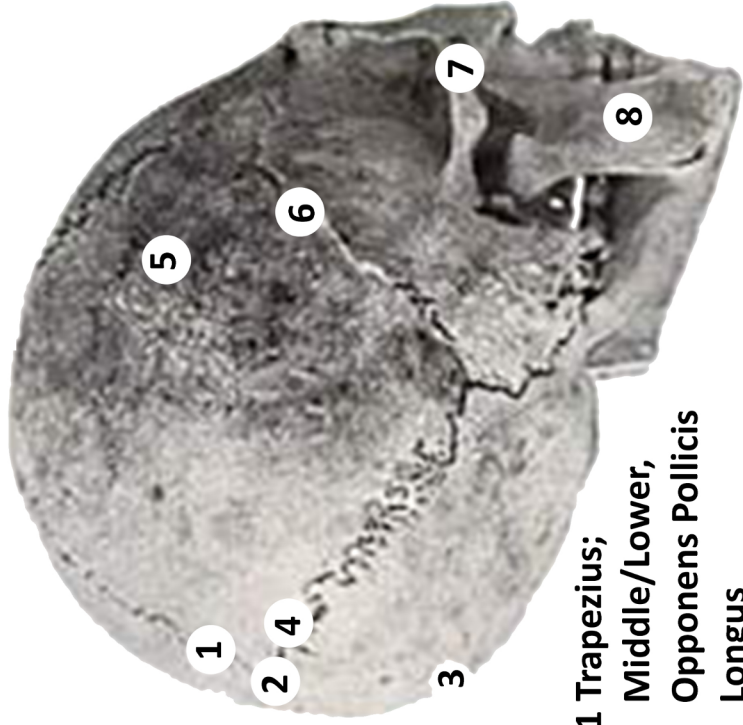


1. Deep breathing
 - a. Belly breathing
 - b. Chest breathing
 - c. Sound breathing
 - d. Meditation breathing
 - e. Thai Chi breathing
2. Rub head (reference pg2)
3. Rub Ears (reference pg3)
4. Suction ear canal
5. Gently blow out ears
6. Rub hands rotate eyes twice
7. Rub face (Reference pg 2)
8. Rub gums (Reference pg 3)
9. Rub inside and outside gums with tong
10. Pinch scms together
11. Pull down on traps
12. Rotate head in as many directions as possible(optional pinch up and down front and back of scm)
13. Rotate shoulders
14. Cross shoulders
15. Rub elbows
16. Rotate elbows
17. Rotate wrists(optional pull down on wrists)
18. Rub hands(reference pg 6)
19. Bend fingers over
20. Bend fingers to palm
21. Bend fingers up back of hand
22. Bend thumbs to wrist, front and back
23. Thump chest
24. Rub ribs (reference pg 4)
25. Rub under ribs (reference pg 4)
26. Press Stomach, clock wise (reference pg 4)
27. Rub hips (reference pg 4; Peroneus, Piriformis, Gluteus Medius/Maximus)
28. Rotate hips
29. Lock arms behind knees stomach to thighs, keep stomach on thighs straiten legs
30. Stretch Abductors
31. Rotate knees in and out
32. Rub shins
33. Rotate ankles (optional pull up on ankles)
34. bend toes over
35. Bend toes down to bottom of foot
36. Bend toes up to top of foot
37. Rub feet (reference pg 7)
38. Tap legs
39. Tap arms
40. Swing body left/right
41. Swing arms up
42. Extend arms over head stretch sides left/right

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1 Trapezius;
Middle/Lower,
Opponens Pollicis
Longus

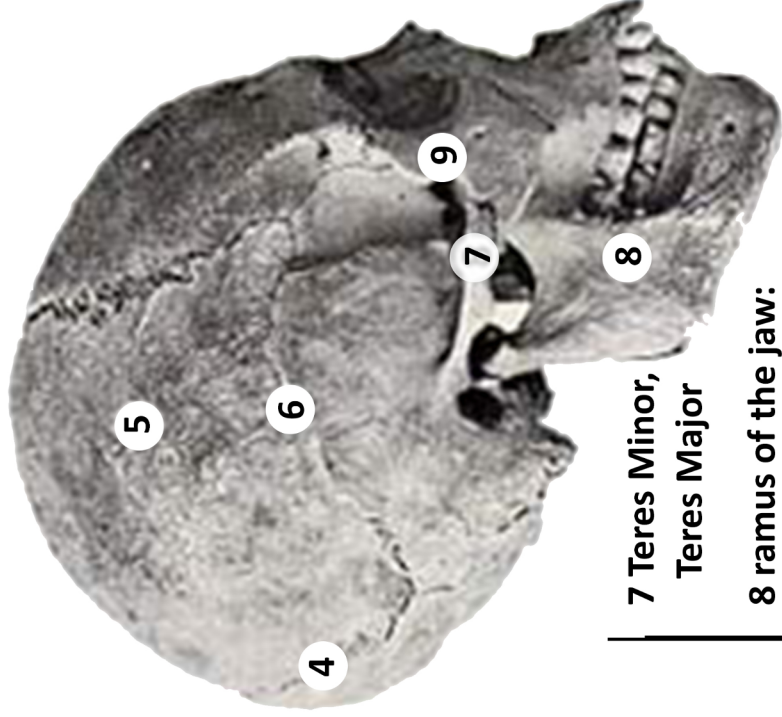
2 posterior fontanel:
Sartorius,
Gracilis,
Soleus,
Gastrocnemius,
Hamstrings

3 occipital protuberance:
Psoas

4 lambdoidal suture:
Adductors,
Glutius Maximus

5 parietal eminence:
Abdominals,
Quadriceps,
Fascia Lata,
Gluteus Medius,
Adductors,
Piriformis,
Iliacus,
Quadratus Lumborum

6 Latissimus Dorsi,
Triceps

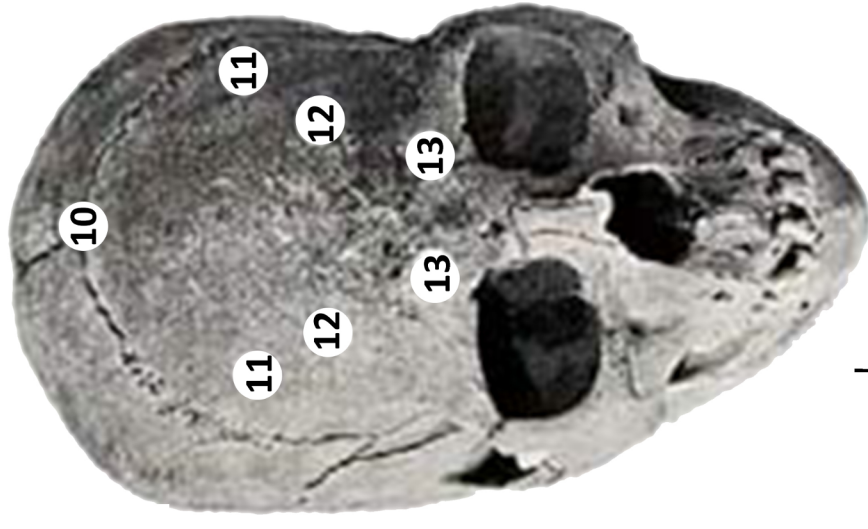


7 Teres Minor,
Teres Major

8 ramus of the jaw:
Neck Muscles

9 Trapezius; Upper

10 anterior fontanel:
Deltoids,
Anterior Serratus,
Coracobrachialis,
Diaphragm,
Subscapularis,
Supraspinatus,
Rhomboids,
Anterior Deltoid



11 Pectoralis Major
Sternal

12 frontal eminence:
Pectoralis Major
Clavicular,
Levator Scapulae,
Brachioradialis,
Supraspinatus,
Peroneus,
Tibials, Erectors

13 glabella:
Peroneus

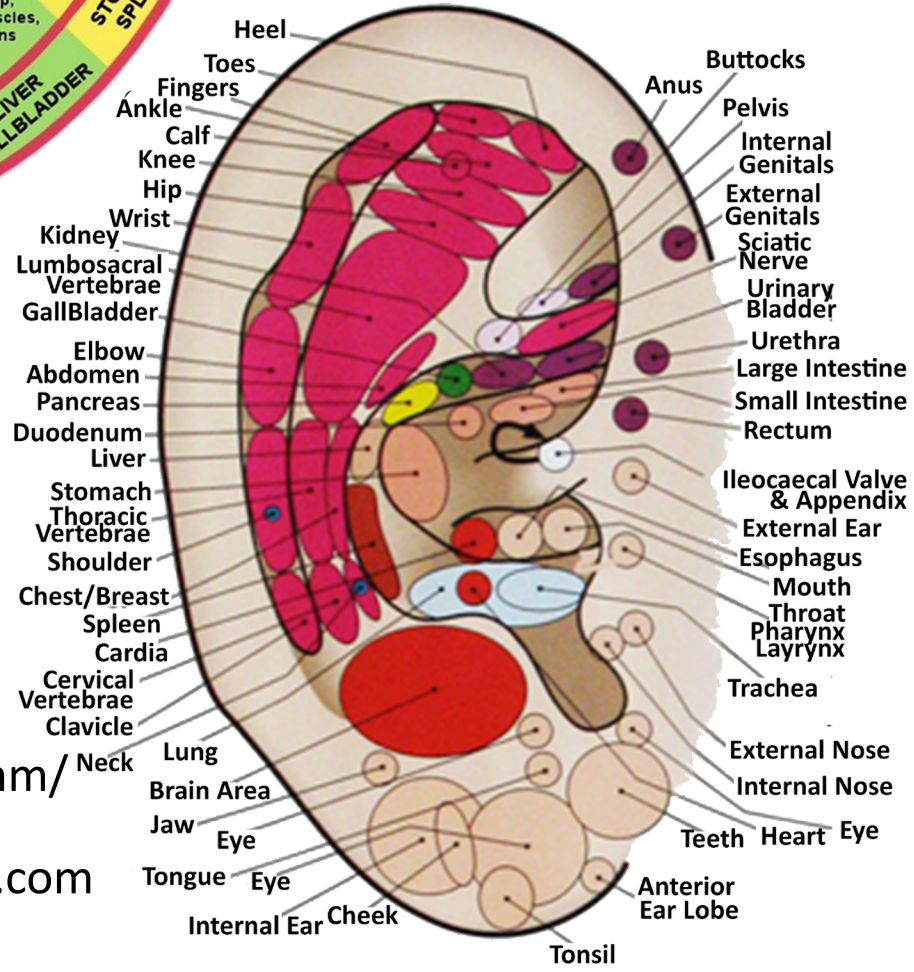
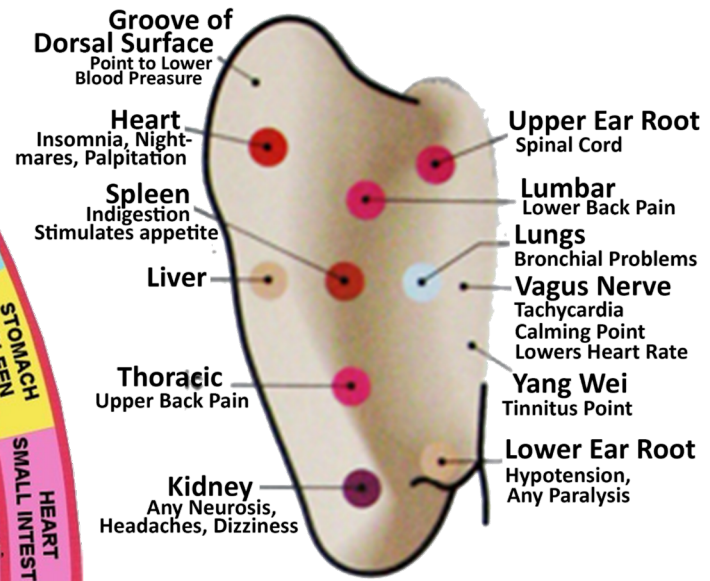
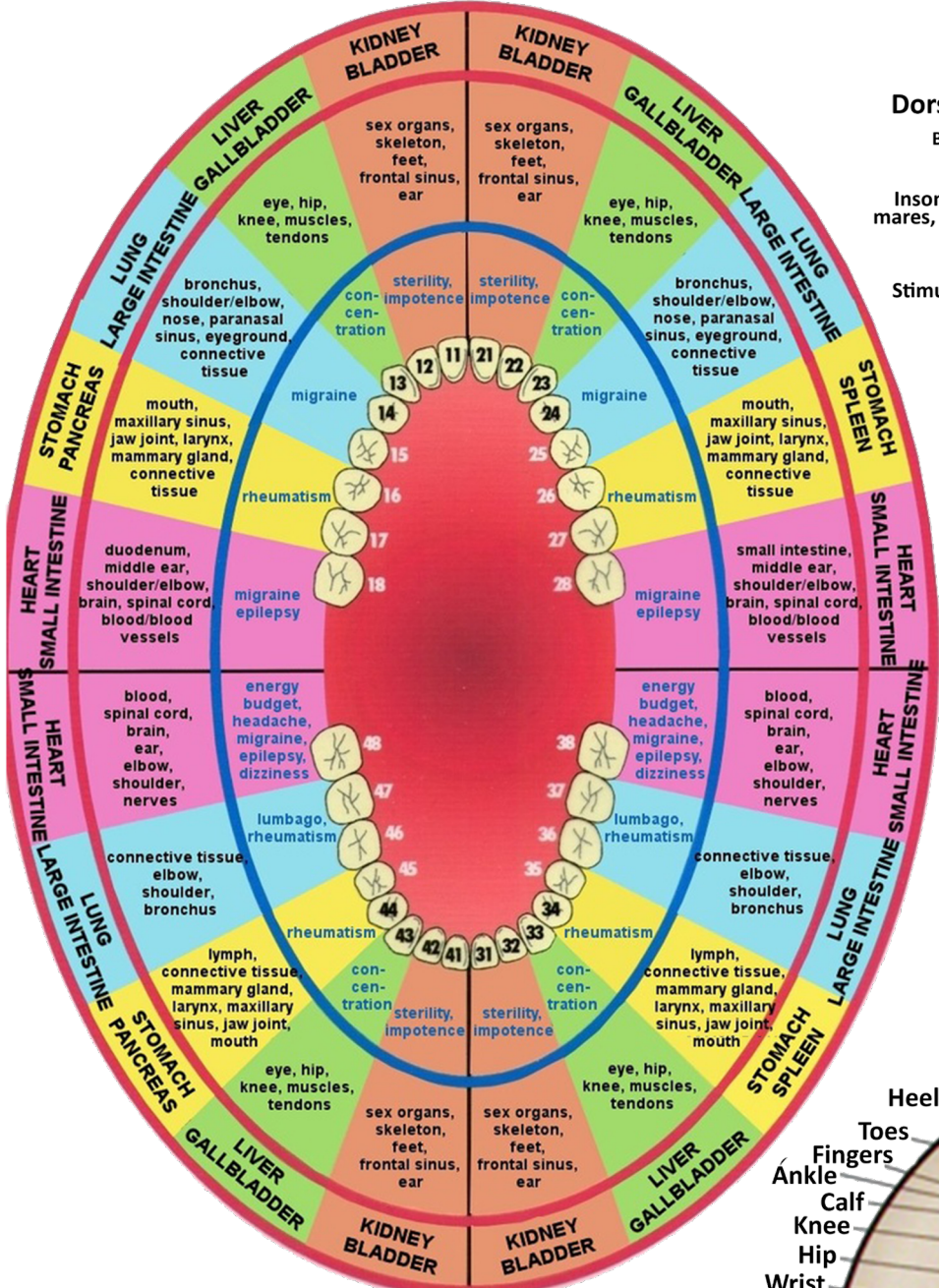
14 back of knee:
Popliteus

15 sternal notch:
Teres Minor

16 Sternoclavicular
joint:
Popliteus

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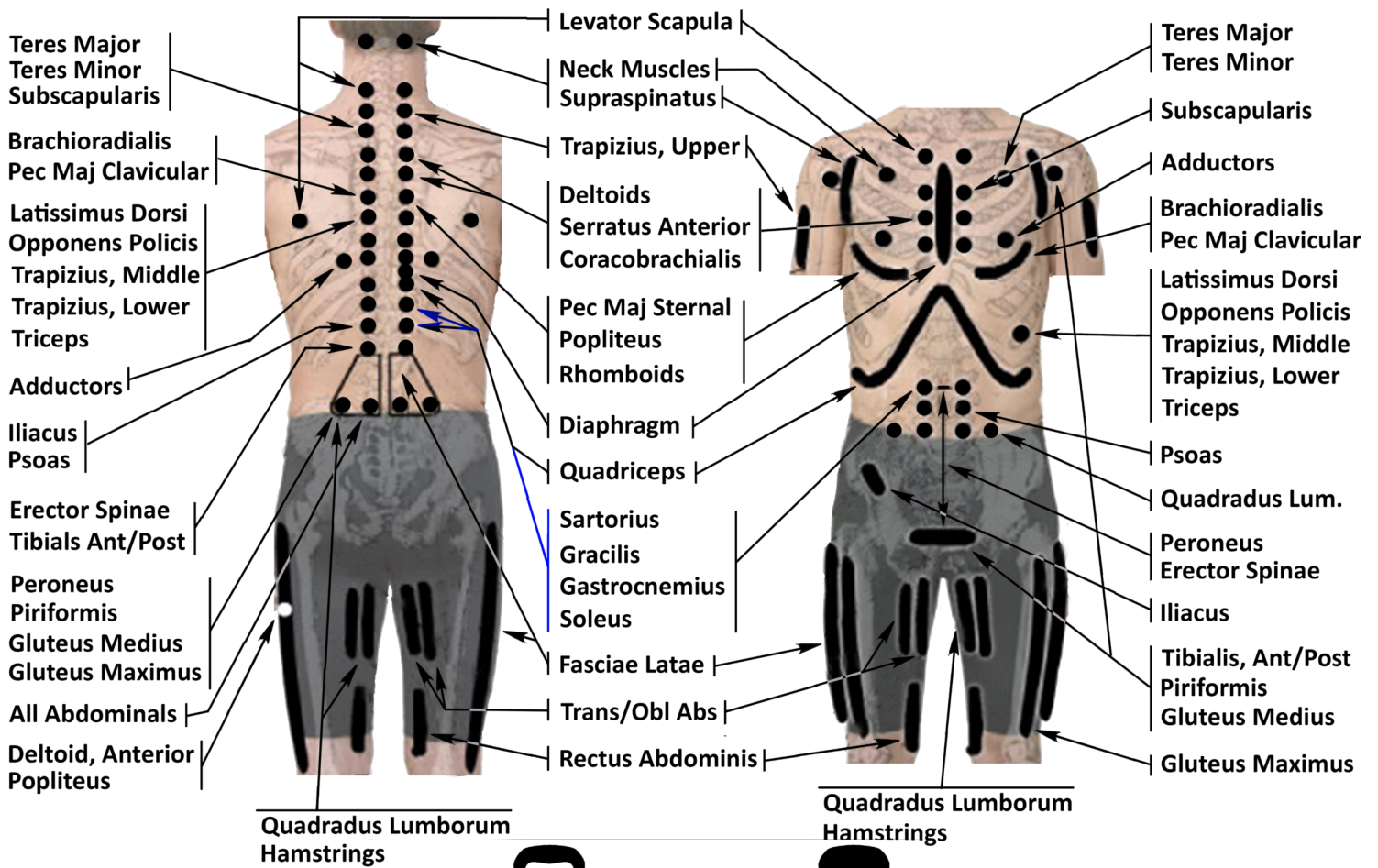


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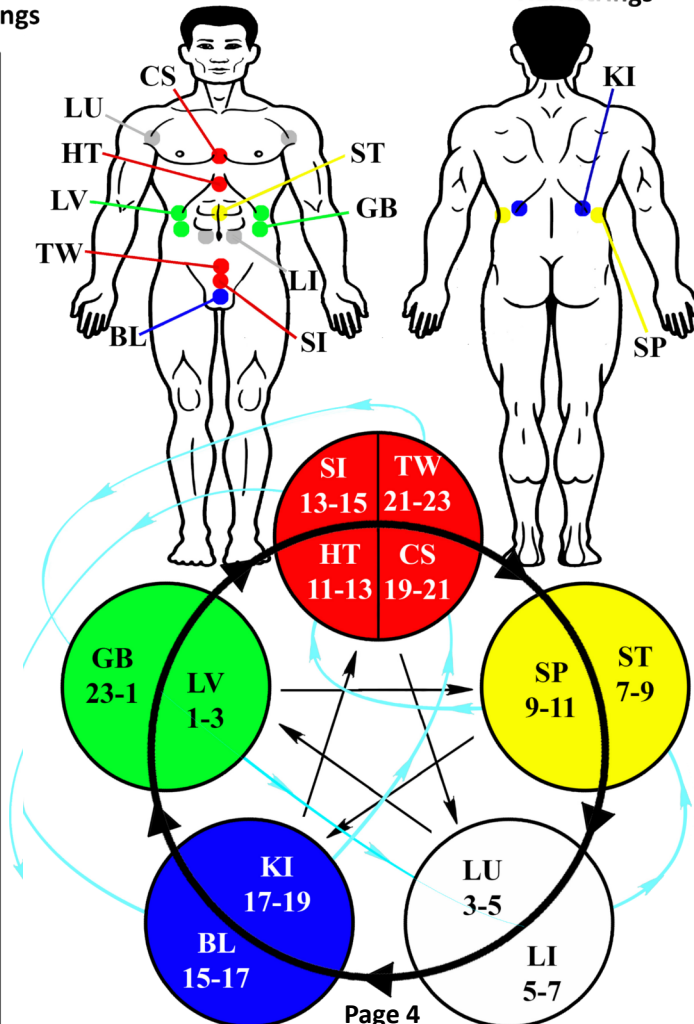
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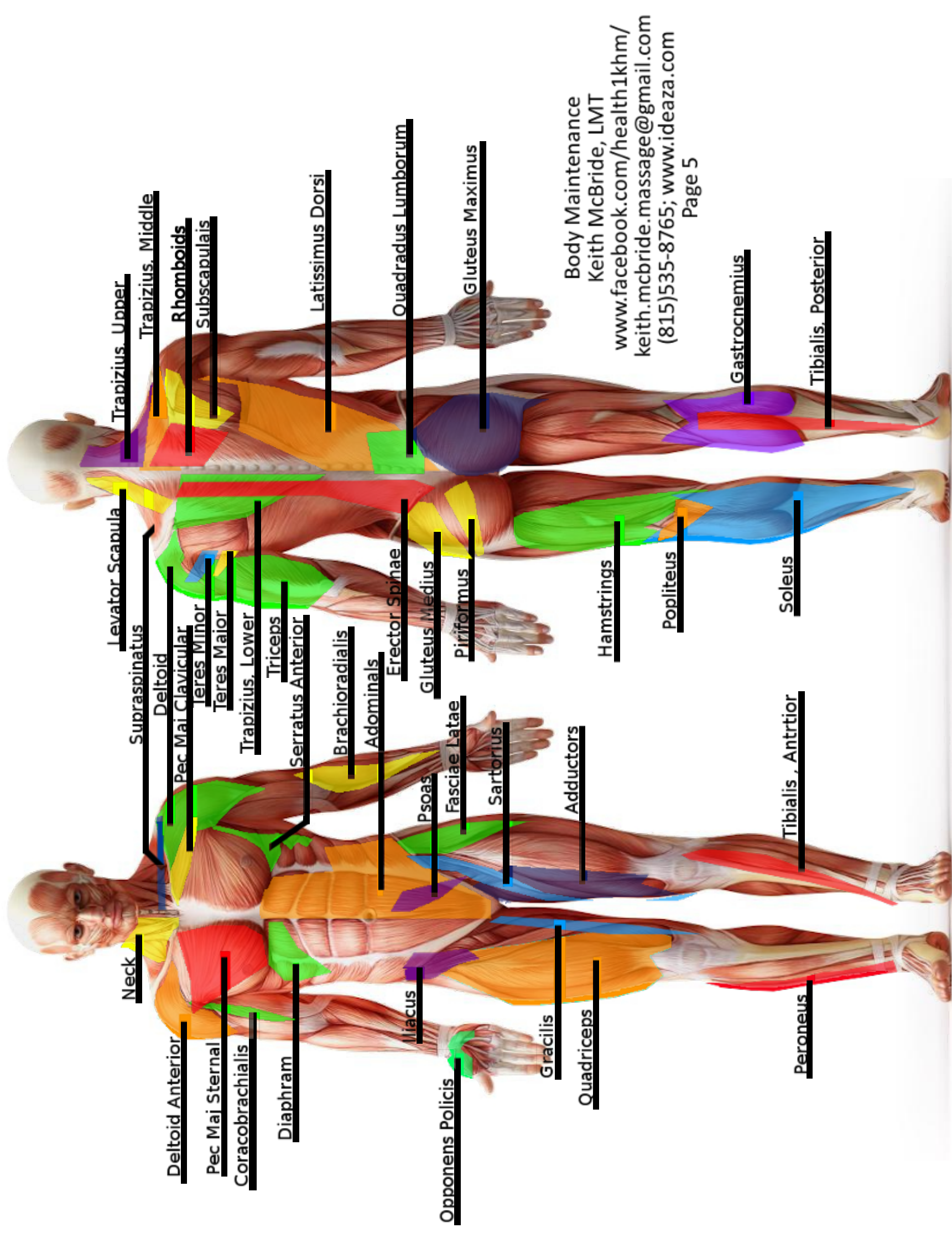
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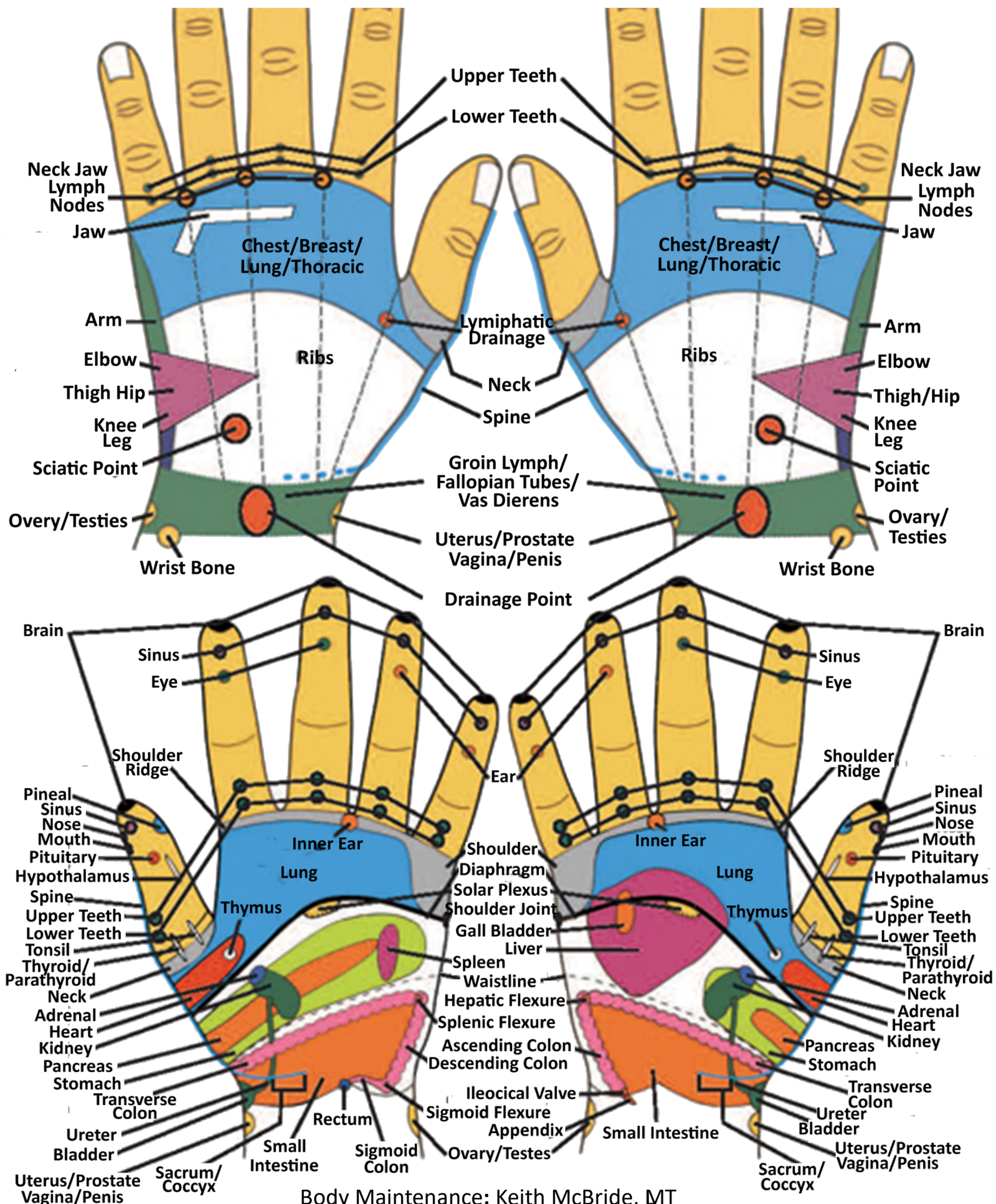
- Central
SUPRASPINATUS ----- C1-2
- Heart
SUBSCAPULARIS ----- T2
- Circulation-Sex
GLUTEUS MEDIUS ----- L5
ADDUCTORS ----- L1
PIRIFORMIS ----- S1
GLUTEUS MAXIMUS --- C2
- Spleen
LATISSIMUS DORSI ----- T7
TRAPIZIUS, MIDDLE --- T5-6
TRAPIZIUS, LOWER --- T6
OPPONENS POLICIS ---- C4
TRICEPS ----- T1
- Lung
SERRATUS ANTER. ----- T3-4
CORACOBACHIALIS --- T2
DELTOIDS ----- T3-4
DIAPHRAGM ----- T12
- Kidney
PSOAS ----- T12
ILIACUS ----- T11
TRAPIZIUS, UPPER ----- C7
- Liver
PEC. MAJ. STERNAL ---- T5
RHOMBOIDS ----- T5

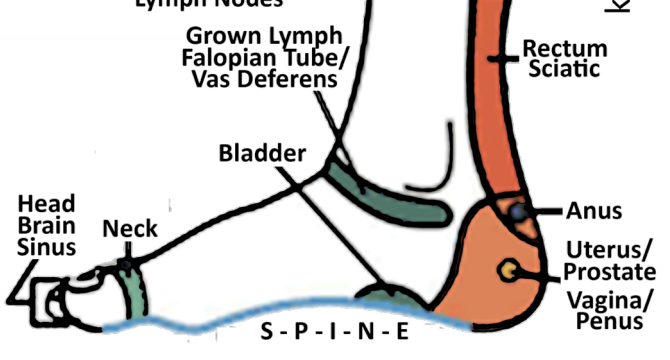
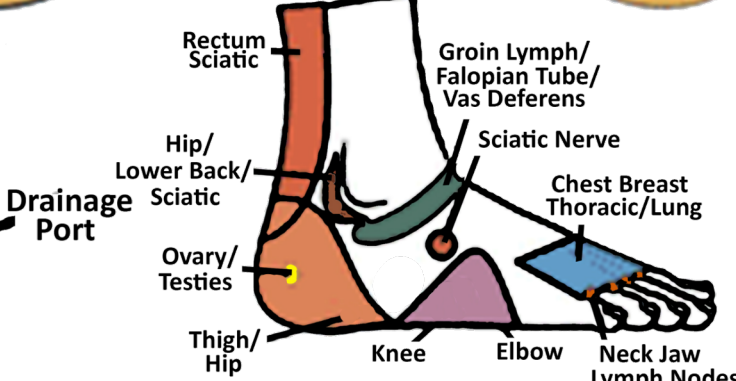
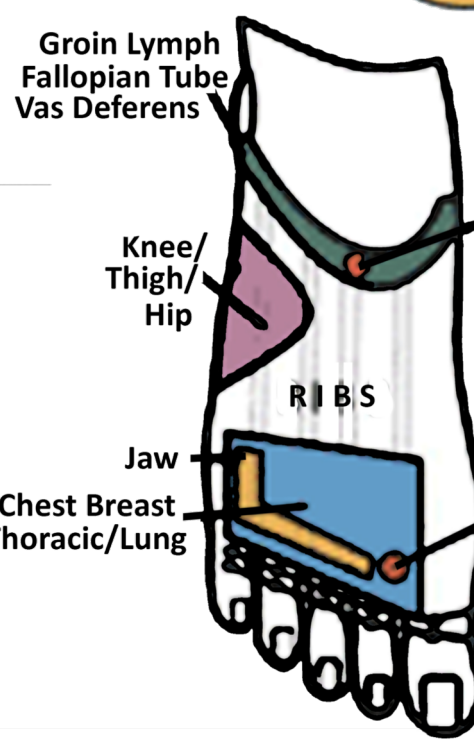
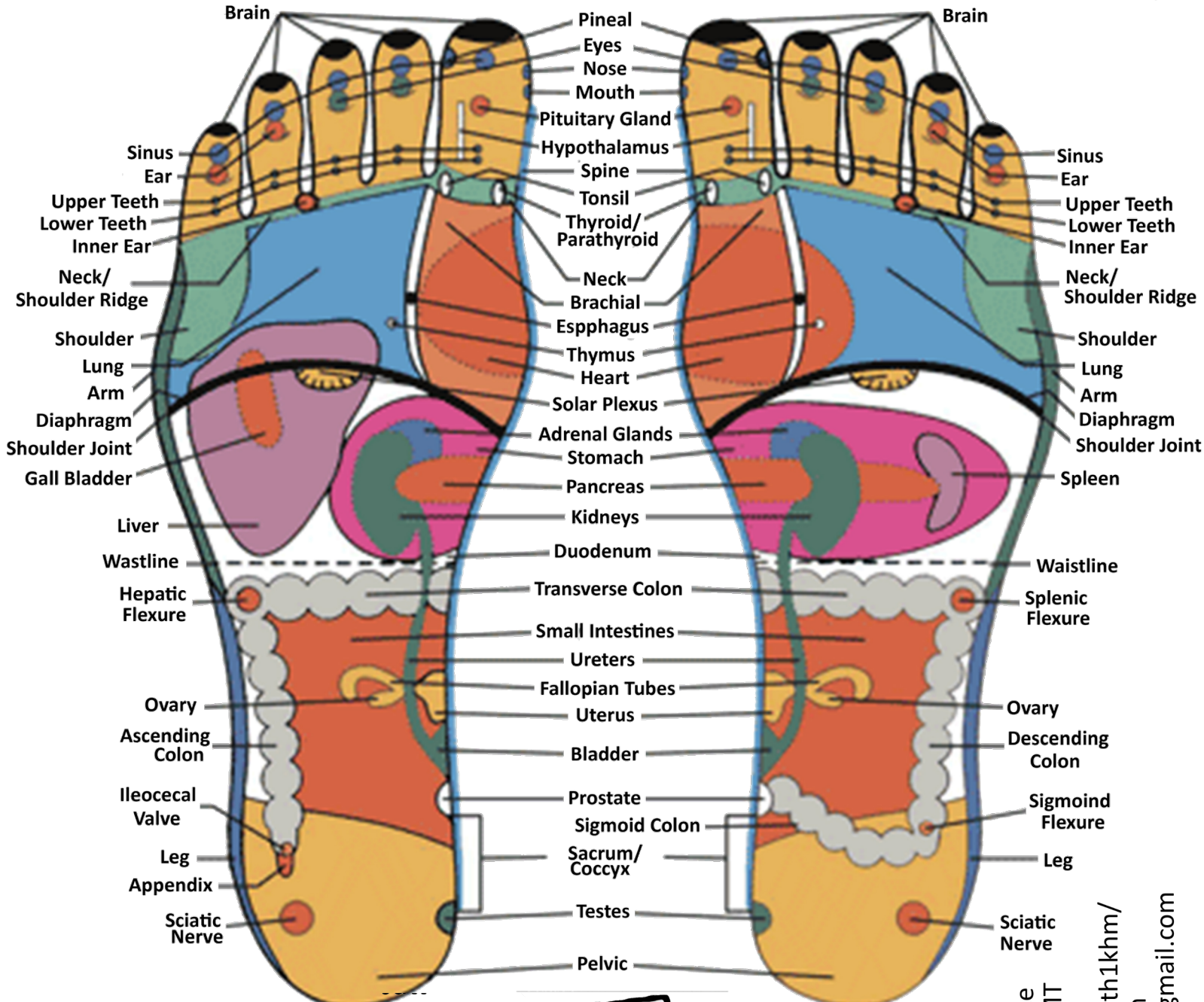


- Governing
TERES MAJOR ----- T2
- Small Intestine
QUADRICEPS ----- T10
ABDOMINALS ----- T6
- Triple Warmer
TERES MINOR ----- T2
SARTORIUS ----- T11
GRACILIS ----- T12
SOLEUS ----- T11-12
- Stomach
PEC. MAJ. CLAV. ----- T5
BRACHIORADIALIS ---- T12
LEVATOR SCAPULA ---- C5, T8
NECK MUSCLES ----- C2
- Large Intestine
FASCIAE LATAE ----- L2
HAMSTRINGS ----- L4-5
QUADRATUS LUMB ---- L4-5
- Bladder
PERONEUS ----- T12
ERECTOR SPINAE ----- T12
TIBIALIS, ANTERIOR --- L5
TIBIALIS, POSTERIOR --- L5
- Gallbladder
DELTOID ANTERIOR ---- T4
POPLITEUS ----- T12

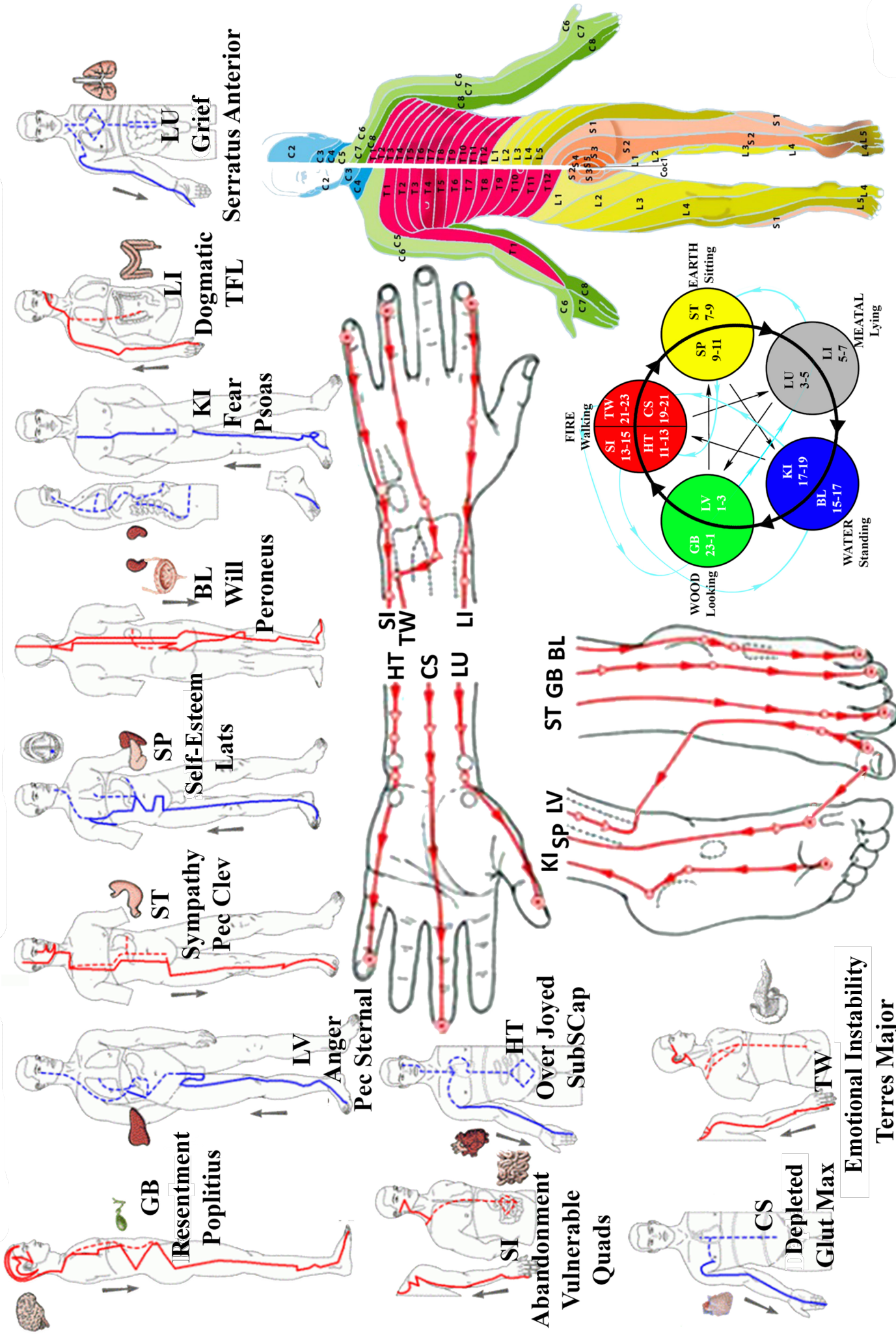


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