

ARC Quarterly Meeting ~ Meeting Minutes

Date: November 12, 2013

Location: Just For Health School

Attendees: Diane Ahonen, Paula Carroll, Marcia Franks, Leslie Herbel, Rachel Lord, Kelly McKinney, Kathy Morris, Laurine Piper, Jennifer Reinbrecht, Beth Schroeder, Brian Scott, Janice Sullivan, Dwight Weeks and Debbie Zalman – 14 current members and friends.

ARC President Diane Ahonen called the meeting to order at 6:25 pm.

For this meeting, ARC members Debbie Zalman and Jennifer Reinbrecht taught us some new techniques for muscle release in the feet, legs, hands and forearms. All attendees were able to practice the techniques and thoroughly enjoyed the meeting! Jennifer Reinbrecht graciously took the following notes of Debbie's instruction:

Deb Zalman's Dynamic Leg Routine

NOTE: Work primarily from the sides of a massage table, not the end, for best body mechanics. Repeat movements around 20 X in a rhythmic, repetitive motions.

1. Client prone. Warm up posterior legs with long effleurage strokes covering the gastrocs, repeat with thumbs together coming up the middle of the gastrocs, increasing pressure as tissue warms up and using tissue receptivity as your guide for pressure.
2. Tibia dance. Bend knee 90 and do sweeping strokes, proximal to distal, coming around and down the leg following the anterior tibialis then pulling/sweeping back up towards the knee.
3. Place CT's fore foot against your chest at sternum and dorsiflex foot by pressing your chest against the foot surface, creating a "wave" from the dorsiflexed foot into knee. Have both thumbs on the heel fascia while forefoot on your sternum. Stroke heel fascia with wave.
4. In same position with foot on sternum, cross fingers and stroke/pull up the leg, distal to proximal while continuing dorsiflexion wave with chest.
5. Continuing with dorsiflexion thru your sternum. Hold heel with one hand and use other hand to stroke down the shin starting at the knee, proximal to distal, focusing on the medial side of leg.
6. Now take foot off chest and plantar flex it. While plantar flexing work anterior tibialis on shin side, proximal to distal, bending knee as well as

foot. Thumb slides towards foot on anterior tib/lateral side of leg. Extend the leg thru each time you finish. This is a tremendous quad stretch. Make sure to bend the knee as far as it will comfortably go. 80% of the benefit is in the last 20% of the stretch!

7. Position yourself close to the table. Place CT foot on your thigh, off the table, with enough clearance for you to lean into foot and dorsiflex it for stretch. Massage distal to proximal up CT calf while dorsiflexing CT's foot with your thigh. Catch peroneals, etc. as you massage up calf.
8. Grab mid foot, shake and loosen entire leg using mid foot as lever arm.
9. Grab mid foot and take leg lateral to midline while stroking distal to proximal on peroneals (lateral side of leg). Vary your angle to cover different portions of muscle. Use fist with flat knuckles. Table height is important for your comfort.
10. Put your knee on the table behind CT bent knee to anchor/stabilize their knee. Turn their foot IN and pull foot and leg up towards sky while you stroke with your thumbs up and over the lateral, heel side of the foot from below the ankle up and over the edge of the foot.
11. Same position but pull up on inside of foot instead of outside.
12. Go back to beginning and apply the flex foot wave from your sternum.
13. Shake and loosen leg as a whole unit.
14. Trap and stretch the hamstring. Bend CT knee to 90, then place fist on hamstrings just above area behind knee, and take CT leg to table. Bring leg back to 90, move your fist proximal to a new spot on hamstrings and sink in/anchor again taking leg to table. Repeat choosing a few spots to trap hamstrings based on tightness.
15. Subtalar release (optional)
Hold heel with one hand and lift leg up using heel hold so leg is elevated slightly off table. Loosen forefoot from this position by placing two fingers under the medial side of the foot. Pull back and up together from heel and the two fingers.
16. Use the side of your thumb alongside the navicular while standing so you are facing the toes. Push in on navicular while holding the forefoot.
17. Loosen each metatarsal – stabilize at the base of each with thumb pressure while moving the metatarsal with other hand.

18. Cuneiform squeeze.
19. Toe boogey. Anchor the head of the metatarsals and rotate/move each toe, including stretching and popping if OK with CT.

ARC President Diane Ahonen called the meeting to a close at 9:00 pm.

Respectfully submitted,

Beth Schroeder
ARC Recording Secretary