

“MELT METHOD” (Myofascial Energetic Length Technique)

TERMS & TECHNIQUES USED

GLIDE (Roller & Body both Gently Move)

SHEAR (Body Moves, Roller Remains Stationary, Direct Shear-Moving Area Over Roller, Indirect Shear- Move a Nearby Joint while Roller Remains Stationary)

RINSE (Roll Up One Side then Down the Other Side)

(Keep Core Engaged and Stay Hydrated. Only work “Masses”- Skull, Shoulder Blades, Hips, Pelvis, Thighs, Calves, Do Not Work “Spaces”- Neck, Belly, Low Back, Behind Knees, Maximum 10 minutes on any one body part, Assess & Reassess Before & After each Technique, Are you more Flexible, Grounded, Less Tense After?)

WARM UPS

LYING ON BACK Sit on End of Roller and Lie down onto roller with Roller under the Full Length of the Spine. Head to Tail Bone are supported by Roller, Knees Bent, and Feet Flat on Floor about Hip Width, Forearms & Hands on Floor by Sides

- 1) GENTLE ROCKING- Rock to Right & Left about 30 seconds each side, Back & Forth**
- 2) PELVIC TILTS- Palms to Pelvis, Flatten Lumbar Spine so that it is Flat on Roller, Release and let Lumbar Spine return to its natural Arch. 4-5X (Do not Squeeze Glutes, Lift Hips or push Feet)**
- 3) 3-D BREATH 4-5 Breaths Each Position**
 - 3a) FRONT TO BACK- (Palms on Chest & Bellybutton) Inhale into Diaphragm to Expand Front & Back**
 - 3b) SIDE TO BACK- (Palms against Ribs to feel Expansion) Inhale into Diaphragm to Expand out to Sides, expanding Ribcage out to sides**

3c) TOP TO BOTTOM- (Palms on Collar Bone and Pubic Bone) Inhale into Diaphragm to Expand Lengthwise

3d) 3-D BREATH- Inhale Expand all 6 sides of Torso. (Front to Back, Side to Side, Top to Bottom)

4) Exhale (SHHH or HAAA Sound) - Contract entire torso (Spine, Pelvic Floor and Organs)

(Straighten Legs, Slide Pelvis, Ribs then Head Roll off Roller)

(REST & DRINK WATER)

NECK (On Roller)

ASSESS NECK- Lie on Back, Slowly Twist Head Right and Left as far as comfortable (One may Lie on Side with Knees Bent if more comfortable)

“SHEAR SKULL”

- 1) TWIST- Place Full Roller Under Base of Skull (at Hairline & Earlobe) Not on Neck and Breathe Deeply. Then Slowly Twist Head Right until Earlobe touches roller (Repeat to Left Side) 2-3X
- 2) SIDE SHEAR- Twist Head to Right and “Shear the Side of Skull” while facing Right
 - a) SMALL CIRCLES with your Head (Clockwise & Counterclockwise) 6X
 - b) NOD Head Up & Down 2-3X
 - c) TWIST Left & Right 2-3X (Pause and Breathe Deeply 2X)
(Repeat Entire Side Shear Sequence to Left Side)
- 3) FIGURE 8s- Face Straight Up with Roller Under Center Base of Skull, Trace Small “Figure 8s” (Both Directions) 3-4X Breathe Deeply

“DECOMPRESS NECK”

Move Full Roller Up 1 Inch to Middle of Back of Base of Skull (Roller does not touch neck)

- 1) NOD- Exhale- Slowly Nod Chin towards Chest (Chin does not touch Chest) 1-2 inches, Inhale-Return Nose to Ceiling 8-10X

REASSESS NECK- Remove Roller, Lie on Back, Slowly Twist Head Right and Left as far as is Comfortable. Is there more Range Of Motion? Less Stiffness?

SHOULDER BLADES (On Roller)

On Back, Bend Knees, Place Roller under Shoulder Blades, Roller Perpendicular to Spine, Hands behind Head, Core Engaged Lying Flat on Roller

- 1) GLIDE- Roll Up and Down
- 2) SIDEWAYS SHEAR- Making small side bends
- 3) SINGLE ARM CIRCLES- Drop Hips to floor, Extend Right Arm and move Right Arm (Up & Down, Sideways, Diagonally, Shoulder Socket Rotations, etc...)

(Right & Left Sides) Repeat entire sequence w Hips Up Turn Upper Body to Right side with inner edge of right Shoulder Blade on Roller and Left Elbow pointing Up to Sky (Spine is no longer on roller) (Repeat on Left Shoulder Side)

REPOSITION ROLLER- Sit on End of Roller and Lie down onto roller with Roller under the Full Length of the Spine. Head to Tail Bone are supported by Roller, Knees Bent, and Feet Flat on Floor about Hip Width, Forearms & Hands on Floor by Sides

- 4) SHOULDER BLADE REACH- A) Together Reach Both Arms Straight Up to Sky, Palms Face Each other, Exhale- Shoulders sink down on either side of roller, Inhale-Reach Arms Upward without shrugging shoulder Up & Down 5-10X
B) Alternately Raising Right then Left Arm (like a Shimmy)
- 5) DOUBLE ARM REACH- (Flossing Nerves) Arms Straight Up to Sky, Exhale- Open Arms out to sides as if holding a giant beach ball, Arms in a T Shape, Hands slightly above Chest Level, not on floor with Palms facing Up , Extend one Wrist with Fingers to Floor and Flex other Wrist with Fingers to Ceiling. Repeat Wrist Extension/Flexion on other side 6-10X.(Nerve Flossing)
(Repeat Palms Facing Downward and then with Fists)

RIBS & UPPER BACK (On Roller)

On Back, Bend Knees, Place Roller under Shoulder Blades, Roller Perpendicular to Spine, Hands behind Head

- 1) ROLLING BRIDGE- Lift Hips Up and Drop Hips (Neck, Core and Back remain stable)**
- 2) CHEST ARCH- Inhale- Arch Upper Back, Thrusting Chest Upward, Exhale-Drop Back Down 2-3X (Do not Arch Neck or Low Back, only Upper Back Arches)**
- 3) SIDEWAYS SHEAR- Pelvis on Floor, Bend Ribs Sideways to Left (Elbows towards Hips) then Right as if Scratching Back against Roller (Stretching side Obliques) (Back and Forth 2X)**
- 4) FOCUSED GLIDE- Bring Elbows together pointing to ceiling, engage core, Lift Hips bringing Roller to Upper Back and Roll Back over Roller Up & Down over 1-2 Vertebrae at a time (focusing on a small area)**
- 5) REPOSITION & REPEAT SIDEWAYS SHEAR & FOCUSED GLIDE - Roll Torso Up or Down so that Roller is 1-2 inches Lower or Higher and Repeat**

(Repeat the process gradually moving downward until reaching the Lower ribs)

- 6) RINSE- Lift Hips bringing roller to Top of Back, Inhale, Pause, Exhale, Engage Core pressing Roller down Back with consistent light pressure. Curl Ribs forward moving Roller down Back. Upon roller reaching lower Ribs, lift Hips and quickly roll Roller back to Upper Back 3-4X (Rinse is One Directional)**

LOW BACK (On Roller)

On Back, Bend Knees, Feet Flat on Floor, Lift Hips Up and Place Roller Under Pelvis. Lift Feet and Draw both Knees to Chest

- 1) Shear Side to Side-Point Knees to Ceiling (Legs 85 Degrees from spine)
Slowly Shift Legs Right and Left 11 to 1 O'Clock (Weight remains on Sacrum and Pelvis No weight on Hips, Keep Core Engaged, Do not move Ribs or Arch Back)**
- 2) Shear SI Joint- Lying Flat on Pelvis
 - a) Double Knee Circles- Knees together Make Small Circles with Both Knees Clockwise and Counter Clockwise 2-3X.**
 - b) Single Knee Circles- Make Slightly Bigger Circles with Only Right Knee, Clockwise and Counter Clockwise**
 - c) Marching- Slowly Kicking Legs Back and Forth**

(Leaning to Right Repeat A, B and C then Repeat on Left Side)**
- 3) Bent Knee Press- Pull Right Knee to Chest, Place Left Foot Flat on Floor. Hug Knee, Lower Ribs, Tuck Pelvis, Hold for 3 Deep Breaths. Do Other Side**
- 4) Hip to Heel Press- Place Left Foot Flat on Floor, Straighten Right Leg Up as close to 90 Degrees as possible (Not beyond 90 Degrees)
Flex Ankle, Toes towards Shin, Heel to Ceiling, Stretching Calf, Sink Pelvis, Ribs Flat and Breathe Deeply. 2-3 Breaths Do Other Side.**
- 5) Pelvic Tuck, Tilt & Decompress-
 - a) Tuck- Place Fingertips over Knees, Palms to Bottom of Quads, Straighten Arms Pressing Knees away from Chest (Thighs 85 Degrees)
Inhale, Exhale- Press Thighs into Hands as if moving Knees to chest as Hands Resist, (Abdomen Engaged, Arms remain straight)**
 - b) Tilt- Inhale, Exhale- Tuck Pelvis bringing Pubic Bone toward Navel (Knees continue to press Hands as Knees rise slightly)**
 - c) Low Back Decompress (Tilt & Tuck Simultaneously)- Continue to tilt pelvis and also at the same time press Thighs to Palms, Exhale let Ribs sink to floor (doing Tuck & Tilt Simultaneously)****

HIPS (On Roller)

Lie on Back Place Roller Under Sacrum (90 Degrees to Spine) Knees Bent Feet Flat on Floor Hip Width Apart

- 1) Extend Left Leg Straight Up 90 Degrees,
Flex & Extend Ankle 2-3 Times
Maintain Flex Ankle and take several Deep Breaths as back of Pelvis sinks into Roller

LEGS-Back of Thigh (On Roller)

Lie on Back, Roller Under Upper Thighs just below Buttocks

- 1) Shear Thighs-
 - a) Double Shear- Slowly Spread Both Legs Apart then Bring Legs Back together 4-5X (Toes Point Inward as Leg Moves Inward/ Toes Point Outward as Leg Moves Outward)
 - b) Single Shear- Bend and Relax Left Leg, Drag Right Leg in to Left and out again 4-5X (Repeat on Other Side)
- 2) Straighten Both Legs, Breathe Deeply as Thighs sink into roller
Repeat the Double & Single Thigh Shears with Roller Under Mid Hamstring, Then Repeat again with Roller just above Back of Knee.
(Good for Knee Pain)
- 3) Inner and Back of Thigh Rinse- Place Right Inner Thigh on Roller just above Knee, Lean Back and to Left Side. Roll Roller Up to Pelvis, Shift Weight to Center with Roller on Back of Thigh, Roll Roller Down to just above Knee (Up Inside, Down Backside) 3-4X

INNER THIGH (On Roller)

Lie on Right Side (Like Flapping Fish Pose) with Roller in Front of you. Place Arch of Left Foot on Roller and let left Calf and Knee slowly drop onto Roller. Let Body Roll towards Roller so that Left Knee is Beyond Roller, then straighten Left Leg. (Leg as close to Perpendicular to Torso as Possible, Roller Parallel to Spine)

- 1) **Glide A**- Roller under Inner Thigh just above Knee, let body fall slightly forward and backward to shear lower inner thigh. 4-5X
- 2) **Glide B**- Turn Leg Inward with Toes pointing to Floor, glide 4-5X
- 3) **Indirect Shear**- Slowly Bend and Straighten Leg 3X
- 4) **Direct Shear A**- Rotate Bent Leg Raising and Lowering Heel (Like Tigers Tail) 2-3X (Straighten Leg, Breath and Relax) (May Also Keep Toes on Floor and Flex & Extend Ankle for a more Subtle Movement)

(Keep Leg on Roller and Turn to Face Floor, supporting your weight on forearms)

- 5) **Direct Shear B**- Press Roller Away from Knee and bring Roller up to Mid Inner Thigh. Rest, Then Glide Leg Back & Forth over Middle of Inner Thigh.
- 6) **Direct Shear C**- Turn Toes Downward to Floor, Glide over a small area.
- 7) **Direct Shear D**- 1) Bend & Straighten Leg 3X,
2) Bend Knee and Lift and Lower Leg Raising Heel toward Ceiling. (Like Tigers Tail)

(Straighten Leg, Relax and Breath)

(Repeat Entire Sequence Higher Up on Thigh) (Repeat Sequence on Other Side)

INNER & BACK OF THIGH (On Roller)

Sitting place Inner Right Thigh on Roller just above Knee and straighten Leg. Bend Left Knee and use Left Leg for support. Turn Upper body away (to left) from roller and use Hands for support.

- 1) **Rinse Up Inner and Down Center Of Back of Thigh**- Move Roller up Inner Thigh, Lean Back onto Hands and rotate Foot upward so that Center of back of Thigh is on roller and roll roller down to just above Knee.

CALF (On Roller)

Lying on Back with Roller under Upper Calf

- 1) RELAX- Let the Calves Sink into the Roller
- 2) GLIDE CENTER OF CALF- Bend and Straighten Legs as Roller Moves Up & Down Calves (Movements may be Long or Short 2-3 inches)
- 3) GLIDE OUTSIDE OF CALF- Rotate Feet Outward, Bend and Straighten Legs
- 4) GLIDE INSIDE OF CALF- Rotate Feet Inward, Bend and Straighten Legs
- 5) SHEAR CALF ROTATIONS- Rotate Legs In & Out 1-2 in.
- 6) SHEAR CALF CIRCLE- Circle Right Ankles Clockwise & Counter Clockwise

(Repeat with the Roller Lower on Calves)

Repeat Steps 1-6 with Legs Crossed with Roller under Upper Right Calf & Left Ankle Crossed over Right (Repeat the Entire Sequence on the Other Leg)

Sit on Floor Left Leg Relaxed and Only Right Leg on Roller

- 7) RINSE CALF- Right Knee Bent with Right Leg Rotated Inward with Area just above Inner Right Ankle on Roller with Big Toe towards Floor, Straighten Right Leg as Roller Moves Up Inside of Calf, Rotate Leg Upward so that Center of Calf is on Roller, Bend Leg as roller Moves Down towards Heel 3-4X
(Repeat on the Other Leg)

HANDS (With Ball)

(Remove, Rings, Bracelets, Watches...Focus Breath on the Point Being Pressed)

Techniques Used: Position Point Pressing, Glide, Shear, Rinse, Friction

Assess- Squeeze Ball 3-4X, Bring Forearms Together, Can you Flex both Wrists making a T Shape?

- 1) Finger Compression- Place Ball in Palm of Hand, Pad of Index Finger Squeezes Ball and Releases Ball 4X. Repeat with all Fingers

- 2) Position Point Pressing- Place Ball on Flat Surface, Press Palm Downward with Ball under Points: 1)Center of Palm 2)Under First Knuckle of each Finger 3)Under Knuckle of Thumb 4)Center of Palm Heel 5) Outside of Palm Heel**
- 3) Single Glide- Place Tip of Middle Finger on flat surface and Ball under Palm Heel. Glide or Swivel Ball from one side of Palm Heel to the Other Side (Points 3 to 5), back & forth. Double Glide-Place ball between both palm heels and glide both hands at once**
- 4) Shear- Place Ball under 1st Knuckle ofThumb (Point 3) and slowly make small circles**
- 5) Finger Rinse-**
- A) Palm- Place Ball under Fingertip and roll ball down to wrist (Point 4) and Forearm and on to Elbow, Repeat with each Finger and Thumb (Finger Tip to Forearm to Elbow In a One Way Motion)**
 - B) Back of Hand- Place one palm flat on a flat surface, use the other hand to rub the ball over the top of and between each finger in one direction from Knuckle to Nail**
- 6) Friction- Quickly and Lightly run wrist, hand and fingers over ball in a Random scribble like motion. (Repeat on other hand)**

Reassess Grip Is it Stronger? Can you make a T?

FEET (With Ball)

Stand (May use a Wall or Chair for Balance in needed) or Sit in a Chair

Assess Feet Hip width Apart. Do you notice more weight on one foot than the other? Are the muscles of your lower body tense or relaxed while Standing?

Position Point Pressing:

- 1) Place Ball Under Center of Arch of Right Foot (Point 1) . Shift some weight onto Right Foot to create mild pressure. Shift weight Off and On to Ball back and forth 2-3X**
- 2) Place Ball Under 1st Knuckle of Each Toe. First Big Toe (Points 2) , Shift Weight Off and On Ball Back and Forth 2-3X. Move Ball to Under Knuckle of next Toe and Repeat until all 5 Toe Knuckles have been pressed.**
- 3) Place Ball Under Front of Heel (Point 3) (Where Heel becomes Arch) Shift Weight Off & On Ball Back and Forth Repeat2- 3X Taking a Focused Breath.**
- 4) Repeat with Ball Under Lower Arch of Foot (Point 5) and then Under Middle of Outer Edge of Foot (Point 4)**

Side Glide:

Place Ball Under Front of Heel with Ball of Foot and Toes on Ground, Slide Heel Side to Side, slowly moving Ball down to Back of Heel then back to Front of Heel (Point 5) while Gliding side to side

Shear:

With Ball Under Front of Heel (Point 5) Apply Heavy Pressure and Wiggle Foot Left & Right (Ball barely moves)

Rinse:

- 1) Sideways- Place Ball Under Ball Below Big Toe Knuckle (Point 2) with Heel Flat on Floor. Slide Foot as Ball rolls to Outside of Foot, Return Ball to Big Toe Knuckle and Repeat (Movement is one way only Big Toe to Little Toe)**
- 2) Place Ball Under Ball Below Big Toe Knuckle (Point 2). Move Foot Forward as Ball Rolls Down to Heel. Lift Foot and place Ball under next Knuckle and Rinse down to Heel (Only Rinse in 1 Direction, Ball to Heel) Repeat for all 5 Knuckles. (Start Motion with foot slightly behind so it can easily move forward)**

Friction: Use Light Random Movements Rub Foot and Toes over Ball in a Scribble like motion.

Reassess- Does the Right Foot feel different from the Left? How do your Leg Joints feel? (Repeat the entire process on the Left Foot)