

## Cross-Hand Release of the Lateral Low Back Area

- Have the client lie diagonally across the treatment table, with her top leg straight and positioned slightly behind her and over the edge of the treatment table.
- Place a small pillow or rolled-up towel beneath the client's waist to keep the lumbar spine neutral.
- If she can, have the client place her top arm over her head (or as far in front as possible) to maximise the entire lengthening of her body.
- Stand at the side of the treatment table behind the client.
- Place one hand, skin on skin, over the iliac crest, using it as a handle, with your fingers pointing towards the client's feet.
- Place your other hand, crossed over the other hand covering the lower ribs and soft tissue between the ribs and hips, with fingers pointing towards the client's head.
- Lean into the client to the tissue depth barrier, wait and follow each subtle release three-dimensionally.
- Avoid forcing the tissue or slipping or gliding over the skin.
- Apply the technique for at least five minutes for optimal results.
- Lift the client's arm and leg back to the midline after completing this technique.



**TIP** Although this technique is great for general back issues, take care with positioning for any client who has disc or nerve issues. Cease the technique if the client begins to experience nerve pain, and perform the technique with the client in the prone position instead.

## Cross-Hand Release of the Lateral Hip

- Have the client lie diagonally across the treatment table with the top leg straight and positioned slightly behind her and over the edge of the table.
- Place a small pillow or rolled-up towel beneath the waist to keep the lumbar spine neutral.
- If she can, have the client place her top arm over her head (or as far in front of her as she can) to maximise the entire lengthening of the lateral tissue.
- Stand at the side of the treatment table behind the client.
- Place one hand, skin on skin, on to the upper lateral thigh with your fingers pointing towards the feet.
- Place your other hand, crossed over the other hand, slightly inferior to the iliac crest with your fingers pointing towards the client's head.
- Lean into the client to the tissue depth barrier, wait and follow each subtle release three-dimensionally.
- Avoid forcing the tissue or slipping or gliding over the skin.
- Apply the technique for at least five minutes for optimal results.
- Lift the client's arm and leg back to the midline after completing this technique.



**TIP** Like the lateral low back technique, this technique is great for general back issues; however, take care with the positioning for any client who has disc or nerve issues. Cease the technique if the client begins to experience nerve pain; perform the technique with the client in the prone position instead.

This is one of my favourite techniques because it really helps clients with low back issues, pelvic imbalances and leg length discrepancies.

## Cross-Hand Release of the Lateral Neck and Shoulder, Side Lying

- Have the client assume a side-lying position, without a pillow, on the treatment table with the upper arm lying on the side of the body.
- Stand or sit towards the top, or top corner, of the treatment table, whichever is more comfortable.
- Place one hand, skin on skin, on the anteriolateral shoulder, using the shoulder joint as a handle, with your fingers pointing towards the client's hips.
- Place your other hand, skin on skin, on the lateral side of the neck and face. If you have your hands crossed, as in the first photo, then your fingers will be pointing towards the client's head. If you have not crossed your hands, as in the second photo, your fingers will be pointing towards the client's feet.
- Lean into the client to the tissue depth barrier, wait and follow each subtle release three-dimensionally.
- Avoid forcing the tissue or slipping or gliding over the skin.
- Apply the technique for at least five minutes for optimal results.



**TIP** Take care with the positioning for any client who has disc or nerve issues, and also cease the technique if they begin to experience nerve pain. Perform the technique with the client in a supine position instead. For this technique you do not necessarily need to cross your hands; however, the application is the same as any other cross-hand release technique.

## Cross-Hand Release of the Lateral Thoracic Cage and Lateral Shoulder

- Have the client lie diagonally across the treatment table with the top leg straight and positioned slightly behind her and over the edge of the treatment table.
- Place a small pillow or rolled-up towel beneath the waist to keep the lumbar spine neutral.
- Have the client place her top arm over her head (or as far in front of her as she can) to maximise the entire lengthening of the lateral tissue.
- Stand at the side of the treatment table behind the client.
- Place one hand, skin on skin, on the lateral ribcage with your fingers pointing towards the client's feet.
- Place your other hand on the lateral shoulder with your fingers pointing towards the client's head.
- Lean into the client to the tissue depth barrier, wait and follow each subtle release three-dimensionally.
- Avoid forcing the tissue or slipping or gliding over the skin.
- Apply the technique for at least five minutes for optimal results.
- Lift the client's arm and leg back to the midline after completing this technique.



**TIP** Take care with the positioning for any client who has disc or nerve issues, and cease the technique if the client begins to experience nerve pain. Perform the technique with the client in a supine position instead.