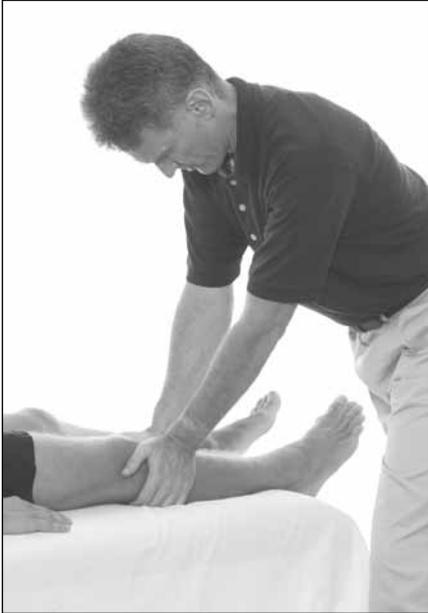


Lower and Upper Leg Release



Hands are placed in three positions: below the patella, next to the patella, and just above the patella. Pictured here; below the patella.

notes

KNEE

I) TOOLS

A) Heels of both hands.

II) PRACTITIONER POSITION:

Practitioner stands below the knee, facing the knee.

III) CLIENT POSITION: Face up

IV) DIRECTION OF STROKE:

Anterior to posterior.

V) STROKE: The stroke is performed in three locations; just below the patella, next to the patella, and just above the patella.

VI) CLIENT MOVEMENT:

Client raises knee several inches against the pressure of the practitioner's hands. The client releases the pressure soon after the stroke is begun. The purpose of the client movement is to tire the muscles so that they will be less resistant to the stretching of the fascial tissue.

VII) TIPS: None