

# Massage Library Contents

## Volume 1

### **Fascia & Myo-Fascial Techniques**

with Richard M. Royster, M.A., LMT, C.A.  
of the Upledger Institute

An overview of CranioSacral and Myo-fascial techniques and concepts which enhance athletic performance. Cranio Sacral Therapy is a refined manipulative technique for the diagnosis and treatment of chronic illness, pain and dysfunction. This practical hands-on video workshop will introduce basic palpatory skills that will be used to identify and localize significant restrictions and imbalances in the Cranio Sacral System.

<b>Chapter</b>	<b>Table of Contents</b>
1	Introduction to Fascia
2	Physiological Effects of Fascial Release
3	Respiratory Diaphragm
4	Thoracic Inlet – Emotional Street
5	Visualization & Theory Behind the Technique Recognizing a Fascial Release
6	The Pelvis
7	Pelvic Hand Position
8	Respiratory Diaphragm Hand Position
9	Thoracic Inlet Hand Position
10	Cranial Base Hand Position
11	Summary of Techniques
12	Working the Dural Tube
13	Hand-on Practice & Questions and Answers Headaches

**Length** 85 minutes

## Volume 2

### **Physio-Sphere Therapy: A New Modality**

with Richard M. Royster, M.A., LMT, C.A.  
of the Upledger Institute

P.S.T. developed by Richard M. Royster, utilizes 65cm and 85cm inflated balls in a series of exercises; and an innovative hands-on approach that enables therapists to deal more effectively with certain areas.

<b>Chapter</b>	<b>Table of Contents</b>
1	Introducing P.S.T.
2	Moving Exercises
3	Posterior Positions
4	Anterior Positions
5	Breath Awareness Exercises
6	Exercises To Do By Yourself
7	P.S.T. for Cyclists
8	Tips for Different Sports

**Length** 36 minutes

### **Volume 3**

#### **Athletic Massage: A Sidelying Approach**

with Linda Jaros, LMT Director, MyoTech

This in-depth video workshop demonstrates various massage techniques and shows how to access the upper body using sidelying variations. This tape also includes tips for interfacing with the athlete.

<b>Chapter</b>	<b>Table of Contents</b>
	Interview
1	Pillow Placement
2	Techniques
3	Step-by-Step Hands-on Demonstrations
4	Shoulder Mobilization and Getting Access

**Length** 63 minutes

### **Volume 4**

#### **A Cyclist's Sports Massage**

with Marc Delaruelle, Head Soigneur  
Belgian National Cycling Team

March brings his more than 25 years of hands-on experience with world-class cyclists and demonstrates his pre and post event massage techniques, as well as giving us an inside look at the role of a "soigneur" on the cycling team. Cary Bland, his volunteer, is a Massage Therapist and competitive cyclist. His narration gives us a unique perspective from both the massage practitioner and the athlete.

**Length** 75 minutes

### **Volume 5**

#### **Athletic Massage: An Overview**

with Rich Phaigh, LMT

Rich Phaigh, author of "Athletic Massage" and former massage therapist for the Nike team describes and illustrates his personal approach in presenting a workshop on fascia release to facilitate muscle lengthening.

<b>Chapter</b>	<b>Table of Contents</b>
	Interview
1	Athletes Common Problems
2	Trigger Point Work
3	Scar Tissue
4	Scar Tissue Physiology
5	Approaches to Injury
6	Eccentric Exercises
7	Local Muscle Spasm
8	Adhesions
9	Tennis & Golfers' Elbow
10	The Achilles Tendon
11	The Use of Ice

**Length** 109 minutes

## **Volume 6**

### **An Intro to Soma Bodywork**

with George Kousaleos, Board of Massage  
Department of Professional Regulation, State of Florida

Soma Neuromuscular Integration structurally realigns the entire body and reconditions the nervous system. This tape covers the basics of Soma, its benefits and its relation to athletics.

<b>Chapter</b>	<b>Table of Contents</b>
1	From Rolfing to Soma
2	Structural Types
3	Standing Structural Awareness Exercises
4	The 10 Sessions of Soma
5	The 3-Brain Theory
6	Themes of the Body
7	Body Reading

**Length** 49 minutes

## **Volume 7**

### **Establishing Sports Massage in the College Environment**

with Benny Vaughn, A.T.C., LMT  
Southeastern Sports Massage

Benny Vaughn, a recognized pioneer and innovator in Sports Massage, reviews the state of this technique on the collegiate level, including the development of specific Sports Massage Departments. He shares his insights on the opportunities this area affords in working with young athletes who will achieve world class status, or simply become weekend warrior sports enthusiasts.

<b>Chapter</b>	<b>Table of Contents</b>
	Interview
1	Sports Massage in the Collegiate Setting
2	The College Sports Massage System
3	The U. of Florida Sports Massage Setting
4	How to Get Into Sports Massage
5	Questions and Answers
6	Sports Massage: A Bright Future

**Length** 112 minutes

## **Volume 8**

### **An Intro to Acupressure and Sports Massage**

with Carol Kresge, LMT  
Consultant, AMTA Nat'l Sports Massage Team

A dynamic presentation that reviews basic Acupressure and how it relates to the athlete and Sports Massage. Carol also give valuable tips on developing your practice, and suggests practical tips on sensitive areas in dealing with clients.

<b>Chapter</b>	<b>Table of Contents</b>
1	Introduction
2	Four Areas of Sports Massage
3	The Local Grass Roots Massage Therapist

- 4 Chinese Medicine
- 5 Acupressure of the Ear
- 6 1: Large Intestine 4 (LI4)  
2: Liver 3 (L3)  
3: Heart 7 (H7)  
4: Spleen 9 (S9)  
5: Kidney 1 (K1)
- 7 1: Gall Bladder 34 (GB34)  
2: Stomach 36 (S36)  
3: Pericardium 6 (P6)
- 8 The Back of the Body  
1: Bladder 57 (B57)  
2: Bladder 40 (B40)  
3: Gall Bladder 31 (GB31)  
4: Governing Vessel 14 (G14)  
5: Governing Vessel 4 (G4)  
6: Chinese Concepts
- 9 Shoulder Points  
1: Large Intestine 15 (L15)  
2: Triple Burner 14 (T14)
- 10 Biomechanics Point-Flare Running Problems
- 11 Gua-Sha (Scraping)  
Uses for tightness/congestion of neck/shoulder/spine
- 12 Invaluable Tips for the Sports Massage Therapist

**Length** 104 minutes

### **Volume 9**

#### **Sports Marketing: A Team Concept**

with Dr. Louis Leonardi, D.C.

Dr. Sandra Boon, D.C.

Metropolitan Chiropractic

This role-playing session includes a Doctor, a Physical Therapist, a coach, an athlete, a NOC official and a Massage Therapist. It highlights each member's position and how they interface with each other on the athletic team.

**Length** 59 minutes

### **Volume 10**

#### **Sports Chiropractic**

with Dr. Sandra Boon, D.C.

Dr. Louis Leonardi, D.C.

Metropolitan Chiropractic

This chiropractic approach to soft tissue manipulations also reviews biomechanics, injury assessment and overtraining indicators. It also contains many informative charts, graphs and illustrations.

**Length** 66 minutes

## **Volume 11**

### **Women in Sports Massage – Issues We Face**

with Carol Kresge, LMT

Linda Jaros, LMT

Patrice Morency, A.T., LMT

These three very successful Sports Massage Therapists share some of the solutions to the problems and controversial issues they have encountered, both in relation to clients and to their male counterparts in the industry.

**Length** 55 minutes

## **Volume 12**

### **Basic PNF**

#### **Proprioceptive Neuromuscular Facilitation**

with Patrice Morency, A.T., LMT

Innerweave

Patrice Morency, a Certified Athletic Trainer, presents an introductory workshop on PNF stretching and its relation to athletics and Sports Massage. PNF is an exercise system designed to reeducate the neuromuscular response, thereby created a reduction in muscle spasm, an increase in ROM and flexibility, as well as developing strength, endurance and coordination. Her hands-on demonstrations review the principles of PNF as well as “tense-relax” and other specific techniques. An excellent primer to help massage practitioners understand the uses of PNF in working with a qualified professional.

<b>Chapter</b>	<b>Table of Contents</b>
1	PNF Background Information
2	Spiral/Diagonal Patterns
3	The Muscle Spindle
4	The Golgi Tendon Organ
5	The Techniques of PNF
6	Hands-on Demonstrations
7	Step-by-step Review

**Length** 66 minutes