

TRADITIONAL SHIATSU THERAPY

BY KENSEN SAITO

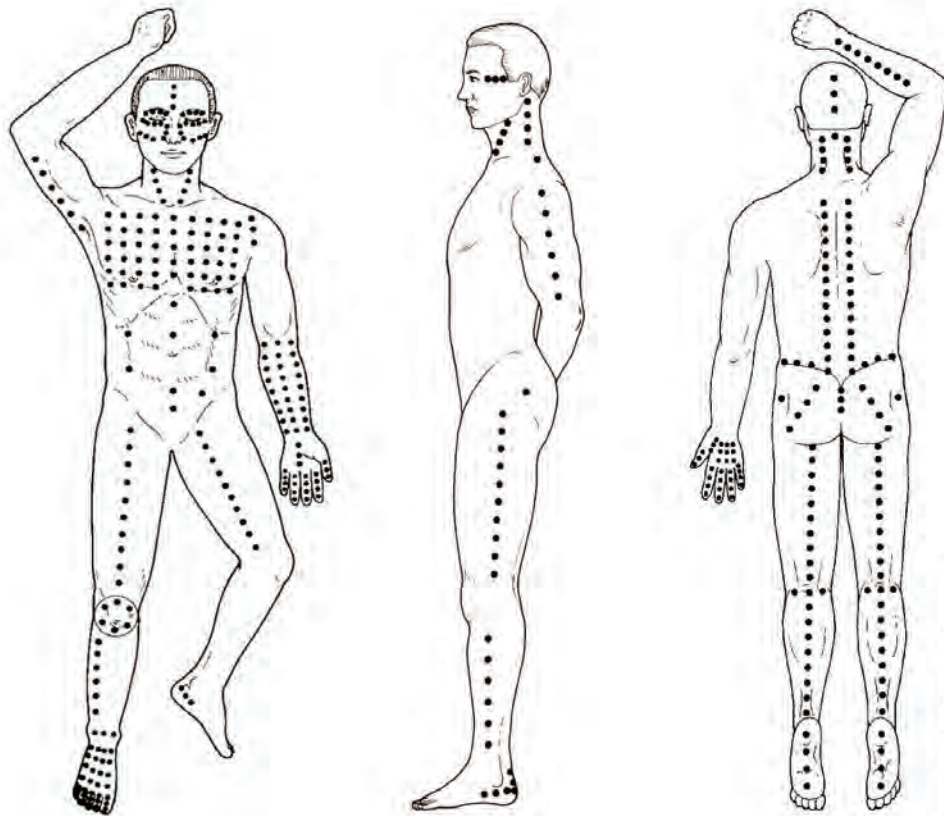


“The goal is health but it is not a one-way street. The practitioner works as hard as possible to get the patient moving in a healthy direction, but the patient needs to be willing to do what is necessary to facilitate that.” **Kensen Saito**

TRADITIONAL SHIATSU THERAPY

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ANTERIOR, LATERAL AND POSTERIOR VIEWS



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1, 2. Anterior cervical line

- Therapist begins this therapy from the left side. Patient lies in right lateral position with right leg straight, left leg crossed over right one. Patient's trunk leans forward to form 60 % angle with floor.
- Therapist assumes position behind patient's back, left knee on floor, right knee raised, puts left palm on floor in front of patient's chest, presses right thumb lightly against anterior



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cervical point 1 in the carotid sinus to feel pulse with 4 fingers of right hand gently gripping upper part of lateral cervical region. With pressure of 3 seconds on each point treatment continues on all 4 points of anterior cervical line leading along the inner border of sternocleidomastoid muscle to a point just before clavicle. Procedure repeated 3 times.

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3. Lateral cervical line

- With left thumb over right thumb therapist begins treatment with first point just below mastoid process, continuing to base of shoulder by applying 3 seconds of pressure on 4 points, repeated 3 times.

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Medulla oblongata

- Supporting patient's forehead with left palm, therapist places right thumb on medulla oblongata point. Apply pressure on point for 5 seconds directed towards eyebrows, repeated 3 times.

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4. Posterior cervical line

- Therapist places left thumb over right thumb at first point of posterior cervical line applies pressure of 3 seconds on each of 4 points repeated 3 times.

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5. Suprascapular point

- Therapist moves around to crown of patient's head, left knee raised, right knee on floor. Extending both arms fully with left thumb over right thumb, therapist applies 5 second pressure repeated 3 times in direction of center of trunk.

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6. Interscapular line

- Moving to face the patient's back, in Seiza position, therapist faces patient's scapulae. The 5 points on the interscapular line (between scapula and spinal column) are

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parallel with spinal column. With left thumb over right thumb, therapist applies pressure to each point for 3 seconds repeating 3 times.

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7. Infrascapular and lumbar line

- Therapist moves to position close to patient's buttocks and kneels with left knee on floor and right knee raised. First point of application is the 5th point of the interscapular line.

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Infrascapular and lumbar line

- The line runs along the side of spinal column from this first point to the last which is located between the fifth lumbar vertebra and the sacroiliac joint. For 10 points pressure is applied 3 seconds each, left thumb over right thumb, repeated 3 times. On the last point deep pressure is applied for 5 seconds repeated 3 times.

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8. Palm pressure left side of back

- Placing left palm on patient's buttocks therapist presses 4 points along the side of the spinal column with palm of right hand, add pressure for 3 seconds, repeated twice.

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9. Stroking left side of back

- Therapist then strokes rapidly with right palm along the infrascapular and lumbar line, repeated twice.

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1. Occipital line

- With thumb to thumb, therapist presses occipital line for 3 seconds on each of 3 points repeated 3 times.



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2. Medulla

- Patient lies prone with forehead resting on pillow and arms straight to sides, elbows bent upwards at 90°. Therapist's right knee on floor, left knee raised by patient's left side.
- With left thumb over right thumb therapist presses on medulla oblongata point. Pressure lasts 5 seconds, repeated 3 times.

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3. Cervical posterior lines

- Left hand of therapist supports crown of patient's head. Therapist applies pressure to the right and left posterior cervical lines simultaneously with right thumb and 3 fingers of right hand, 3 seconds on 4 points, repeated 3 times.

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4. Suprascapular point

- Therapist removes pillow. Patient turns head to left side. Therapist moves to a position above patient's head, turns slightly at a right angle placing right hand on floor for support. Extending left arm straight therapist presses patient's left suprascapular point with left thumb for 5 seconds, repeated 3 times.

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5. Interscapular line

- Therapist kneels on right knee with left foot placed in front of patient's head. With left thumb over right thumb therapist applies



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2 thumb pressure to 5 points on the interscapular line parallel to the spinal column. Pressure applied for 3 seconds, repeated 3 times.

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6. Infrascapular and lumbar line

- Therapist kneels, right knee beside patient's left buttock, left knee raised. Two thumb pressure left thumb over right, therapist with thumb tips pointed upward, applies pressure

to 10 points on infrascapular and lumbar line for 3 seconds, each point, repeated 3 times. At the 10th point therapist applies pressure for 5 seconds, repeated 3 times.

7. Iliac crest

- Therapist moves slightly downward, applies thumb on thumb pressure to 3 points on the iliac crest line for 3 seconds each point, repeated 3 times.

8. Sacral line

- Remaining in same position with thumb to thumb pressure therapist presses on 3 points for 3 seconds on each point on median line of sacral crest, repeated 3 times.

9. Gluteal line

- Therapist locates first point to left of sacral line and with left thumb over right thumb applies pressure to each of 4 diagonal points on the gluteal line, 3 seconds each, repeated 3 times

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10. Namikoshi point

- Therapist in Seiza position facing patient's left buttock with left thumb over right thumb applies strong kneading pressure on the point, 5 seconds, repeated 3 times.

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11. Posterior femoral line

- Therapist right knee on floor close to patient's left popliteal fossa, left knee raised presses on first point of gluteal fold, deep pressure, 3 seconds, repeated 3 times.
- Then applies pressure of 3 seconds, 3 times to each of 10 points from first point to popliteal fossa on posterior femoral line.

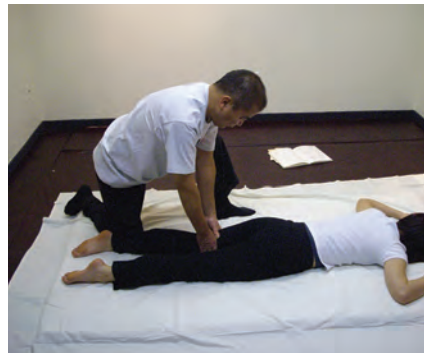
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12. Popliteal fossa line

- Therapist moves slightly downwards, thumb to thumb applies pressure for 3 seconds to each of 3 points on the popliteal fossa line, repeated 3 times moving from outside inward.



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13. Posterior crural line

- Therapist moves slightly downward, thumb to thumb pressure for 3 seconds to each of 8 points on posterior crural line, repeated 3 times starting directly below the second point in the popliteal fossa.

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- Therapist in seiza position facing patient's calf grasps calf with thumbs and fingers squeezing pressure for 3 seconds downward from gastrocnemius muscle to Achilles tendon for 6 points, repeated 3 times.

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15. Calcaneal tubercle: Stretching achilles tendon

- Therapist turns slightly to right in Seiza position facing patient's ankle joint, lightly lifts foot upward holding this position with thumb to thumb pressure applies kneading pressure to 3 points on the calcaneal tubercle for 3 seconds repeated 3 times. Treatment stretches Achilles tendon.

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16. Lateral and medial calcaneal line

- Therapist returns patient's foot to floor places right thumb on first of 3 points between calcaneus bone and lateral malleolus and left thumb on first of 3 points between medial malleolus and the calcaneus.

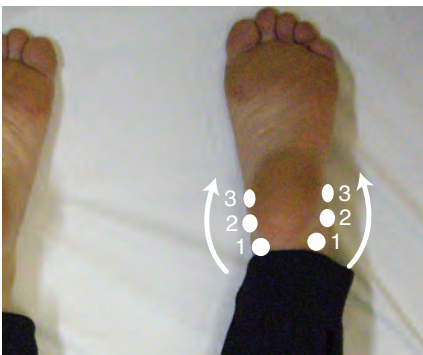
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- The fingers of the left hand overlap with fingers of right hand and both are placed on the bottom of the foot for support.

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16. Lateral and medial calcaneal line

- Pressure is applied simultaneously to both sides on the three points in a line moving from the malleolus toward the toes, 3 seconds on each point repeated 3 times.

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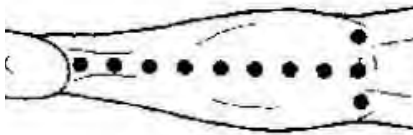
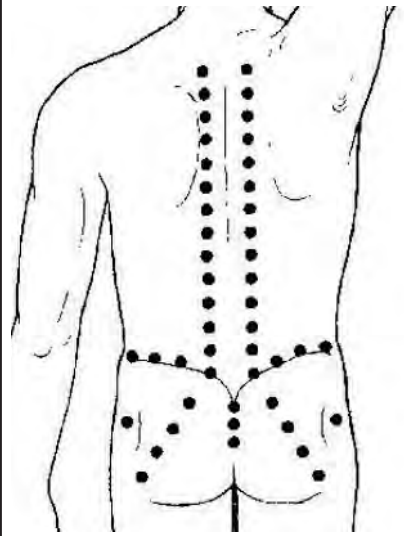
17. Plantar line

- Therapist kneels with left knee on floor and right knee raised, facing the sole of patient's foot. The 4 pressure points are located on the plantar line, beginning immediately below the gap between the bases of the second and third toes and extending to the heel. Thumb to thumb pressure, for 3 seconds on 4 points repeated 3 times.

- The third point on this line is treated again with right thumb over left thumb applying deep pressure for 5 seconds repeated 3 times. Chapter 7 - Adjusting the back leolus toward the toes, 3 seconds on each point repeated 3 times.

CHAPTER 3

Diagrams of head, back, posterior crural region of the leg, calcaneus tubercle and plantar region of the foot.





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