Back Massage



ESF II project of the University of West Bohemia in Pilsen, reg. number: CZ.02.2.69/0.0/0.0/18_056/0013239

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FZS ZČU

The Vertebral Column

- Press the hands in opposite directions, with enough downward pressure to engage and stretch the superficial fascia



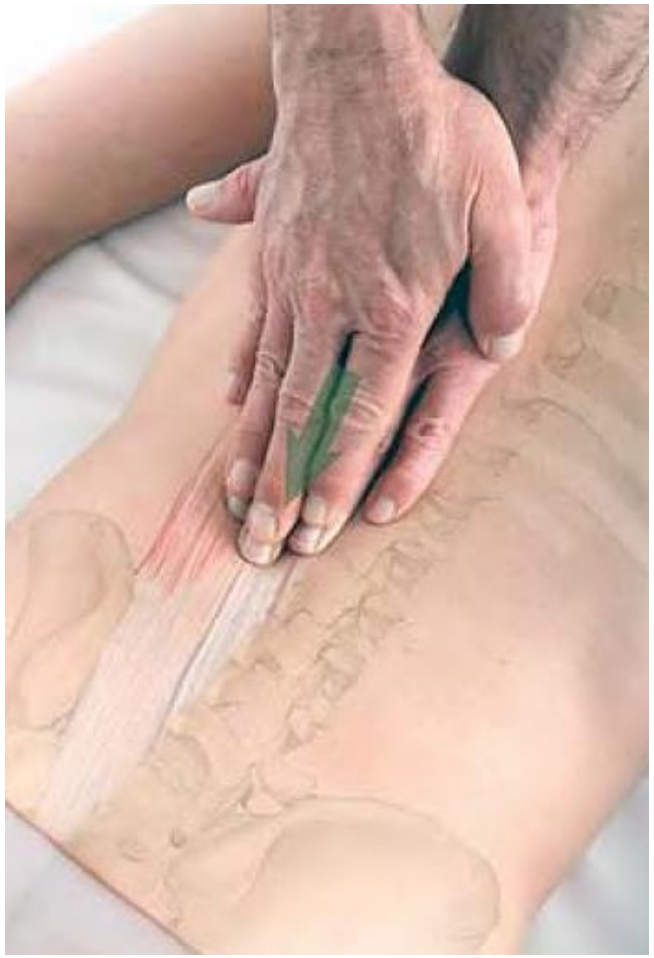
Stripping of iliocostalis thoracis with supported thumb







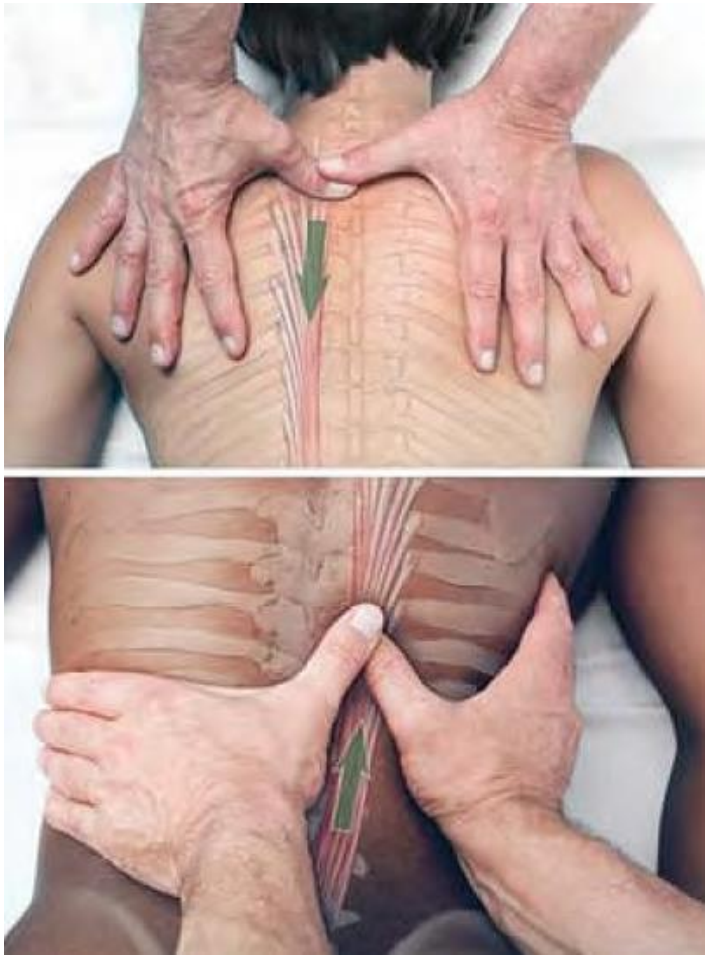
- Cross-fiber stroking of iliocostalis thoracis with heel of hand (A) or knuckles (B)



- Stripping of erector spinae bundle with supported fingertips

  (longissimus is shown)

Stripping of erector spinae bundle with supported thumb both caudad and cephalad, showing longissimus. (A) starting position stripping caudad, (B) midway position stripping cephalad

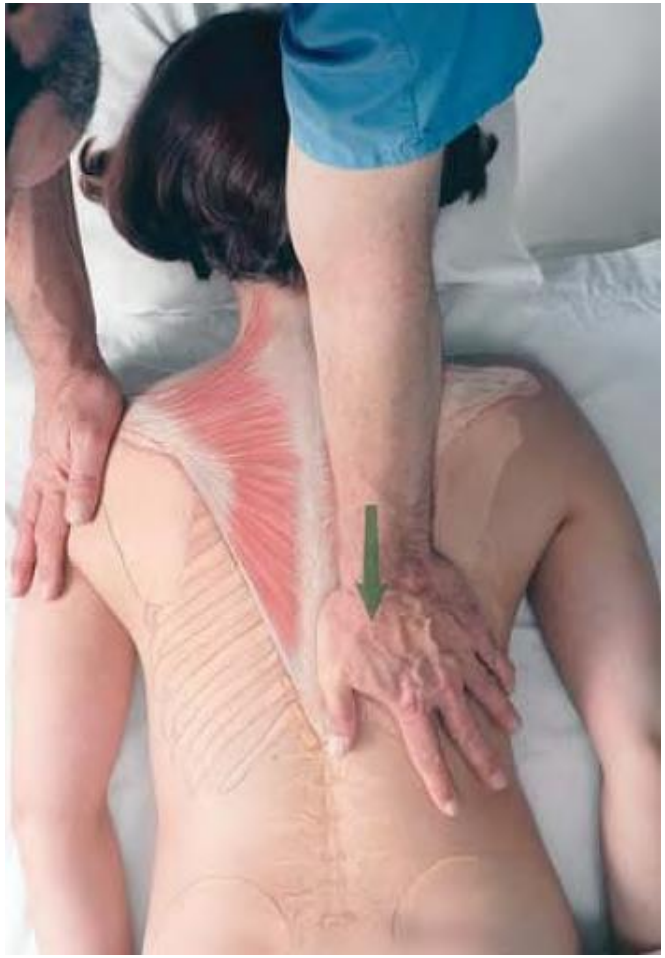






- Stripping of erector spinae bundle with elbow, showing longissimus.

M. trapezius







M. rhomboidei







M. Latissimus dorsi





The Rotator Cuff

- The rotator cuff is probably best known for its frequent injury in athletes, particularly baseball pitchers and football quarterbacks, because of the demands made on it by forceful throwing.

- The rotator cuff takes its name from the cuff of tendons of these four muscles that attach side by side at the head of the humerus.

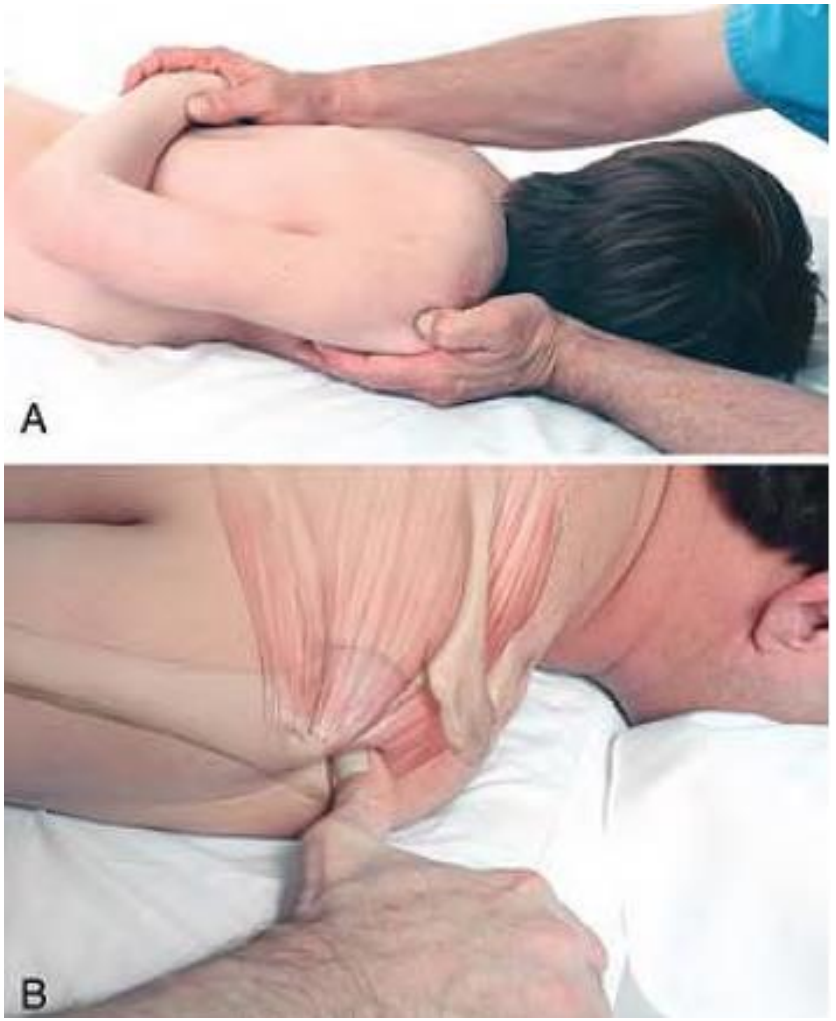
- The traditional acronym for remembering the rotator cuff muscle is SITS: supraspinatus, infraspinatus, teres minor, and subscapularis.





M. supraspinatus





M. infraspinatus







M. subscapularis



