

Balancing Pregnancy: **Massage**

SYLLABUS

BACK + POSTERIOR NECK

- ⦿ Ventral vagus parasympathetic stimulation
- ⦿ Trapezius muscles
- ⦿ Levator scapulae muscles
- ⦿ Rhomboid muscles
- ⦿ Erector spinae muscles
- ⦿ Quadratus lumborum muscles (in the Equilibrio approach)
- ⦿ Latissimus dorsi muscles
- ⦿ Fascia of the back

BUTT

- ⦿ Gluteal muscles (minimus, medius, maximus)
- ⦿ Deep six muscles
- ⦿ Fascia of the butt

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LEGS

- ⊙ Posterior
 - Hamstring muscles
 - Gastrocnemius muscle
 - Soleus muscle
 - Achilles tendon
 - Range of motion
 - Fascia of the legs
- ⊙ Anterior
 - Quadriceps muscles
 - Sartorius muscles
 - Tensor fasciae latae muscles (TFL) + iliotibial band (IT)
 - Adductor muscles
 - Tibialis muscle
 - Extensor digitorum muscles (brevis + longus)
 - Peroneus muscles (brevis + longus)
 - Fascia of the legs

BELLY

- ⊙ Rectus abdominis muscles
- ⊙ External oblique muscles
- ⊙ Internal oblique muscles
- ⊙ Transverse abdominis muscles
- ⊙ Abdominal fascia (superficial and deeper aponeurosis)

CHEST

- ⊙ Pectoralis major muscles
- ⊙ Pectoralis minor muscles
- ⊙ Subclavicular muscles

ARMS + RANGE OF MOTION

- ⊙ Deltoid muscle
- ⊙ Biceps brachii muscle
- ⊙ Triceps brachii muscle
- ⊙ Brachioradialis muscle
- ⊙ Pronator muscles
- ⊙ Extensor muscles
- ⊙ Fascia of the arms

NECK (ANTERIOR)

- ⊙ Sternocleidomastoid muscles (SCM)
- ⊙ Scalene muscles (anterior, middle, posterior)

JAW + FACE

- ⊙ Masseter muscle
- ⊙ Temporalis muscle
- ⊙ Range of motion
- ⊙ Fascia of the jaw and face