

P.A.S.T.[®]

Functional Fitness Method

Self Empowering Journey Out of Pain

Self Massage



When

We recommend you perform the sub-occipital massage on yourself for a few minutes whenever you're feeling stressed and/or fatigued during the day. It's quick, easy to do, and has an immediate positive effect on your body.

Why

If you take a moment to think about how you sit at a desk, read while lying in bed, or how you hold yourself when driving your car the value of the self-massage will be clear. In all likelihood you have the "typical" forward head posture in which the chin juts forward and the ears are not aligned over the shoulders. This very common postural habit makes the sub-occipital muscles tight. **Any tightness in these muscles will change the tension throughout the entire body.**

What

The suboccipital muscles (rectus capitus major, superior oblique and inferior oblique) connect from the top two cervical vertebrae to the base of your skull. The small muscles that form this connection have a very large percentage of proprioceptors -- or in other words **your entire body relies on these muscles** for proper information on body positioning. In fact, if you've ever wondered how a cat always lands on its feet it's by utilizing these very "anti-gravity" muscles to reorganize its body.

How To

It's best to perform the massage either sitting with good posture or standing up with your chin parallel to the ground and ears aligned with your shoulder. Gently press your thumbs just under the base of the skull and massage the tender areas. You'll feel the tightness, or knots, slowly decrease in sensitivity and that's the signal to keep moving inwards until your thumbs are touching. Over time, you'll learn how to precisely work this area to achieve the best results.