



Principles: NECK, JAW & HEAD

A. CERVICAL SLEEVE

Advanced Myofascial Techniques Series

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**ADVANCED
TRAININGS**

Quiz Preview:

'A' Sequence

- What's a metaphor for the 'A' sequence goals: a sky-hook, crank-handle, onion, or a stack of coins?
- The 'Platysma' technique is a great way for the client to actively participate in which other technique?
- What is the practitioner monitoring in the 'Vestibular/Orienting' technique?
- What structures does the 'Neck/Shoulder Girdle Differentiation' technique target?
- Why focus on the SCM's attachments in this sequence?

Pre-Prueba:

Secuencia 'A'

- ¿Cuál es una buena metáfora para los objetivos de la Secuencia A?: Un gancho al cielo, una manivela, una cebolla, o una pila de monedas.
- La técnica para la "platisma" es una manera excelente para que el cliente participe de forma activa en ¿Cual otra técnica?
- ¿Qué es lo que el terapeuta está monitoreando durante durante la técnica de "orientación/sistema vestibular"?
- Qué estructuras son afectadas por la técnica de "diferenciación Cuello/Cintillo Clavicular"?
- ¿Porqué nos enfocamos en las inserciones del Esternocleidomastoideo durante esta secuencia

Goals:

Advanced Myofascial Techniques

- Increase 1. _____ movement, both gross and subtle.
- 2. _____ proprioceptive, kinesthetic and interoceptive senses.
- These can lead to 3. _____ relief, improved 4. _____, enhanced 5. _____, etc..

Metas:

Advanced Myofascial Techniques

- Aumentar las 1. _____ movimiento, incluyendo los movimientos grandes y los sutiles.
- 2. _____ los sentidos propioceptor, kinestésico, e interoceptor.
- Estas cosas pueden aliviar el 3. _____, aumentar la 4. _____, y mejorar el 5. _____, etc.

Media

- _____ & _____
- _____
- _____
- _____

a. CERVICAL SLEEVE SEQUENCE

Intentions / Goals:

- 1._____ for further cervical or cranial work:
- Establish 2._____; ease guarding and 3._____ responses;
- Increase outer layer (sleeve) differentiation and 4._____;
- 5._____ the base of the neck.

Indications:

- Neck 6._____ discomfort, or stiffness;
- Cervical 7._____ issues, 8._____ limitations, or
- 9._____ issues; etc..

A. SECUENCIA CERVICAL SUPERFICIAL

Intenciones / Metas:

- 1. _____ para el trabajo cervical y craneal que se hará más adelante;
- Establecer 2. _____, bajar la guardia y otras reacciones de 3 _____;
- Aumentar la diferenciación y el 4. _____ entre las capas superficiales y
- 5. _____ la base del cuello.

Indicaciones:

- 6. _____, incomodidad o rigidez de cuello;
- 7. _____ cervical, limitaciones de 8. _____ o
- Problemas 9. _____, etc..

Vestibular/Orienting Release

A-02

Heben / Senken des Kopfes

Liberación en la orientación vestibular

P



Instructions / Intentions / Feel or Watch For

Lift and then very slowly, lower head.

Feel for ability and willingness to let head be heavy, each step of the way, pausing to wait for client to let head go.

Take your time.

Movements / Cues:

“Just let your head be heavy...”

Notes:

With clients with dizziness or chronic vertigo, go very slowly and wait for subsidence of any dizziness before proceeding.

Keeping eyes open can help reduce any dizziness.

Mother Cat

Katzenmutter

Mamá gata

A-03

P

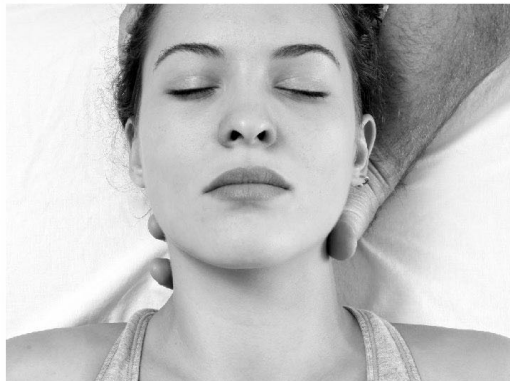


Instructions / Intentions / Feel or Watch For:

Using entire hand, gather outer layers of neck towards midline posteriorly, on both sides of neck simultaneously.

Start very superficially; repeat with each layer, gradually deeper and deeper.

Movements / Cues:



Notes:

Attributed by Dub Leigh to Moshe Feldenkrais, whose name for it was “milking the neck.”

Neck/Shoulder Girdle Differentiation

A-04

Hals / Schultergürtel: Differenzierung

Diferenciación cuello/cintura escapular

D



Instructions / Intentions / Feel or Watch For:

First, watch (or palpate) client actively rotate and nod head; look or feel for superficial restrictions.

Hold outer layers where they restrict movement; ask for neck rotation, nodding, etc.

Movements / Cues:

- Neck rotation and nodding can be active or passive when releasing restrictions.
- Face, platysma, arm motions

Notes:

“Cat Claw” variation: use a gentle pushing movement with the tips of curled fingers to anchor and mobilize specific layers and gliding restrictions.

Platysma

Platysma

Platysma

A-05

D

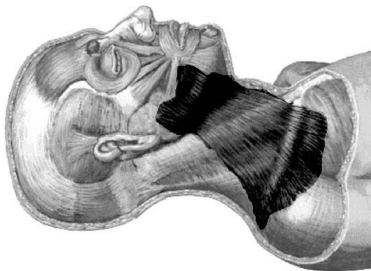


Instructions / Intentions / Feel or Watch For:

Anchor inferior platysma / superficial pectoral fascia; ask for movement.

Movements / Cues:

- Passive or active neck rotation.
- Use active jaw and face movement (grimacing, snarling) to “pull” on other end of platysma.



Notes:

Useful as active client participation in the “Neck/Shoulder Girdle Differentiation” technique.

Upper Rib Release

Lösen der oberen Rippen

Liberación primera costillas

A-06

D



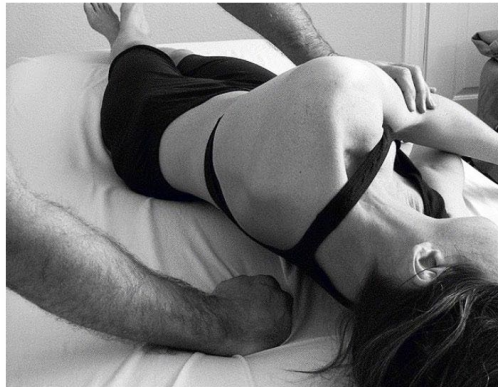
Instructions / Intentions / Feel or Watch For:

1. Check upper ribs' anterior mobility by lifting posterior angle of upper ribs, comparing left and right sides (upper photo).
2. On side with less anterior mobility, position fist or knuckle under posterior fixation (lower photo). Wait for release with client lying on fist or knuckle.
3. Re-check rib mobility; repeat if necessary.

Movements / Cues:

"Let your breath be easy."

"Allow yourself to melt and sink over my hand."



Notes:

Lower photo shows placement of practitioner's fist.

Neck/Torso Release

A-07

Lösen von Torso / Hals

Liberación cuello/torso

D



Instructions / Intentions / Feel or Watch For:

Move neck in relationship to torso in passive cylindrical “crank handle” movement.

Focus movement at C7/T1 juncture by gripping low on neck.

Movements / Cues:

Passive movement.



Notes:

Make sure client's head is at top of table; bend knees, and stay upright and comfortable in own body.

SCM: Sternal Attachments

A-08

SCM: Ansätze am Sternum

Tendón de origen del ECM en el esternón

D



Instructions / Intentions / Feel or Watch For:

Gently anchor sternal attachments of sternocleidomastoid, and ask for movement.

Help client find a way to rotate head with a minimum of SCM involvement.

Movements / Cues:

Have client slowly:

1. Rotate head towards anchored attachment;
2. Rotate head away from anchored attachment.

Keep head and neck aligned (rotate vs. roll head).

Possible movement cues:

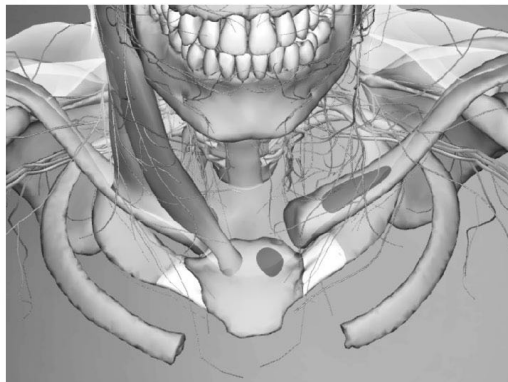
"Let your head stay heavy."

"Begin the movement with your [eyes/back of head/etc]."

Notes:

Purpose: decrease any over-involvement of SCM in head/neck movement and stabilization.

Variations: work clavicular and mastoid attachments of SCM.



SI Wedge

ISG: Keil

Cuña en SI

A-09

I



Instructions / Intentions / Feel or Watch For:

Gently lift into sacroiliac joint, just medial to PSIS, from underneath the client. Wait to feel for antero-lateral release at SI.

Movements / Cues:



Notes:

Variation (lower photo): both SI joints at once.

A. ANSWER KEYS

GENERAL GOALS

- Increase 1. options for movement, both gross and subtle.
- 2. Refine proprioceptive, kinesthetic, and interoceptive senses.
- These can lead to 3. pain relief, improved 4. function, enhanced 5. well-being, etc..

MEDIA

- Bones & Joints
- Myofascia
- Nervous System
- Soul

A. CERVICAL SLEEVE SEQUENCE

Goals

- 1. Prepare for further cervical or cranial work:
- 2. Establish trust; ease guarding and 3. protective responses;
- Increase outer layer (sleeve) differentiation and 4. glide; and,
- 5. Mobilize the base of the neck.

Indications

- Neck 6. pain, discomfort, or stiffness;
- Cervical 7. tension, 8. movement limitations, or
- 9. Postural issues; etc..

A. CONTESTACIONES

METAS GENERALES

- Aumentar las 1. opciones de movimiento, incluyendo los movimientos grandes y los sutiles.
- 2. Refinar los sentidos propioceptor, kinestésico, e interoceptor.
- Estas cosas pueden aliviar el 3. dolor, aumentar la 4. función, y mejorar(e) el 5. bienestar, etc.

MEDIOS/MATERIALES

- Huesos & Articulaciones
- Miofacia
- Sistema Nervioso
- Alma

A. SECUENCIA CERVICAL SUPERFICIAL

Intenciones / Metas:

1. Preparar para el trabajo cervical y craneal que se hará más adelante;

Establecer 2. confianza, bajar la guardia y otras reacciones de 3. protección;

Aumentar la diferenciación y el 4. deslizamiento entre las capas superficiales y

5. Movilizar la base del cuello.

Indicaciones:

6. Dolor, incomodidad o rigidez de cuello;

7. Tensión cervical, limitaciones de 8. movimiento o

Problemas 9. posturales, etc.