

COLLEGE OF CLASSICAL MASSAGE

BACK OF LEG ROUTINE



1. Apply oil with a sweeping stroke up one leg covering the whole of the lower and upper leg.



2. Effleurage the whole of the leg warming the area up. Local work to ankle area and back of heel. Using finger and thumb frictions.



3. Wringing to calf area (petrisage), working up and down the calf, increasing pressure.



4. Optional. Gastrocnemius thumb splits, using reinforced thumb pressure up the calf. Go lightly first as this can feel quite strong initially.



COLLEGE OF CLASSICAL MASSAGE BACK OF LEG ROUTINE



5. Passive joint movement. You can sit on edge of couch and flex lower leg at knee. Let it rest on your shoulder. Interlace your fingers and use the palms and heels of your thumb (thenar eminence) to squeeze and work area of ankle and calf down to knee. Sliding back.

Optional. You can also use a scrubbing brush motion on calf.



6. Work gently to back of knee (effleurage).



7. Warm up the area of the thigh with effleurage strokes. Place one palm on top of the other hand and use ironing movement up the thigh, working the lateral, posterior and medial aspect in turn and sliding back to repeat.

COLLEGE OF CLASSICAL MASSAGE BACK OF LEG ROUTINE



8. Optional. Placing hands medially and laterally to the thigh, apply a picking up and pushing movement to the hamstrings. This creates a circular movement up the thigh. (a bit like the movement of the arm across the wheels on a steam train).
Can also use forearm gently into back of thigh.

9. Wringing (petrissage) to medial, posterior and lateral thigh.



10. Finish with effleurage movement to whole of the leg.

Repeat sequence for opposite leg.

11. Optional – can finish with effleurage to both legs at the same time.

