

CTM / Bindegewebsmassage Rules

Pronounced: “bin-duh-guh-veb”

1. Always begin with and use the basic build-up. It primarily affects the pelvic organs and nerves.
2. If the client has severe autonomic problems, perform the basic build-up only up to 8x.
3. CTM / Bindegewebsmassage is most effective when the client is sitting up.
4. Fourth finger follows the third on the pulling technique. Make sure that you pull. Don't push. For conservative treatment on nerve problems, use the flat technique (flat fingers.)
5. Stay out of areas of pathology. Work around them instead.
6. This is a reflexive technique. Don't work too deep.
7. This technique is contraindicated for pregnancy (unless trying to induce labor.)

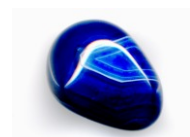
Good Signs:

Cutting sensation
Red thin line
Diffused red line
Thin sweat
Goosebumps
Fatigue
Feeling of warmth
Feeling of warmth/pleasure

Bad Signs:

Dull sensation
White line (Derma alba) -
-indicates sympathetic
response
Cold, sticky sweat
Nausea

...If these signs appear, apply
balance strokes



CTM/Bindegewebsmassage - The Basic Buildup

1. Find and mark L5 (A),
right & left sacroiliacs (B & D),
T-12 (G). Also, palpate ASIS

2. Trace B→C 3X

3. Trace B→A 3X

4. Trace D→C 3X

5. Trace D→A 3X

6. Trace A→E (right) 3X

7. Trace B→E (right) 3X

8. Trace C→E (right) 3X

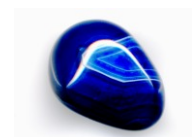
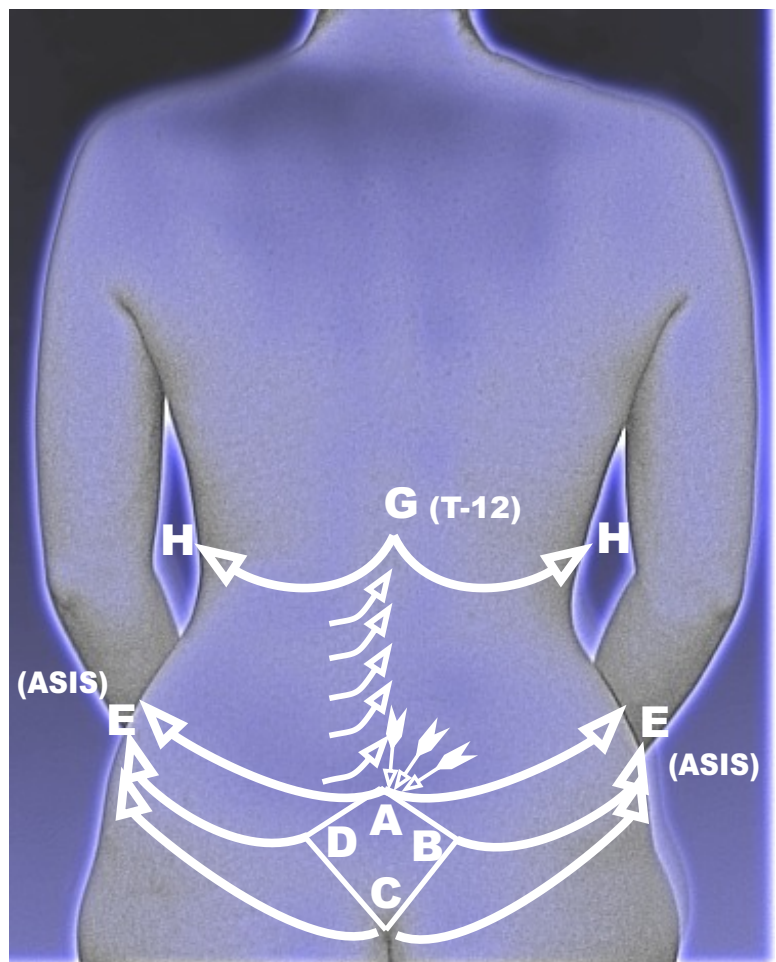
9. Repeat 6, 7, 8 on left side

10. L-5 to T-12 Hooks-
3X right, then 3X left; 3
sets of 5, bottom to top

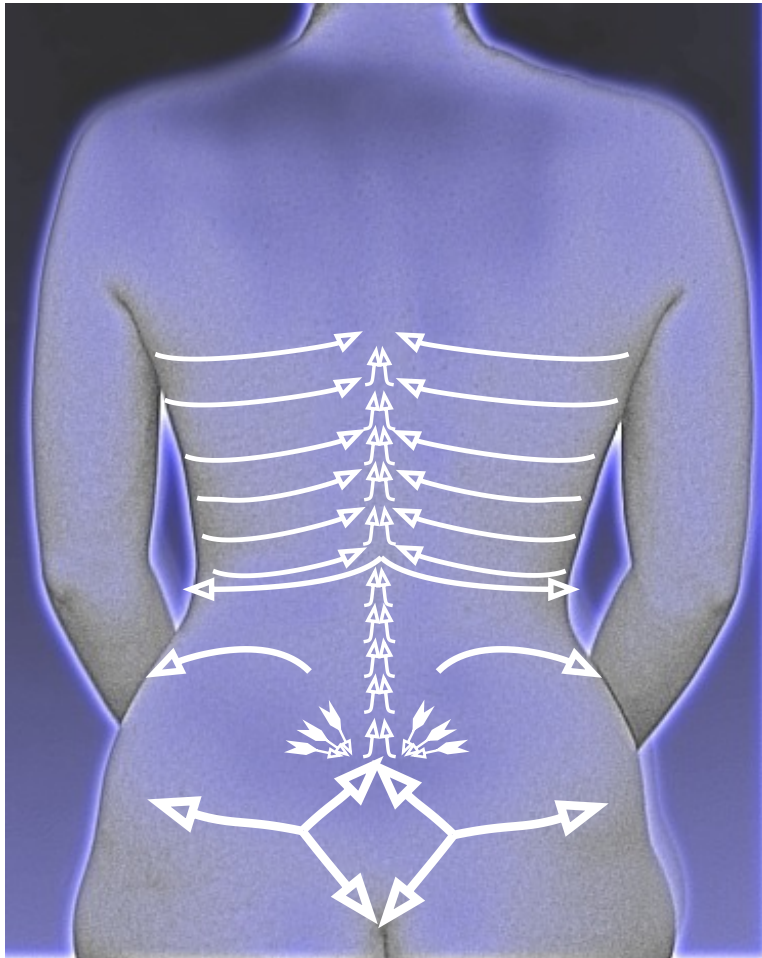
11. L-5 Fan Stroke 
3X right, 3X left

12. Rib Cage Stroke G-H
3X right, 3X left

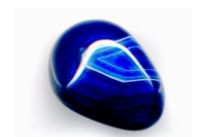
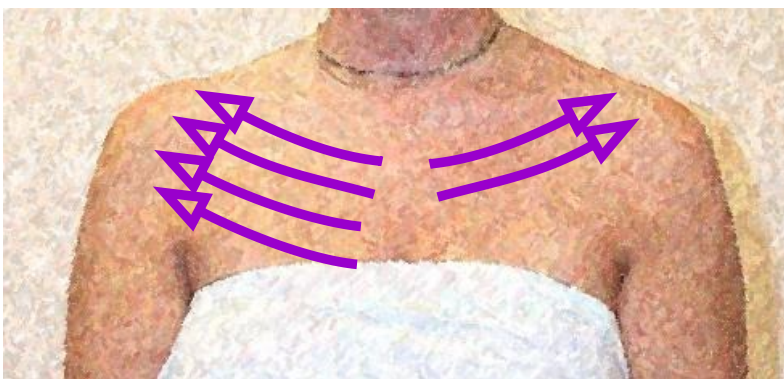
13. Balance Strokes
(see next page)



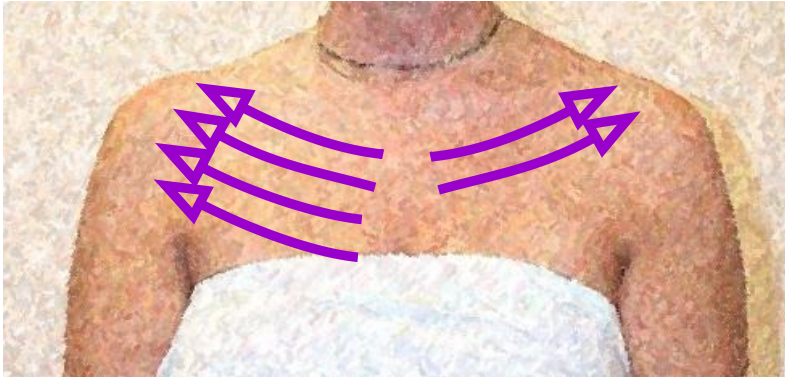
Large Build-up= Page Basic Build-up Followed by this page!



1. "Rounding of the Sacrum"
2. Three strokes on Pelvic Girdle
3. Hooks to lumbar vertebrae
4. Fan Stroke into L-5
5. Rib cage, medial-to-lateral
6. Thoracic hooks
7. Rib strokes, flat, lateral-to-medial
8. Pectoral strokes and supra-clavicular
9. Dorsal counter-irritant strokes



Balance Strokes for Basic Treatment



Sequence:

1. Three strokes (flat fingers, 3X, right 1st)
2. Clavicular (above, below, 3X, right 1st)
3. Small and large dorsal stroke simultaneously

