

FRONT OF LEG ROUTINE

1. Apply oil with a sweeping movement to the front of the leg. Effleurage the whole of the leg warming the area up.

2. Wringing (petrissage) to ankle, front of foot, and the shin, working up and down. Repeat.



3. Wringing (petrissage) and (frictions) around the knee, to the top, medial and lateral side side of knee joint.



4. Warm up the area of the thigh with effleurage.
5. Place one palm on top of the other and apply an Ironing movement to the anterior, lateral and medial thigh.

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6. Optional. Placing hands medially and laterally to the thigh, apply a picking up and pushing movement to the quadriceps (a bit like the movement of the arm across the wheels on a steam train). Can also use forearm gently first into front of thigh.



7. Wringing (petrissage) to medial, anterior and lateral thigh.



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

Repeat sequence for opposite leg.

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