

An overview of techniques

	Thumb Press	Thumb Circles	Palm Press	Stretches
Arms				Cat Cow/Upper Traps
Hands	Palm & Dorsum			Rotate wrist
	Lines on palm	Lines on dorsum		
Legs	Zen Lines inside		Evert Feet/Externally Rotate	Adductor stretch
	Outside		Posterior legs	Abductor stretch
Feet	Thumb press x3x2 ball to heel			Plantar flexion
	Five Lines			Dorsiflex Toes
	Four Lines Dorsum			
	Medial Arch			

Thumb Press

Palm Press

Zen lines up inner leg

Passive Stretches:

1st Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Groove between tibia -> Inguinal Crease
and muscle of calf

2nd Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Medial Gastroc -> Inguinal Crease
Border

Adductor Stretch

One hand at Ankle One hand at Hip

Lean in and Stretch

Ankle -> Palm Knee <-
press -> Knee Palm
Press <-
Hip

Stretch Foot <- Knee ->
Ankle <- Palm Palm
Press <- Knee Press -
>Hip

Thumb Press:

Ibow Extensor StretchStretch

Bring arm to 90 degree abduction

One hand at Arm pit One hand at Wrist

Stretch

Thumb Circles

Arm Stretch to Palm Press

Zen lines up inner leg (copy)

1st Inside Line:
One thumb posterior to medial malleolus and anterior to Achilles at Ankle
Whilst Thumb Pressing -
Grove between tibia -> and muscle of calf Inguinal Crease
2nd Inside Line:
One thumb posterior to medial malleolus and anterior to Achilles at Ankle
Whilst Thumb Pressing -
Medial Gastroc -> Border Inguinal Crease
3rd inside line:

One hand at Wrist	One hand at Armpit
Lean in and Stretch	
Palm and Thumb Press -	
Wrist ->	Elbow<- Palm
Palm press -> Elbow	Press <-Armpit
Wrist <-	Elbow-> Palm
Palm Press <- Elbow	Press ->Armpit
Supinate and:	apply stretch with AP force
Palm and Thumb Press	
	apply palm press on outside of arm
	apply thumb press on outside of arm
Abductor Stretch	
One hand at Ankle	One hand at Hip
Lean in and Stretch	
Ankle -> Palm press -> Knee	Knee <- Palm Press <-Hip
Ankle <- Palm Press <- Knee	Knee -> Palm Press ->Hip



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