



# MELT Map: Step One

## ASSESS

As you complete these assessments, remember how your body feels. After you MELT, you will do these assessments again and be able to see the changes that MELT creates.

### Upper Body Assessment

Lie on the floor, as shown, 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 sense what you feel.

Notice your upper body. Ideally your upper back is relaxed and rests flat to the floor. Is one shoulder blade more weighted to the floor than the other? Notice your arms and hands. Do they rest evenly on the floor? Take note of what you feel.

Notice the bottom of your ribs. Ideally the bottom of your ribs should feel weighted to the floor all the way down until just above your belly button. Notice if your low back curve feels more like a mid-back curve. Again, take note of what you feel.

Finally, notice if one side of your body feels more on the floor than the other.



## MELT

Use a **soft or firm MELT Roller** for these techniques.

### 3-D Breath Breakdown

A 3-D Breath is most effective when done in a quiet area so you are able to focus inward. Take a deep breath as you sense your head, ribs, and pelvis MELTing heavy into the roller.

Imagine your torso is a six-sided box and, in the following sequence, take 2 to 3 deep, focused breaths into two sides at once and notice where the breath moves easily and where it doesn't.

**Front and back** (chest and back) breathing depth into the body

**Side to side** (sides of the ribs expand) breathing width into the body

**Bottom and top** (pelvis to collarbone) breathing length into the body

### Focused Breath

Take a deep, focused breath into all six sides of your torso, expanding three-dimensionally. During the exhale, make a "shh," "seee," or "haaa" sound and sense the natural engagement in your deep abdomen. Then, without using the sound, see if you can consciously connect to your reflexive core by gently assisting the abdominal contraction during the exhale. Be subtle with your intention!

### Single Leg Lift (Core)

Put your feet in line with your sits bones and allow your fingertips to touch the floor.

Breathe in – on the exhale, lift your right foot one inch off the floor (knee stays bent) and hold the position. Notice whether you can stabilize your spine, pelvis, and body position by engaging your core with your focused breath. Notice whether your bottom ribs come up off of the roller when you lift your foot. Repeat on the other side.

Try this 5 to 10 times and notice whether you get better at stabilizing yourself on the roller as you move one leg at a time. If your core is stable, your spine, pelvis, and ribs should stay in the same place as you move your legs.

Try not to pull your neck or chest forward, tuck your pelvis, or completely flatten your low back as you perform this movement.





### SI Hydrate

Position the roller under your pelvis (on the sacrum), just below the lower back. You should be able to draw your legs toward your chest (top left) without the roller slipping out.

Bring your thighs almost perpendicular to the floor, knees and feet relaxed.

Slowly angle your legs and shift your weight to one side of the back of your pelvis (bottom). Make small circles with your knees together two to three times in each direction. “Walk” your knees forward and back, as shown, two to three times. Repeat on other side



### Low Back Decompress

Place your hands on your thighs, close to your knees. Straighten your arms, but keep your shoulders relaxed. Breathe in, and on the exhale, press your thighs into your hands and create resistance by maintaining strong, straight arms, as shown.

Press the tip of your tailbone toward the floor so that your pubic bone moves away from your belly button. Your pelvis is now weighted on top of the roller. You should feel your low back lift slightly as you press your tailbone around the roller.

Maintaining that position, breathe in, and on the exhale, sink your bottom ribs toward the floor without losing the pressure against your hands or the roller. Notice how much abdominal engagement is created by maintaining all three points of pressure – thighs to hands, bottom of the ribs toward the floor, and the tailbone pressing down and around the roller.

To reinforce this engagement, make a loud “shhh” sound and notice your abdomen contract.

Inhale and subtly relax the pressure. When you exhale, re-engage the three points of pressure and make the “shhh” sound. Repeat two to three more times.





## Neck Hydrate/Decompress

**Assess** by lying on the floor in Rest Assess and turn your head left and right. Notice if you feel any pain and if you turn your head more to one side or the other.

**MELT** by placing the base of your skull on the roller. You will feel the roller touch your neck but the goal is to shear the skull not rub on the neck. Relax and straighten your arms and legs. If your back is uncomfortable, bend your knees

**Hydrate:** Breathe in—on the exhale, MELT by pressing the base of your skull into the roller—wait. Slowly turn your head left and right and see if you have any tension on either side of the skull. Shear the tissue by making small circles on one localized area of the skull then repeat that on the other side of the skull.

**To Decompress,** move the roller more onto your skull so your neck is not touching the roller at all. Then slowly nod your head up and down by creating small face nods to decompress the upper two vertebrae (beneath the base of your skull). Repeat 5 to 10 times. Slightly turn your head right or left one inch and continue with the small face nods repeating on both sides.

**Reassess** with your head on the floor in Rest Assess and turn your head again. Notice if you have increased your range of movement or if there is less pain now.

## 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 sense what you feel.

