IMA
ACADEMY

Free Style - Leg massage

by Kinga Jenei

Back Legs

Draping

1. Palm butterfly pressure of Calf and Hamstrings (on towel)

2. Palm walking of Calf and Hamstrings (on towel)

3. Palm butterfly 🦋 pressure (side-to-side pressure)

With OIL

1. Nut 🥜 cracker of Calf + Thumb friction of Foot 🦶

1a.

1b.

2. Full Hand effleurage of Calf and Hamstrings

3. Palm effleurage of Calf and Hamstrings

4. Fists friction of Calf and Hamstrings

5. Double Thumbs friction of Calf and Hamstring

6. Double Thumbs circle ⭕ friction of Calf and Hamstrings

7. Thumb friction across the fibers of Calf and Hamstrings

8. Double Palm friction and lift of Calf and Hamstrings

8a.

8b.

9. Lifting Calf and longitudinal massage and petrissage of Achilles

10. Lover Arm friction of Calf with clapsed Hands

11. Lifting Calf and Hamstrings in the direction of the Heart ❤️

12. Double Lifting Calf and Hamstrings in the direction of the Heart ❤️

13. Lover arm friction of Calf with bended Knee and with crosses Arms

14. Circulation of Knee joint ending with stretching of Soleus Muscle (Calf)

15a. Oscillation of Leg with bended Knee…

15b. …make abduction and Elbow pressure on Gluteus Maximus

16. Double lower Arm friction of Tensor Fascia Latah and Peroneus Longus. Doing while clients Leg is abducting and with bended Knee

17. Palm pressure of Gluteus Maximus while leg is being abducted

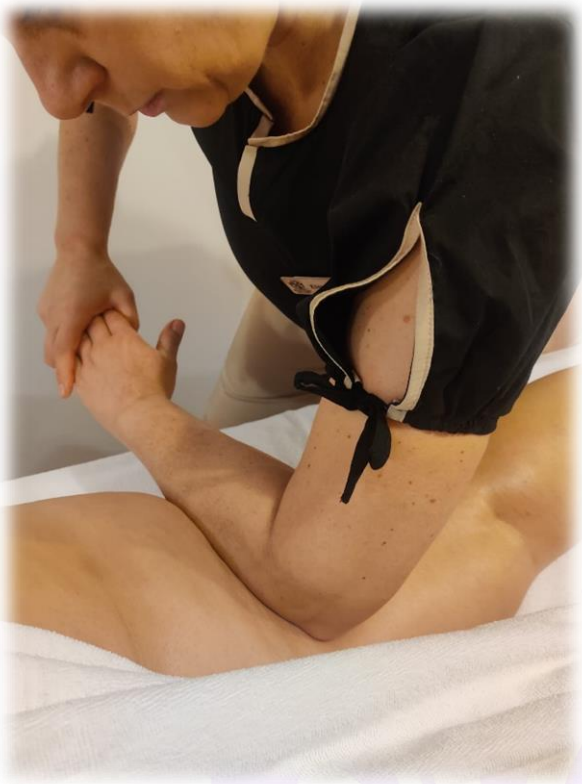
18. Palm pressure of Gluteus Maximus while Leg is being adducted

19. Half lotus stretch while Hip is being extended

20. Cross Arm friction of Calf and Hamstrings

20a.

20b.



21. Lower Arm friction of Calf and Hamstrings

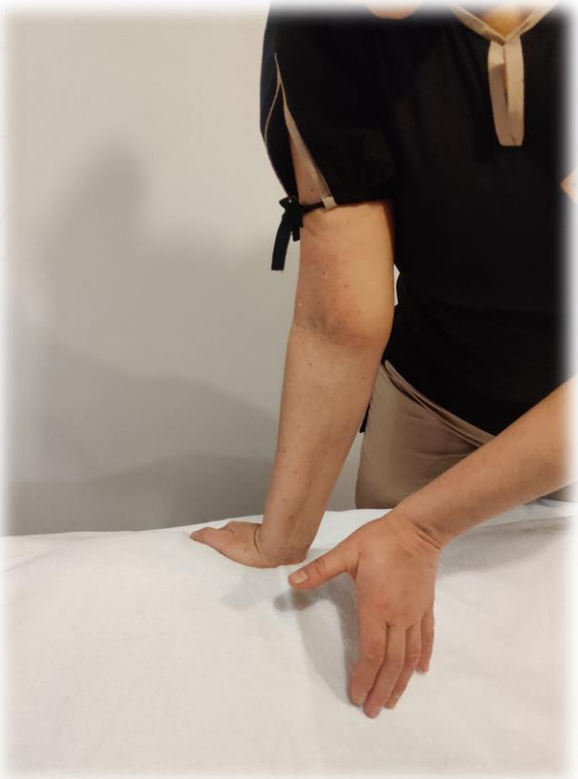
At the end after both legs

22. Feet on Hamstrings pressure while making Palm and Thumb massage of Erector Spinae

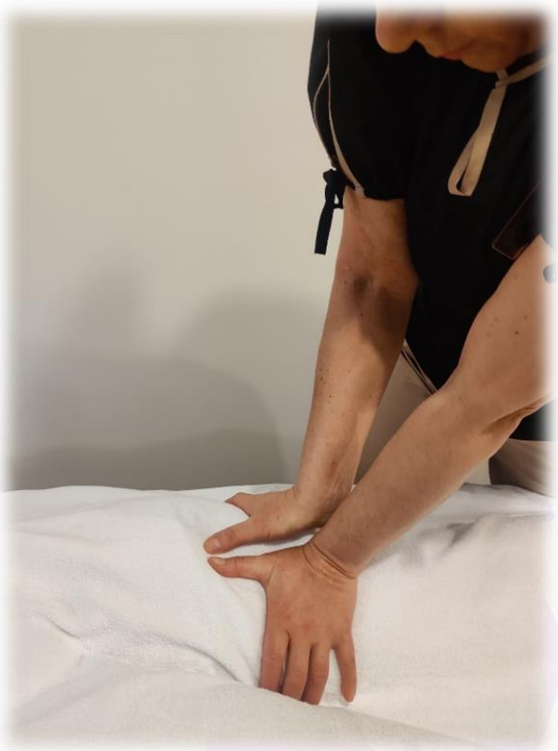
Front Legs

Draping

1. Palm butterfly pressure of lower Leg and Quadriceps (on towel)



2. Palm walking of lower Leg and Quadriceps (on towel)



3. Palm butterfly 🦋 pressure (side-to-side pressure)

With OIL

1. Thumb friction of the Tendons of the upper Foot + circle around the Mallaeols

2. Knuckle friction of Foot Soul

3. Mobilization of Toes

4. Full Hand squeeze/friction (at the same time)

5. Palm effleurage (hand by hand) of Tibia and Femur

6. Double Palm friction and lift along of Tibia and Femur

6a.

6b.

HEALING HANDS
KINGA M

7. Petrissage on whole Leg

Tibia

8. Palm pressure on Tibia anterior (across the fibers)

9. Pulling and pushing the Calf with the 8 Fingers

10. Tapotement of the Calf muscle with 8 Fingers

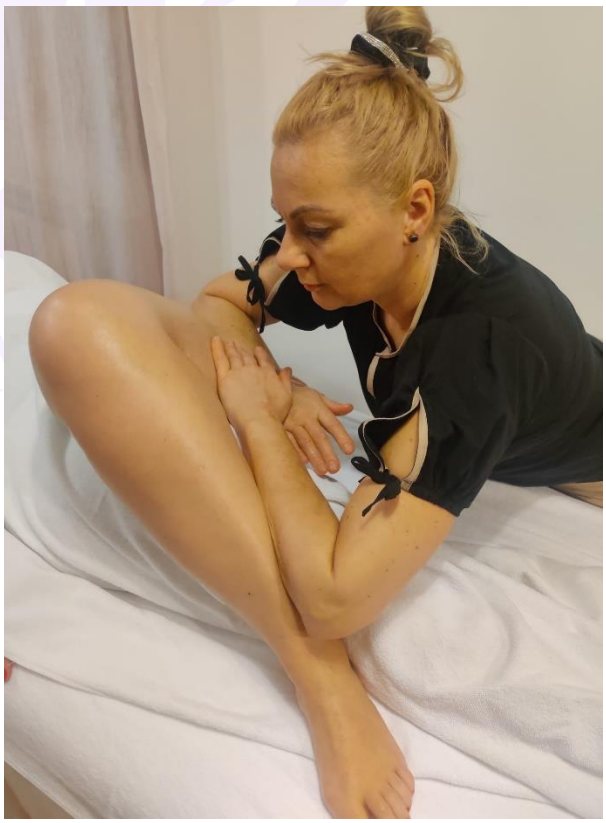
Femur

11. Palm circulation on inner and outer Thigh

12. Cross arm friction of inner and outer Thigh

13. Foot to hip mobilization of Hip joint

14. Double Thumbs pressure of the Hamstrings while Hip and Knee is bended (being done with movements)

15. Lower Arm friction of the inner Leg (Thigh and Calf), being done while Leg is abducting and with Hip and Knee bended

16. Lover Arm friction of the Tensor Fasia Latah while Hip and Knee is bended