

The Mercier Technique

Heather's note – this is as given in her manual.

I have in **RED** what you do as well . .

Always default to gentling – and water offered frequently

DO NOT WORK ON A WOMAN WITH AN IUD IN HER UTERUS

1. Have your client empty her bladder
2. Place a firm bolster under her knees
3. Undrape her abdomen down to her pubic bone
4. Check for areas of tenderness/guarding and rebound pain
5. **(We go straight round and round after checking uterine pull-up)**
6. Locate her ovaries and uterus **(not necessary)**
7. Apply massage oil. Use gentle clockwise circular movements to warm the tissue. **Be mindful of the abdominal aorta, do not use firm pressure in the center of the torso.**
8. Warm tissue sufficiently to be able to penetrate the rectus abdominus muscle. The tissue will become much more pliable as you work. This will help you get to the level of the organs. Heavier women have more adipose tissue so you'll want to warm the tissues longer. **(We are doing all the Gentling Way before any of this heavy handed business starts up. You may have done a lot of sacral work – esp can't start before the cold is out of the belly, or the chest and other opening moves - esp Stuck Liver Qi and sacral work is done. The Mercier inspired moves are the last of the work as we start and go in one layer at a time . . irrespective of what you saw us do on my body). Especially as she is NOT moving the uterus. By ignoring the Suspensory Ligament work we miss most of what the LLI course is all about – undoing pelvic twists and the adhesions so we can go deeper.**
9. Once you feel that you've sufficiently warmed the tissue than you'll need to find the ovaries. Once the ovaries are palpable massage each of them separately in a clockwise motion 10 times each side. Work deeply. The goal of the work here is to " re-awaken" the blood flow to each ovary. Also, when you're working the ovary itself you're influencing the suspensory and utero-ovarian ligaments to loosen their tensions. Use circular sweeping motion to influence the relaxation of your client and also to help remove excess lymph that may have collected. **See notes in ref above**
10. Find the uterus. Start with your finger tips in the center of the pubic bone and pull superiorly off into the lower pelvis. You'll be able to access the top of the uterus. Place your fingers back on the pubic bone and continually "rake" the uterus deeply and slowly 15 times. This is a very deep manipulation and can be uncomfortable for many women so **go supremely slowly**. With each raking movement you are shortening the utero-sacral ligament to enable a shortening in tension and restriction. If your client's bladder seems full than have her go empty so she is more comfortable .

Again use 10 clockwise sweeping motion to clear the space of lymph fluid that has collected and allow your client a few moments to relax. **(‘Round and round’ x 1 at least . . and the lymphatic drainage shallow start and deeper as it is possible – do the chest and the upper diagram clearance also here). Place your client in prone position. May also add in a steam first**

Before you do what she says to - you MUST have a flat (tish) sacral spine – all the S.L. prelude.

Jennifer does this in the wrong order. She does the pelvic pressure (3 minutes first)

1. **Set it up - all the prelude to get to here. . Eventually you will do the 'correction' – and I will send this to you after you have this section covered . .It is all taken from their manuals - and simple except that they all force and we are gentling).**
2. **Rolfing up the sacral spine – to check how it is – then the tiny moves off the edges of the sacrum and sacral warm ups and then the sacral rolfing again - leading into the pulis and the plucks and the side to sides shaking in the sacral skin – to loosen the adhesions always - and do the castor oil pack afterwards. You will see/feel the adhesions lessen – if an acup - is easy to GV 1 and all sacral points maybe sore - moxa needle first. Sacral moxa fan before you start and go for that steam . .**
3. Undrape the lower back to allow for skin rolling. Skin roll (rolfing) the sacrum in three passes. One pass goes directly up the sacrum and two passes lateral. Start at lowest point directly above the ilium and work superiorly. Roll each pass 3 times.
4. Use fascia! popping technique directly over the tissue that you've just skin rolled (**plucking after side to side shaking with the skin/tissue in your fingers**) . Pay careful attention as this is NOT a spinal manipulation rather a soft tissue (thoraco-lumbar aponeurosis) manipulation.
5. Feel for the edges of the sacrum and edge the gluteal attachments away from or directly lateral from the sacrum. This is bound to be a bit tender on most. **This is the area GB 30 – add in all points and do a whole section on second run back yin points first – as we are able to - maybe at end of this and in GV1 . .after having done what you see me do in the cases on TH package).**
6. Next...use **KNUCKLES** fist over fist warming technique on the gluteal muscles and relieve trigger points as you find them. (**Going down the hip/butt to the table – feather light first as you have no idea what they have stored there – and one side may be totally different from the other).**
7. Place one hand over another on the sacrum and give firm pressure. This maneuver will help shorten the utero-sacral and sacro-spinous ligaments releasing any tension in the lower back. Hold for about 3 minutes. Make certain that the table is low enough for you to get the leverage that is needed for this manipulation.
8. Drape your client and find the ischial tuberosity. This is an area of protection for most so be mindful of the structure surrounding the "sitz bones". With this manipulation you are contacting the sacro-tuberous ligament and encouraging it to shorten which will then cause the pelvic floor and sacrum to relax. **This is at edge of their 'bum' - and is to be found by exploration – feels right .. then you dive in 45 degrees at least – slowly firmly and increasingly hard – guard your hands – and stay there at least 20 seconds. Ask them to feel what is happening and likely something will 'give' at least the first time you do this.**
9. Lastly, lower the table for your comfort and position yourself so your facing the top of the table next to your client. Reach under her knee and lift the leg while compressing into the sacrum. This movement will solidify all of the work that you've done into the anterior iliacus and psoas. Give a good stretch bilaterally. (**Finish with – or instead - the Don Eljio Ponti move of their legs up and other hand on sacraum – and press downwards as you gradually bring both of your arms together . .**
10. Finish your session by using a percussor on the lower back, sacrum, gluteals and hips.
11. Maybe get them seated gradually and do light point percussion (found in Foundation Moves)