Massage from the Front of the Lower Limb and Knee Joint

ESF II project of the University of West Bohemia in Pilsen, reg. number:
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EUROPEAN UNION
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Development and Education

MINISTRY OF EDUCATION, YOUTH AND SPORTS

Gluteus maximus Therapy



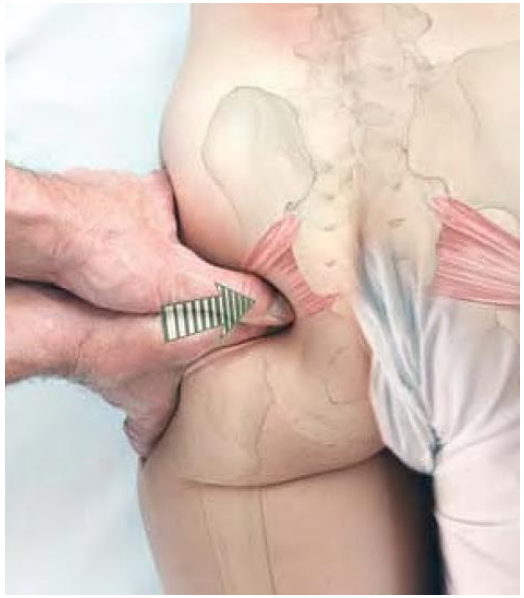






Compression of piriformis





Passive stretch of piriformis



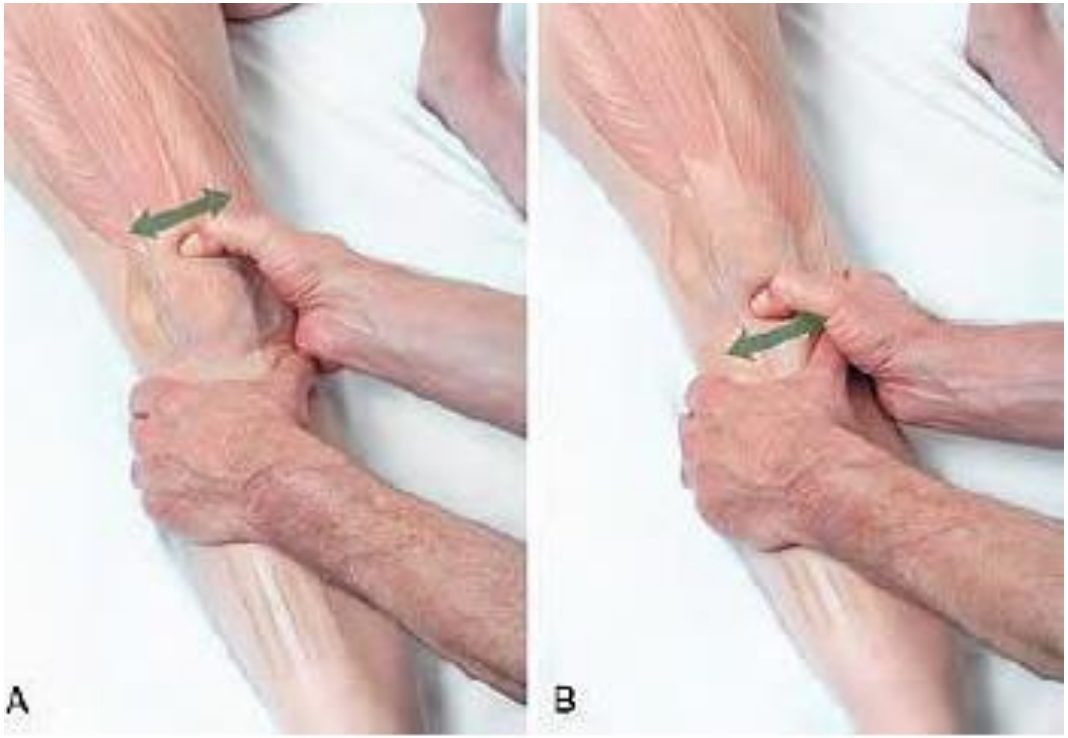
Stripping of rectus femoris, vastus lateralis







Cross-fiber friction underneath the patella laterally (A) and medially (B)



Stripping of tensor fasciae latae





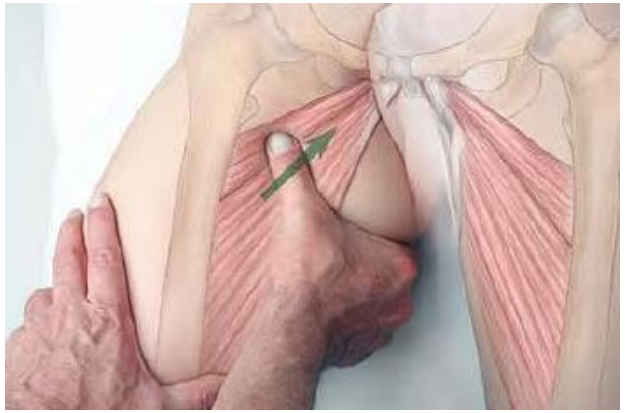












Stripping of tibialis anterior with supported thumb







Compression of quadratus plantae trigger point





Stripping of dorsal interossei





Shuckling the foot



