calf muscle

Client face up

- Place warm eye pillow to the eyes (optional)

Front of legs

- Deep heel of hand circular kneads ankle to thigh
- Plucking, hacking, cupping and pounding to the upper leg and inside of the lower leg
- Both hands over the knee (thumbs on the outside and fingertips on the inside) and gently rock the leg
- (Bend the leg if necessary over therapist's knee) muscle rolling out – to the lower leg – working up and down (inside leg only)
- (Bend the leg, therapist to sit gently on client's toes to keep leg in place) vigorously friction the back of the lower leg – using the lengths of the fingers
- Place the finger tips between the gastrocnemius muscle and pull forward (to separate the muscle)

Abdomen

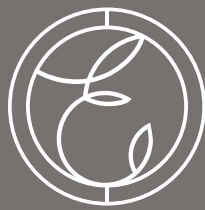
- Large clockwise circles to abdomen using alternate hands
- Abdominal push and pull using both hands (push forward and pull back)
- Deep pulls from the back of oblique's forward – simultaneously

Arms

- Supporting the client's hand, carryout deep heel of hand with the other hand wrist to shoulder
- Plucking, hacking, cupping and pounding to the full arm
- Wring upper arm
- Support and friction the hand vigorously

Décolleté

- Heel of hand pressures working across chest
- Pressures under clavicle using thumbs
- Push away from clavicle using alternate thumbs, then skin rolls to chest
- Stretch occipital and then stretch neck to either side, return to central position
- Remove excess oil from the feet, cover and blot dry



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