Triceps - STR



Start with your client's elbow extended.



Work up towards the axillary border of the scapula while flexing the elbow.

Indications

Limited elbow flexion

Cautions

Do not work into the axilla. Stroke toward the triceps attachment on the superior aspect of the axillary border of the scapula.

Be careful with draping if you are working down towards the latissimus dorsi.

Technique

You can work with the triceps by abducting your client's arm, then stroking from the elbow to the superior aspect of the axillary border of the scapula while flexing the elbow.

You can also work further down the axillary border of the scapula, pressing into the teres minor and teres major muscles, and even carry the stroke further down through the latissimus dorsi into the lower back.

If your client gives you any problems, you can slap their head with their hand. :)

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