

Jikiden-kai in Canada

■ Introduction

Topic

- Continuous Pressure, Principle of Concentration.
- Direction of Pressure.
- Catch technique for relieving muscle stiffness (Kori) with the thumb and four fingers.
- Flow resistive pressure technique.

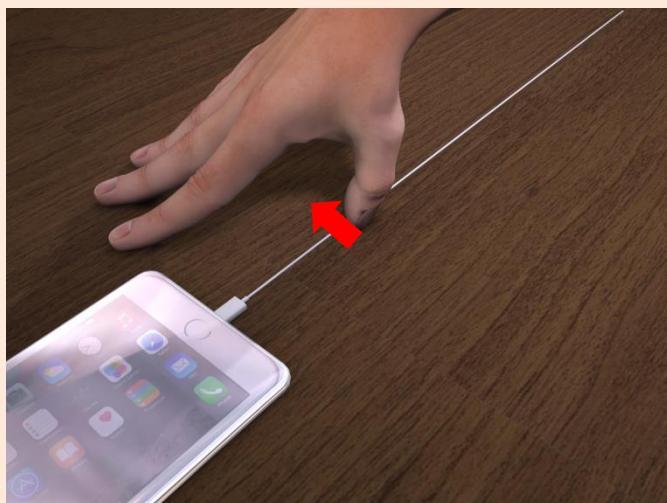
■ Catch technique for muscle stiffness (Kori).

“Hook- and- Catch” technique to grasp and control Kori.



- ① Apply the thumb to tightening of cord.

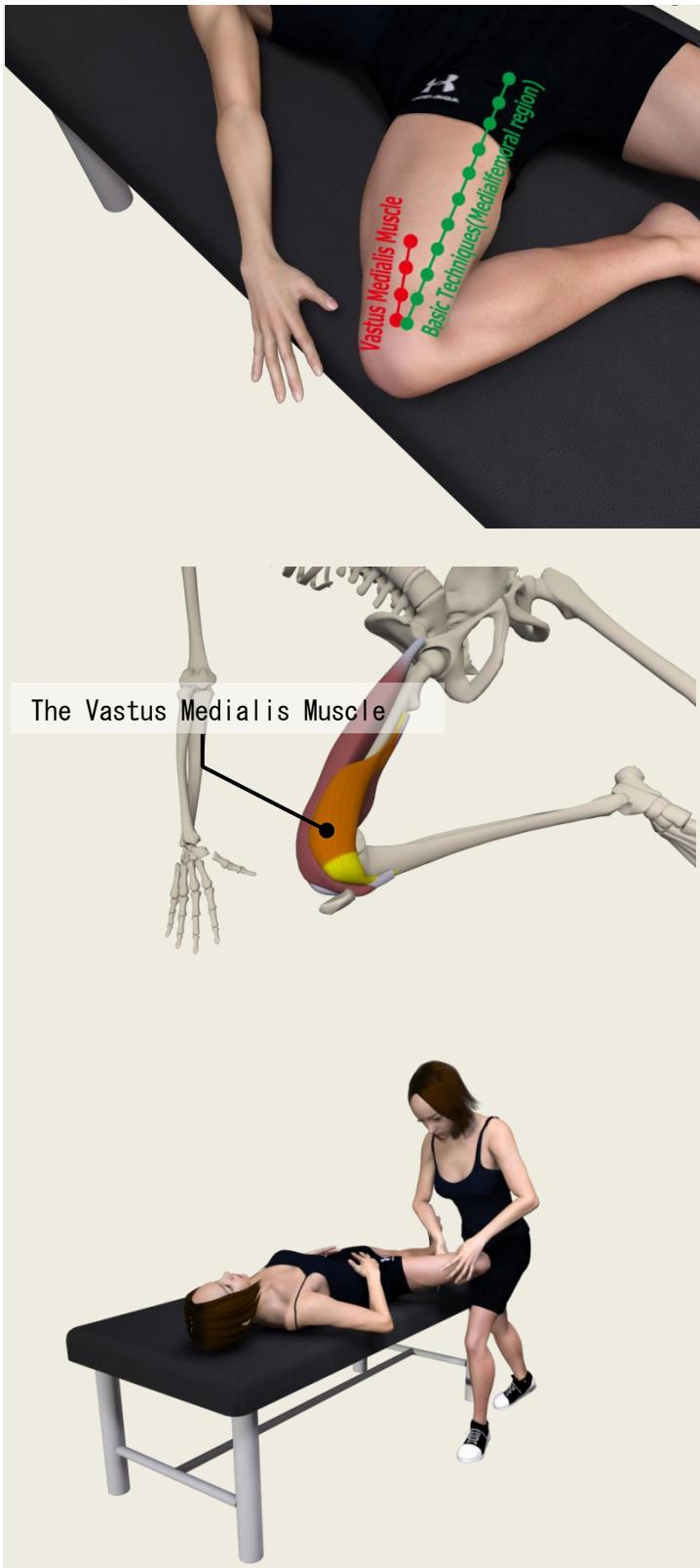
You can feel the tensile strength of cord.



- ② When you feeling the tensile strength, let's try the “HOOK” and bend the first joint of thumb.

You can feel strong than ① to thumb.

- “Hook- and- Catch technique” the Thumb.
- Shiatsu for Vastus Medialis Muscle.



【Vastus Medialis Muscle Functional anatomy】

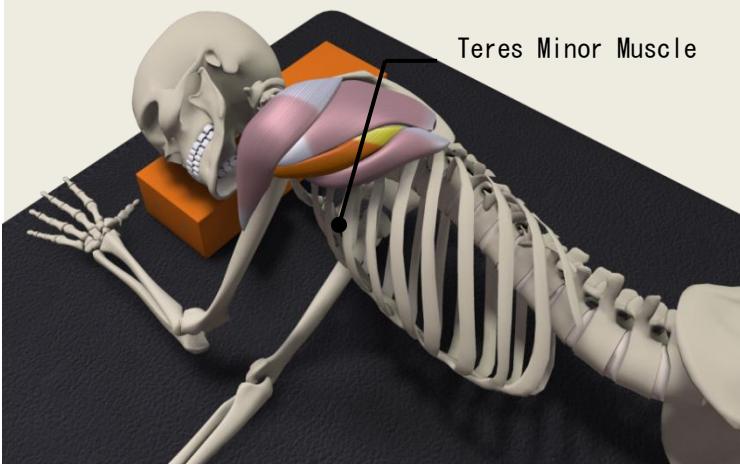
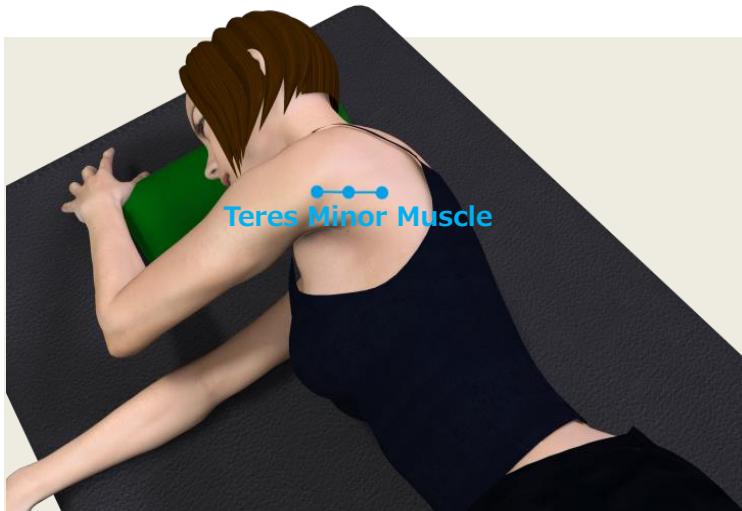
Vastus Medialis Muscle is the muscle which is **easy to wither in a knee disease most to participate in an activity at an extension last level of the knee**. Therefore it is the muscle which should perform treatment (muscular strength reinforcement) after a knee disease positively.

The Vastus Medialis Muscle participates in **knee-in-toe-out** which is the abnormally dynamic alignment of the knee. The muscular strength reinforcement of the Vastus Medialis Muscle is effective for the alignment abnormality.

⇒**Quadriceps-Setting**

However, Vastus Medialis Muscle is conscious serious muscle, muscular strength reinforcement training on having raised consciousness characteristics by Shiatsu is important, and the significance to practice the Shiatsu for with Vastus Medialis Muscle is very important.

- Shiatsu for Teres Minor Muscle.



【Teres Minor Muscle Functional anatomy】

As is generally known, it plays an important role in the exercise in the joint capsule which is minute work of joint that the teres minor muscle has **action of the rotation of the Glenohumeral Joint.**

Among the exercise in the joint capsule, it prevents you from raising **Impingement** by performing sliding to the lower part of the grit.

Conversely, the functional decline of the **Teres Minor Muscle** leads to **impingement and becomes pathologic one of the frozen shoulder if I say.**

The evaluation of "**Scapulo-humeral -rhythm**" serves as a reference to know the abnormality

【Point of Attention in Shiastu】

Four fingers should be on the upper shoulder.

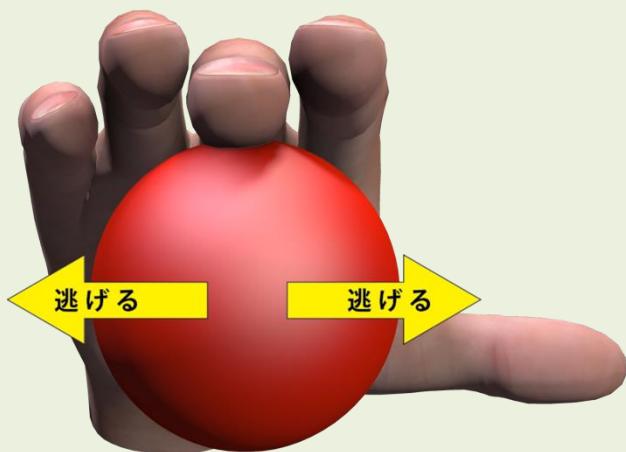
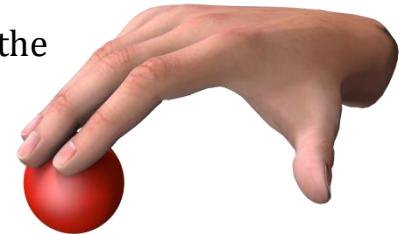
Press the thumb in a hook shape.

Direction is upper shoulder.

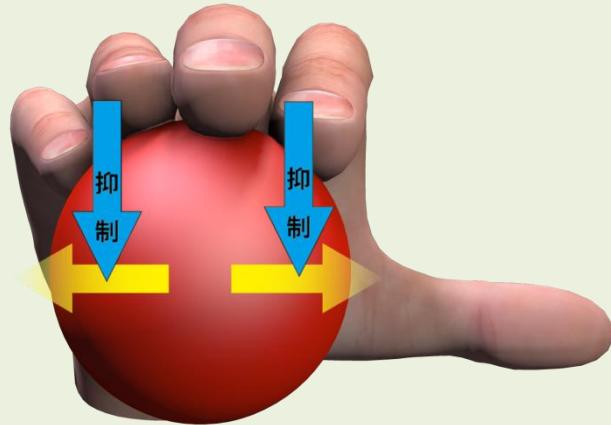
➤ Pressure point using "Hook -and -Catch" with four fingers.

□ Significance using four fingers Shiatsu.

- ✓ Locate and catch the Kori that can slide under the tissue and is often difficult to control
- ✓ It is easier to feel the points of stiffness with the fingers than it is to feel with the thumb.
- ✓ It is easier to control the direction of pressure.
- ✓ It is effective when applying the flow pressure method.



If not use the four fingers
“Stiffness” will be run away



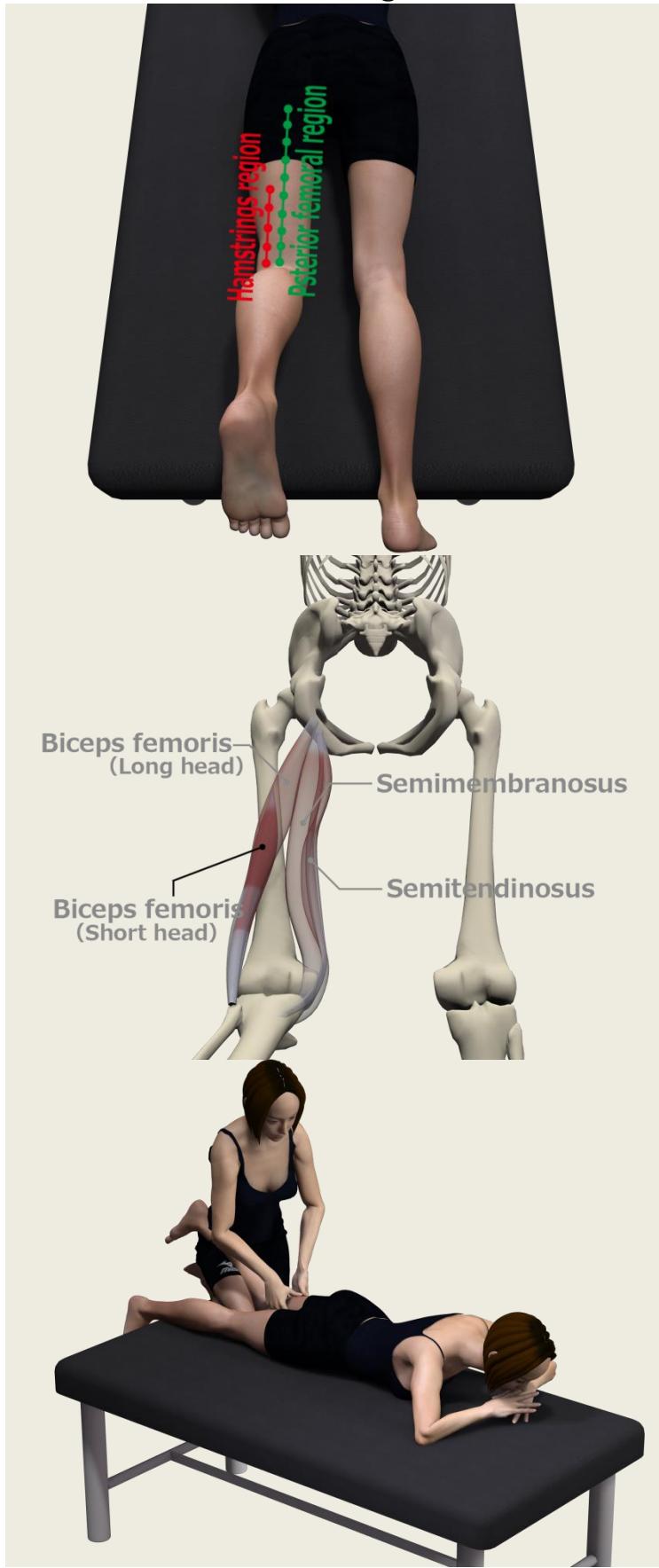
If use the four fingers
“Stiffness” can be suppressed

□ The following muscles are often best treated using four fingers shiatsu.

- External Oblique Muscle.
- Soleus Muscle.
- Hamstring.



- Shiatsu for Hamstring.



The Biceps Femoris head of the femur is located in the deep part slightly outside in the middle of the thigh rear side base pressure point part.

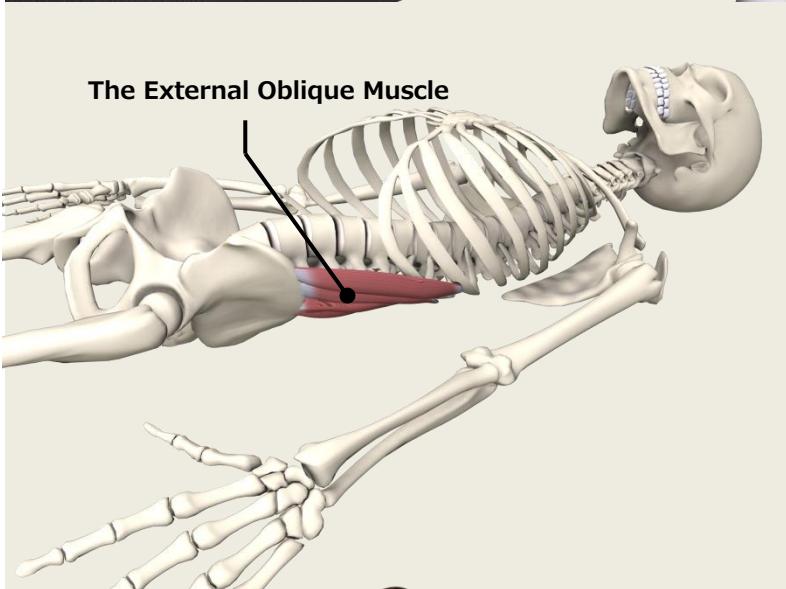
【Point of Attention in Shiatsu】

The knee joint is flexed, and the muscles of the surface (in this case, the biceps femoris head, semitendinoid muscle, semimembranous muscle) are set as the limb position.

Pressure is put in the deep part (continuous pressure), slide slightly outward, and hang on to induration.

Use the thumb finger in the figure but it is easy to understand by using four fingers.

- Shiatsu for External Oblique Muscle.



【External Oblique Muscle Functional anatomy】

The External Oblique Muscle is learning as a muscle that goes obliquely in the abdomen, but the External Muscle fiber runs vertically to the body

Therefore it may be said that it is the muscle which is strongly tense for disorder of the physical side balance.

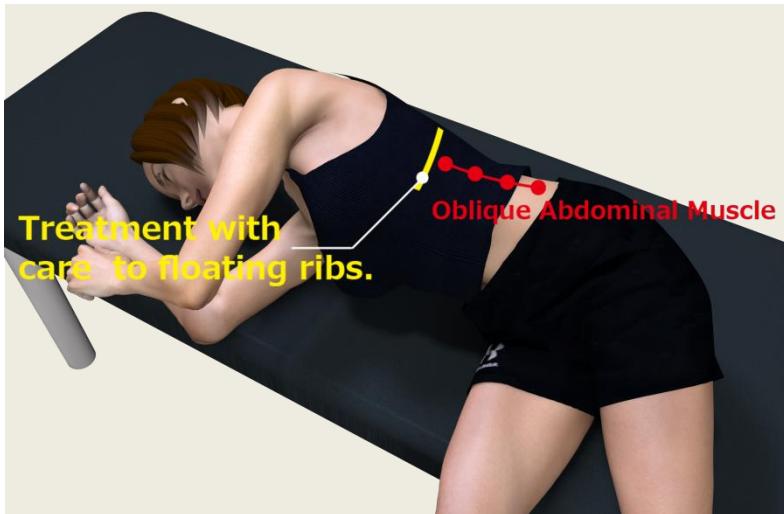
In the case of shiatsu, funicular muscular fiber to be in the people with the strain in the part, but may not feel aching without feeling the funicular induration in the people without the strain either.

【Point of Attention in Shiatsu】

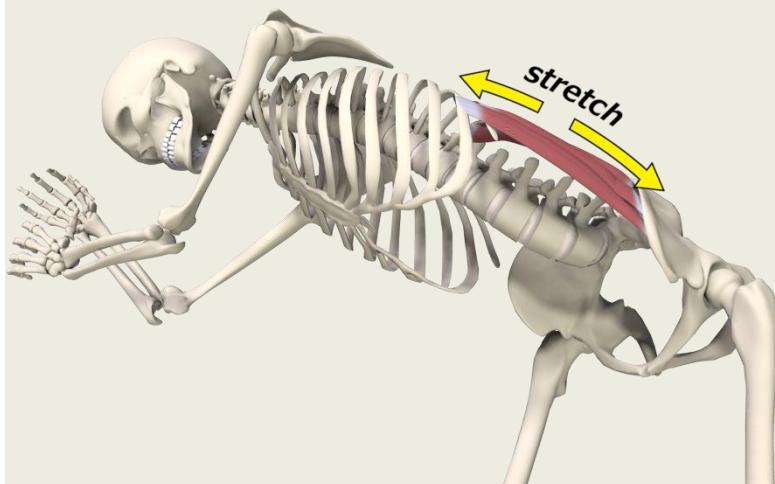
It is performed than basic abdominal undulation palm pressure by an appearance. It goes down toward you while catching funicular induration well at four finger-tip edges.

【Another way】

Oblique Abdominal Muscle shiatsu with the lateral decubitus position.



Treatment with care to floating ribs.



Oblique Abdominal Muscle is stretched, stiffness (Kori) is highlighted, and palpation becomes easy.



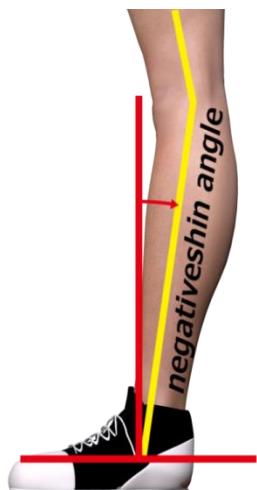
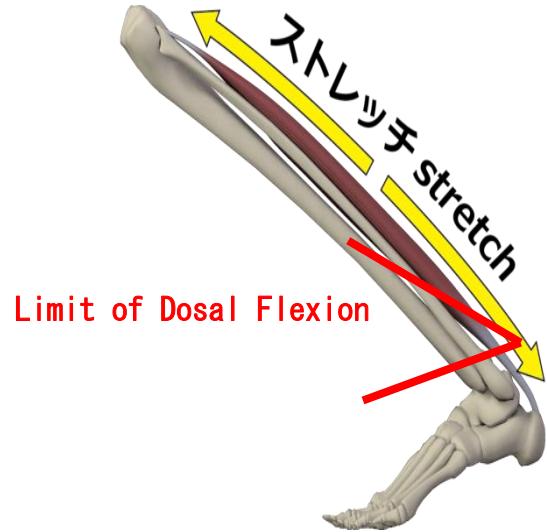
This position stretches the Abdominal Oblique Muscles because the pelvis is lowered by the weight of the lower limb hanging from the bed and the trunk is toppled sideways. In Applied Shiatsu, there are cases where you pressurize the muscles stretched, and you can also increase stimulus.

The Soleus Muscle is one of the triceps and is located deep in the Gastrocnemius Muscle Inner head / Lateral head.

The Gastrocnemius Muscle originates from the medial-lateral and lateral condyles of the femur and the two come together to become the Achilles tendon and stop at the heel bone bulge.

The soleus begins from the fibula head / soleus line (the tibial rear) and becomes the Achilles tendon and stops at the heel bone bulge.

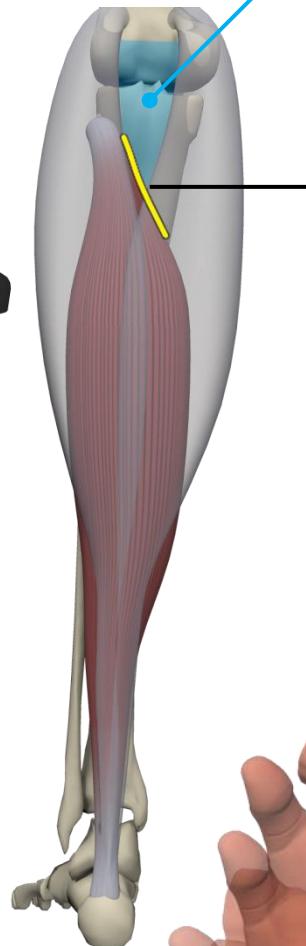
The **Gastrocnemius Muscle** is an **articulated muscle**, and the **Soleus** is a **unilateral muscle**.



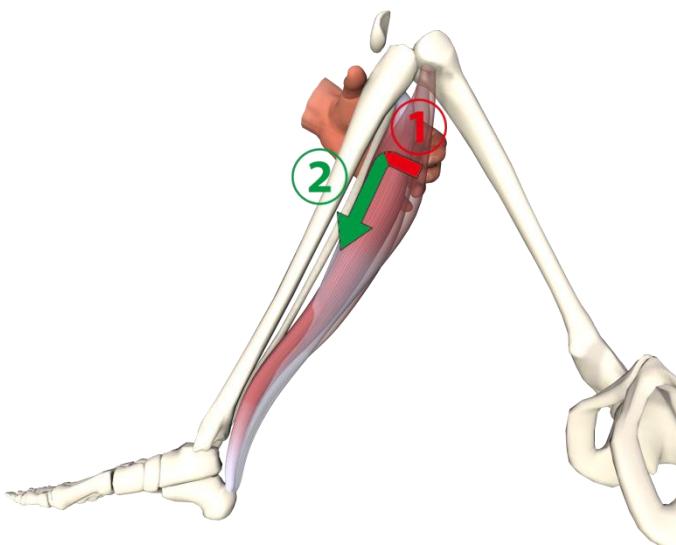
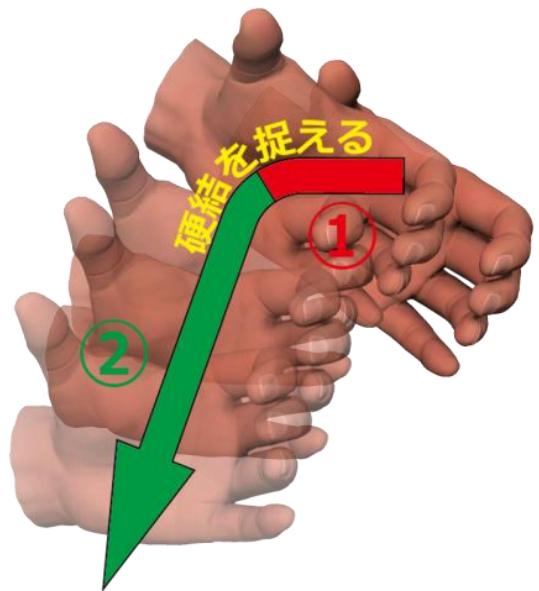
- Shiatsu for Soleus Muscle.



Put four fingers in to between the gastronemius muscle.



Hook of the four fingers of the soleus muscle.



[Point of Attention in Shiatsu]

① Put deep pressure.

② Catch the stiffness then press and move to downward.