



TP Therapy Regeneration Techniques

Myofascial Compression Techniques with TP Therapy Tools

MCT is a form of body-work (like massage) that allows us to eliminate pain, increase ROM and recreate optimal elasticity within the muscle while also enhancing our structural integrity. Muscle elasticity is crucial to sustain top-level performance and keep muscle tissue in optimal condition.

Most overuse injuries are basically caused from overused dysfunctional muscles (and other soft tissue). Muscle and soft tissue can change in three ways:

- Acute conditions (pulls, tears, collisions etc.)
- Accumulation of small tears (micro trauma)
- Not getting enough oxygen (causes hypoxia)

The above factors cause your body to produce tough dense scar tissue in the affected area. This scar tissue binds up and ties down tissue that needs to move freely.

As scar tissue and adhesions build up, muscles become shorter and weaker. The increased tension on tendons can create tendonitis and nerves can become trapped. This can cause pain, decreased ROM, loss of strength, and power.

Optimal Muscle tissue health sees:

- Decreased muscle tension
- Increased connective tissue length
- Increased mobility and stability

Other benefits of optimal muscle tissue health are:

- Increased blood flow, oxygen and nutrients which aids in the recovery process
- Opening up of neurological pathways allowing great proprioception
- Decreased energy cost
- Decreased risk of injury
- Increased performance



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By doing MCT you will improve your body's performance by increasing the elasticity within the muscle, allowing them to rebound to their natural state. This is achieved through the increased blood flow and oxygen to the muscle while reducing scar tissue accumulation, adhesions and knots.

An inelastic muscle is like a rope; our muscles should be like a bungee cord! Once like a rope the muscles lose their ability to lengthen and rebound. Once we lose this ability we greatly increase the likelihood of injury due to the increased tension on muscles, insertions and tendons.

Using TPT tools we can knead out the knots, get rid of adhesions and scar tissue accumulation while increasing blood flow, oxygen and nutrients to the muscle. This allows our body to function optimally and recover that much quicker from the training stimulus and get the training effect we are after.

Objectives

- Increase elasticity and re-establish range of motion within the given muscle groups and areas of the body.
- Target and break up scar tissue adhesions.
- Regain neutral posture and positive biomechanics.
- Allow a given muscle to function more efficiently.

Reminders

- It's not how hard you push or how much you move the TPT tools; a key element in properly using the therapy is how deep you breathe. If you don't respire properly, the therapy won't be as effective.
- You must keep the muscle group relaxed while performing the manipulation.
- After 4 repetitions of the manipulation, get up and walk around in order to circulate blood to the area that was just worked. The blood flow and the oxygen from your deep breathing combine to create the elasticity in your muscles.

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Lower Leg – Soleus region, Peronials and Tibialis Anterior

We always start with the soleus. The foot is the first and last thing to hit the ground day in and out. Once we lose range of motion of the foot, there is a biomechanical chain reaction that affects the rest of the body.



SOLEUS MANIPULATION

- Sit on the ground in a comfortable position. Place the block in front of you.
- Place the Footballer on the far edge of the block. Then place the leg you are going to work on top of the footballer. About 1inch (2-3cm) below you calf muscle – approx 2-3 inches (5-7cm) above ankle.
- Add pressure by laying your other leg on top of the leg being worked.
- Start with your leg on the Footballer in a neutral position (0deg).
- Bring knee up slowly as you take a deep breath in. Slowly relax knee as you let breath out. Repeat for a total of 4 reps, then rotate foot in circles 2x one-way, 2x the other.
- Always keep the bottom foot completely relaxed in order to get the benefit form the manipulation.

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SOLEUS MANIPULATION CONTINUED..

- After rotating your foot in circles 4 times, reposition your leg with the foot and knee rotated inward while maintaining pressure.
- Roll slowly up and down 4 times with the foot rotated inward.
- Rotate the foot in circles again 2x one way and 2 times the other while breathing deeply.
- Still maintaining the pressure, reposition your leg with the foot and knee rotated outward.
- Bring knee up slowly as you take a deep breath in. Slowly relax the knee as you let breath out.
- Repeat 4 times then rotate foot in circles 2x one-way and 2x the other.
- Stand up and walk around to encourage blood flow and notice the light feeling that comes with increased elasticity.
- Repeat on the other leg.

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UPPER CALF MANIPULATION

- Now to treat the gatroc and upper soleus we use the TP Massage Ball as its more specific and has too push through a thick muscle.
- Place the TP Ball anywhere in the bigger area of the calf.
- Place your other leg on top. Bring your foot up as you breath in deeply then drop your foot as you exhale, repeat 4 times then rotate foot in circles 2x one way and two times the other.
- Stand up. Walk around to encourage blood flow.
- Repeat on other leg



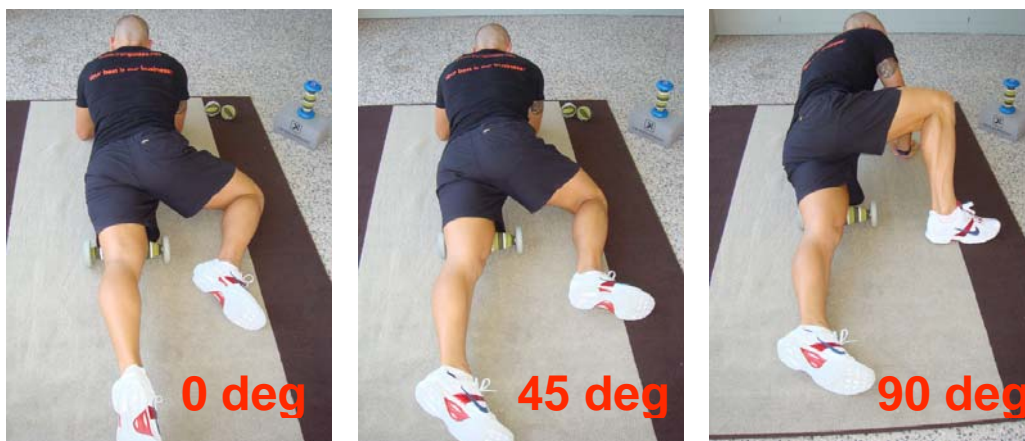
ANTERIOR TIBIALIS

- From a kneeling position place the Quadballer on the shin muscles (not on the bone). Take a deep breath in an in slow methodical movements roll from the ankle up to the knee. 2inchs up 1 inch back.
- Stand up walk around then repeat on the opposite leg.

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UPPER LEG - QUADS, IT BANDS

Elongation of the quad muscles will allow the pelvis to regain a more neutral position while also taking strain off the psoas muscle. By fixing pelvic tilt your hamstrings, IT bands and piriformis can function normally.



- Place the Quadballer underneath the center of the extended leg about 1 inch above your knee. This targets the rectus femoris.
- Slowly roll the Quadballer 2 inches upward toward your pelvis, take a deep breath and slowly roll back 1 inch towards the starting point.
- In these small increments, work your way to the top of the quad – just before the bony part of the hip.
- Apply pressure as tolerated; it's a slow methodical movement. You can stop on an area of increased sensitivity and breath deeply.
- Keep your lower body and foot relaxed to penetrate the targeted muscle.
- Now externally rotate the body 45deg to target the vastus lateralis following the instructions above
- To target the IT Band externally rotate the body 90deg.
- Now bring the top leg in front of the body to provide stability while you rest on your forearm and hand.
- Follow the same instructions as before slowing moving in incremental steps from the knee to the hip.
- After you have done all 3 quad manipulations stand up and walk around. Repeat on opposite leg.

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HIP COMPLEX – PSOAS

By manipulating the Psoas muscle we can effectively decrease compression on the lower back (L4-5) and also on the diaphragm, which will increase your ability to breath. Also relieving pelvic tilt can eliminate strain on the hamstrings, IT bands and piriformis.



PSOAS MANIPULATION

- Lay with your feet outstretched and your arms in front of you with a slight bend at your elbows.
- Position the ball halfway between the bony part of the front of hip and the belly button. Some people will feel it closer to the hip while others it will be closer to the belly button.
- Take a deep breath in and relax your abdomen. Continue to breathe deeply while holding the cobra position.
- After several deep breaths come back down so that your laying flat.
- Breathe deeply and slowly come back up into the cobra pose resting on your elbows.
- Using your arm against the floor, gently pull yourself forward to add more pressure. Keep breathing slowly and deeply.
- Now slowly lift the leg on the same side of the body you are working. This will allow the ball to penetrate deeper into the muscle. Take a few deep breaths and slowly come back down.
- Now remove the TP ball and slowly stand up and walk around.
- Repeat on opposite side.

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HIP COMPLEX – GLUTES

Breaking up the adhesions and trigger points around the gluteus region will help open up neurological pathways to the lower extremities due to release of scar tissue surrounding the sciatic nerve.



PIRIFORMIS MANIPULATION

- Sit on the ground in a comfortable position with one leg outstretched and your hands on the ground.
- Use the other leg for support by placing your foot flat to the ground with a 90deg bend in the leg.
- Place the TP Ball into the “back pocket” area between your gluteus region and the floor.
- Once the TP Ball is in place, raise the corresponding leg slightly of the ground while externally rotating the hip. Make sure the foot follows the knee as you rotate outward from the hip.
- Take a deep breath in as you externally rotate the hip, and slowly exhale as you bring your leg back to its original position.
- Once back at the starting position rotate the knee inward, taking a deep breath in then rotate externally. Repeat x3.
- Stand up and walk then do on other leg.

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PECTORALS

By restoring elasticity to the pectoral region, it will allow the shoulders to rotate back naturally, allowing the arm to thrust forward rather than across the body and also open up your upper diaphragm.



PECTORALS MANIPULATION

- Position the TP Ball on the chest next to the arm pit and below the collar bone.
- Place the TP Ball into the back of the palm on the same side of the body. Apply pressure from both arms onto the TP Ball.
- Rotate the TP Ball in small circles over the area. Take a deep breath in as you raise your elbows, rotate the TP Ball then exhale.
- Shake your arm out and move it around to get some blood flow then repeat on opposite shoulder.