



# U-Fix Short Lever Guide

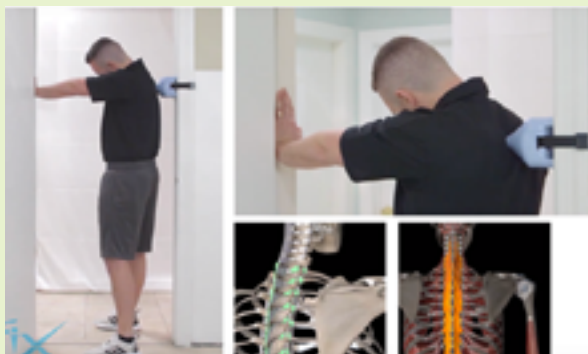


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## 01 Thoracic spine, (Back)

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### U-Fix Position:

Position the U-Fix below the base of the neck on the left or right side of the spine.

### Client Position:

Stand facing away from the U-Fix

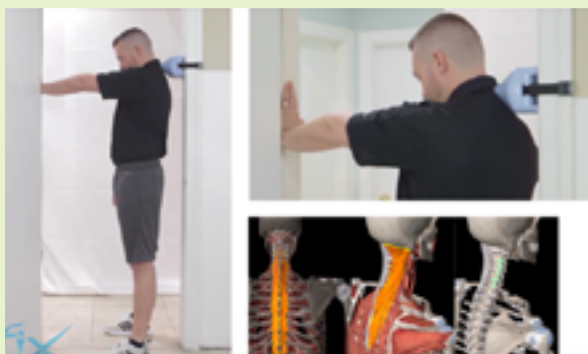
### Action:

Press the U-Fix into the muscle using the non-treatment side hand against the door jamb. Pressure is created with the hand on the opposite door jamb and the two legs. Tension is added by turning the Hips. Hold the end position.

1. First motion is performed by bringing the chin to the chest 2-4 passes. Hold the end position.
2. Second motion is performed by first bringing the chin to the chest followed by turning the chin to the right. Then finish the movement by turning the hips to the right. Hold the end position.
3. The Third motion is extension of the head followed with extension and turning the chin to the right. The movement is completed by turning the hips to the right. Hold the end position.

## 02 Cervical spine (Neck)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix at the level of your chin.

### Client Position:

Stand facing the opposite side of the door jamb.

### Action:

Right side first:

1. First motion is flexion 2-4 passes
2. Second motion is flexion followed with turning the chin to the right 2-4 passes
3. Hold the end position for 3 deep breaths.

Pressure is created with hand on the opposite door jamb and the legs. Tension is created with flexion and rotation of chin.

Repeat on the opposite side

## 03 Lumbar, Erectors (Low back, Midback)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 2-4 inches above the belt line and one inch to the left or right of the spine.

### Client Position:

Stand facing away from the U-Fix.

### Action:

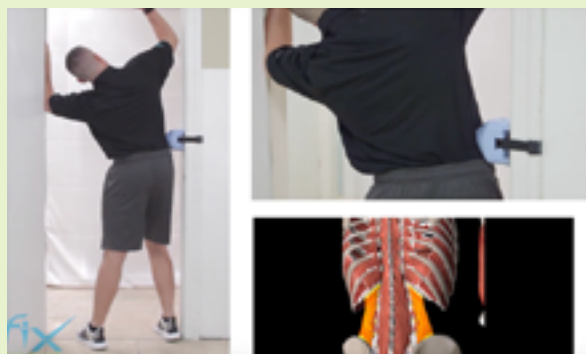
Press the U-Fix into the muscle.

1. First motion is performed by flexing or tucking the tailbone inward (pelvic tilt), followed with flexion (forward bending of the spine).
2. Second motion turning the hips to the same side.

Pressure is created with the hand on the opposite jamb and the legs. Tension is added by tucking the tail bone in and turning the hips. Repeat this movement at several positions along the spine. Hold the end position.

Repeat on the opposite side.

## 04 Lumbar Quadratus Lumborum, (Low back lateral Muscle) [Watch Here](#)



### U-Fix Position:

Place the U-Fix just above the belt line

### Client Position:

Stand facing away from the U-Fix, turn the body 30 degrees.

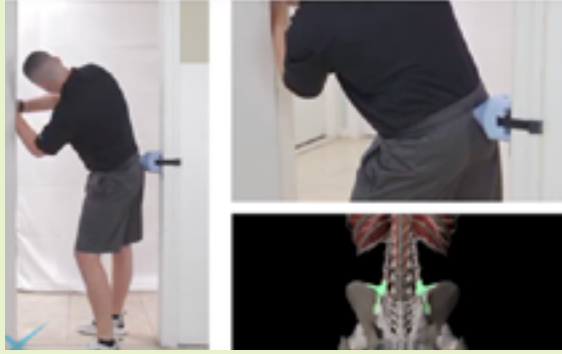
### Action:

Press the U-Fix into the muscle. Start low on the muscle, side bend to the opposite side while raising the arm overhead. At the end of side bending rotate the raised arm backward, opening the chest toward the ceiling.

Pressure is created with the hand on the opposite door jamb, the body and leg. Tension is added by side bending away from the U-Fix. Repeat this movement moving up the muscle. Hold the end position.

Repeat on the opposite side

## 05 Lumbar Iliolumbar ligament (Low back ligament) [Watch Here](#)



### U-Fix Position:

Place the U-Fix at the waistline

### Client Position:

Stand facing away from the U-Fix. Turn the body 30 degrees to gain access to the ligament.

### Action:

Press the U-Fix into the ligament. Move slowly to access the ligament through the overlying muscle. Be patient as you tension through overlying muscles. The movement is performed by side bending away from the U-fix while maintaining pressure on the ligament.

Pressure is created with the hand on the opposite door jamb, the body and leg. Tension is created on the muscle with side bending away from the U-fix. Hold the end position.

## 06 Glute Max, (Pelvic muscle) [Watch Here](#)



### U-Fix Position:

Place the U-Fix just below the waist line

### Client Position:

Stand facing away U-Fix.

### Action:

Press the U-Fix into the muscle. Start the contact at the superior end of the muscle, lift the pelvis up letting the U-Fix push the muscle toward the floor. Repeat this movement at several locations along the muscle. Move the U-Fix contact to the (midline) sacral side of the muscle and turn the pelvis to the right (treating the right). This pushed the muscle to the right. Move the U-Fix contact to the point where the muscle passes over the femur and inserts into the Iliotibial tract. Sit down on the muscle so that the U-Fix pushes it toward the ceiling.

Pressure is created with the hand on the opposite door jamb, the body and leg. Tension is added by turning the hips to the same side or lifting the pelvis to the ceiling. Hold the end position.

Repeat on the opposite side

## 07 Glute Medius, short lever U-Fix (Pelvic muscle) [Watch Here](#)



### U-Fix Position:

Place the U-Fix just below the belt line

### Client Position:

Stand with the U-Fix on the left or right side of the body.

### Action:

Press the U-Fix into the muscle. Start the contact at the superior end of the muscle, lift the pelvis letting the U-Fix push the muscle toward the floor. Repeat this movement along the length of the muscle. Move the U-Fix contact to the point where the muscle inserts into the femur. Sit down on the muscle so that the U-Fix pushes the muscle toward the ceiling.

Pressure is created with the hand on the opposite door jamb, the body and leg. Tension is added by leaning away from the U-Fix. Hold the end position.

Repeat on the opposite side.

## 08 TFL, (Pelvic muscle) [Watch Here](#)



### U-Fix Position:

Place the U-Fix just below the waistline.

### Client Position:

Stand with the U-Fix on the left or right side of the body.

### Action:

Press the U-Fix into the muscle. Make sure the muscle is relaxed. Start the contact at the Superior (Top of the pelvis) end of the muscle, side bend away. This will push the muscle toward the floor. Now move the U-fix down to the muscle's insertion, sit down on the muscle and side bend away at the same time. This will push the muscle toward the ceiling.

Pressure is created with the hand on the opposite door jamb, the body and leg. Tension is added by side bending away from the U-Fix. Hold the end position.

Repeat on the opposite side.

## 09 Quadricep with the IT band (Thigh muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix halfway down the outside of the thigh.

### Client Position:

Turn the body 90 degrees to the door jamb.

### Action:

Press the U-Fix into the space between the two structures and take the weight off the treated leg. Take the necessary pressure into the structures then turn the pelvis left (toward the hamstring) than toward the right (toward the quadricep) anticipate one direction will be tight.

Pressure is created with the hand on the opposite side of the door jamb and the non-treated leg. Tension is added by turning the pelvis to the right, or left depending on the side. Repeat this movement several times at different locations along the structures. Hold the end position.

Repeat on the opposite leg

## 10 Hamstring, U-Fix, short lever (Thigh muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix at mid-thigh position

### Client Position:

Stand facing away from the U-Fix. The heel of the treated side should be past the door jamb for the best results.

### Action:

Press the U-Fix into the muscle. Lift the heel and bend the knee. Take the necessary pressure into the muscle straighten the knee and place the heel to the floor. This may take several attempts to find the correct tension.

Pressure is created with the hand on the opposite door jamb, the body and the forward leg. Tension is added by straightening the knee and bringing the heel to the floor. Repeat this movement at different positions along the muscle. Hold the end position.

Repeat on the opposite side.

## 11 Adductors Vastus medialis (Thigh muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix at mid -thigh and inside of the thigh.

### Client Position:

Stand with the inside of the outer thigh against the U-Fix. Bend the treatment leg so as to position the muscle against the U-Fix.

### Action:

Press the U-Fix into the muscle. Sit the body down onto the muscle, this may be enough to create the desired change. If greater tension is the goal turn the pelvis right than left.

Pressure is created with the hand on the opposite door jamb and leaning the body into the muscle. Tension is added by turning the pelvis back and forth against a fixed U-Fix. If other areas on the muscle need attention try bending the knee or reposition the U-fix. Hold the end position.

Repeat on the opposite side.

## 12 Quadricep

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the knee cap

### Client Position:

Stand facing the U-Fix with the thigh against the U-Fix

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then lift the heel and bend the knee. Now with the two hands on the door jamb pull the body toward the jamb. This will straighten the knee and extend the hip.

Pressure is created by both leaning into the U-Fix as well as force from non-treating leg. Tension is added by straightening the knee and extending the hip. Repeat this movement at different spots along the muscle. Hold the end positions 2-4 seconds.

Repeat on the opposite side.



## 13 Patella Tendon

[Watch Here](#)



### U-Fix Position:

Position the U-Fix just below the kneecap.

### Client Position:

Stand facing the U-Fix with the tendon against the U-Fix

### Action:

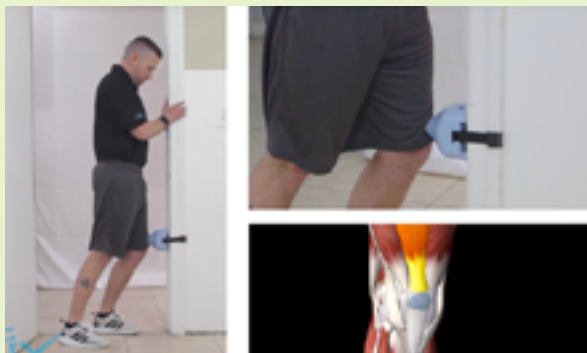
Press the U-Fix into the tendon. Take the necessary pressure into the muscle then flex (bend) the knee and hip. Now with the two hands pull the body toward the jamb this will extend the knee and hip. This may take several tries to find the perfect tension.

Pressure is created by leaning into the U-Fix. Tension is added by straightening the knee and extending the hip.

Repeat on the opposite side.

## 14 Distal Quadricep

[Watch Here](#)



### U-Fix Position:

Place the U-Fix above the knee cap

### Client Position:

Stand facing the U-Fix

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then with the two hands on the jamb pull the body into the door jamb. This pulling the body in will result in extending the hip and knee about the same time. This may take several tries to find the perfect tension.

Pressure is created by leaning into the U-Fix. Tension is added by straightening the knee and extending the hip. Hold the end position 2-4 seconds.

Repeat on the opposite side.

## 15 Hip Rotators

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### U-Fix Position:

Position the U-Fix below the waistline. The first position is toward the midline, the second position is close to the femur head (thigh-hip)

### Client Position:

Stand facing away and 30 degrees to the U-Fix.

### Action:

Press the U-Fix into the muscle. Start on the sacral (midline) side of the muscle. Take the necessary pressure into the muscle then turn the hips to the right (treating right). Now move the U-Fix contact to the femur head (thigh-hip) position. Take the necessary pressure into the muscle and turn the hips to the left (treating right).

Pressure is created by leaning into the U-Fix and the outside leg. Tension is added by turning the pelvis right and left. Repeat the movement at different positions along the rotators. Hold the end position.

Repeat on the opposite side.

## 16 Fibularis muscles (Lower leg muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix halfway down the outside of the lower leg.

### Client Position:

Stand facing 90 degrees to the U-Fix.

### Action:

Press the U-Fix into the muscle. Lift the heel on the treatment side. At the same time drop the heel and lean into the muscle.

Pressure is created with the hand on the opposite side of the door jamb, the body and the outer leg. Tension is created by lowering the heel and turning the leg. Repeat this motion at different positions along the muscle. Hold the end position.

Repeat on the opposite side.

## 17 Gastrocnemius, (Lower leg muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix halfway down the backside of the lower leg.

### Client Position:

Stand facing away from the U-Fix.

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle, then raise the heel and bend the knee. Now lower the heel and straighten the knee.

Pressure is created with the hand on the opposite side of the door jamb and the non-treated leg. Tension is added by straightening the knee and lowering the heel. Perfect tension on the muscle is one that allows the knee and the heel to finish their motions at the same time at the desired depth. This may take trial and error to achieve the optimum results. Hold the end position.

Repeat on the opposite side

## 18 Tibialis anterior and deep extensors, (Lower leg muscles)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the ankle.

### Client Position:

Stand facing the U-Fix

### Action:

Press the U-Fix against the muscle. Raise the Heel minimally. Take the necessary pressure into the muscle then lower the heel to the floor. Further tension can be added by turning the calf left than right.

Pressure is created with the back leg. Tension is added by first lowering the heel and if needed turning the body left than right. Hold the end position.

Repeat on the opposite leg.

## 19 Upper and Lower Medial Scapula, (Shoulder muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix between the Shoulder blades at collar bone height.

### Client Position:

Stand facing with the back to the U-Fix.

### Action:

Press the U-Fix against the muscle. Start at the spine side of the muscle. Take the necessary pressure on the muscle than turn the hips to the right (treating the right). Now move the contact to the scapula (wing bone) side of the muscle. Take the necessary pressure on the muscle and turn the hips to the left (treating the right).

Pressure is created with the outstretched arms on the opposite door jamb and the legs. Tension is added with turning the hips to the right than the left.

Repeat the movement at different contact points along the muscle. Hold the end position.

Repeat on the opposite side.

## 20 Posterior Shoulder, (Shoulder muscle)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix Three inches below the height of the shoulder.

### Client Position:

Stand facing 90 degrees to the U-Fix, with the back of the shoulder against the U-Fix.

Raise the shoulder to 90 degrees and elbow at 90 degrees

### Action:

Press the U-Fix against the muscle. Take the necessary pressure into the muscle than move the abducted arm and bent elbow into internal rotation (palm to the floor) and adduction (across the chest) Repeat this movement adding more pressure as you go.

Pressure is created with force from the outer leg and leaning the body into the muscle. Tension is added with internal rotation and adduction of the shoulder. Hold the end position.

Repeat on the opposite side.

## 21 Lateral Shoulder, (Shoulder muscles)

[Watch Here](#)



### U-Fix Position:

Position the U-Fix at shoulder height.

### Client Position:

Stand facing 90 degrees to the U-Fix with the treatment shoulder against the U-Fix.

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then side bend away from the U-Fix.

Pressure is created with the hand on the opposite door jamb and outer leg. Tension is added with side bending. Repeat several passes. Hold the end position.

Repeat on the opposite side.

## 23 Biceps

[Watch Here](#)



### U-Fix Position:

Position the U-Fix halfway down the upper arm.

### Client Position:

Stand facing the U-Fix.

### Action:

Press the U-Fix against the muscle with the elbow bent and the fingers hooked onto the door jamb. Take the necessary pressure on the muscle, then straighten the arm. Use the grip of the fingers on the door jamb to help with extend the elbow.

Pressure is created with the body and the back leg. Tension is added with straightening the elbow. Hold the end position.

Repeat on the opposite side.

## 22 Anterior Shoulder: Anterior Deltoid, Coracobrachialis

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 2-3 inches below shoulder height.

### Client Position:

Stand facing the U-Fix, with the treatment shoulder against the U-Fix.

### Action:

Start by pressing the U-Fix into the front of the shoulder. Now bring the treatment arm up to 90 degrees and the elbow to 90 degrees. Let the fingers rest on the door jamb, this will help relax the muscles around the treatment site. Take the necessary pressure into the muscle then turn the chest to the right (toward treatment shoulder) this will push the muscle toward the chest. Hold the end position.

Repeat on the opposite side.

## 24 Triceps

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### U-Fix Position:

The U-Fix mid upper arm.

### Client Position:

Stand facing away from the U-Fix with the back of the arm against the U-Fix

### Action:

Start by pressing the U-Fix into the triceps. Take the necessary pressure into the muscle then use the opposite hand to flex (wrist to shoulder) Repeat this procedure at several spots along the muscle.

Pressure is created with the opposite hand against the door jamb and the forward foot. Tension is added by bringing the hand to the shoulder. Hold at the end position.

Repeat on the opposite side



## 25 Triceps Septum

[Watch Here](#)



### U-Fix Position:

Place the U-Fix 2-3 inches above a straighten elbow.

### Client Position:

Stand with the U-Fix positioned at the side of the upper arm.

### Action:

Start by leaning the U-Fix into the side of the upper arm, between the bicep and the triceps. With the arm straight lean toward the back of the arm. Using the opposite arm (non-treatment arm) flex the (treatment) arm (bring the wrist to the shoulder). Now with the arm bent lean toward the front of the arm. Using the opposite arm (non-treatment) to extend the (treatment) arm, straighten the elbow.

Pressure is created by leaning the body into the upper arm, tension is created by passively flexing then extending the elbow. Hold the end position.

Repeat on the opposite side

## 26 Wrist Extensors

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 3-4 inches below the extended elbow.

### Client Position:

Stand with the U-Fix on the outside of the forearm, elbow bent at 90 degrees. The forearm is halfway between pronation and supination (palm down and palm down).

### Action:

Start by pressing the outside of the forearm against the U-Fix, elbow bent and hand supported by the hand. The elbow is tucked against the side of the body for support. Take the necessary pressure into the muscle, then turn the hips forward than backwards feeling for the direction that finds the greatest resistance.

Pressure is created by the back leg. Tension is added by alternately turning the hips left and right. Repeat along several tight areas. Hold at the end position.

Repeat on the opposite side.

## 27 Hand

[Watch Here](#)



### U-Fix Position:

Position the U-Fix at elbow height

### Client Position:

Stand facing the U-Fix, with the base of the thumb against the U-Fix.

### Action:

Start by pressing the U-Fix into the muscle.

Pressure is created with body weight and the back leg. See video to view the structures and movements.

## 28 Pronator and forearm flexors

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 5 inches below the elbow.

### Client Position:

Stand with the U-Fix on the inside of the forearm, elbow bent at 90 degrees. The forearm is halfway between pronation and supination (palm down Palm up).

### Action:

Start by leaning the U-Fix into the muscle. Start close to the wrist. Take the necessary pressure into the muscle, then turn the hips left and right. Repeat this procedure at different spots along the forearm, moving toward the elbow. As the U-Fix contact approaches the elbow the Pronator Teres will butt up against it. Press and hold the U-Fix into the Pronator muscle, while turning the palm toward the ceiling.

Pressure into the U-Fix is created by body weight and the outside leg. The tension along the muscle is added by turning the hips forward and backward movement. Tension is added at the Pronator Teres with pronation and supination (palm down palm up).

Repeat several times.

Repeat on the opposite forearm

## 29 Serratus Posterior Inferior

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the belt line, two inches lateral to the spine.

### Client Position:

Stand with the back against the U-Fix.

### Action:

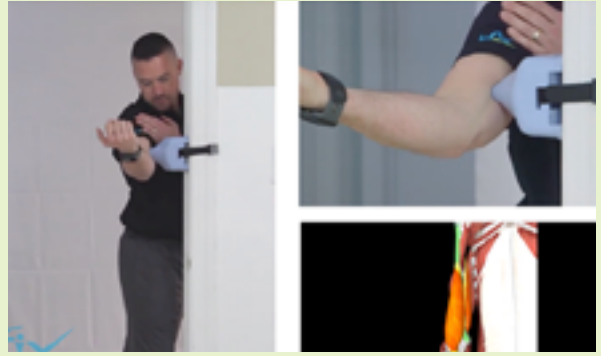
Start by pressing the muscle into the U-Fix. Bend forward and away from the treatment side and at the same time bring the arm (treatment side) across the chest. Take a full exhale and hold it.

Pressure is created with the hand and the foot. Tension is added by turning the body and adducting the arm. Repeat with several turns on one spot, then move the U-Fix outward along the ribs and repeat. Hold the end position.

Repeat on the opposite side.

## 31 Medial Upper Arm

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 10 inches above the belt line

### Client Position:

Stand facing the U-Fix with the inside of the upper arm against the U-Fix.

### Action:

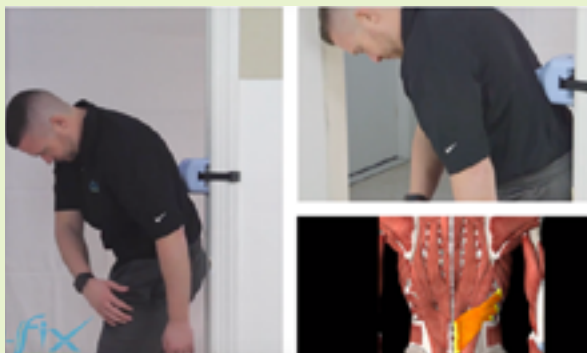
Press the U-Fix into the muscle. Take the necessary pressure into the muscle then straighten the arm.

Pressure is created with the arm and the outside leg. Tension is added by extending the arm. Repeat with moving the U-Fix closer to the shoulder. Hold the end position.

Repeat on the opposite side.

## 30 Supinator

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the belt line

### Client Position:

Stand at 90 degrees to the U-Fix with the outside of the forearm against the U-Fix and the hand halfway between supination and pronation (palm up and palm down).

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then with the palm in neutral position turn the palm toward the floor. When the palm is fully pronated (palm down) turn the hips first forward then backward to add tension to the muscle.

Pressure is created by both leaning into the U-Fix and the outside leg. Tension is added by turning the palm down toward the floor and moving the hips forward then backward. Hold the end position.

Repeat on the opposite side.

## 32 Anconeus

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the belt line.

### Client Position:

Stand with the U-Fix at 90 degrees to the body, elbow slightly flexed, palm facing up. The U-Fix will contact the outside of the forearm, close to the elbow.

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then bring the hand to the shoulder. The hand can be raised actively or passively with the non-treatment hand.

Pressure is created by leaning the body into the U-Fix and the outside leg. Tension is added by bringing the palm to the shoulder. Hold the end position.

Repeat on the opposite side.

## 33 Distal Ulna - Pronator Quadratus

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 2-4 inches above the belt line

### Client Position:

Stand facing 90 degrees to the U-Fix with the inside of the outer forearm against the U-Fix

### Action:

Press the U-Fix into the muscle.

Pressure is created by leaning into the U-Fix and the outer leg. Tension is added by moving a flexed elbow in then out. The movement of the wrist outward can also assist the movement. Hold the end position.

Repeat on the opposite side.

## 34 Pectoralis major

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 3-5 inches below the top of the shoulder

### Client Position:

Stand facing the U-Fix with the inside of the chest against the U-Fix

### Action:

Press the U-Fix into the muscle. Several movements and positions are needed to stretch these muscles. The first position will start with the U-Fix close to the sternum (breast bone). Take the necessary pressure into the muscle then turn the chest to the left, pushing the muscle toward the shoulder. The second position moves the U-Fix laterally toward the shoulder, now raise the arm. Take the necessary pressure into the muscle then with the raise arm reach up and behind the body. This pushes the muscle toward the chest. The last position is directed toward the pectoralis minor. This muscle lies deep to the pectoralis major. Place the U-Fix on the lateral chest wall close to the shoulder but short of the clavicle. Take the necessary pressure into the muscle then turn the chest away from the shoulder, finish this motion, then retract, (squeeze the shoulder) into the spine.

Pressure is created by leaning into the U-Fix. Tension is added by turning the chest or by extending the shoulder. treatment side into the U-Fix and the opposite side away. Hold the end position.

Repeat on the opposite side

## 35 Rectus Abdominus

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 2-4 inches above the line.

### Client Position:

Stand facing the U-Fix, one foot is forward and the other behind.

### Action:

Press the U-Fix into the muscle, Take the necessary pressure into the muscle then extend the spine (bend backward), To maintain pressure against the muscle pull the body in toward the U-Fix while the spine extends.

Pressure is created with the legs. Tension is added by extending the spine. Repeat in different positions. Hold the end position.

Repeat on the opposite side.

## 36 Transverse Abdominal

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 2-4 inches above the belt line.

### Client Position:

Stand with the U-Fix positioned on the side of the body.

### Action:

Press the U-Fix into the muscle. Take the necessary pressure into the muscle then side bend away from the U-Fix.

Pressure is created by leaning the body into the U-Fix. Tension is added by lateral flexing away from the U-Fix. Repeat the stretch moving upward. Hold the end position 2-4 seconds.

Repeat on the opposite side.

## 37 Abdominal Obliques

[Watch Here](#)



### U-Fix Position:

Position the U-Fix 4-6 inches above the belt line

### Client Position:

Stand with the U-Fix on the side of the body.

### Action:

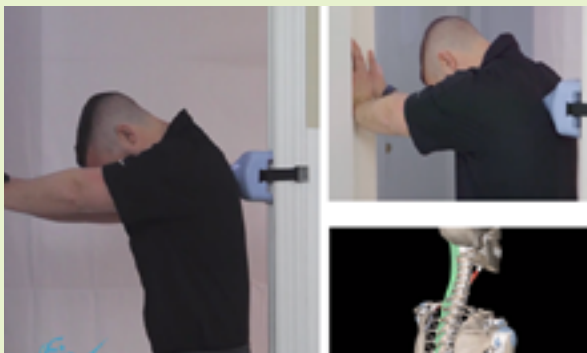
Start by pressing the U-Fix into the muscle. Take the necessary pressure into the muscle then hold the position and turn the hip to the right. Now move the U-Fix closer to the midline take the necessary pressure into the muscle and turn the hips to the left.

Pressure is created with the body and the foot. Tension is added by turning the body right first then left. Hold at the end position.

Repeat on the opposite side.

## 38 Thoracic and Cervical ligaments

[Watch Here](#)



### U-Fix Position:

Position the U-Fix below the base of the neck.

### Client Position:

Stand facing away from the U-Fix.

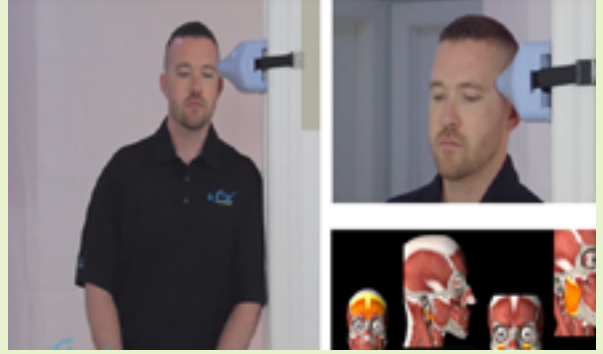
### Action:

Press the U-Fix into the spine, and onto the ligaments. Take the necessary pressure into the ligament, then flex (chin to the chest) the neck forward followed by the upper back (thoracic spine). Repeat this motion at the second contact point along the cervical spine (neck).

Pressure is created by leaning into the U-Fix. Tension is added by flexing the chin to the chest. Repeat the movement several times and in alternate locations along the spine. Hold the end position.

## 39 Head

[Watch Here](#)



### U-Fix Position:

Position the U-Fix below the level of the forehead.

### Client Position:

Stand facing the U-Fix, both hands out in front on the door jamb.

### Action:

Press the U-Fix into the forehead.

Pressure is created by leaning the head into the U-Fix. Tension is added by turning the head left, right, up, down. The key here is looking for resistance. Hold the end position.

### Client Position:

Stand at 90 degrees to the U-Fix

### Action:

Press the U-Fix into the side of the head.

Pressure is created by leaning into the U-Fix. Tension is added by turning left, right, up, down. The key here is looking for resistance. Hold the end position.

### Client Position:

Stand facing away from the U-Fix

### Action:

Press the U-Fix into the muscle.

Pressure is created by leaning into the U-Fix. Tension is added by turning left, right, up, down. The key here is looking for resistance. Hold the end position.

### Client Position:

Stand facing away from the U-Fix.

### Action:

Press the U-Fix into the muscle.

Pressure is created by leaning into the U-Fix. Tension is added by turning left, right, up, down. The key here is looking for resistance. Hold the end position.