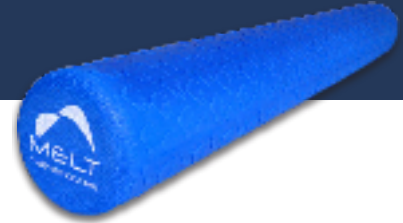


# Lower Body Compression Sequence



**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. Use your Body Sense and scan your body for the 4 common imbalances: Does your upper back feel more weighted on your shoulder blades than on your ribs? Are your lower ribs arched off the floor? Is your tailbone more weighted than your butt cheeks? Do the backs of your thighs feel off the floor on one or both sides? Divide yourself into two halves and assess your Autopilot: Does one side feel more weighted or one leg feel longer?



## BACK OF THIGH SHEAR

Place the roller underneath the top of the backs of your thighs, just below the crease of your buttocks. Pin the skin and slowly twist the flesh, moving both legs in and out, or bend one leg and shear one leg at a time, thighs relaxed, knees soft. Return your legs to the center, pause and take 2 focused breaths, and allow your upper thighs to sink 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

Begin in the mid to upper calf, either one leg at a time, top ankle crossed over bottom ankle or both legs at the same time. Glide - slowly bend and straighten your knee, feet and ankles relaxed, maintain a consistent, tolerable pressure in a small region. Explore this area for barriers, gliding on the inner or outer calf. Meet the barrier and create an Indirect Shear by flexing and pointing your right ankle or making circles with your ankle 5-6 times. Direct Shear - ankle relaxed roll your right calf left/right or cross-friction -. pin the skin and twist the flesh left-right. Pause and take a focused breath. Working on both legs or one, move the roller down and repeat. If working on one leg, repeat on other side.





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### 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 a focused breath. Repeat on 1–3 more spots. Switch sides and repeat.



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### 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. 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.



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### 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. Repeat this Rinsing pass 3–4 times. Repeat on the left thigh.



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### 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 4 common imbalances: 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? Reassess your Autopilot: Do you feel more equal from side to side?