



CANADIAN SPORT MASSAGE
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Introduction to Palpating the Lungs

Presented by Jonathan Maister

Jeff Adderly, Chelsey Romany, Mike Grafstein and Jonathan Maister gathered for another CSMTA Ontario session of Gathering of the Minds, on November 24, 2019. We crossed the threshold from the pure physical to the intuitive, we explored the subtle yet powerful world of visceral movement. The lungs are probably one of the most difficult organs to engage and feel but this was the focus of our session.

Those present represented the entire spectrum from novice to expert, but all were able to feel the lungs successfully. In a smaller group it is easier to teach and fine-tune the ability to sense the subtle nuances of the organs. The lungs themselves follow particular movement characteristics. With inhalation the lungs drift inferior (following the diaphragm as it flattens) and then shift superior as the dome of the diaphragm re-establishes itself with exhalation. Needless to say we didn't actually feel the lungs themselves. With all movement deep within the body, those movements manifest superficially and the trained hand can perceive these. It is very subtle and requires activating the intuitive right side of the brain. With our palpation so adapted, we are able to induce changes to the movements of the organ. Hence "Visceral Manipulation".

Hopefully in the future we can hold a comprehensive workshop on the Respiratory System. Breathing to maximal potential is an essential component of successful athletic endeavour, and this is something we have not explored to fullest potential as therapists. Those who have "crossed over" and felt the delicate domain of visceral movement, will be at a huge advantage. Stay tuned for our next session....

