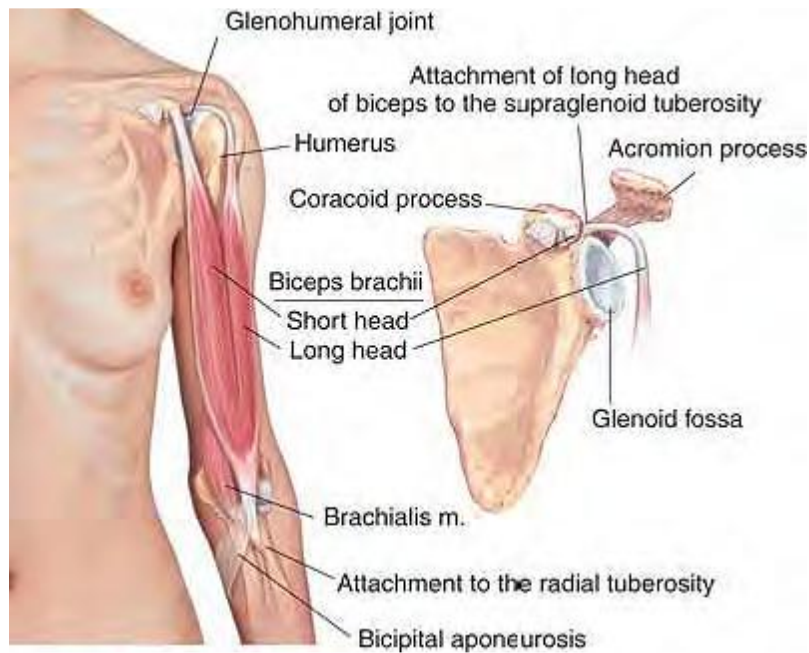
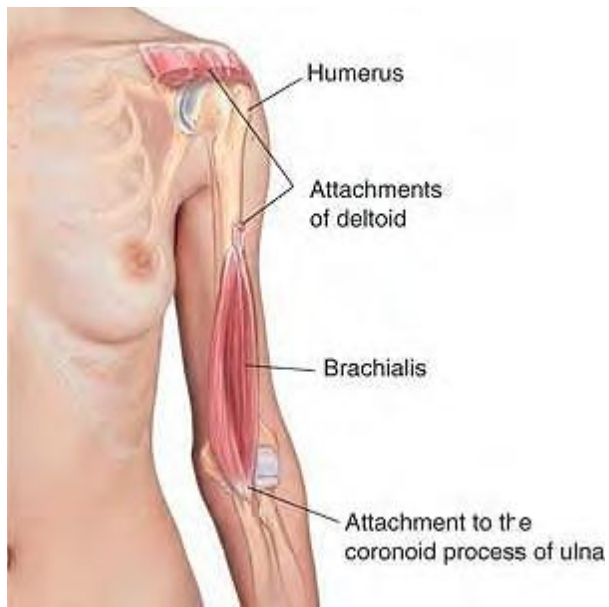


Practical Massage Techniques 7



Anatomy of biceps brachii





Anatomy of brachialis



Stripping massage of brachialis

using supported thumb (from lateral side)



Stripping massage of brachialis using thumb

(from medial side)





Stripping massage of triceps using thumbs



Stripping massage of triceps using knuckles

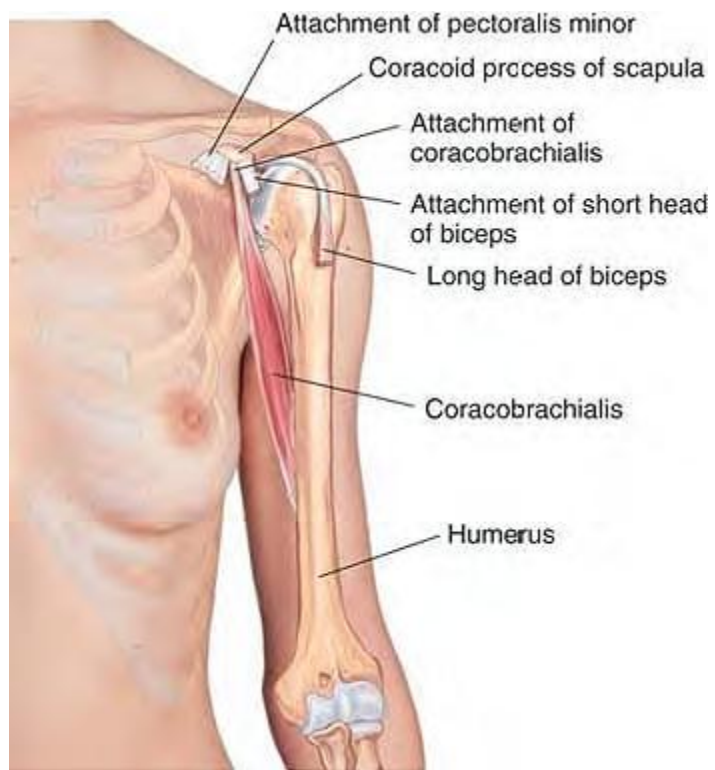
and thumb



Stripping of triceps in supine position with heel of hand. (A) Positioning of client, (B) stripping



Stripping massage of anconeus

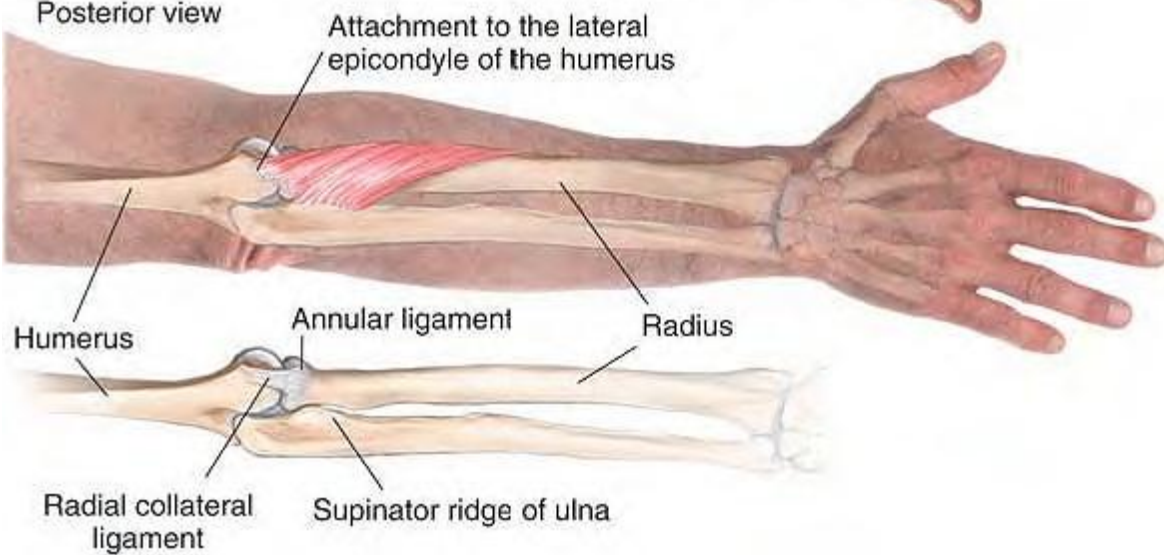


Stripping and compression coracobrachialis

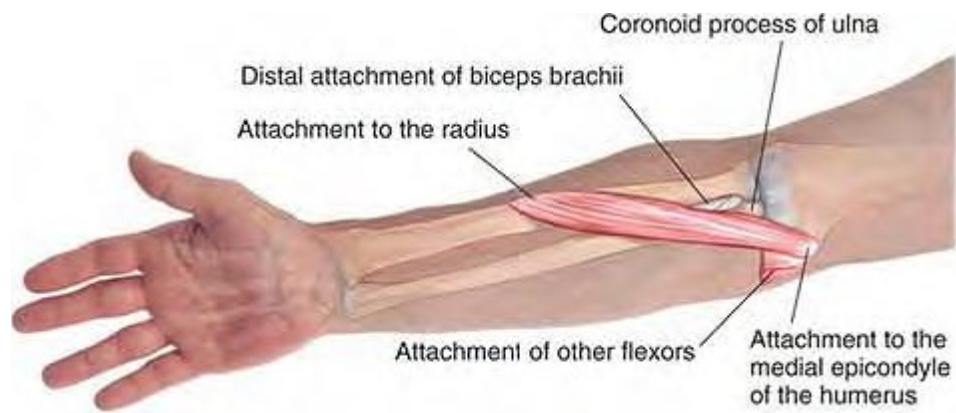
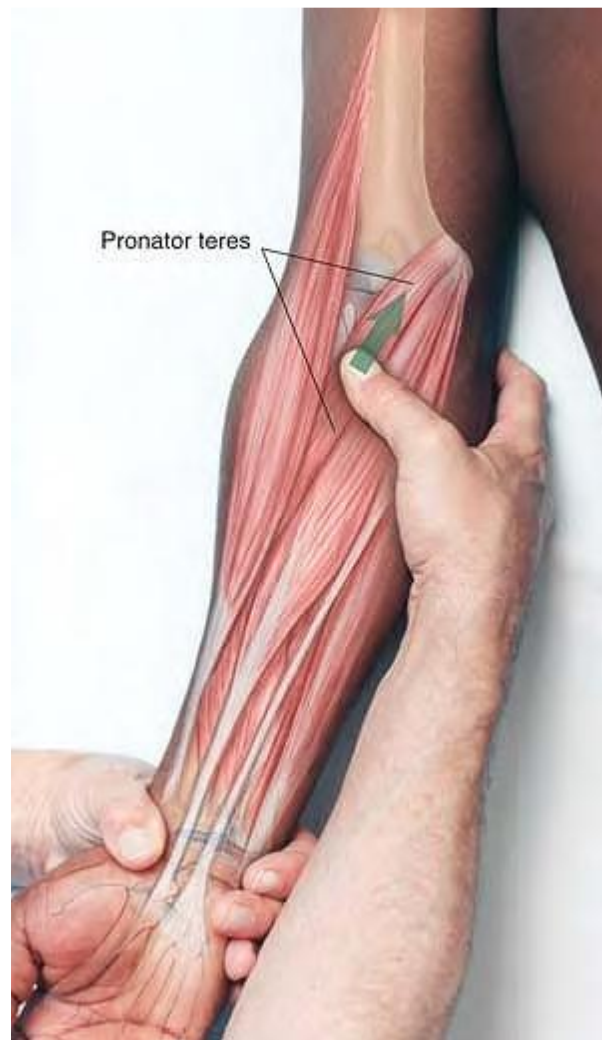
Anterior view



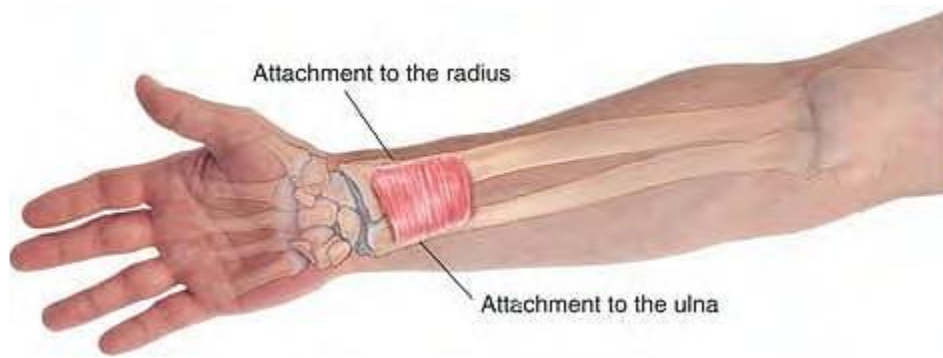
Posterior view



Trp of Supinator



Stripping of pronator teres



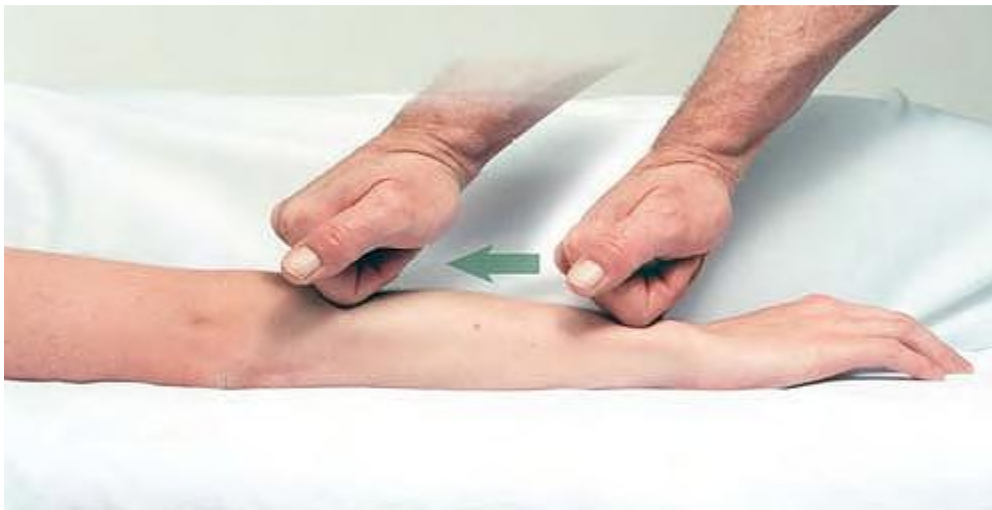
Stretching the pronator and supinator muscles



Stripping Brachioradialis



Stripping massage of the extensors using the thumb



extensors with knuckles

Stripping