



BAREFOOT
Masters

ASHIATSU BAR STRETCH

Home Study



WRITTEN BY: ©2017 MICHELLE D. MACE

Ahh...shiatsu® Bar Stretch Home Study

written by

Michelle Mace-Lambert

BAREFOOT  MASTERS

*4861 Hickory Wood Drive
Naples, FL 34119*

239-352-8200

BarefootMasters@gmail.com

Mission Statement:

The world needs more massage.
We save hands, so massage therapists can save the World!

*How Beautiful on the Mountains are the
Feet of Those Who Bring Good News.*

Isaiah 52:7

Florida CE Provider #: 50-2045
NCBTMB #403532-0

Web Site: <https://TheBarefootMasters.com>

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4861 Hickory Wood Drive Naples, FL 34119 239.352.8200

Dear Practitioners:

Thank you for choosing Barefoot Masters® for your Ahh...shiatsu® Stretch Massage Home Study Course. All modalities offered by Barefoot Masters® are dedicated to preserving the hands, body and spirit of massage therapists. The intention of this course is to offer the maximum support to learn this unique method of massage.

After repeated requests for home studies for barefoot technique, The Barefoot Masters® decided to design a home study program for the busy therapist to work at his or her own pace. When using the manual in conjunction with the Video, this home study program has both visual and auditory benefits to enhance each individual's learning experience. This routine is approximately 50-60 minutes in length.

During this course, you will apply the strokes of each movement as directed. Every therapist works at a different pace so the speed of the strokes can be modified to fit your style.

Having been a therapist since 1997 and an instructor since 2001, I have a deep respect for the practice of massage and take seriously the responsibility of educating others in these new methods of healing arts. To this end, I have made the enclosed materials as clear and comprehensive as possible and arranged the study schedule to give you the utmost benefit from the course. It is my desire to add to your skill and knowledge while maintaining the integrity of the Ashiatsu Stretch technique.

Furthermore, Barefoot Masters®, Inc. accepts no liability for misunderstandings of the applications for Ashiatsu Stretch Massage.

With warmest wishes,

A handwritten signature in black ink that reads "Michelle Mace Lambert".

**Michelle Mace
Founder of Barefoot Masters®, Inc.**

Meet Your Instructor

Michelle Mace-Lambert



LMT, CFT, FSMTA,
NCBTMB,
DSA, AMTA, ABMP, MA24345

Michelle hopes to inspire and empower therapists to add diversity to their work by enhancing their career with these new and exciting techniques.

Michelle D. Mace-Lambert, a licensed veteran of massage therapy since 1997. She traveled to Asia and studied with the master himself—Prahbat Menon from Kerala, India. He wrote the only book on the subject of Chavutti Thirummal. She has also studied with Ruthie Hardee, now called Deep Feet. She has also trained with Lolita Knight of Fijian massage. She was an instructor for both parties.

Since then Michelle has developed her unique style. She is CEO and founder of the Barefoot Masters®. Barefoot Masters® develops continuing education materials. It is her ultimate goal is to save the hands of massage therapists. Michelle has the vision to see all therapists using these hand-saving techniques. She further developed the Fijian, Ashiatsu Stretch and Bamboo Massage. Each is suitable for the office and mobile-house calls.

Michelle's diverse experiences include training therapists for the so the top resorts. These resorts include the Ritz Carlton, Marriott, and Hyatt. She has been training licensed massage therapists since 2001.

The Barefoot Masters® devotes all CE courses to save the hands of massage therapists. She has presented at both the AMTA and FSMTA convention. Michelle is eager to design more programs that provide a lasting future for LMT's.

Michelle knows from personal experience how these hands-saving modalities save careers. They enable therapists to offer unique deep tissue work. These result in satisfying reviews from clients. In turn, they leave the massage therapist pain-free. These methods provide relaxing deep tissue massage for the client. And the massage therapist avoids injuries to their hands.

Until now, massage therapy techniques benefited the client. But the sad truth is, it was at the expense of the therapist. In the past, there were few options available. Well not anymore.

Course Outline

You will learn the history of barefoot massage, contraindications of, benefits of, and the care and exercise of the feet in order to keep the feet in the proper condition for barefoot massage. Most of the course time will be devoted to the application of barefoot technique. We will cover how to market this technique. The course ends with a quiz on-line. If you have purchased the hard copy of the course, go to <https://TheBarefootMasters.com> and Login to your account where you will find your test and evaluation. The certificate can be downloaded and printed out. For the on-line course just finish the lesson for the test. There is a \$10. fee for a hard copy of the same certificate mailed in the US and \$25. outside the USA.

Through the days of the course you will receive:

History
Contraindications and Benefits & Quiz
Proper foot care and exercise of feet
Hands-on application
Marketing
Bar Installation

****Certification - Upon successful completion of the enclosed materials**

You will need:

Set of Ashiatsu Bars
Massage Table with Face Cradle.
Stool
Queen size pillow to bolster legs
Sheet for table and face cradle cover
Antibacterial wipes - Use WetOnes™ antibacterial wipes
Table Heater (Optional but recommended for client comfort) An outlet.
One client

Ashiatsu Stretch Contraindications

Ashiatsu Stretch Massage uses both light and deep pressure. The pressure used will determine the contraindications. As a general rule, "If you are not going to do it with your hands, then you are not going to apply it with your feet. Make educated choices based your training and expertise. However, whenever in doubt of a client's condition, say "No!" Always err on the side of caution. It is impossible to list every contraindication, so I recommend referring to *A Massage Therapist's Guide to Pathology*. It is listed in the bibliography at the back of this manual. Listed below are some contraindications or when care should be taken for doing Ashiatsu Stretch massage.

- Acute Injury
- Broken Bones or Fractures
- Bruises or Hematomas – Purplish to yellowish areas created by trauma to the blood vessels in the skin.
- Conditions in acute stages
- Connective Tissue Disorders
- Deep Pressure on: Popliteal area, bony prominences, directly on spine, elbows, on backs of clients with large breasts.
- Diabetes - Care should be taken.
- Excessive Pain When Stretching
- Frail Elderly - Care should be taken.
- Getting a doctors recommendation, but be advised of your own responsibilities and liabilities, even when given a prescription
- Hemophilia – Condition of blood not coagulating or on anticoagulants
- Joint Instability
- Medications that inhibit sensation
- Over Stretching

Ashiatsu Stretch Contraindications, continued

- Phlebitis, Thrombosis, Varicose veins
- Pinching clients by stepping on them
- Pulling clients hair during neck stretching
- Pregnancy
- Osteoporosis (severe) – Brittle bones.
- Pinching client's skin by stepping too close
- Recent Surgeries
- Rheumatoid Arthritis
- Skin infections or ulcerations
- Stepping over a client's face
- Swollen or inflamed areas

Care of the Feet

Proper maintenance of the feet is imperative to this work. You should have a monthly pedicure or wear socks when performing Ashiatsu Stretch. Foot exercises will keep the feet flexible. Have a pumice stone in the shower to eliminate callous buildup. Keep a wide nail file handy for filing heels and a small one for toenails. Using glycolic products on the feet on a daily basis helps to keep feet soft. The following are exercises that will help maintain flexibility:

- Pick up small stones or pencils with toes
- Toe raises — raise only toes
- Foot lifts — raise just top of the foot, leaving heel down
- Toe stretches — curl toes under and press
- Foot flexion — flex back toes and press
- Top of foot stretch — curl toes under and push on top of foot
- Walk on the lateral and then medial insides of the feet
- Calf lifts — lift up on toes with both feet, then one at a time
- Sit on floor and trace alphabet with both feet
- Using hands, manipulate toes one at a time; stretch toes, curling under, then flex back and spread
- For Anma roll, use a roll of toilet paper to practice

Feet need to be sanitized before a treatment. Use antibacterial wipes suitable for skin such as WetOnes[®]. Make sure the stool is properly sanitized because this is easy to overlook. A heating pad nearby can help with cold feet.

Ahh...shiatsu® Stretch Routine Outline

Anterior Routine Mount Table

Warm Up Foot Presses – Press tops of feet.

Leg Presses - Press up and down legs .Inside and Outside 45 degree

Cross Over Leg Lift & Circles - Cross feet over, lift and make circles.

Double Leg Circles - Place arch of foot on both ankles of client, make circles.

Straight Leg Overhead Stretch w/Circles- Push client's feet over their head.

Bent Knee Ham Press -Hold ankle and press hamstring w/foot & stretch forward.

Crossover Ham Stretch -Place knee on hamstring & press toward opposite side.

Tiffany Circles - Rest clients ankle on knee & make circles.

Figure 4 Twist –W/ankle on knee, step over client knee at waist & straighten leg.

Hanging Sacrum Hook -Drop leg and lean out. Hook heel around sacrum.

Pelvic Press - Place foot to opposite pelvic bone and press.

Eiffel Tower Stretch - Pick up arm and pull arm to lift client to stretch.

Stick Knee Arm Stretch - In same position press upper inner leg to ankle & stretch.

Opposite Shoulder Press - Drop arm & press opposite shoulder.***Bent Knee Ham Press.**

Straight Leg Stretch -Step over inside clients straight leg & gently straighten leg. Switch.

Straight Leg w/Fig 4 Stretch - Place in Fig 4. Step over bent knee & lean forward. Switch

Horizontal Fig 4 Pelvic Press –Place in Fig 4. Press inner leg & opposite crease.

Double Plow Press - Press both knees into client's hamstrings & lean forward.

Suitcase Stretch -Place both feet on abs. Pull clients arms and lift to stretch.

Folded Suitcase Stretch - Fold legs across each other and pull arms & lift.

Rock-A-Bye-Baby - Rock legs . Step across legs & put on Abs. Lean forward.

Ab Circles - W/foot make gentle clockwise circles.

Ab Roll - Gently do the wave with foot over abs.

Diaphragm Stretch - Put shape of foot under ribs. Switch feet & press other ribs.

Psoas stretch - W/back to client place flexed toes gently in Psoas.

Waist Grinder - At waist lift up waist on one side and then other.

Sternum Stretch - With heel gently dorsiflex foot away from sternum.

***Anterior Arm Press** - Press up arm perpendicular to upper arm & press parallel.

Anterior Shoulder Press - Press across armpit.

Overhead Arm Press - Lift arm overhead and press under arm.

Telephone Arm Press - Bend arm at elbow and put hand on ear and press.

Tricep press - Bend arm and hand back and press tricep with knee.

Arm Traction - Hold client's wrist. Place foot on armpit and gently pull.

Cross Over Arm Press - Place arm across chest and press bicep w/flat foot.

Subscapularis - Hold thumb w/toes. Work w/plantar flexed toes. Repeat * **Anterior Arm Press**

Neck Stretch - Lift heel & push client's head to shoulder & then to the other.

Neck Traction- Put foot under hollow of neck and turn foot over toward wall. Sit on Stool

Double Shoulder Press - Place arches of feet on shoulder & push heels down.

Head/Neck Traction -W/arches of feet on shoulders, pull head & neck back & to side.

Ahh...shiatsu® Stretch Routine Outline

Dismount Table and Sit on Stool

Posterior Routine Start at Client's Feet:

Warm Up Foot Presses – Stand at end of table. Press the soles of the feet

Posterior Medial Leg Presses - Stand inside client's legs & press up & down.

Posterior Lateral Leg Presses- Face lateral side of legs & press up & down.

Posterior Lateral Leg Stretch - Put foot on ankle & one on gluteal fold, stretch.

***Bent Knee Shin Circles** - Use inside knee. Place on sole of foot & make circles.

Psoas Stretch Lift - Put foot on Glute & foot under Quad. Lift foot at ankle.

Psoas Lean Out Stretch -w/Ft at hip & Ft under Quad, lean out, pull leg towards you.

Adductor Stretch - Ft under both quads. Hold ankle & push bent leg to side of table.

Horizontal Fig 4 Press - Put Ft next to knee, press glutes, back & IT

Horizontal Fig 4 Stretch- Put Ft on knee crease, lift ankle, stretch.

Double Quad Stretch - Cross feet of bent legs. Press knees into ankles, lean forward.

Inside Double Quad Stretch - Feet into back crease of knees & press forward.

Seated Bar Back Press - Sit on feet. Hold bars & dorsiflex heels up & down back.

Seated Cobra Pec Stretch - Sit on feet and pull on wrists to lift client to stretch.

Seated Cobra Pec Stretch Vary- Sit on glutes, arms on waist. Pull shoulders to lift.

Scissor Stretch - Pick up leg, straddle. Put leg below knee. Press glute to stretch.

Stair Step Glute Press - Stair step up & down glute to glute fold. Repeat a few times.

Gluteal Fold Stand - Stand with both feet across gluteals folds and hold.

Spencer Special - Both Ft on glutes, lean forward w/balls of Ft to push back sacrum.

Waist Grinder - Straddle client. Lean over & lift waist and hip. Lean over other side.

***Posterior Arm Presses** - Press across lower arm up to upper arm, then press parallel.

Handcuff Scap Press -Arm behind back. Secure arm with one Ft and press scap w/other Ft.

Straight Arm Scap Press - W/ arm flat on table press scapula with foot. ***Arm Press**

Dismount Stool

Reverse Telephone Press - Turn bent arm around & up to place hand. Press under arm.

Bicep Press - Hold arm in an L Shape. Gently press Biceps with foot. ***Repeat Sequence.**

Double Trap Shoulder Press - Both arch on shoulder and press.

One-Sided Double Trap Shoulder Press - Press w/Ft on one-side of shoulder,

Occipital Hook - Hook heels of flat/Ft on occipital protuberance & pull ankles back.

Ashiatsu Bar Systems

Things to consider before suspending bars from the ceiling:

How high is the ceiling?

What kind of ceiling is there?

What is above the ceiling and can it be accessed?

Can supports be anchored into what is above the ceiling?

Can I do this myself? If you are a carpenter, yes. If not, this is not a course in carpentry.

Things to consider before installing bars supported by an external frame:

Are walls available to anchor 2 X 4 or 2 X 6's vertically and horizontally?

What are the dimensions of the room?

Can I do this myself? If you are a carpenter, yes. If not, this is not a course in carpentry.

Bar Installation

There are many ceiling situations, and varied ways to install bars. There are ceilings that are high or low; ceilings with studs you can access and those you cannot. There are also commercial drop ceilings, with a wide range of spaces above them. And, there are also ceilings composed of concrete.

There are five schematics for the bar installation. Two that use ceiling supports, and three that use alternate support systems.

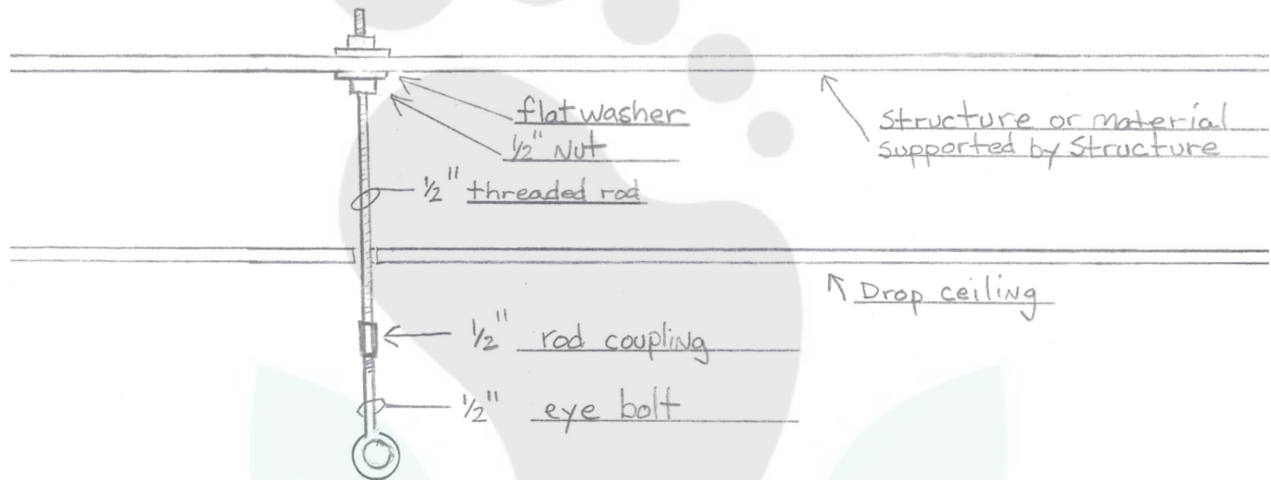
It is not necessary to hire a general contractor to install the bar systems. A competent carpenter or someone with good mechanical skills is adequate.

If the installer looks at the schematics and doesn't understand them, then perhaps you need someone with more skills. Barefoot Masters[®], Inc. accepts liability for installation of bars or their use. Even though the wood dowel schematics have been used for more than 10 years without problems, it is the responsibility of the installer to make sure bars safely support the weight of anyone using them. I recommend at least a 250 pounds or more load test.

Bars should be 12-14 inches apart, full length of table, and preferably anchored to the wall that stool is against. The height of the table at which you normally use it + therapists height + 1-inch. If the ceiling is really low then you will need to adjust your table.

Bar Installation continued

Commercial drop ceilings with wooden bars: (refer to diagram below)



2 Wood Pine Dowels (1 $\frac{1}{4}$ to 1 $\frac{5}{16}$ inches in diameter and 12 feet long), cut each for an eight foot usable length and then spaced 12-14 inches apart

6 to 8 Eyebolts with bolts (UPC #O-30699-14586-7); For every 24-27 inches, 12 inches from end

If eyebolts are not available, holes can be drilled directly through wood dowels and machine-threaded rods can be inserted and secured with a nut on each end. Refer to picture on page 75.

6 to 8 screws

6 to 8 nuts

Optional: Threaded rods (can be cut to appropriate length depending on your ceiling)

6 to 8 threaded rod couplers

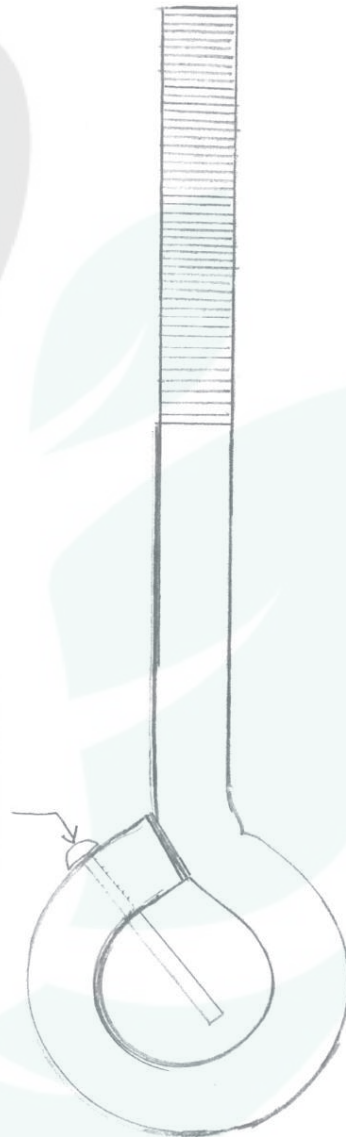
Wood dowels can be purchased and cut for you at Home Depot or similar stores. You want to hand check each dowel for splinters and cracks. You should lay your dowel on the floor and make sure it's straight and not warped.

Sanding the bars is also something that should also be done. Do not paint or varnish wood dowels.

Bar Installation continued

Eye bolts come in different lengths: 8,10 and 12 inches long. Eye bolts need to be spaced 24-27 inches apart, beginning 12 inches from end. You need to have holes pre-drilled into the eyebolts before installing them. Make sure when you are in the lumber store to see if the dowels fit nicely through the eyebolts (see diagram below.)

Drill hole through eyebolt and insert a machine or wood screw.



Drill hole through eyebolt for machine screw. Then drill holes into the trusses and slide the threaded part of the eyebolt through and bolt it from both sides. Slide the bars through the eyebolts and put in the screws.

Bar Installation - continued

Metal machine-threaded rods can be purchased and cut to the appropriate length. Rod couplings can be used to attach the rods to the eyebolts. Care needs to be taken in drop ceiling situations to insure stability from up and down movement and side to side swing. The farther the bars extend down from the ceiling, the more sway they will have. To eliminate this problem, attach brackets across to each rod; take a piece of wood, drill dowel-rod sized holes, and secure them directly into wall studs. (See photos below.)

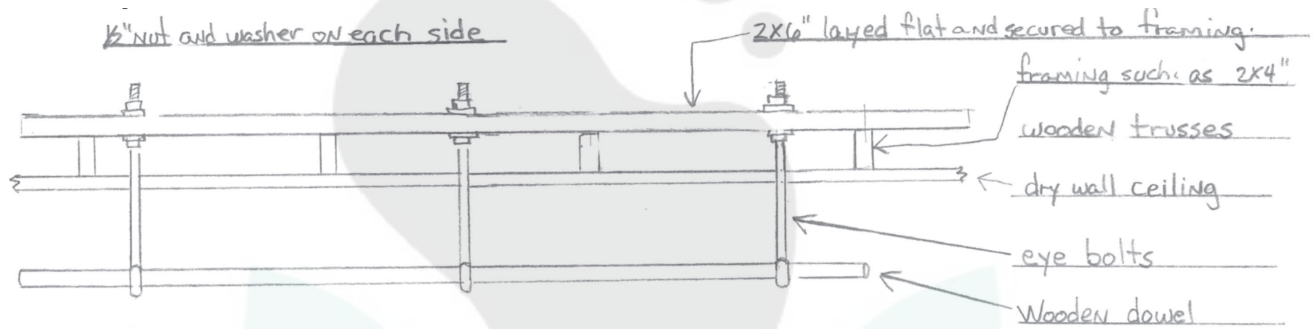


If eyebolts are not available, holes can be drilled through dowels and machine threaded rods can be inserted and secured with a nut on each end. (See photo at left.)

Bar Installation - continued

Ceilings with accessible trusses:

Materials and instructions are the same as Commercial Drop Ceilings (pages 73-75.)



Bar Installation - continued

Metal Pipe Bars (situation: No ceiling supports, high ceilings, large or small rooms)

2 x 6 boards; varying lengths

12 Screws

24 wood screws

Stud Anchors

1 1/2 inch metal pipe; varying lengths (for looks, can be painted after installation)

All bars need to be secured with a screw to keep them from turning.

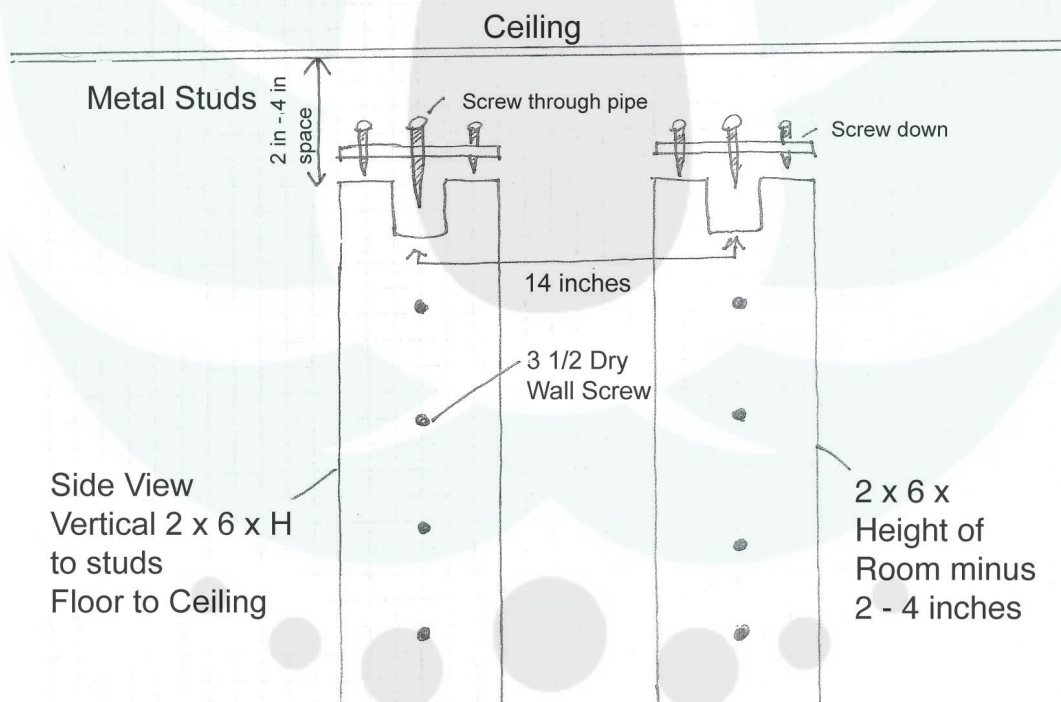
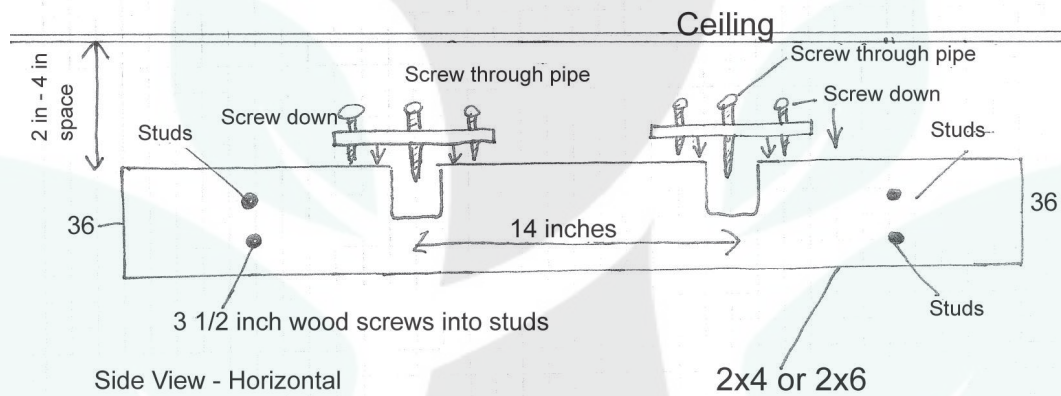
For walls that have wooden studs. (See below)

For walls that have metal studs. (See below)

Metal Bars - Needs no center supports to span 10 ft to 12 ft

Wooden Studs

Leave 2 inches to 4 inches between ceiling and bars



Bar Installation - continued



Metal Bars



Bar Installation - continued

Internal Loft Frame: Very high ceilings, very large room, and no ceiling support. (See below and next page. Refer to previous section for Commercial Drop Ceilings with Wooden Bars for additional information.)

Equipment list:

2 X 4 or 2 X 6 boards in varying lengths

2 Wood Pine Dowels (1 $\frac{1}{4}$ to 1 $\frac{5}{16}$ inches in diameter and 12 feet long), cut for an eight foot usable length and then spaced 12-14 inches apart

6 to 8 Eyebolts with nuts (UPC #O-30699-14586-7)

6 to 8 machine screws

Box of screws to attach supports to wall

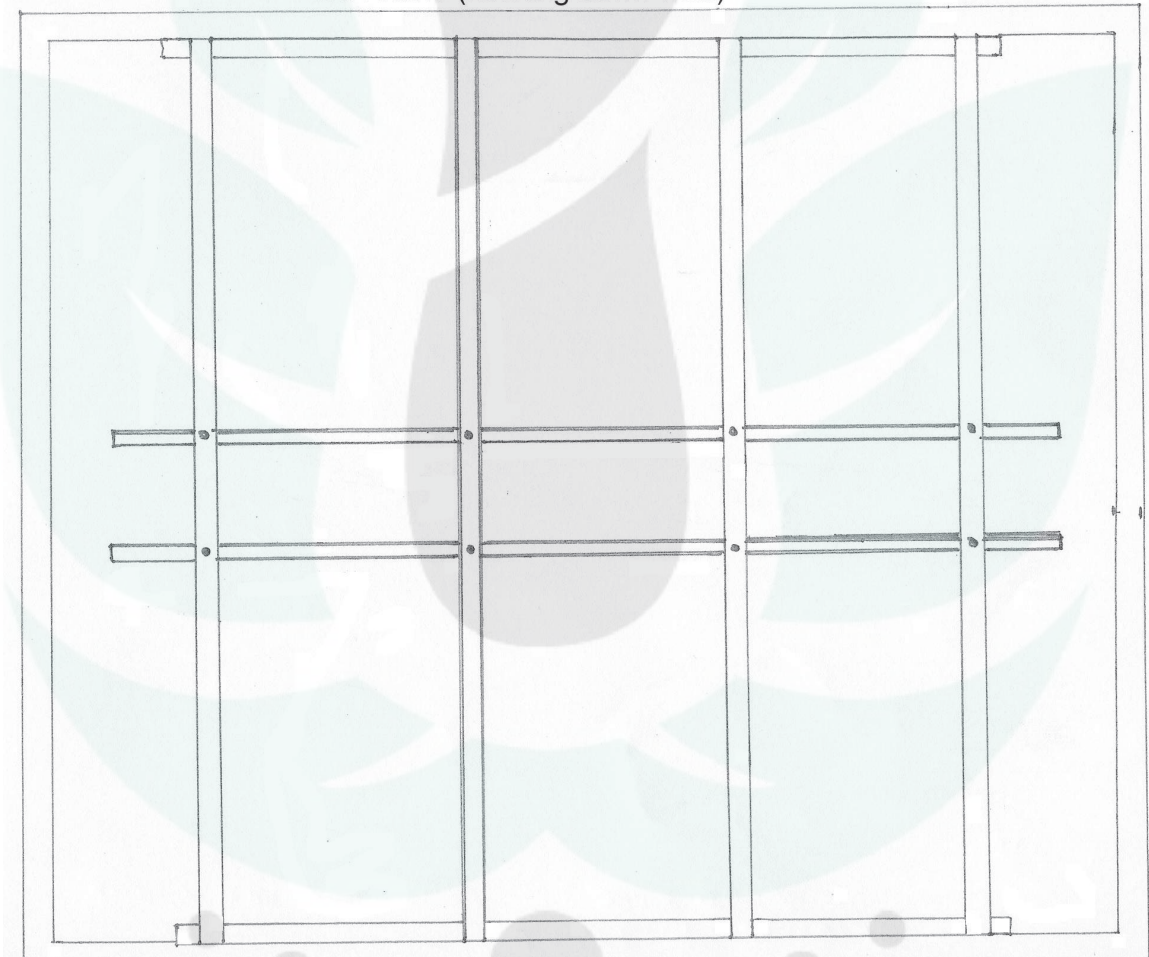
6 to 8 nuts

4 threaded rod couplers

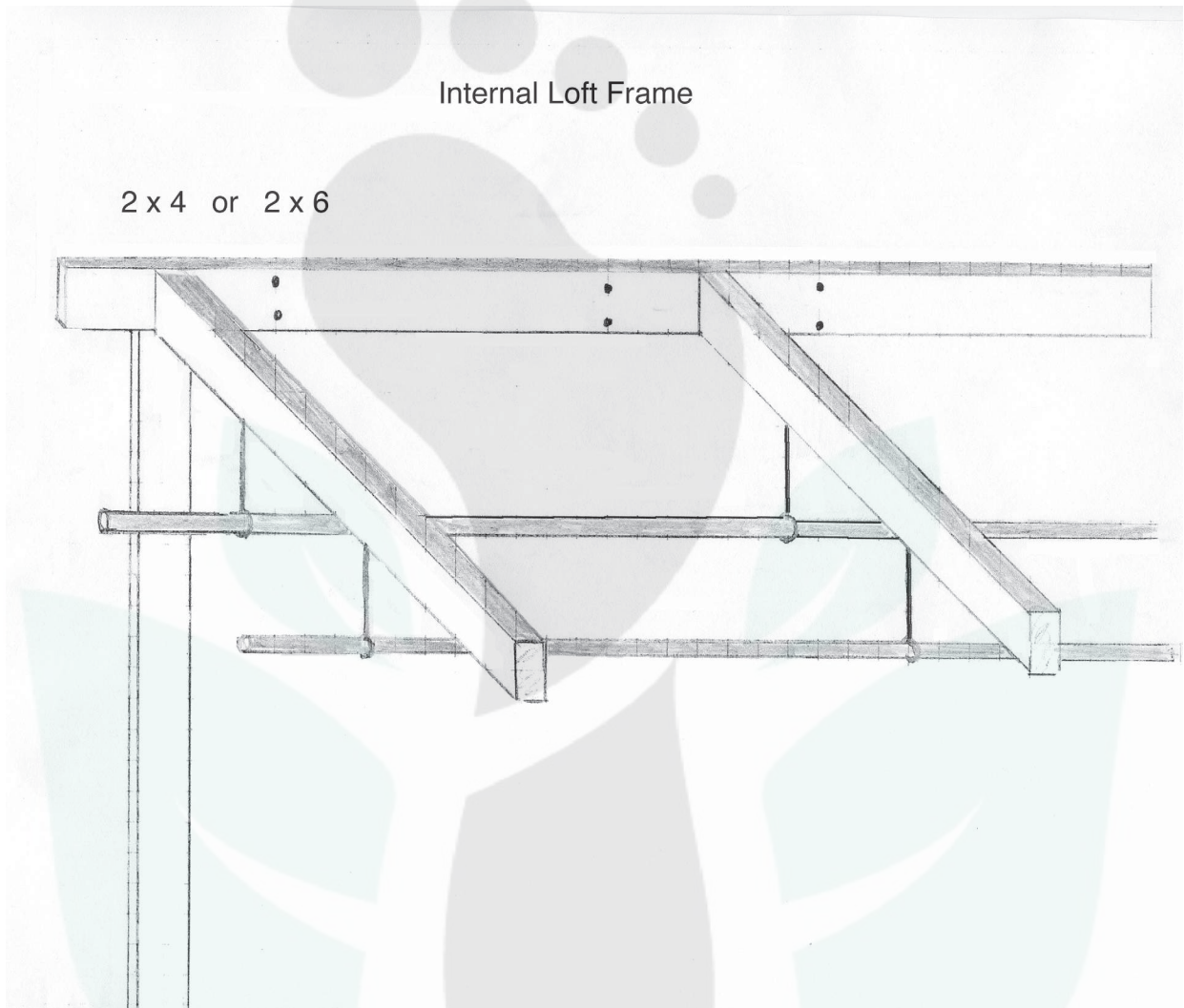
Machine threaded rods (may be needed)

Use 2x4 or 2x6 boards to create an internal support for handling bars. Wooden bars will need to be supported every 24 to 27 inches, starting 12 inches from end, with eyebolts anchored into overhead beams. This method will be more expensive due to materials

Loft Frame (Looking down view)



Bar Installation - continued



Bar Installation - continued

Internal Loft Frame



7. Full Internal Loft



Bar Installation - continued

Measurements for the height and placement of bars:

Bars should be the table height, plus your height, and plus an additional 2 inches. This measurement is the elevation of the bars from the floor. From the bars you would continue measuring to the ceiling for the length for machine rods or eyebolts. The ends of the wood dowels should start against the wall if possible. Bars that are 8 feet long will cover the length of stool, headrest and table.

Portable bar options:

Schematics for portable bar sets are available from Barefoot Masters[®], Inc. for a fee.

Other equipment needed to perform Ashiatsu Bar Massage:

A 29 inch wooden stool is also necessary. Stools should be placed against headrest. Top of stool should be level with the stool. The stool legs can be cut down to customize it for you. Preferably the stool will be against a wall. If not, then it can be secured to the legs of the tables with ties and then you can use the ends of a flat sheet can be used to hold on to for stability during the seated portion.

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For definitions of back surgeries:

www.back.com

www.youngwomenshealth.org

www.medterm.com

Ashiatsu Bar Stretch Practice Log

(12 minimum)	Date	Client	Time
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
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19			
20			
21			
22			
23			

*****New York Therapist or Instructor Only*****

Name _____ Telephone# _____
 Address _____ Instructor Yes or No _____
 Address, City, State, ipcode
 Email: _____ License # _____

Client Feedback Home Study Sheet – Course: _____

Due to new rules for NCBTMB and NY State, Send us this log sheet.

Fill out 4 for an 8 CE, 6 for 12 CE, 8 for a 16 CE and 12 for a 24 CE course Rate
 between 1 – 5 (#5 being the most satisfied to #1 being the least satisfied)

	Comfort	Pressure	Overall
	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
1. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6. _____ Signature of Client on Log Date	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Mail to: Barefoot Masters, Inc., 4861 Hickory Wood Drive, Naples, FL 34119 Or
 Scan or Email to: TheBarefootmasters@gmail.com or Text to: 239-370-2044



Ashi-Bar Stretch Home Study Contraindications Quiz

True or False (Circle one)

- T or F 1. Ashi-Stretch is contraindicated for pregnant women.
- T or F 2. When in doubt of a condition or client, say, "No"!
- T or F 3. Placing deep pressure on popliteal and bony prominences is contraindicated.
- T or F 4. It is safe to do Ashi-Stretch on clients with recent surgeries.
- T or F 5. Stretching clients with broken bones or fractures.
- T or F 6. Over-Stretching client is contraindicated.
- T or F 7. Stretching clients with Connective Tissue Disorders is recommended.
- T or F 8. Watching client's body language for discomfort is a waste of time.
- T or F 9. It is a good idea to stretch clients who are in excessive pain when stretched.
10. Care should be taken with client's who are anticoagulants.
- T or F 11. A doctor's prescription will negate your liability.
- T or F 12. Care should be taken with clients with diabetes.
- T or F 13. You should stretch client's with Joint instability.
- T or F 14. Ashi-Stretch is indicated for swollen and inflamed areas.
- T or F 15. You should step gently, not stomp around the client.
- T or F 16. Antibacterial wipes are suitable for cleaning feet.
- T or F 17. Stepping over client's face is acceptable.
- T or F 18. You should not stretch clients with infections.
- T or F 19. Massage is contraindicated in acute stages of injuries.
- T or F 20. Placing deep pressure on varicose veins is recommended.
- T or F 21. Massage is contraindicated in pathologies in acute stages.
22. Stretching should not be done on the frail elderly.
- T or F 23. Care should be taken not to pull client's hair during neck routine.
- T or F 24. Ashiatsu is not recommended for client's taking meds that inhibit sensation.
- T or F 25. Osteoporosis is contraindicated for stretching.
- T or F 26. Ashiatsu elongates and broadens the muscles at the same time.
27. You can wear socks to stretch clients.
- T or F 28. Ashiatsu stretching increases flexibility and circulation.
- T or F

Ahh...shiatsu® Bar Stretch Home Study Quiz

1. Define Medial.

- A. Closer to head; upper or above.
- B. Farther away from; lower or below.
- C. Front.
- D. Toward side or away from midline; out.
- E. Near middle or closer to midline; inner.

2. Define Lateral.

- A. Closer to head; upper or above.
- B. Farther away from; lower or below.
- C. Front.
- D. Toward side or away from midline; out.
- E. Near middle or closer to midline; inner.

3. Define Superior.

- A. Closer to head; upper or above.
- B. Farther away from; lower or below.
- C. Front.
- D. Toward side or away from midline; out.
- E. Near middle or closer to midline; inner.

4. Define Inferior.

- A. Closer to head; upper or above.
- B. Farther away from; lower or below.
- C. Front.
- D. Toward side or away from midline; out.
- E. Near middle or closer to midline; inner.

5. Define Anterior.

- A. Closer to head; upper or above.
- B. Farther away from; lower or below.
- C. Front.
- D. Toward side or away from midline; out.
- E. Near middle or closer to midline; inner.

6. Define Posterior.

- A. Closer to side.
- B. Midline.
- C. Front.
- D. Back.
- E. Closer to head, upper; above.

7. What is the gluteal?

- A. The separation of gluteal tissue.
- B. Crease between the gluteal and hamstring.
- C. Muscles of the buttocks.
- D. Fold between the toes.
- E. All of these.

8. What is the gluteal fold?

- A. A musical foot note.
- B. Crease between the gluteal and hamstring.
- C. Muscles of the buttocks.
- D. Continental divide.
- E. The separation of gluteal tissue.

9. Where is the (QL)Quadratus Lumborum located?

- A. Behind the neck.
- B. Quadriceps.
- C. Muscle above iliac crest, that hikes hip.
- D. On Achilles Tendon.
- E. On 4th Avenue.

10. With what modality is Ashiatsu associated?

- A. Lomi Lomi.
- B. Fijian.
- C. Chavutti Thirummal.
- D. Shiatsu.
- E. All of these.

11. Chavutti was done for what kind of training?

- A. Singing
- B. Running
- C. Monk
- D. Martial Arts Fighters.
- E. None of these.

12. Thai stretching is:

- A. Thousands of years old.
- B. Been around just recently.
- C. A cousin to cupping.
- D. Not stretching.
- E. Based on Neuromuscular.



Ahh...shiatsu® Bar StretchQuiz - continued

13. Thai massage is from:

- A. Canada.
- B. The USA.
- C. India.
- D. All of these.
- E. None of these.

14. Straight Leg Overhead Stretch:

1. Place leg into a Figure 4
2. Fold legs over each other and lift client.
3. Press inside and outside of legs.
4. Bend clients knee and press.
5. Push client's feet over their head.

15. Opposite Shoulder Press:

1. Cross over and press bicep.
2. Press up arm.
3. Bend arm and put client's hand to head.
4. Drop arm and press opposite shoulder.
5. All of these.

16. Straight Leg Stretch

- A. Bent Knee Ham Press.
- B. Step over inside clients straight leg and straighten.
- C. Place leg in Fig 4 and lean forward.
- D. Press both knees into client's hamstring.
- E. None of these.

17. Which places has barefoot massage been practiced?

- A. Japan & China.
- B. Hawaii & Tonga.
- C. India.
- D. Fiji.
- E. All of these.

18. When do we use head foot?

- A. When there is no other choice.
- B. On Face.
- C. Neck Work
- D. None of these.
- E. All of these.

19. Define gluteal cleft?

- A. A musical foot note.
- B. Crease between the gluteal and hamstring.
- C. Muscles of the buttocks.
- D. Continental divide.
- E. The separation of gluteal tissue.

20. Double Plow Press:

- A. Press sternum.
- B. Press both knees into hamstrings and lean forward.
- C. Place legs into a figure 4.
- D. None of these.
- E. All of these.

21. What does the word Ashiatsu mean?

- A. Finger pressure.
- B. Toe pressure.
- C. Foot pressure.
- D. Ask Sue.
- E. All of these.

22. Subscapularis is worked by:

- A. Dorsiflexed foot.
- B. Plantar flexed foot.
- C. Medial side of foot.
- D. Lateral side of foot.
- E. None of these.

Name _____

Ahh...shiatsu® Bar Stretch Quiz - continued

23. Warm-up Presses:

- A. Double shoulder press.
- B. Suitcase stretch.
- C. Leg presses and foot presses.
- D. None of these.
- E. All of these.

24. Define parallel?

- A. In the same line, equal distance apart and not crossing.
- B. Where the gluteal tissue meets the hamstrings creating a horizontal crease.
- C. At a 45 degree angle.
- D. Triangle.
- E. At right angles or crossing.

25. Which is the head/foot?

- A. Foot closest to the head.
- B. Foot closest to the right.
- C. Foot closest to the left.
- D. Foot closest to the door.
- E. Foot closest to foot.

26. Define perpendicular?

- A. In the same line, equal distance apart and not crossing.
- B. Where the gluteal tissue meets the hamstrings creating a horizontal crease.
- C. At a 45 degree angle.
- D. Triangle
- E. At right angles or crossing.

27. Which is foot/foot?

- A. Foot closest to the head.
- B. Foot closest to the right.
- C. Foot closest to the left.
- D. Foot closest to the door.
- E. Foot closest to foot.

28. Hanging Sacrum Hook:

- A. Hold ankle and press hamstring..
- B. Rest clients ankle on knee.
- C. Making a pit stop with outside foot parallel to torso.
- D. Drop leg & lean out. Hook heel on sacrum.
- E. Straddling client over face.

29. How often should you get a pedicure?

- A. Once a day.
- B. Once a year.
- C. Once a week.
- D. Once every 3 months.
- E. Once a month.

30. Ways to keep feet in good shape?

- A. Exercise.
- B. Monthly pedicures.
- C. Wear socks, and file heels and toenails frequently.
- D. All of the above.
- E. None of the above.



Founder:
Michelle Mace-Lambert

MA#24345, FL #50-2045, NCBTMB#403532-0



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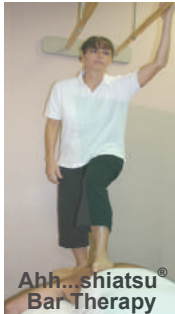


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