



Structural Management®

The Future of Sportsmedicine

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Maggs Muscle Management ProgramSM



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Forearm



Base of Foot



15-20 agitating strokes, as deep and wide as necessary. Continue until symptoms relieved.

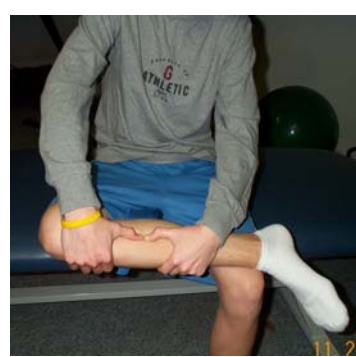
Shin Muscles



Pic. 1



Pic. 2



Pic. 3

The Stick® is an effective tool to cover a large surface area in a reasonably short period of time. Picture 2 and 3 show how the patient can use their thumbs (ideally with lotion) to identify sore and tender areas that necessitate treatment. With Stick, roll 15-20 times. With thumbs, work sore areas for 15-30 seconds.

Calves/Achilles Tendons



Pic. 1



Pic. 2



Pic. 3

Roll the calf muscle, 15-20 times, with the muscle in the relaxed position, with pressure to tolerance.



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Quadriceps/Adductors



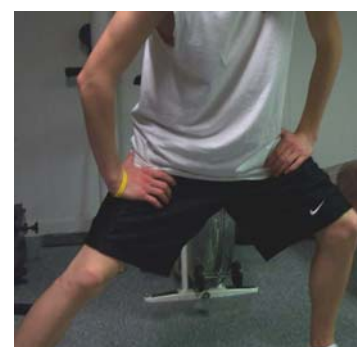
Pic. 1



Pic. 2



Pic. 3



Pic. 4

In picture 1, the quadriceps is rolled 15-20 times, to the patient's tolerance. The muscle is in a relaxed state, and then it is stretched for 5-7 seconds. In picture 2, the muscle is stretched. If this position is too much stress on the knee, then an alternative quadriceps stretch must be considered. In picture 3, the adductor, or groin, muscles are rolled 15-20 times, and in picture 4, the muscles are stretched for 5-7 seconds.

Hamstrings



Pic. 1



Pic. 2

The hamstring is a dense and large muscle group, and therefore, requires a lot of attention with The Stick. Secondly, for many activities that involve running, the posterior muscles are used excessively, thus increasing the need for our muscle management program. Picture 1 shows how to relax the muscle to then roll it 20-30 times at the patient's tolerance. Picture 2 shows how to ultimately stretch the muscle for 5-7 seconds.



Lawrence Taylor



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Hips and Gluteal Muscles



Pic. 1



Pic. 2

Additional Hip Techniques—The Tennis Ball



Pic. 1



Pic. 2

As seen in Picture 1, the ball is placed just behind the hip bone, then the patient rolls up onto the ball (Picture 2), and uses the elbow to control the amount of pressure allowed on the ball. Obviously, the patient controls the force based on pain and tenderness, especially since this area is a very sore and tender area. Both sides should be done, regardless of symptoms.

Low Back



Pic. 1



Pic. 2



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Mid Back Muscles/Trapezius Muscles



Pic. 1



Pic. 2



Pic. 3



Pic. 4

The upper hand, as seen in Picture 1, is the side of the spine that is treated. The Stick should roll from the spine outward to the medial side of the scapula (shoulder blade). Picture 2 shows how the angle of The Stick determines which muscles are being treated.

Neck/Sub-Occipital



The Stick can be applied along the base of the occiput using a steady pressure, instead of a rolling action. The pressure can be done for 15-30 seconds, with an agitating motion of The Stick. When rolling the neck, it can be done with 15-20 rolls on each side of the neck. In addition, the SCM can be rolled by holding The Stick in one hand, laterally flexing the head/neck in each direction and roll the exposed SCM, again 15-20 times. Once this is done, a general stretching of the neck for 5-7 seconds is recommended.