

An overview of techniques

	Thumb Press	Thumb Circles	Palm Press	Stretches
Arms				Cat Cow/Upper Traps
Hands	Palm & Dorsum			Rotate wrist
	Lines on palm	Lines on dorsum		
Legs	Zen Lines inside		Evert Feet/Externally Rotate	Adductor stretch
	Outside		Posterior legs	Abductor stretch
Feet	Thumb press x3x2 ball to heel			Plantar flexion
	Five Lines			Dorsiflex Toes
	Four Lines Dorsum			
	Medial Arch			

Thumb Press

Palm Press

Zen lines up inner leg

Passive Stretches:

1st Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Grove between tibia -> and muscle of calf Inguinal Crease

2nd Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Medial Gastroc -> Border Inguinal Crease

Adductor Stretch

One hand at Ankle One hand at Hip

Lean in and Stretch

Ankle -> Palm Knee <-
press -> Knee Palm
Press <-
Hip

Stretch Foot <- Knee ->
Ankle <- Palm Palm
Press <- Knee Press -
>Hip

Thumb Press:

Elbow Extensor Stretch

Bring arm to 90 degree abduction

One hand at Arm pit One hand at Wrist

Thumb Circles

Stretch

Zen lines up inner leg (copy)

Arm Stretch to Palm Press

1st Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Grove between tibia -> and muscle of calf Inguinal Crease

2nd Inside Line:

One thumb posterior to medial malleolus and anterior to Achilles at Ankle

Whilst Thumb Pressing -

Medial Gastroc -> Border Inguinal Crease

3rd inside line:

One hand at Wrist One hand at Armpit

Lean in and Stretch

Palm and Thumb Press -

Wrist -> Elbow<- Palm
Palm press - Press <-Armpit
> Elbow

Wrist <- Elbow-> Palm
Palm Press Press ->Armpit
<- Elbow

Supinate apply stretch
and: with AP force

Palm and Thumb Press

apply palm
press on outside
of arm

apply thumb
press on outside
of arm

Abductor Stretch

One hand at Ankle One hand at Hip

Lean in and Stretch

Ankle -> Palm Knee <- Palm
press -> Knee Press <-Hip

Ankle <- Palm Knee -> Palm
Press <- Knee Press ->Hip



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Not published yet.
Last updated 13th July, 2022.
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