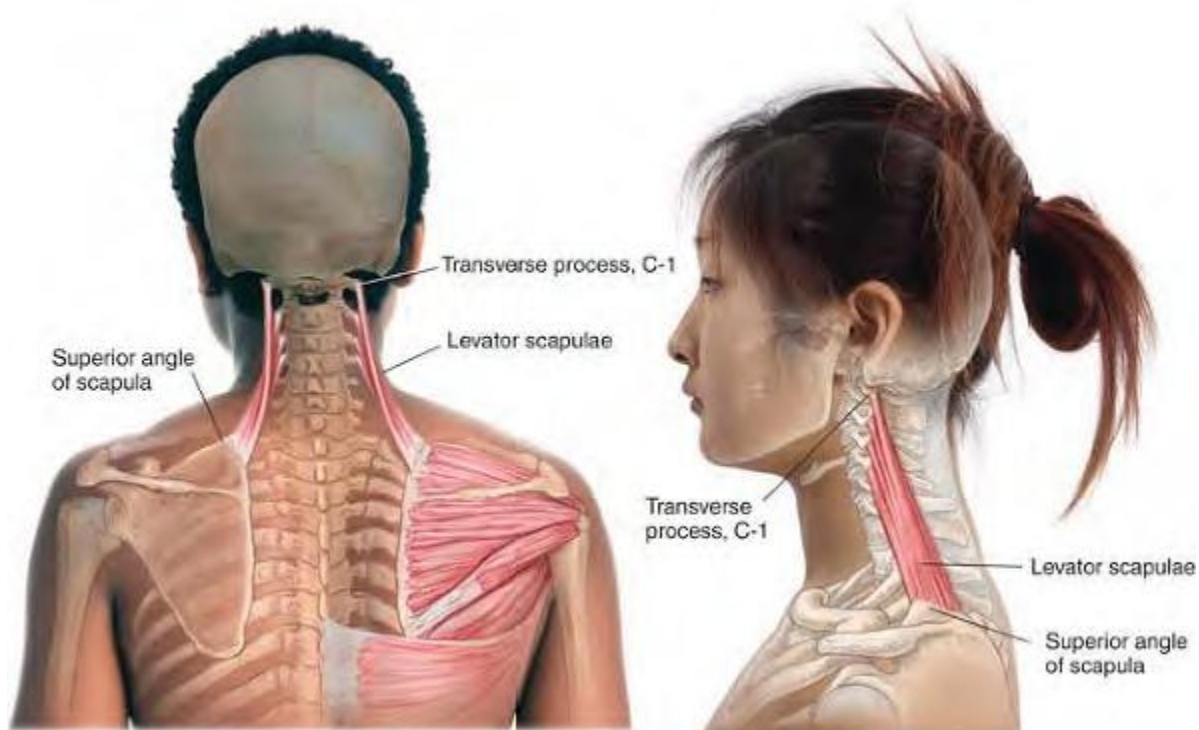


Practical Massage Techniques 5



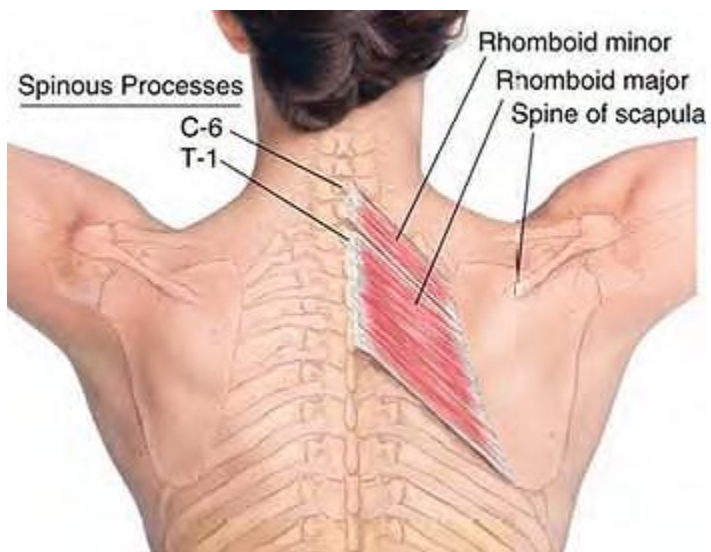
Levator scapulae



Stripping massage of levator scapulae (1)



Stripping massage of levator scapulae (2)



Rhomboids major and minor



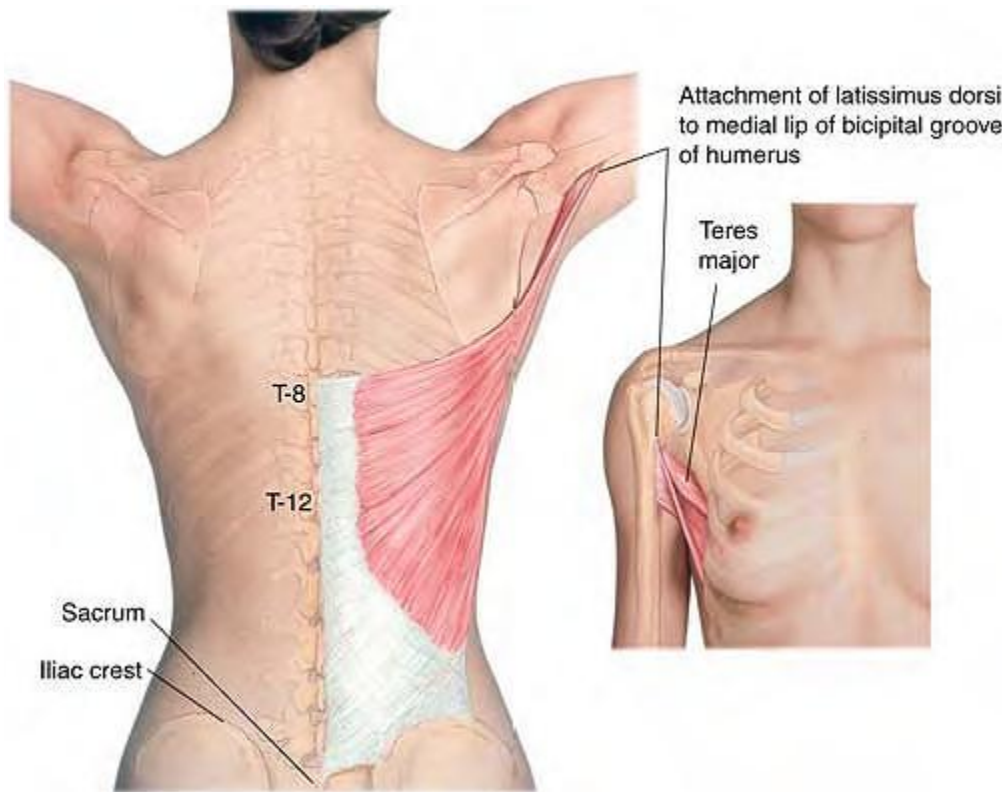
Stripping massage of the rhomboids



Rhomboid stretch, prone



Stretch of rhomboids, client seated





Stripping massage of latissimus dorsi



Pincer compression of latissimus dorsi



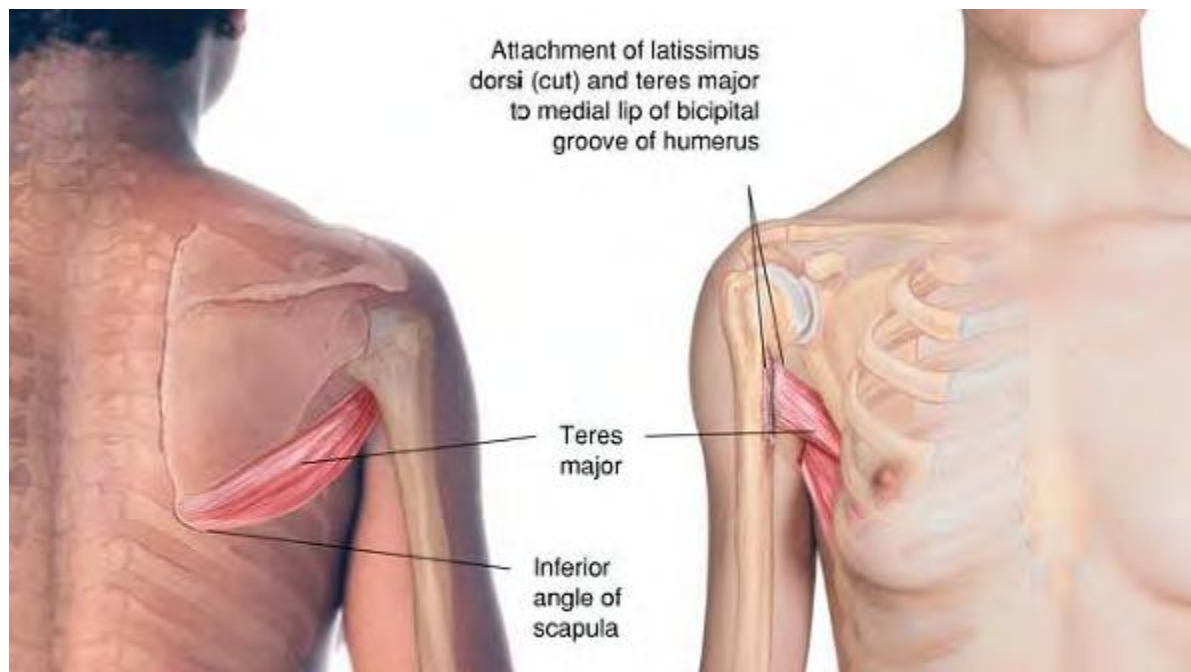
latissimus dorsi

Trigger point compression in

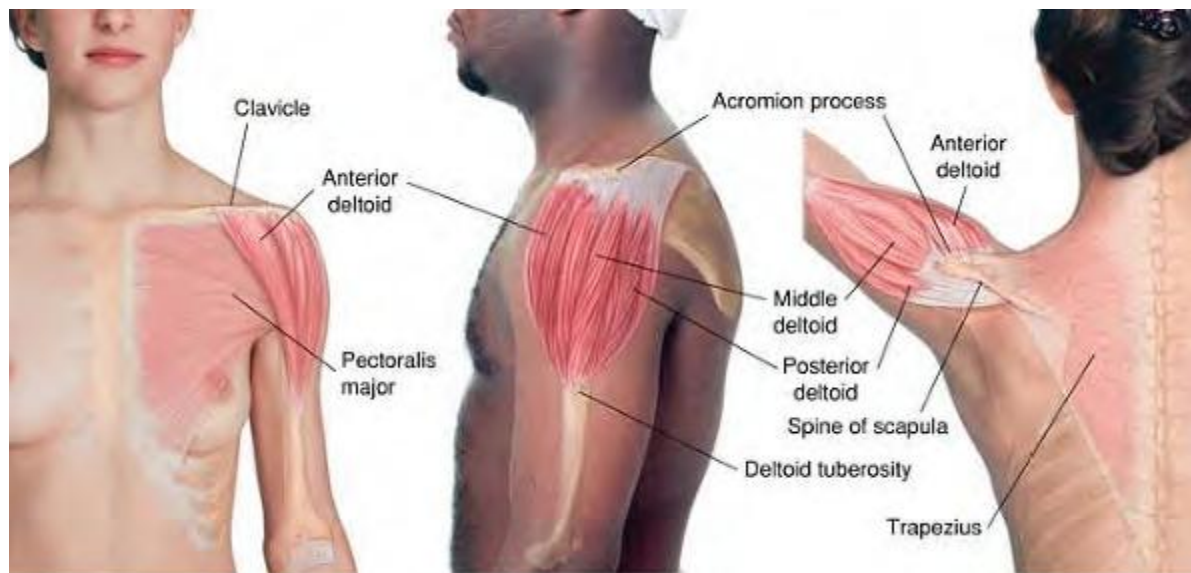


major

Pincer compression of teres



Stripping massage in teres major



Stripping massage of all aspects of the deltoid: (from left) anterior (A), middle (knuckles) (B),



stripping massage of
supraspinatus

Stripping massage of

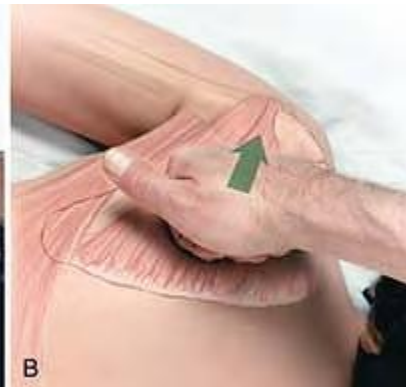


Stripping of supraspinatus with elbow



Compression of supraspinatus attachment

Stripping massage of infraspinatus with fingertips (A) and knuckles (B)



Stripping massage of infraspinatus from

inferior angle



Stripping of infraspinatus with the elbow



Compression of infraspinatus



Stripping massage of teres minor