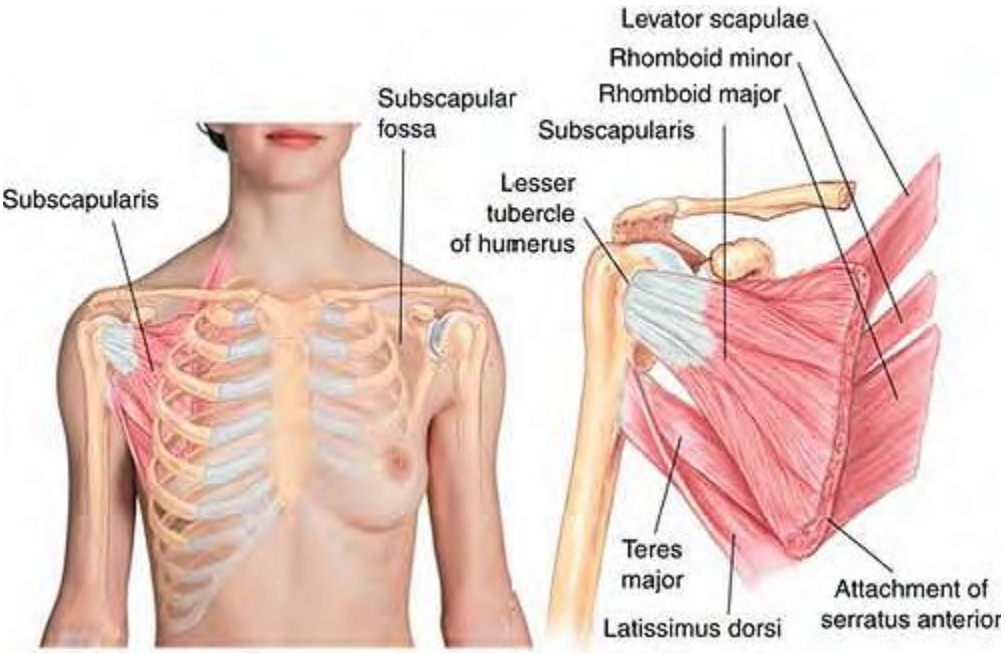
Practical Massage Techniques 6



Subscapularis

Stripping massage of subscapularis (1)

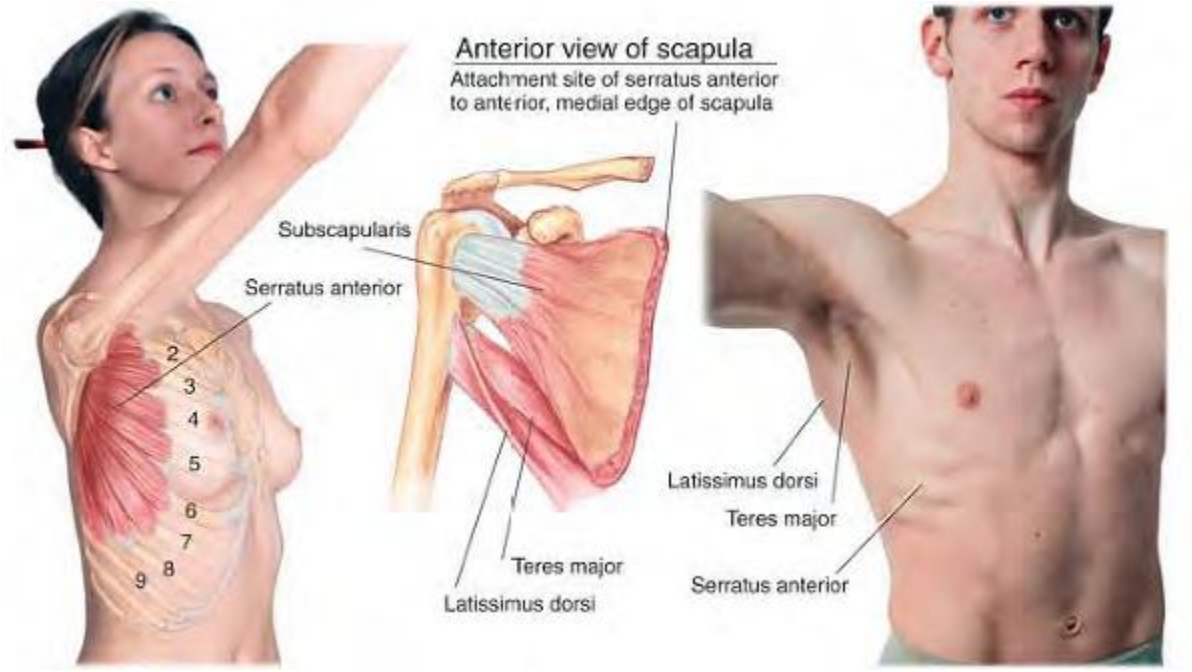
Accessing subscapularis with client seated: with thumb (A), with fingertips (B), with client's hips

and knees flexed and arms wrapped around knees (C)

Compression of inferior aspect of subscapularis

Stripping massage of subscapularis (2)

Serratus anterior



Stripping massage of serratus anterior in sidelying position

Stripping massage of serratus posterior inferior

Compression of trigger point in serratus posterior inferior with thumb

Examination of the diaphragm

Myofascial release of the chest (1)

Myofascial release of the chest (2)

Fascial work on the chest (3) with the hand

Fascial work on the chest (4) with the thumb

Fascial work on the chest (5) with the hand

Fascial work on the chest (5) with a female client with developed breasts

Fascial work on the chest (6) with client in sidelying position: (A) starting position, (B) over shoulder

Release of diaphragm with thumb (A) or supported thumb (B)

Compression of trigger point in serratus posterior superior

Stripping massage of intercostals

Stripping massage of intercostals in a female client