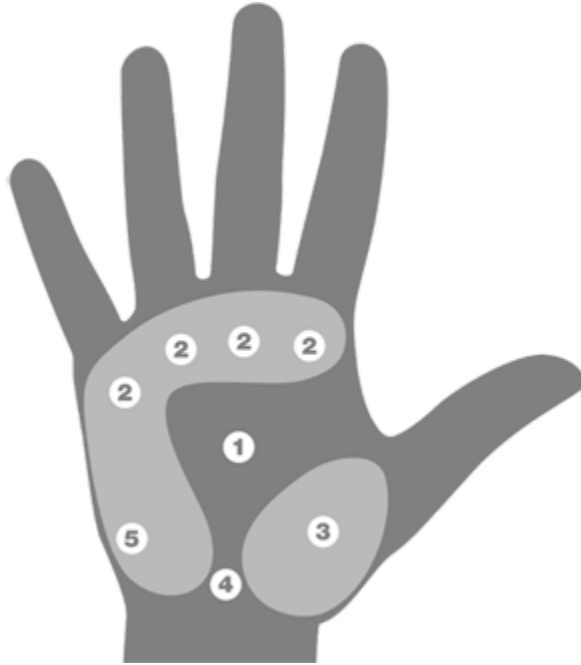


MYOFASCIAL RELEASE HAND TECHNIQUES

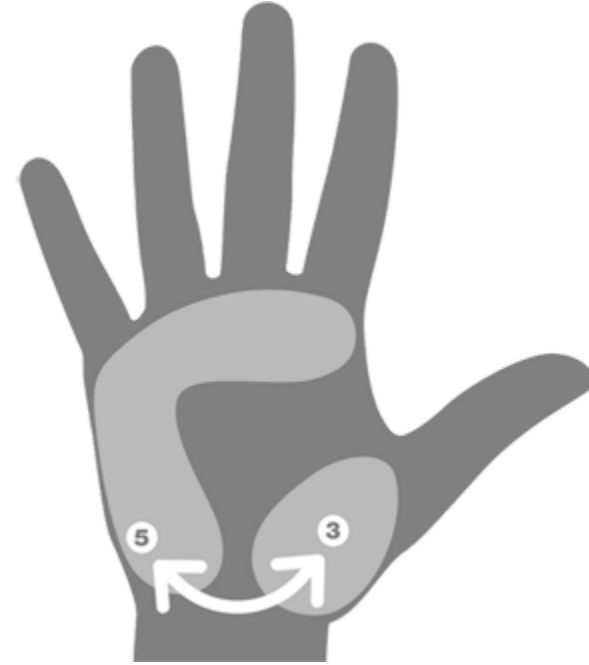
PRESSING



Place ball under POINTS 1-5 of receiving hand

1. Place working hand over top to create gentle compression
2. Keep shoulders relaxed, elbows soft, and receiving wrist in line with forearm
3. Compress working hand over middle of receiving hand
4. Inhale to prepare
5. Exhale as each point is compressed
6. Only one consistent, compressive force is required

GLIDING

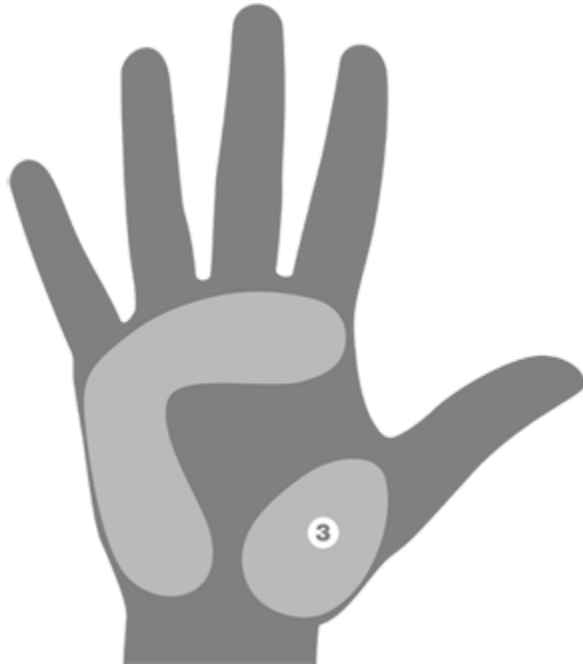


Place ball under POINT 3 of receiving hand

1. Place working hand over top to create gentle compression
2. Keep shoulders relaxed, elbows soft, and receiving wrist in line with forearm
3. Compress working hand over middle of receiving hand
4. Keep tip of middle finger on table during glide
5. Glide from POINT 3 to POINT 5
6. Focus breathing while gliding
7. Continue gliding back and forth across base of palm with equal pressure for 15-30 seconds

SHEARING

Direct Shear



Place ball under POINT 3 of receiving hand

1. Place working hand over top to create gentle compression
2. Keep shoulders relaxed, elbows soft, and receiving wrist in line with forearm
3. Compress working hand over middle of receiving hand
4. Keep tip of middle finger on table during shear
5. Create small circles at POINT 3, as if kneading dough
6. Focus breathing while shearing
7. "Pin the skin" of deeper layers for 15-30 seconds

Indirect Shear



Place ball under POINT 3 of receiving hand

1. Place working hand over top to create gentle compression
2. Keep shoulders relaxed, elbows soft, and receiving wrist in line with forearm
3. Compress working hand over middle of receiving hand
4. Keep tip of middle finger on table during shear
5. Create small circles at POINT 3, as if kneading dough
6. Focus breathing while shearing
7. Bend and extend or create small circles with thumb for 3-4 breaths

RINSING

Finger Rinse



Place receiving hand on table

1. Place working hand on top to create gentle compression
2. Roll ball over top of and in between each finger
3. Work in one direction, from base of fingers to tip of fingers
4. Allow pass to continue so that ball rolls under receiving hand, from tips of fingers to wrist
5. Focus breathing while rinsing

Forearm Rinse

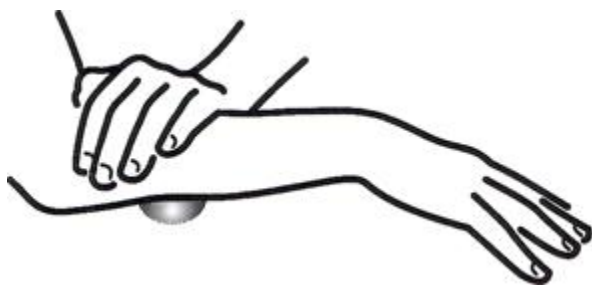


Using receiving hand and arm

1. Roll ball under finger tips to wrist to create gentle compression
2. Continue rolling ball under forearm, rolling up to elbow
3. Work in one direction, from tips of fingers to elbow
4. Repeat 8-10 times, maintaining consistent pressure
5. Focus breathing while rinsing

RINSING (Continued)

Forearm Shear (Palm Side)



While rinsing underside of receiving arm

1. Stop halfway between wrist and elbow
2. Rest hand on table
3. "Pin the skin" with ball while moving forearm left and right
4. Roll 5-8 times
5. Move ball up and slowly work along arm toward elbow
6. Work in one direction, from fingertips toward elbow
7. Pick 2-3 spots and zigzag ball up arm
8. Focus breathing while rinsing

Forearm Shear (Dorsal Side)



Place receiving arm on table

1. Above wrist, find space between ulna and radius
2. "Pin the skin" with ball using working hand to create gentle compression
3. Move receiving arm under ball and drag or twist fascia between bones
4. Focus breathing while rinsing

FRICTION



Using receiving hand

1. Rub hand over ball in scribble-like motion to create gentle compression
2. Use light, quick, random movements
3. Ball can also be placed in between hands and worked at same time