



Principles: NECK, JAW & HEAD C. THROAT, JAW, & FACE SEQUENCE

Advanced Myofascial Techniques Series

Til Luchau
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**ADVANCED
TRAININGS**

Quiz Preview:

'C' Sequence

- What is the main purpose of the 'Fly Landing' technique (C-02)?
- What's the typical direction of the work in the 'Larynx, Voice Box' technique (C-04)?
- What are the movement cues for the 'Bulldog' technique (C-05)?
- What is the suggested client action for the 'Masseter' technique (C-06)?
- Which technique would most relate to the C-sequence goal of mobilizing or "decompressing craniofacial relationships" (goal #3)?

Vista previa del cuestionario:

Secuencia 'C'

- ¿Cuál es el propósito principal de la técnica de "Aterrizo de vuelo" (C-02)?
- ¿Cuál es la dirección típica del trabajo en la técnica "Laringe y cuerdas vocales" (C-04)?
- ¿Cuáles son las indicaciones de movimiento para la técnica "Bulldog" (C-05)?
- ¿Cuál es la acción sugerida del cliente para la técnica de "Masetero" (C-06)?
- ¿Qué técnica se relacionaría más con el objetivo de la secuencia C de movilizar o "descomprimir las relaciones craneofaciales" (objetivo #3)?

c. THROAT, JAW, & FACE SEQUENCE

Intentions / Goals:

- Ease 1. relationships;
- Refine and reeducate throat and 2. function;
- Decompress 3. relationships;
- 4. any jaw, oral, or facial sensitization.

Indications:

- 5. issues;
- Vocal 6. or strain;
- 7., oral, facial, or cervical trauma;
- Headaches, especially neurogenic (e.g. 8.);
- 9. or TMJ issues, pain, etc..

C. SECUENCIA DE GARGANTA, MANDÍBULA Y CARA

Intenciones / Metas:

- Liberar adherencias entre 1. / / ;
- Refinar y reeducar las funciones de la garganta y la 2. ;
- Descomprimir las relaciones 3. ;
- 4. cualquier sensibilización en la mandíbula, boca o cara.

Indicaciones:

- Problemas 5. ;
- 6. o tensión vocal;
- Trauma 7., oral, facial o cervical;
- Dolores de cabeza, en especial de tipo neurogénico (ej...: 8.);
- Dolores y problemas, entre otros, en la 9. y articulación temporomandibular.

"Fly Landing"

Fliegen-Landung

C-02

Aterrizo de vuelo

P



Instructions / Intentions / Feel or Watch For

1 gram of pressure on chin; wait for jaw to respond.

Movements / Cues:

Notes:

Jaw/Cervicals “Bucket Handle”

C-03

Kiefer / Halswirbel: Eimerhenkel

Mandíbula/cervicales ("Agarradera de cubo")

D



Instructions / Intentions / Feel or Watch For:

Practitioner feels for any cervical facet extension with jaw depression (opening).

Recheck with neck rotated to each side.

Use touch and client's awareness allow jaw opening while facets stay open.

Movements / Cues:



Notes:

Cervical extension with jaw opening is found in about two-thirds of clients.

If you find cervical facet extension with jaw opening in these clients, it may be a contributor or compensation in TMJD or jaw symptoms. However, use caution with hyper-depression of jaw ("opening wide") for clients with history of TMJ pain: limit jaw opening to comfortable range.

Larynx, Voice Box

Larynx, Kehlkopf

Laringe y cuerdas vocales

C-04

D



Instructions / Intentions / Feel or Watch For:

Feel for restrictions around and behind larynx when client vocalizes. Lift and open voice box anteriorly.

Encourage throat openness with jaw movement.

Movements / Cues:

Play with sighing, signing, tones--listen for open tonal quality. Have fun!

Notes:

Caution: avoid bilateral pressure on carotid arteries: stay anterior and gentle.

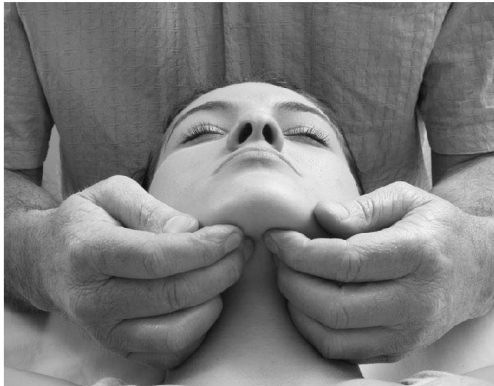
Digastric: Anterior Bellies (“Bulldog”)

C-05

Digastricus: Anteriore Bäuche (“Bulldogge”)

Digástrico: Barrigas anteriores (“Bulldog”)

D



Instructions / Intentions / Feel or Watch For:

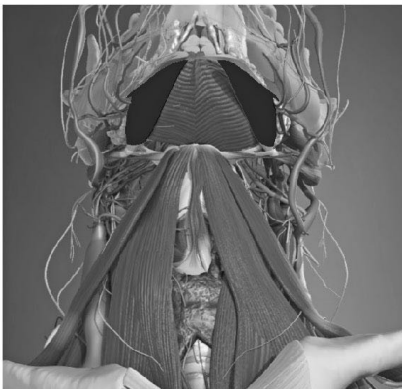
Intentions: release any posterior pull on mandible by digastrics.

Working bilaterally, release digastrics and floor of mouth, working posteriorly.

Movements / Cues:

“Allow your jaw to fall back.”

Variation: add active jaw protraction: “slide your jaw forwards.” Useful for chronic mandibular retraction (under bite).



Notes:

Indicated for TMJ.

Use caution around glands: stay on muscle and connective tissue.

(Anatomy image © Primal Pictures)

Masseter

C-06

Masseter

Masetero

D



Instructions / Intentions / Feel or Watch For:

Extraoral: masseter.

Intraoral: finger between masseter and upper teeth.

Feel for ability of masseter to relax.

Movements / Cues:

Clench and release jaw.



Notes:

Palate

Gaumen

Paladar

C-07

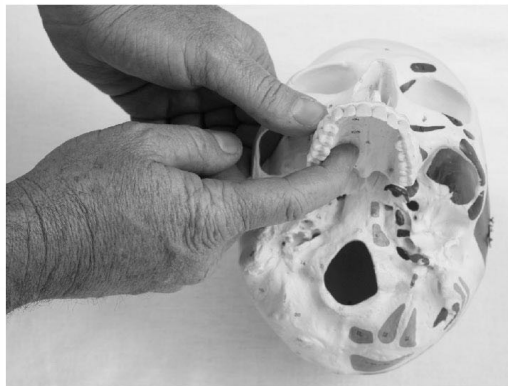
D



Instructions / Intentions / Feel or Watch For:

Feel for immobile or "stiff" zones on the palate. Encourage lateral mobility/motility.

Movements / Cues:



Notes:

Indicated for migraines, especially those accompanied by visual disturbances.

Maxilla: Lifting

Maxilla: Anheben

Liberación anterior de maxila

C-08

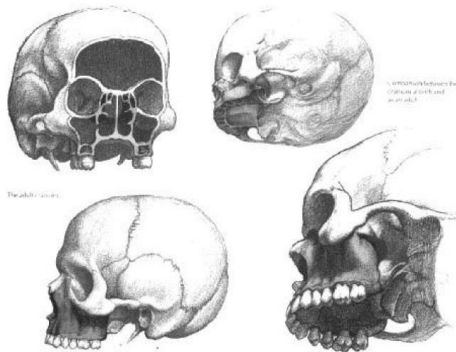
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Instructions / Intentions / Feel or Watch For:

Gently encourage anterior release.

Movements / Cues:



Notes:

Variation: Use thumb and fingers of caudal hand: "bowling ball" grip.

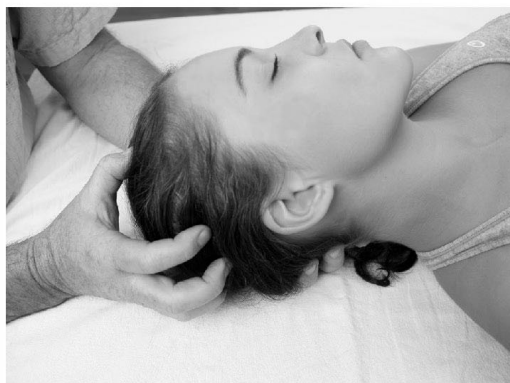
Galea Aponeurotica

C-09

Galea aponeurotica

Galea aponeurótica

D



Instructions / Intentions / Feel or Watch For:

“Peeling the melon:” use firm pressure to feel for and release epicranial aponeurosis (cranial fascia), especially over sutures.

Movements / Cues:

Notes:

Avoid direct deep pressure on lateral wings of sphenoid (temples). Stay in superficial layers here.

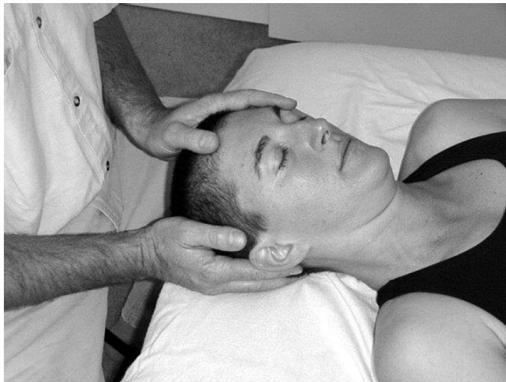
Cranial Vectors (Direct)

C-10

Craniale Vektoren (direkt)

Vectores craneales (presión directa)

I



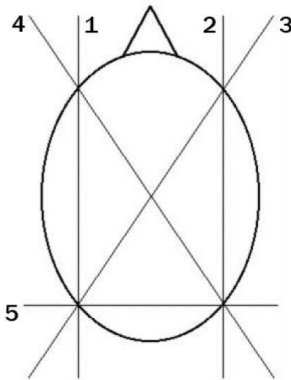
Instructions / Intentions / Feel or Watch For:

Begin with each same-side vector, then each diagonal, and end with occipital vector.

Direct approach: use firm pressure along vectors to feel for internal release of fascial structures (vs. indirect, light touch craniosacral touch).

Imagine the different feel of a bowling ball, a basket ball, a cantaloupe, and a balloon.

Movements / Cues:



Notes:

Avoid direct pressure across lateral wings of sphenoid (temples).

Attributed to William Garner Sutherland. Thanks to Robert Schrei for the original firm-pressure version of this osteopathic technique.

C. SEQUENCE PAGE ANSWERS

C. THROAT, JAW, & FACE SEQUENCE

Goals

- Ease 1. jaw/hyoid/throat relationships;
- Refine and reeducate throat and 2. larynx function;
- Decompress 3. craniofacial relationships;
- 4. Reduce any jaw, oral, or facial sensitization.

Indications

- 5. Postural issues;
- Vocal 6. restriction or strain;
- 7. Dental, oral, facial, or cervical trauma;
- Headaches, especially neurogenic (e.g. 8. migraines);
- 9. Jaw or TMJ issues, pain, etc..

CONTESTACIONES DE PÁGINA SECUENCIA C

C. SECUENCIA DE GARGANTA, MANDÍBULA Y CARA

Intenciones / Metas

- Liberar adherencias entre 1. mandíbula / hioides / garganta;
- Refinar y reeducar las funciones de la garganta y la 2. laringe;
- Descomprimir las relaciones 3. craneofaciales;
- 4. Reducir cualquier sensibilización en la mandíbula, boca o cara.

Indicaciones

- Problemas 5. posturales;
- 6. Restricción o tensión vocal;
- Trauma 7. dental, oral, facial o cervical;
- Dolores de cabeza, en especial de tipo neurogénico (ej.: 8. migrañas);
- Dolores y problemas, entre otros, en la 9. mandíbula y articulación temporomandibular.