

Lower Body Compression Sequence



Note: Remember, no part of MELT should ever hurt. Pain is your signal to ease back pressure!



REST ASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Take a breath and allow your body to relax into the floor. Remember, if all your upper back weight is on your shoulder blades, if your mid-back is arched off the floor, if your tailbone is more weighted than your butt cheeks, or if the backs of your thighs feel off the floor on one or both sides, you have identified stuck stress in your body. Close your eyes and, using your Body Sense, notice what you feel. Turn your head left and right. Do you feel pain or limited range? Notice the curve of your low back. Does your back feel lifted off the floor from the navel to the shoulder blades? Notice if you sense your tailbone on the floor instead of your butt cheeks or if one side of your pelvis feels more weighted than the other. Feel whether your thighs are touching the floor and whether they feel equal.



BACK OF THIGH SHEAR

Place the roller underneath the backs of your thighs, just below the crease of your buttocks. Relax your legs and keep them heavy on the roller. Slowly drag your legs together and apart to Shear the backs of the thighs 4–5 times. Bend one leg and relax it on the roller, and then drag and twist the other leg in and out 4–5 times. Repeat on the other thigh. Return your legs to the center, pause for 2 focused breaths, and allow your upper thighs to sink further into the roller. Move the roller halfway down your thighs and repeat the techniques, and then move it just above your knees and repeat.



CALF GLIDE AND SHEAR

Place the roller under the upper half of your right calf, and cross your left ankle over your right. Let your calf sink into the roller with tolerable pressure. Slowly bend and straighten your knee 4–5 times to move the roller back and forth no more than 2 inches. Keep your feet and ankles relaxed, and maintain a consistent, tolerable pressure as you explore your calf for areas of stuck stress. Rotate your calf outward and repeat the small back-and-forth Gliding motion 3–4 times. Then rotate your calf inward and Glide 3–4 times. When you find an area of stuck stress, indirectly Shear by flexing and pointing your right ankle 3–4 times and then making circles with your ankle 3–4 times in each direction. Relax your ankle and create a direct Shear by turning your right leg in and out in a small, controlled movement, 1–2 inches, 4–5 times. Maintain compression and gently shift your leg slightly left to right, like you're scratching the calf against the roller. Pause, wait, and take 2 focused breaths while you let the calf sink into the roller. Move the roller down to the lower half of your right calf, a few inches above your ankle. Repeat the same Glide and Shear techniques in this region. Switch legs and repeat.





INNER THIGH GLIDE AND SHEAR

Lie on your right side and place the roller in front of you. Place your left inner thigh on top of the roller, just above your knee. Push the top end of the roller away from you. Place your left hand on the floor. To Glide, allow your body to fall slightly forward. Then, using your left arm, push your body back so the roller moves 1–2 inches up and down your lower inner thigh, just above your knee, 4–5 times. To Shear, slowly bend and straighten the knee 3 times. Rotate the bent leg so your foot goes up and then down to the floor 3 times. Twist the flesh of your thigh against the roller in a slow scratching motion 3–4 times. Pause, wait, and take 2 focused breaths. Move the roller to the middle of your thigh and reset your body position. Rest your head on your right arm. Place your left hand on the floor. Repeat all of the techniques on this area. Move the roller up closer to your pelvis and repeat. Switch sides and repeat.



CALF RINSE

Sit on the floor and place your arms behind you for support. With your right knee bent, rotate your right leg inward and place your inner ankle on the roller. Your foot is relaxed, and your big toe is close to the floor. Lean forward and slowly straighten your right leg to allow the roller to move up your inner calf with consistent, light pressure. It's okay if the roller doesn't travel all the way up your calf. Rotate your leg so the back of your leg is on the roller. Lean back and slowly bend your knee to allow the roller to move down the back of your calf with consistent, light pressure. Stop before your ankle and repeat the Rinse 3–4 times. Repeat on the other leg.



INNER AND BACK THIGH RINSE

Place your right inner thigh, just above the knee, on the left side of the roller. Use your arms to move your body forward, moving the roller toward the top of your inner thigh with consistent pressure. When you reach the top, think of twisting the flesh around the thigh bone as you rotate your leg so the back of your upper thigh is on the roller. Use your arms to move your body backward, moving the roller down your thigh with consistent pressure. Stop right above your knee. Again think of twisting the flesh around the thigh bone as you rotate your leg so that the inside of your thigh is on the roller. Slowly Rinse up the inner thigh with consistent pressure. Repeat this Rinsing pass 3–4 times. Repeat on the left thigh.



REST REASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to reassess. Remember the four common imbalances. Did you make changes? Do your ribs feel more weighted to the floor? Is your low back curve more relaxed and closer to your pelvis? Is your pelvis more weighted on your butt cheeks than on your tailbone? Have the backs of your thighs settled to the floor? Turn your head from left to right. Do you have more range of motion? Is there less pain or stiffness as you turn your head? Bring your attention to your pelvis. If your tailbone was the most noticeable part of your pelvis on the floor, notice if you now sense your butt cheeks more. Notice your legs. Are the backs of your thighs more settled on the floor? Do the right and left sides feel more even?