

Leg Line Variation Techniques

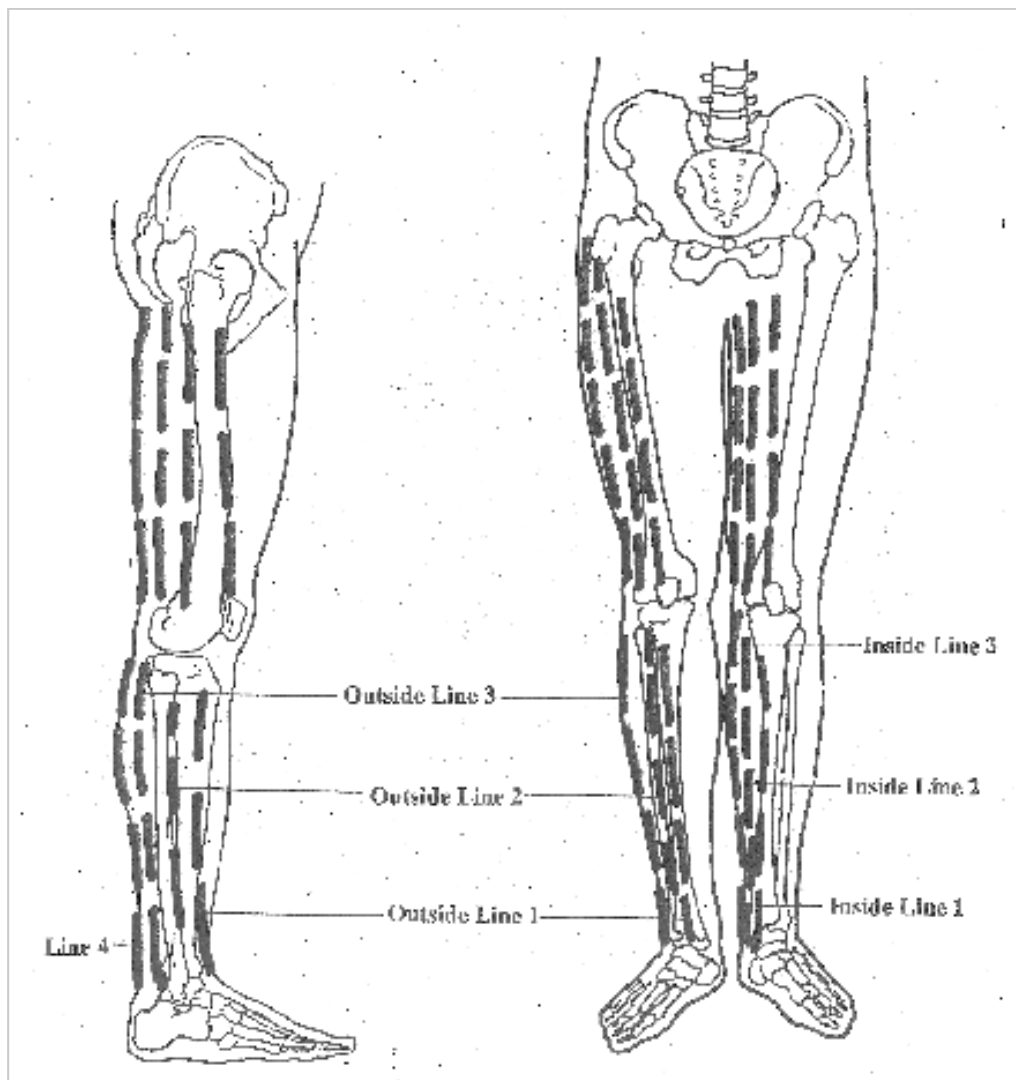
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Thai Massage places great emphasis on working the energy lines of the legs. This is due to a large extent because the leg lines are extensions of the major sen lines of the body. Thus, by thumbing or palming leg lines, the therapist directly affects the underlying energetic system of the body. Of course, the muscles, fascia, circulation, and lymphatic flow are also affected by thumbing and palming, as well as by the compression and extensive range of motion.

The goal of this workshop is to practice a range of different ways to work the leg lines. The techniques are primarily taken from ITM northern style, but bits of southern style may be found too.

Each technique affects energy in slightly different ways. Some of those differences will be explored in this workshop, but it takes practice and lots of experience to comprehend fully.

Remember to breathe, have fun, and enjoy the gift of Thai massage!



Leg Line Location

While there is some disagreement between various schools of Thai Massage on the exact location of the leg lines, for this class, we will use the locations within the ITM style of teaching as described and shown below.

INSIDE Leg Lines-

Inside Line 1 (Sen Sahatsarangsi/Thawari): Starting just off the medial malleolus at the hollow, Inside Line 1 travels up the calf in the seam between muscle and bone just off the edge of the tibia, to just below the knee. Skipping over the knee, the line continues from the inside upper corner of the patella (medial superior aspect) up along the top of the thigh within the *quadriceps* muscle group, along the medial edge of *rectus femoris*, to end at the inguinal crease.

Inside Line 2 (Sen Kalathari): Starting at the center of the hollow off the medial *malleolus*, Inside Line 2 travels up the calf in the seam between muscles, along the medial edge of *gastrocnemius*, to the soft tissue just below the knee. Skipping over the knee, the line continues at the distance of one thumb-length from the corner of the patella (in the soft tissue at the hollow at the base of the femur) up the thigh along the muscle seam between the quadriceps and adductors, to end at the femoral triangle in the inguinal crease.

Inside Line 3 (Sen Ittha/Pingkhala): Starting close to the Achilles tendon in the hollow at the medial *malleolus*, Inside Line 3 travels up the calf along the top side of the center muscle seam of *gastrocnemius*, to the soft tissue below the knee. Skipping over the knee, the line continues at the distance of two thumb-lengths from the corner of the patella (in the soft tissue just superior to the tendon attachment) up the inside of the thigh along the muscle seam of *gracilis* within the adductors, to end at the inguinal crease.

OUTSIDE Leg Lines-

Outside Line 1 (Sen Sahatsarangsi/Thawari): Starting at the front of the ankle in the hollow at the base of the tibia (TCM St. 41), Outside Line 1 travels up the seam between muscle and bone just lateral to the edge of the tibia as it protrudes on the shin. Stopping in the soft tissue just below the knee and skipping over the knee itself, the line continues from the outside upper corner of the patella (lateral superior aspect) up the top of the thigh within the quadriceps muscle group, along the lateral edge of *rectus femoris*, to the inguinal crease.

Outside Line 2 (branch of Sen Kalathari): Measuring from the lateral *malleolus* about four-fingers width up, Outside Line 2 starts in the soft tissue and travels up the muscle seam between the tibia and fibula, lateral to *tibialis anterior*, to the soft tissue just below the knee at the head of the fibula. Skipping over the knee, the line continues the distance of one thumb-length from the corner of the patella (in the soft tissue at the hollow at the base of the femur) up the thigh along the muscle seam between the quadriceps and *iliotibial* band, to end below the *greater trochanter* at the top of the femur (this point can be felt as a dimple if the leg is abducted).

Outside Line 3 (Sen Ittha/Pingkhala): Starting just above the Achilles tendon in the hollow at the lateral malleolus, Outside Line 3 travels up the calf along the muscle seam formed by the lateral edge of *gastrocnemius*, to the soft tissue below the knee at the head of the fibula. Skipping over the knee, it continues at the distance of two thumb-lengths from the corner of the patella (in the soft tissue just superior to the tendon attachment) up the thigh along the muscle seam between the *iliotibial* band and the hamstrings, to end behind the greater trochanter at the top of the femur.

Back of the Leg-

Line 4 (branch of Ittha/Pingkhala): Starting at the Achilles tendon attachment at the calcaneus, Line 4 travels up the muscle seam in the center of the back of the leg (*gastrocnemius*), skips over the soft tissue behind the knee, and continues up the center of the back of the thigh, within the hamstrings muscle group, to just below the *ischial tuberosity* at the gluteal fold.

TP walking (thumb chasing thumb)

TP together (both thumbs moving simultaneously)

DTP together (thumb on top of thumb)

TP on both legs simultaneously, walking or together, Inside or Outside Lines

TP on each leg separately

TP up and down the same leg line, walking one direction, together the other direction, Inside or Outside

TP up one line and down another, walking or together

TP/FP Inside and Outside lines simultaneously, walking or together

Slow vs. fast

TP the Lines from Front, Side, or Back Positions, repeating or substituting