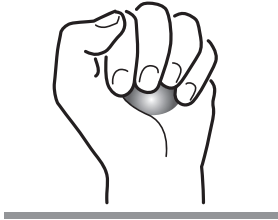


Glossary of Hand Techniques



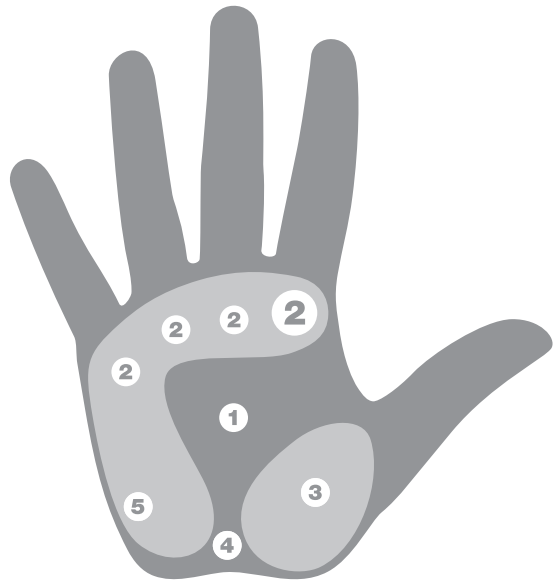
**Wrist Assess/
Reassess**



**Grip Assess/
Reassess**



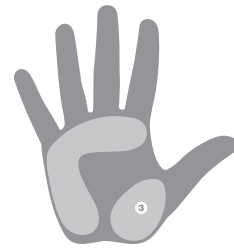
Finger Compression



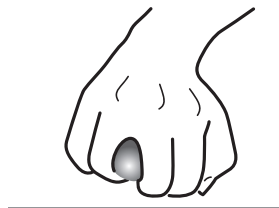
Position Point Pressing



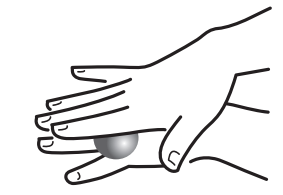
Glide



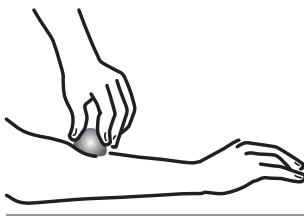
Shear



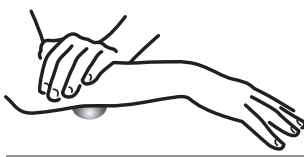
Knuckle Decompress



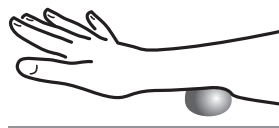
Finger Rinse



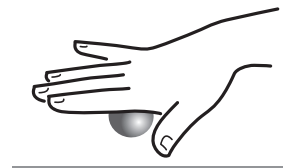
Forearm Shear Top



Forearm Shear Bottom

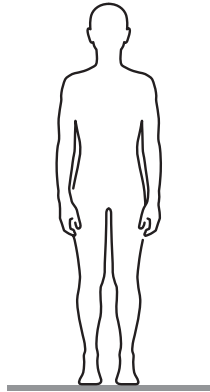


Forearm Rinse

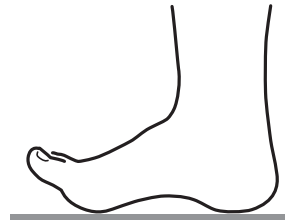


Friction

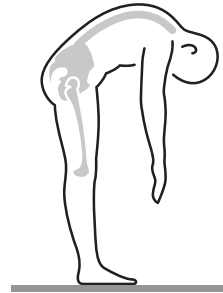
Glossary of Foot Techniques



**Body Scan
Assess/Reassess**



**Toe Lift Assess/
Reassess**



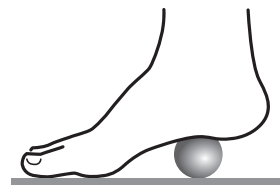
**Spine Flex
Assess/Reassess**



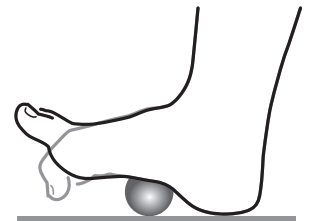
**Forward Bend
Assess/Reassess**



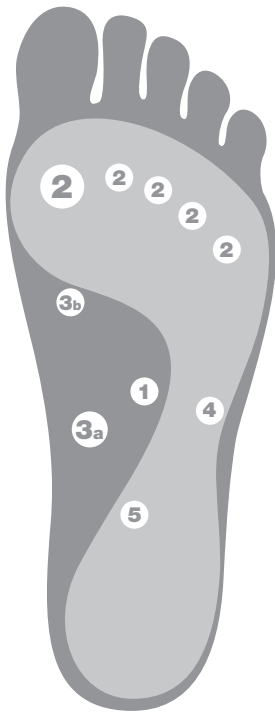
Toe Rinse



Direct Shear



Indirect Shear



Position Point Pressing



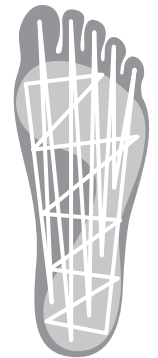
Glide



Forefoot Rinse



**Toe to Heel
Rinse**



Friction