

### 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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