

**Prof. Bob Karnes**  
**Golden Sage Martial Arts and The Golden Sage Massage**



### **My Research as a Necessity**

During the beginning of my DanZan Ryu healing art training starting under Ginny Kitzke, Sensei in 1981 therapeutic massage and healing arts were a weekly study. Older and modern physical therapy and massage arts were needed to keep my knowledge evolving. In 1986 y I have held a City of Reno, Nevada Massage License under the business name Restorative Therapeutic Massage. I was later grandfathered into a Nevada State Massage License ongoing to today in the year 2023.

### **Self Help Maintenance**

While maintaining a massage license a requirement was continuing education along with DanZan Ryu healing art classes the following arts were used to maintain my health for martial art and healing art practice. I also gave these self help arts to my martial art students and massage clients to help facilitate their active participation in self health.

### **Disclaimer**

These stretches are only for people who are healthy and without acute injuries but are experiencing chronic tightness and need gentle exercises to help recover range of motion. It is recommended to first be evaluated by your Sensei, a Massage Therapist, or a Physical Therapist before starting a stretching program.

# Therapeutic Stretching

AFTER your cardio workout

Some active, passive, static, STR, and MET therapies that I use after giving a sport massage or after a martial art workout.

Three Active, MET Stretches that I use  
Wing, Punch, and Hug movements for upper body arm and shoulder tightness  
(you can do these MET or with isometric ROM)

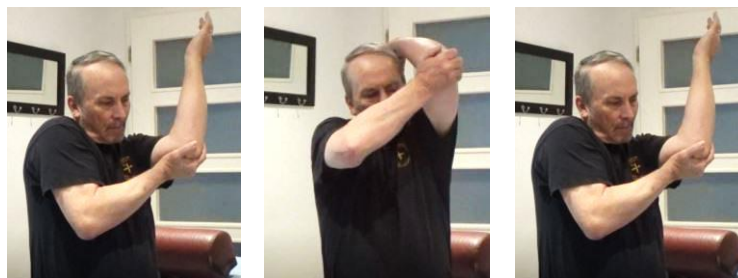


If you have shoulder tightness and a restriction of your **range of motion (ROM)**. Find the position where it starts to guard or protect. With your bottom hand support your top arm and with your top arm relaxed attempt to raise the top arm to a place where you start to feel a Barrier. Stop before pain and stop pushing up. With 20% (or less in the beginning) for 5 seconds push your top arm down to your side while using isometric resistance with your bottom hand. This should remain painless. As you relax your top arm and push your top arm up with your bottom hand looking for increased painless ROM. Do this again until you achieve painless added ROM without your bottom supporting hand.



Do the same process with the punch movement

Do the same with the hug movement



Elbow up, push away from the direction that you want to stretch

**Therapeutic Stretching** continued  
**AFTER** your cardio workout  
**MET Neck Stretches**



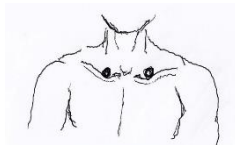
Very gently--Drop chin , push back –  
 Turn head to side, push back – Pull  
 head to side drop ear to opposite  
 shoulder. Be careful not to be done to  
 the point of pain.

**STR Soft Tissue Release Neck and Upper shoulder**



Press the trigger point between the corner of the scapular and the spine, shorting the connection of the muscle in the neck. Pull your shoulder back and down or use shoulder circular motion to stretch the soft tissue. Lean your head to opposite shoulder for stretch.

Warm up the left side of the neck by gently pressing the insertion of the muscle on the left side of the neck. Then gently turn your head toward your elbow for STR stretch. This should not be done to the point of pain. Do the other side the same way.



Using STR anchor at clavicle point, turn your head to opposite shoulder and look up for painless stretch.

## Therapeutic Stretching continued

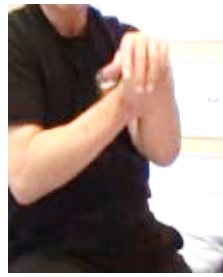
AFTER your cardio workout

### Wrist, elbow, and shoulder MET isometric

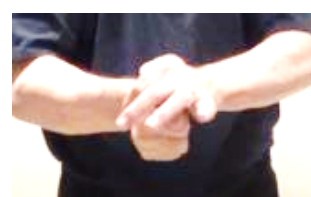
Do Cardio warm up like the Dynamic Stretches at the beginning of this chapter first



Apply isometric resistance for MET benefits



### Wrist MET from standard stretches



Apply isometric resistance to the different ROM of the wrist

## Therapeutic Stretching continued

Static stretches after your work out

Lunges



Static stretching calf  
bend over to stretch the back  
of your thighs

Foot up to rear



Stretching the front of the thigh

Straight back bend



With your back straight

More front thigh stretches



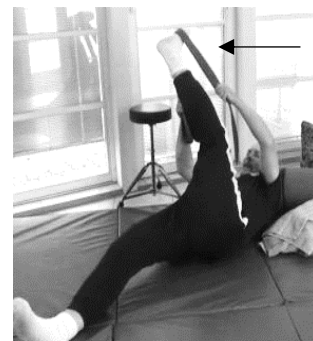
Top your foot on chair arch back to stretch the front of your thigh

**Therapeutic Stretching** continued  
**AFTER** your cardio workout  
**Tools to stretch with**



Yoga stretching strap    Rubber resistance band    Obi / belt

**Stretches for the legs combination static and MET**



Stretching the gluts and back of your leg  
the outside leg

Stretching the IT band



Working on foot to rear knee flex

With more ROM / Met

## Therapeutic Stretching continued AFTER your cardio workout Seiza Static Stretches

Sitting Seiza (sitting on your heels with your feet flat) is an important part of our martial art. It is culturally foreign to our new students, and it is particularly challenging in the beginning for some. As we get older or if we have tight legs these stretches can help. Do not do this if it aggravates a knee injury.



Placing something in a joint and pressing into it opens it up for the knee or the elbow. Putting several rolled-up towels in the bend of your knees at home while watching TV is a way to become accustomed to Seiza. You can place your flat hand in the bend of your knee as you sit to open up the knee joint. The same works to gain ROM in your elbow as shown. With a straight leg it can help with your hand to move your kneecap side to side and up and down to make sure it floats correctly.



I use a foam roller wrapped in a yoga mat to work my way back to sitting Seiza. My goal is to work all these leg stretches and sitting with the foam roller so I can transition to a Seiza board (shown) then transition to normal Seiza. Sitting Anza (cross legged) is acceptable if you are in pain sitting Seiza during instruction or for meditation. While sitting Anza to keep your back straight you can use a pillow to sit on with your legs crossed. Sitting Seiza was started in one national DZR convention to show respect to the instructor and so everyone could see what was taught. It caught on. Quietly and attentively sitting Seiza or Anza during DZR class is safer so if needed you can escape a flying body headed towards you, you can roll away.

**Therapeutic Stretching** continued  
**AFTER** your cardio workout  
**Flat Fall Recovery Stretches**



From our physical therapist black belt this MET exercise helps many of our students with a common inner left thigh muscle pull from our right handed flat falls. Safely resting your bent left leg (without pressure on your right knee) on your right straight leg, Find the barrier or the place where you meet slight resistance to downward stretch and raise your left knee up as you gave slight isometric resistance for 5 seconds. Then relax and retest the barrier position as you allow your knee to go back down into stretch.



Butterfly stretch



Left hip rotation and right leg pulling your right foot into pain free stretch



## Therapeutic Stretching continued

**AFTER** your cardio workout

### What Is Myofascial Release

Myofascial release is a type of physical therapy often used to treat myofascial pain syndrome. Myofascial pain syndrome is a chronic pain disorder caused by sensitivity and tightness in your myofascial tissues. These tissues surround and support the muscles throughout your body. The pain usually originates from specific points within your myofascial tissues are called “trigger points.”

Myofascial release focuses on reducing pain by easing the tension and tightness in the trigger points. It is not always easy to understand what trigger point is responsible for the pain. Localizing pain to a specific trigger point is difficult. For that reason, myofascial release is often used over a broad area of muscle and tissue rather than at single points.

From <https://www.healthline.com/health/chronic-pain/myofascial-release#how-does-it-work>

I have read that there is a fluid like substance between the muscles that gets thick and with this gentle smoothing in opposite direction it thins out this fluid and allows the body's self-healing process to improve. Like therapeutic massage there are many ways to do this as well as opinions, scientific papers, or explanations as why this does or does not work. There is anecdotal evidence but as in massage if you are safe and do not do this on people with circulatory problems, acute injury or preexisting medical conditions and are not doing this for contraindicated conditions you do no harm. (Prof Bob Karnes)

### Myofascial Release and shoulder tightness maintenance



To lengthen the upper pectorals muscles, with a closed hand use your finger tips or as shown the flat part between your fist and second set of your knuckles three times. Lightly smooth the upper pectorals down the knuckles then with an open hand smooth from your upper deltoids down three times.



To shorten the muscles between the spine and the vertebrae bend over and lift a small weight.

To stretch the pecks, arch your back, with a closed hand and thumbs up, raise your arms up and back as you look up.

