



Movement Maintenance

Unlock Your Posterior & Anterior Myofascial Chains

Movement Maintenance

Content

INTRO	3
OVERALL GUIDELINES	5
Posterior chain instructions	8
Neck.....	9
Upper back	10
Posterior shoulder	12
Triceps.....	14
Lower back	16
Glutes.....	19
Hamstrings	22
Calves	25
Bottom of the feet.....	28
Anterior chain instructions	31
Anterior neck.....	32
Pectoral muscles.....	35
Biceps	38
Anterior forearm	40
Abdominal muscles.....	42
Quadriceps	48
Shin muscles	51
The end?	54



INTRO

This is a guide for people who have subscribed to our email list. **The guide is intellectual property on Movement Maintenance and Movement Productions Oy (3522641-3). Copying or spreading this manual without the permission of the authors of the manual is highly prohibited.** This manual is for self-releasing the anterior and posterior myofascial chain. In this manual you have only the release techniques and almost no theory. To learn more about myofascia and how it works, then watch this video if you haven't seen it already:

[Neck & Shoulder Pain? Release This Myofascial Chain!](#)

IMPORTANT!

Before you start releasing your myofascial structures remember **that if you have wounds, inflammations, infections, fractures, tumors in the region that you are releasing it is not recommended to do these exercises in this manual.** If you are on a blood thinner or anticoagulant medication or you are pregnant you should ask your doctor if these sort of techniques where you are massaging yourself is okay. Also, if there are any other medical reasons why you can't take massages, it is also not advised to do these exercises.

IMPORTANT MEDICAL AND LEGAL DISCLAIMER

Please read this disclaimer carefully before using the information contained in this manual.

- 1. For Educational and Informational Purposes Only.** The content provided in this manual, "Movement Maintenance Guide to Release Anterior & Posterior Myofascial Chain", including all text, graphics, images, and other material, is for educational and informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.
- 2. Not Medical Advice and No Therapist-Patient Relationship**



The authors of this manual are licensed physical therapists. However, the information provided herein, including all text, graphics, and exercises, is for general educational and informational purposes only. The distribution and use of this manual does not establish a therapist-patient relationship or any other professional healthcare provider-patient relationship between you and the authors.

The content of this manual is not intended to be, and should not be used as, a substitute for a direct, in-person consultation, professional assessment, diagnosis, or personalized treatment plan from a qualified physical therapist or other healthcare provider. The self-massage techniques described are not a form of physical therapy treatment for your specific condition.

Always seek the advice of your physician or your personal physical therapist with any questions you may have regarding a medical condition or before beginning any new self-care or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read in this manual.

3. Assumption of Risk

The practice of self-massage and myofascial release involves physical activity and carries with it inherent risks of injury, including but not limited to, muscle strains, bruising, aggravation of pre-existing conditions, and other physical injuries. By choosing to use the techniques described in this manual, you voluntarily and knowingly agree to assume all risks associated with these activities. You are responsible for using these techniques in a safe and reasonable manner, listening to your body, and stopping immediately if you experience pain, dizziness, or discomfort.

4. No Guarantee of Results

We make no representations, warranties, or guarantees that you will achieve any particular health or wellness result from the information provided in this manual. Individual results will vary based on a variety of factors including, but not limited to, your individual health, physical condition, genetics, and consistency of practice.

5. Release and Limitation of Liability

To the maximum extent permissible by law, the author(s), publisher(s), and all



affiliated parties shall not be held responsible or liable for any injury, loss, or damage of any kind—whether direct, indirect, incidental, consequential, or otherwise—that may be sustained by any person as a result of the use, misuse, or interpretation of the information presented in this manual. By using this manual, you agree to release, indemnify, and hold harmless [Markkus Puolakainen/ Movement Productions Oy & Teemu Viskari/ Fysioterapeutti Teemu Viskari Tmi], its owners, employees, and affiliates from any and all claims, liabilities, or causes of action arising from your use of the information contained herein.

6. Consult Your Healthcare Provider

If you have or suspect you may have a history of serious injury, a chronic health condition (such as deep vein thrombosis, osteoporosis, varicose veins, heart conditions, etc.), are pregnant, or are taking medication (such as blood thinners), you **must** consult with your physician or qualified healthcare provider before performing any of the techniques in this manual.

Your use of this manual constitutes your acknowledgment and acceptance of these terms and conditions. If you do not agree to these terms, do not use the information provided in this manual.

OVERALL GUIDELINES

HOW OFTEN?

Use these exercises no more than 3x a week for one region that you are releasing. Always have a rest day between releasing the same region.

HOW LONG SHOULD I RELEASE?

In the tight myofascial tension points, it is really important that you don't overdo the release technique, stay in one point maximally 3 minutes or until the point starts to release and fade away (but not over 3 min).



HOW HARD SHOULD I MASSAGE THE TISSUE?

The level of the pressure applied varies. It is dependent on the tool that you use and also the compliance of the tissue and your pain tolerance. These techniques can be somewhat painful, and it is important not to start out with maximal pressure. But firm pressure is still needed to get the needed friction and glide movement to the different myofascial layers.

HOW ABOUT OTHER WORKOUTS & EXERCISES?

Do not do these techniques before exercising or workouts, at least not before exercising the same region that you are releasing. The tissues need to recover before you can strain them. Two hours after exercising it is okay to do these exercises. If the myofascial tension points get really sore after you have released them, then don't exercise the musculature of that region until the soreness is gone.

DO I GET SORE FROM THESE TECHNIQUES?

Yes, some people might get sore after releasing their own myofascial & muscle tissue, just in the same way they would get sore after deep tissue massage. This is normal and will fade in 3 days. Sometimes if the situation is bad in the tissues, you might get a longer lasting soreness, but it will gradually fade. If in the rare case that you get a bad inflammation from the techniques (really rare), we recommend contacting your medical professional.

HOW DO I START WITH THESE TECHNIQUES?

At the first day we recommend going through all the posterior chain and to mark all your painful tension points and highlight the 3-4 tightest and most painful points. If you want, you can already start to release the posterior chain while you are searching, but releasing the whole chain might take time.

On the second day do the same for the anterior chain.



After you have had a rest day, bet start to work on the tension points you highlighted. Don't take too many areas for your release workouts, so that the workout is manageable.

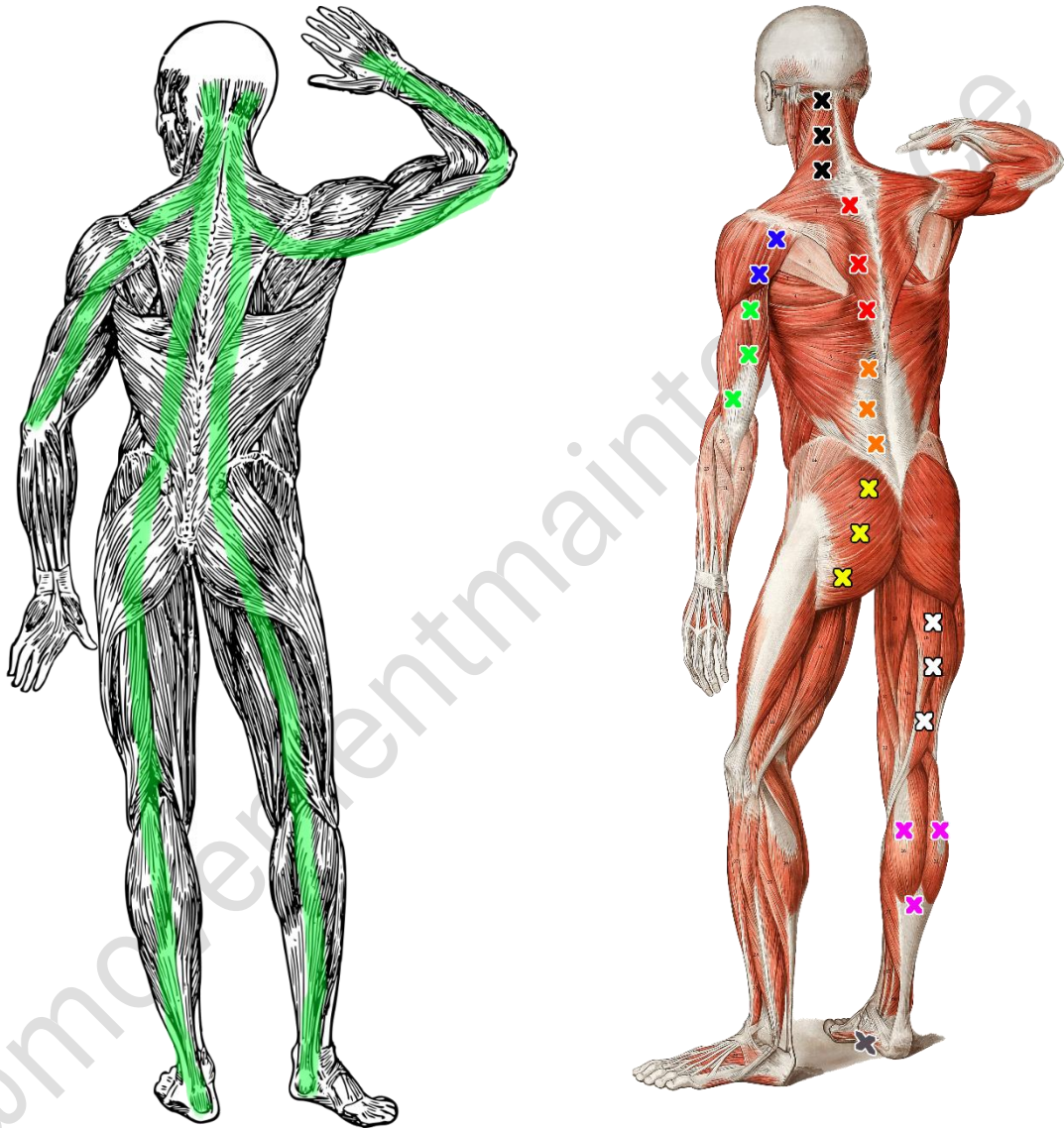
You can do the posterior and anterior chain releases the same day or on separate days.

HOW LONG SHOULD I DO THESE TECHNIQUES?

Release the chosen points for 2-6 weeks or until you feel them releasing and not being as sore anymore. Then continue to choose next 3-4 tightest points from both chains and start to work on them.



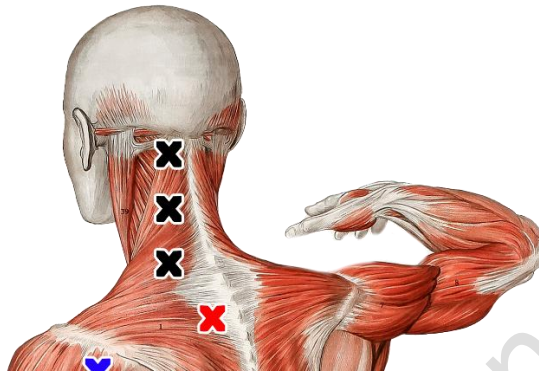
Posterior chain instructions



Overview of the posterior myofascial chain



Neck



The target area in this technique is in the muscles in this place on both sides of the neck. Do not go over bony parts of the spine.

Rotate your head to the side that you're working on and slightly look down.

Roll the stick up and down, note any tight spots.

Grab onto the stick, stay on the tight spot & do small massage motion up and down.



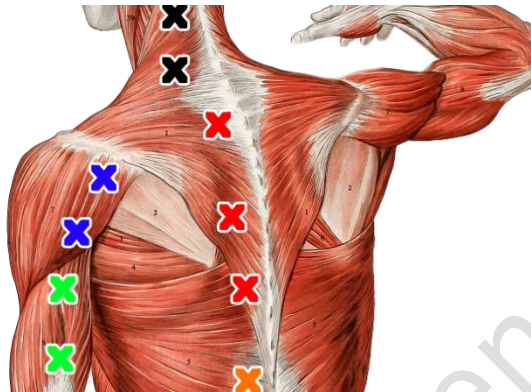
Alternatively, you can lay on your back.

Place a tennis ball on the neck muscles, support your head with your hand and repeat the technique like this.

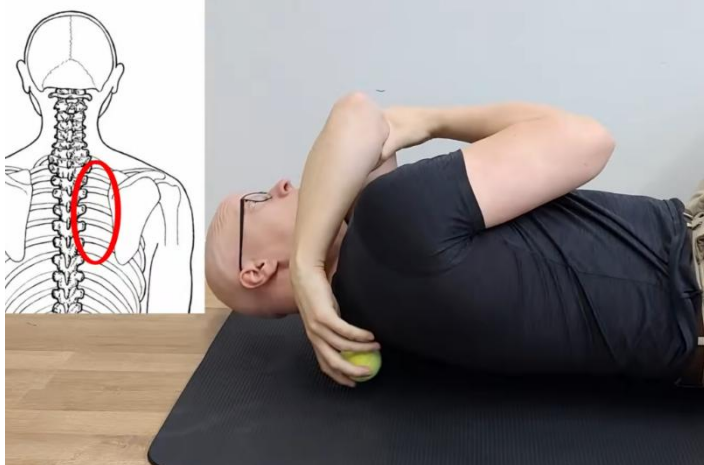
Click here to watch the [video guide](#) of this technique on our YouTube-channel.



Upper back



The target area is the red crosses in the picture, the muscles between your shoulder blades and spine. Do not go over any bony parts.



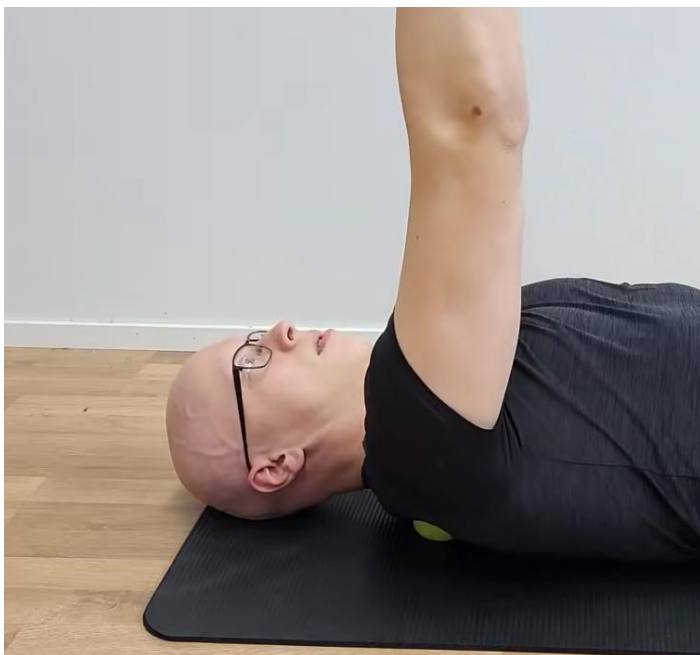
Place a tennis ball on the target area while lying on your back.



When you find a tight spot, keep the ball in place.

Move your arm, and the fascia will release when the muscles move against the ball.

You can move your arm up and down.

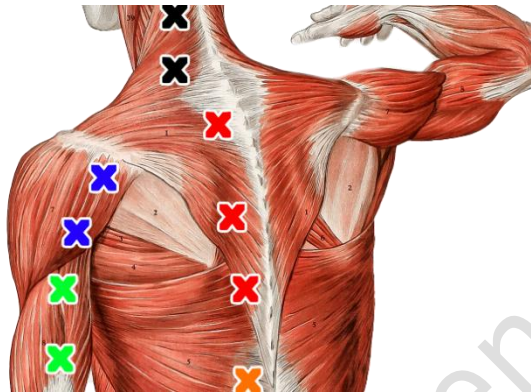


You can also reach upwards to the ceiling with your arm.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



Posterior shoulder



The target area is the blue crosses in the picture, the muscles on your posterior shoulder. Do not go over any bony parts.



Place a tennis ball on the target area and lean against the wall.



While keeping the ball in place, start moving your arm up and down.

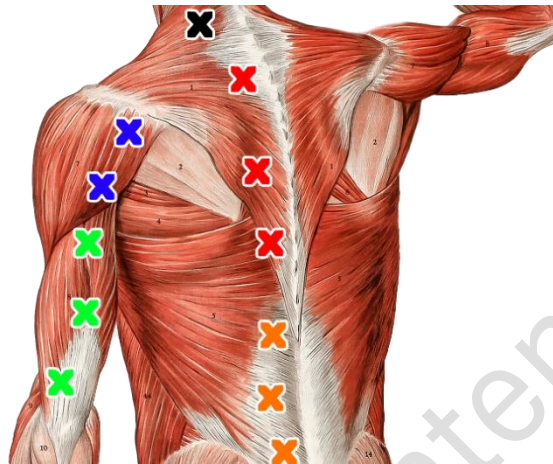
The fascia will be released when the muscles move against the ball.



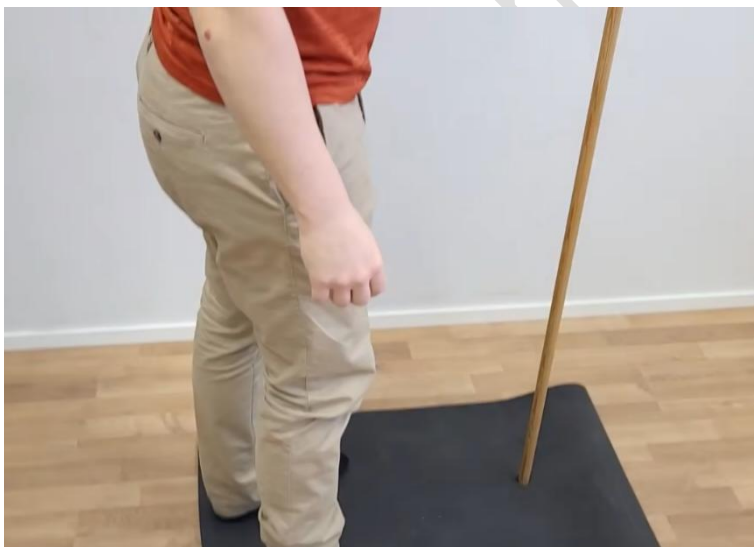
Click here to watch the [video guide](#) of this technique on our YouTube channel.



Triceps



The target area is the green crosses in the picture, the muscles on your triceps muscles. Do not go over any bony parts.



Place a stick so that the other end is on the floor.



While your elbow is straight, place pressure on the triceps muscle.



Keep the pressure and bend your elbow.

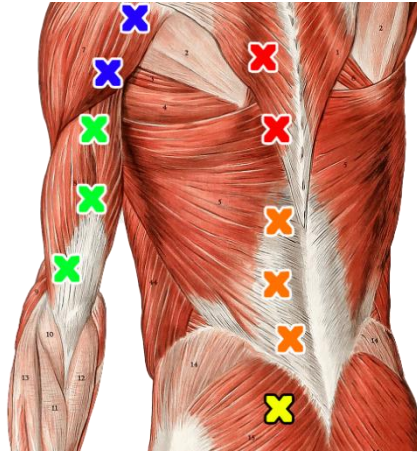
Repeat this process. So, re-apply the pressure when the elbow is straight and after that, bend the elbow.



Remember to go over the whole muscle.



Lower back



The target area is the orange crosses in the picture, the muscles on your lower back near the spine. Do not go over any bony parts.



Place a stick so that the other end is on a corner of the wall.



The other end of the stick should be round and placed so that your hand is not on top of the end of the stick.



Place the stick on the lower back muscles.

Move the stick up and down & from side to side with small massaging movements.



Alternatively, you can place a tennis ball on your muscles while lying on your back.



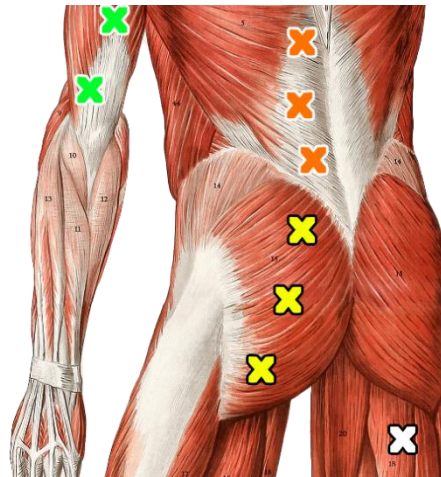
In this version, massage the area by swaying your legs from side to side.



Click here to watch the [video guide](#) of this technique on our YouTube channel.



Glutes



The target area is the yellow crosses in the picture, on your posterior gluteal muscles. Do not go over any bony parts.



While lying on your back, place a tennis ball on the target area.



Massage the muscles by keeping the ball in place and moving your leg up & down.

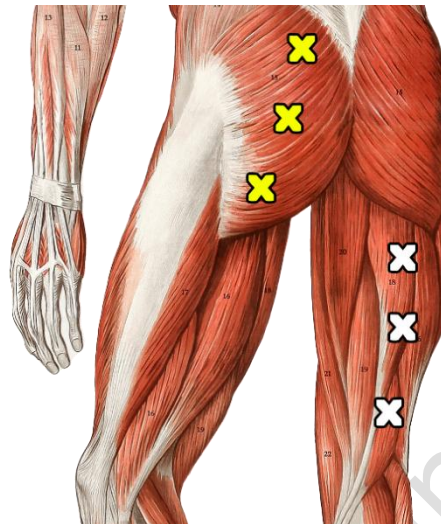




You can also massage the area by swaying your legs from side to side.



Hamstrings



The target area is the white crosses in the picture, on your hamstring muscles. Do not go over any bony parts.



Sit down and place a tennis ball under your thigh, against the hamstring muscles.



Apply some pressure by pushing down on your thigh with your hand.



Massage the area by swaying your knees from side to side.

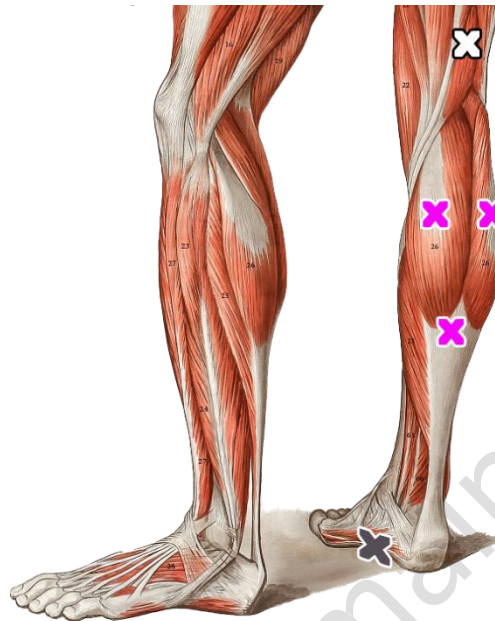


Alternatively, you can massage the area by extending and bending your knee.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



Calves



The target area is the purple crosses in the picture, on your calf muscles. Do not go over any bony parts.



Place your knee on top of a chair.



With a tennis ball, apply pressure to the calf muscles.



While keeping the pressure, extend and bend the ankle.

This active movement massages the fascia against the ball.



Remember to go over the whole area of the calf muscles.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



Bottom of the feet



The target area is the black cross in the picture, on the bottom of your feet. Do not go over any bony parts.



Place a tennis ball on the ground.



Step on the ball and massage tight spots by slightly moving the ball around.



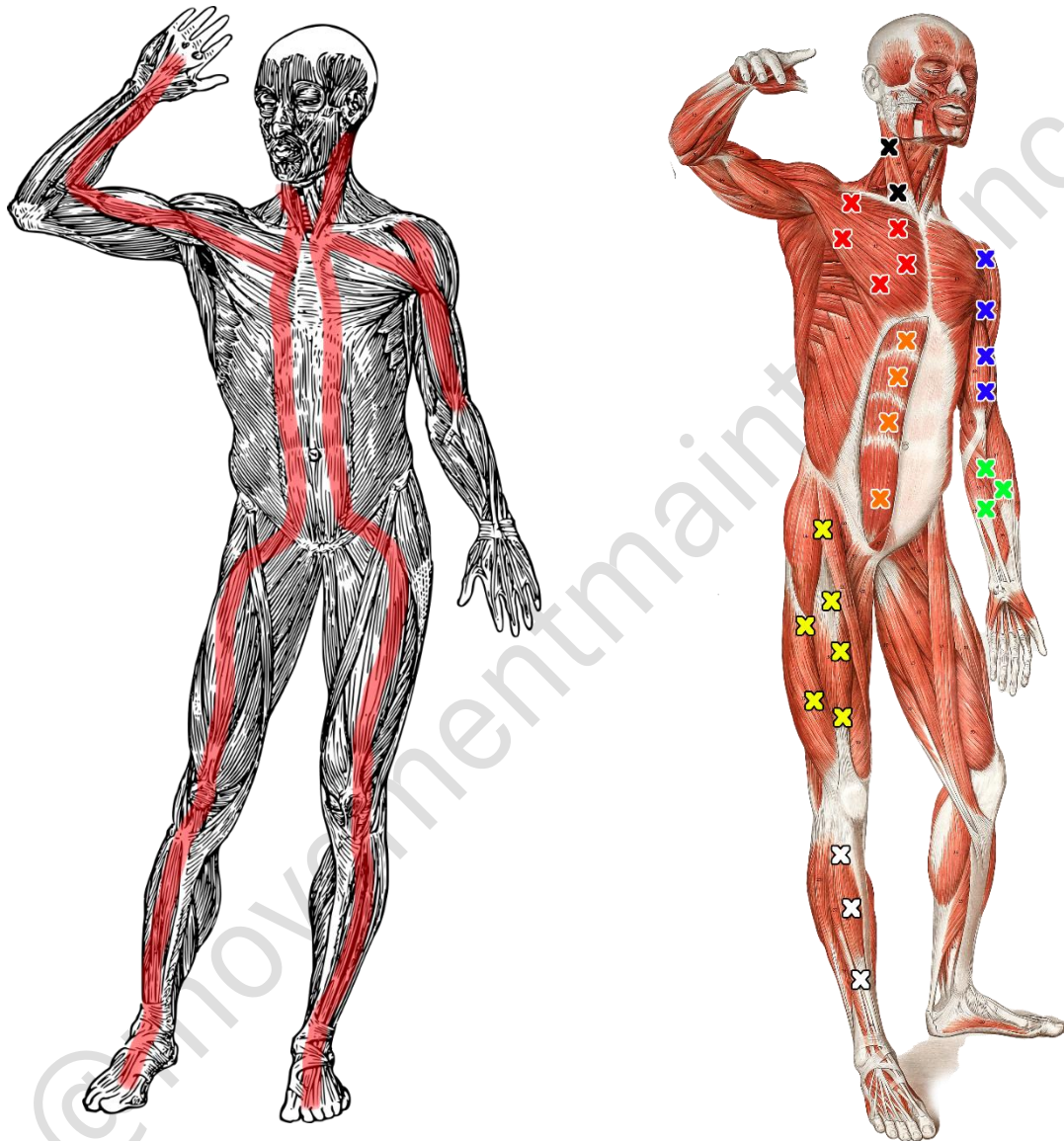
Remember to massage the inner, middle and outer parts of the foot.



Click here to watch the [video guide](#) of this technique on our YouTube channel.



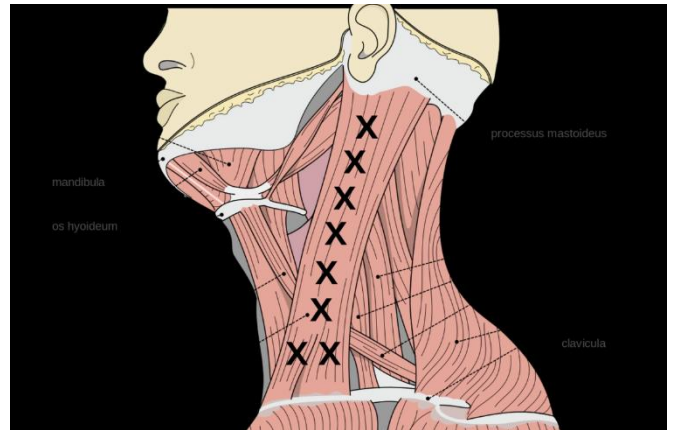
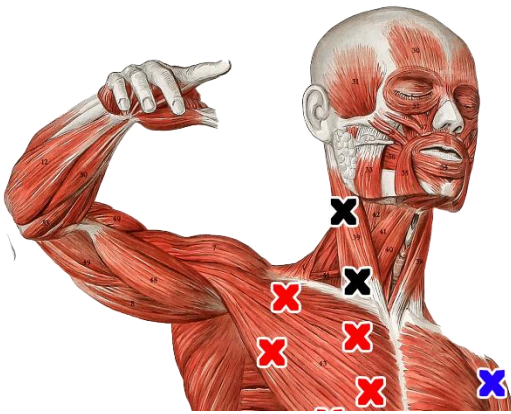
Anterior chain instructions



Overview of the anterior myofascial chain



Anterior neck



The target area is the black crosses in the picture, on the muscles in the anterior part of the neck. Do not go over any bony parts and **if you feel any pulse on your fingers DO NOT APPLY PRESSURE**. Also, if you have problems with arrhythmia then we suggest that you skip this exercise.



In this technique you will use your fingers with a pinching grip.



With your head tilted to the same side, gently pinch the upper portion of the muscle.

Only stay on the upper part of the muscle near your jaw.



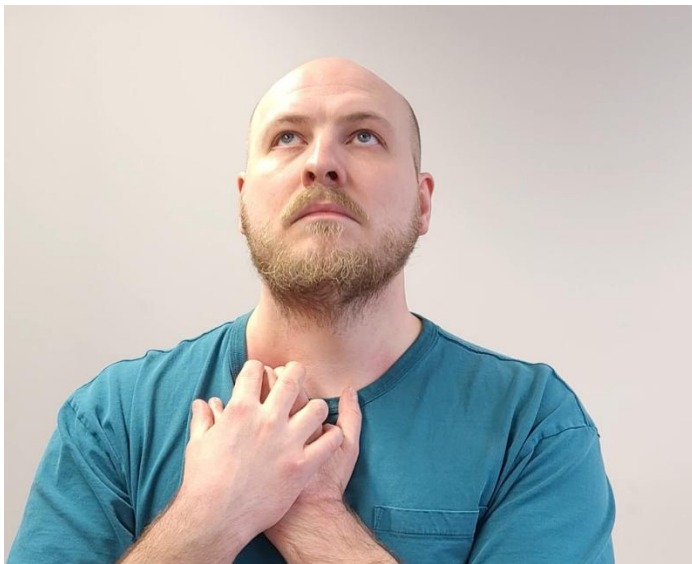
While maintaining the pinching, turn your head to the opposite side.



Also place your fingers to the lower part of the muscle where your collarbone has a higher point that you can feel.



Apply gentle pressure with your head tilted to the same side and then side bend your neck to the opposite side. You should feel a stretch in the muscle when moving to the opposite side of the holding fingers.

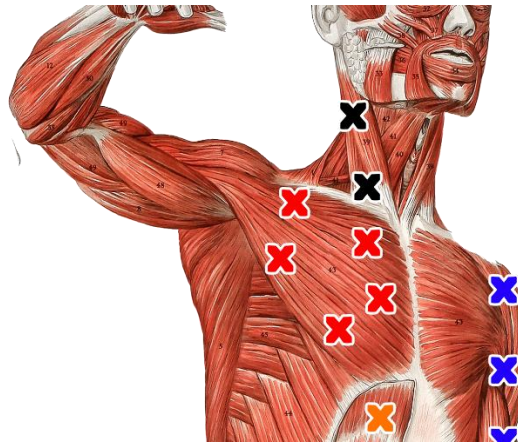


You can also try looking up when doing this part of the technique.

REMEMBER: if you feel any heartbeat/pulse on your fingers DO NOT APPLY PRESSURE.



Pectoral muscles



The target area is the red crosses in the picture, on the pectoral muscles. Do not go over any bony parts.



Place a tennis ball or a bigger ball on a doorway and lean against it so that the ball applies pressure to the pectoral muscle.



While maintaining the pressure.
Lift your arm up and down.



You can also lift the arm up from
the side.

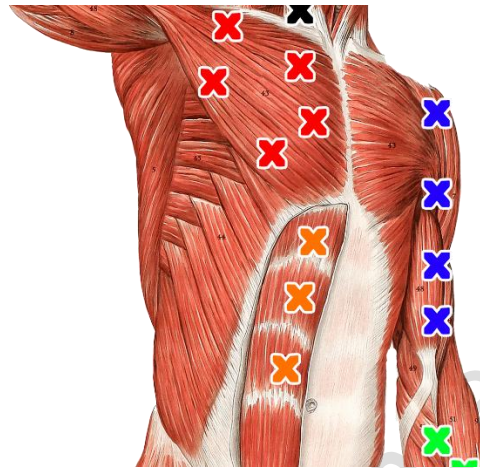


If you don't have an appropriate doorway, you can also do the same technique against the wall.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



Biceps



The target area is the blue crosses in the picture, on the bicep muscle. Do not go over any bony parts.



Place the other end of the stick on the floor.



Let your arm rest on your thigh, and with the other end of the stick, do small massage movement up & down with the stick.

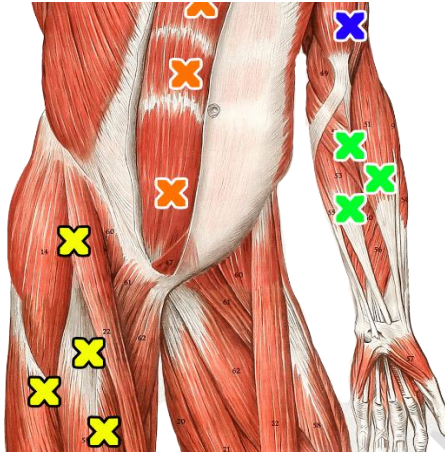
Use the flat surface of the stick, not the pointy end.



Remember to go all the way down for the whole length of the muscle.



Anterior forearm



The target area is the green crosses in the picture, on the anterior part of the forearm. Do not go over any bony parts.



Place your forearm on the surface.

With the flat surface of the stick, you can massage tight spots with small up & down movements.



Alternatively, you can do active myofascial release with movement.

Start with closed fist and wrist flexed towards yourself.

Apply pressure with the stick.

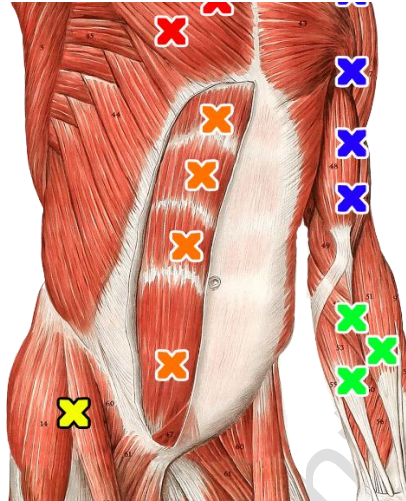


While maintaining the pressure, extend the wrist and open your fingers.

Repeat this, so close your fist. Flex your wrist & re-apply the pressure again each time.



Abdominal muscles



The target area is the orange crosses in the picture, on the anterior part of the abdominal muscles (“six pack”). Do not go over any bony parts.



Apply pressure so that you go straight into the abdominal muscles and then also stretch down.

Maintain this pressure, but it doesn't need to be extremely strong.



Support your fingers with your other hand.



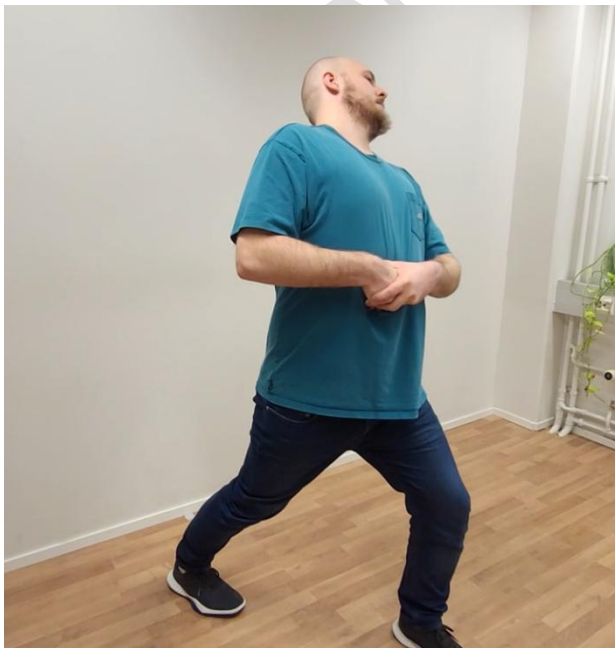
Take a step forward.



Extend and side bend your back while keeping the pressure with your fingers on the abdominal muscles.



If keeping your balance is an issue, you can also stand normally.



If you want more stretch, take a bigger step forward.



If your fingers get tired or painful, you can also use your knuckles or a ball with this technique.



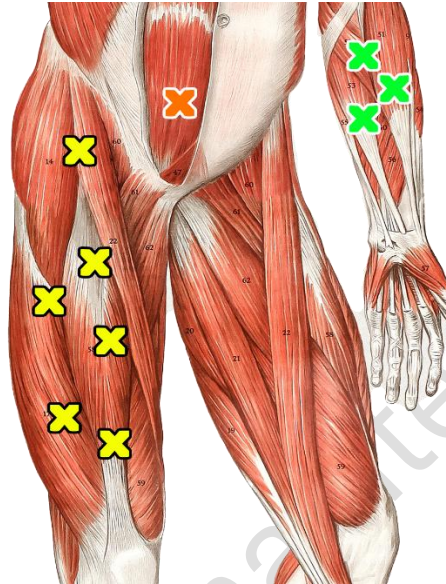


Remember to go all the way down through the whole length of the abdominal muscle.

And of course, do it on both sides of the midline. 😊



Quadriceps



The target area is the yellow crosses in the picture, on the anterior parts of the thigh. Do not go over any bony parts.



Place a mat on the floor and a foam roller on the front parts of your thigh.



The mat should be placed diagonally so that you can rest your other knee and elbows on it.



Bend and extend your knee so that the fascia is massaged against the roller when you move.



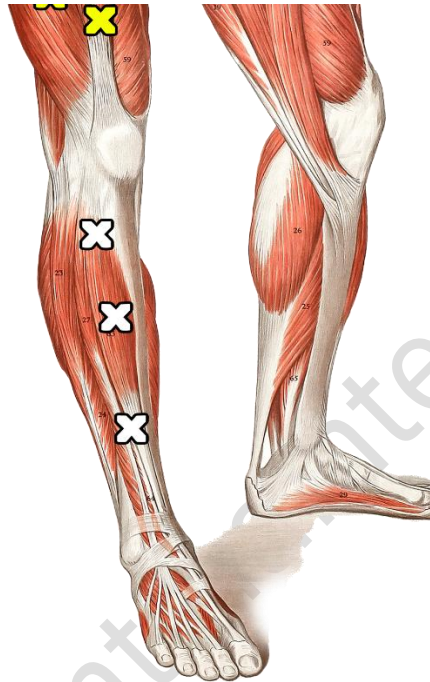
If you don't own a foam roller, you can use a stick.

Sit down and massage the tight spots with small up & down movements.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



Shin muscles



The target area is the white crosses in the picture, on the anterior parts of the shin.
Do not go over any bony parts.



Place a tennis ball on the muscles
next to the shin bone.



Apply pressure to the ball by lifting the leg on top of a chair.

You can release the muscle by doing small up & down movements against the ball.



Alternatively, you can keep the pressure constant and bend & extend from your ankle.



If it's too hard to be in the previous position, you can also massage the muscles with the ball while sitting down.

Click here to watch the [video guide](#) of this technique on our YouTube channel.



The end?

Hopefully you will enjoy these techniques, and they provide you with lots of help with your movement health & help your body feel better!

Use them consistently to get the best results and you can also return to using them if you need some release after a while or if you get new issues.

There are **two other major myofascial chains** in addition to the posterior and anterior chains. We have made a YouTube video that shows some of the possible tension points for the upper body that covers the lateral myofascial chain. You can find these additional techniques here:

[Neck & Shoulder Pain? Release This Myofascial Chain!](#)

If you would want us to do a full video based online course that teaches the best release techniques for all four major myofascial chains, feel free to let us know in the comment section of the YouTube video above (or send us email, hello@movementmaintenance.com).