Orthopedic Massage Approaches to Lumbo-Pelvic Pain

Part 6: Structural Issues in the Spine

With Whitney Lowe

Whitney Lowe

- Author of Orthopedic Assessment in Massage Therapy and Orthopedic Massage: Theory and Technique
- Founder of OMERI
- Instructor
- Therapist

The Spine and Structural Stability
Effects on other structures

Role of Hamstrings

Direction of slippage

Pull of hamstrings to offset anterior slippage
Coupled Spinal Motion

Structural Issues:
What can massage do?

Flexion Protocol
Deep Specific Work on Intrinsic Spinal Muscles

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Dr. Ben Benjamin

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