

## DEEP TISSUE LEVEL I FUNDAMENTALS OF DEEP TISSUE MASSAGE AND MYOFASCIAL RELEASE

**Instructor:** Art Riggs, USA.

([www.deeptissuemassagemanual.com](http://www.deeptissuemassagemanual.com))

**Date:** 13th-16th June 2020

**City:** Kiev

**Country:** Ukraine

**Price:** 400 €

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Effective therapeutic manual skills are very much more than just techniques learned in a book or workshop. Cultivating a powerful and pleasant touch is essential for a skilled therapist and requires expertise in biomechanics, precision in depth, speed, and complex intention to release restrictions in fascia, muscles, neurological holding patterns, and osseous mobility. This four-day class covers all aspects of soft tissue skills and Myofascial Release and is appropriate for all levels of therapeutic bodywork, from therapeutic massage to sophisticated medical professionals.

Extensive techniques for treatment of the entire body will be demonstrated and practiced, but major emphasis will be on cultivating the broad subjective skills of working with tissue no matter what type of work you perform to affect profound change. Subjects covered include:

- Palpation skills for tissue and joint articulation
- Tools of manual therapy-- Proper use of fingers, knuckles, fist, forearm, and elbow
- Body Mechanics to provide power and prevent overuse injuries especially to hands and thumbs
- Countless techniques and strategies for the entire body
  - Specific intention in strokes to lengthen tissue, align muscles for effective joint function, freeing adhesions, releasing neurological compensatory patterns
  - Positioning of clients including side-lying positioning
- Introduction to body reading.
- **Therapeutic strategies for treatment**
  - Legs and feet to provide a balanced support for the body
  - Anterior pelvis with particular attention to psoas and iliacus
  - Posterior Pelvis and hips with emphasis upon the deep rotators

- Soft Tissue strategies for the back, including flexion/extension/side-bending/rotation of the spine
- Shoulder and chest
- Arms and overuse injuries
- Working with the head and external techniques for the jaw.

## **ART RIGGS**



Art Riggs is a Certified Advanced Rolfer® who has been teaching bodywork since 1988 for health for massage therapists and medical professionals, including physical therapists and osteopaths in the US, internationally, including the UK, Europe, Australia, and the far east.

He is the author of the best-selling “Deep Tissue Massage and Myofascial Release –A Visual Guide to Techniques” textbook which has been translated into ten languages, and two acclaimed DVD sets with over 20 hours of information.

## **POLAND DAILY SCHEDULE— FOUR DAY DT I SHORTENED DETAILS**

### **DAY ONE**

9:00-9:30: Introduction and scope of entire workshop

Discussion and clarification of goals for entire workshop including discussion with students on their goals for class

9:30-10:30: Principles of Deep Tissue massage

Self-palpation exercises for depth, fascial strain patterns and end range of motion.

10:30-10:45: Morning break

10:45-12:00: Palpation of muscle layers

Feeling soleus through gastrocnemius,

Deep rotators through gluteus

Pec minor through pec major

12:00-1:00 : Biomechanics—demonstration and practicum--Use of core energy and legs to minimize muscular strain.

Specific stroke intention--facilitated lengthening, anchor & stretch

1:00-2:00: Lunch

2:00-3:00 Stroke intention continued

Compartment separation, facilitated shortening, muscle compartment separation, rolling muscles to free from deep restrictions and align for proper joint function, cross fiber

3:00-4:00; Tools—use of forearm—facilitated lengthening, anchor and stretch

Quads,, I.T. band, chest, ankle retinaculum for tracking

4:00-4:15 Afternoon break

4:15-5:15: Tools--Use of knuckles—saving thumbs

Hands/feet, spine, trapezius

5:15-6:00: Introduction to spinal mechanics of vertebrae

Palpation of cervical, thoracic, and lumbar vertebrae

## **DAY TWO**

9:00-10:00: Tools—Use of fist

IT band, arms/legs, gluteals, chest

10:00-11:15: Use of fingers-stretching fascial tissue, compartment separation, rolling muscles

Sacrum, calves, IT band compartment separation, SCM

11:15-11:30: Morning break

11:30-12:15:-- Feeling fascial strain patterns, isolated and global—direct or indirect intention for release

Back, sacrum, abdomen, chest

12:15-1:00: Use of elbow—sink and wait

Erectors, hamstring insertion, tibialis anterior, feet, forearms

1:00-2:00: Lunch

2:00-3:00: Static body reading-goals for specific techniques

3:00-3:15: Afternoon break

3:15-4:45: Side-lying—Lower body/pelvis

Adductors, I.T. band, transition to back (quadratus lumborum)

4:45-6:00: Psoas work

### **DAY THREE**

9:00-10:15: Mechanics and palpation of rib movement

10:15-11:00: Demonstration side-lying for upper body

11:00-11:15: Morning break

11:15- 12:30: Practicum, side-lying upper body

12:00-12:30: Lecture on difference between symmetry and balance

Demonstrating osseous differences between bodies

12:30-1:30: Lunch

1:30-2:45: Iliacus work

2:45-3:45: Bodyreading, session planning

3:45-4:00: Afternoon break

4:00-5:15: Osseous and soft tissue mechanics and palpation of the neck

5:15-6:00: Review of questions from first 3 days.

### **DAY FOUR**

9:00-10:30: Neck work

Muscular/fascial releases

Anterior and posterior muscles

Fascial strain patterns from arms

10:30-10:45: Morning break

10:45-12:15: Techniques for improving flexion/extension/rotation of the spine

12:15-1:15: Lunch

1:15-2:15 Demonstration of full body massage

2:15-3:15: First half of full body massage trade

3:15-3:30: Afternoon break

3:30-4:30: Second half of full body massage

4:30-6:00: Questions and closure.