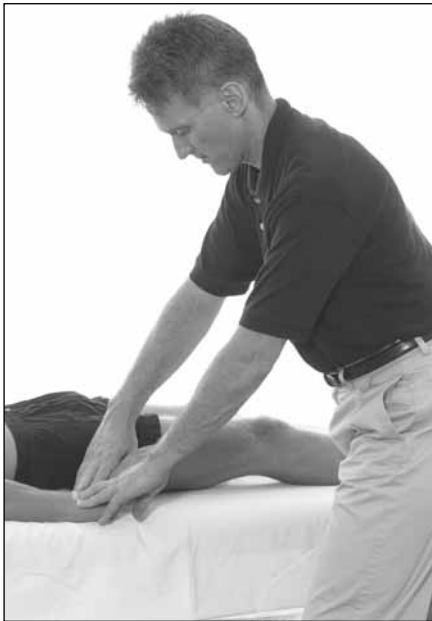
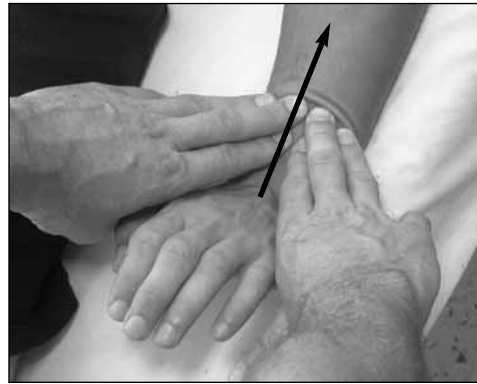


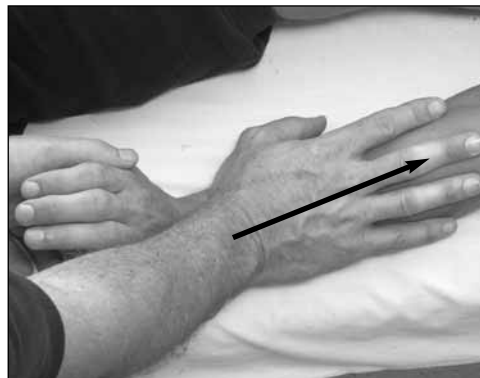
Hand and Arm Release



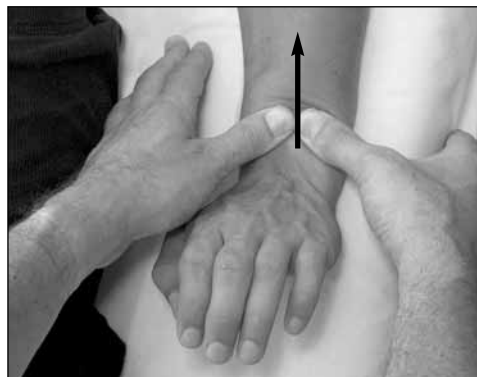
Option A



Option A



Option B



Option C

DORSAL FOREARM

I) TOOLS:

- A) Finger pads of both hands; or
- B) Heel of one hand; or
- C) Thumbs

II) PRACTITIONER POSITION:

Practitioner stands to the side of the client, with the client's fingers pointing toward the practitioner.

III) CLIENT POSITION: Face up

IV) DIRECTION OF STROKE:

Wrist to elbow.

V) STROKE: Press firmly and deeply into the muscle and slide tool toward elbow.

VI) CLIENT MOVEMENT: Client begins stroke with ventral arm on the table surface, hand raised in extreme extension. As the stroke proceeds, the client lowers hand to the table.

VII) TIPS: A) For extra stretch of the ventral surface, place the client's hand so that it extends palm down over the side of the table. This position will allow them to bend his or her wrist into a position of extreme flexion and thus stretch the muscles of the dorsal forearm further.

B) To avoid the painful separating of the nail from your finger, angle the fingers toward each other. See Option A.

notes