Blue Pearl Medical Massage, llc.
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Membrane release in head

These are done very gently. No hard pulling. Go till you feel slight resistance and then back off just a little so that there is give/play under your fingers.

These should not create pain. Relief… yes. Pain… no.

Earpull: It is best to do this laying down. If you need to, prop your elbows on a cushion so that they are supported in the position.

Gently reach up hold the ears. Create a gentle traction out just to the slight resistance. While holding that position, then create a gentle traction toward the back of head. While holding the out and back position you're now going to traction gently to the Vertex (imaginary point in space, if you put a board on top and back of head, the point they meet in space is the vertex). Hold all three until you feel a lessening of the tension. If you feel the tension ramp up, it's a sign you are holding too much tension/pressure in the pull. Release a little more, and you should feel relief or a sense of letting go within a few nice deep breathes.

Nose Pull: Do this by sitting at desk/table and put one elbow on the table, then put our forehead (3rd eye) area in the palm of that hand. Gently rest your head in your hand. Use other hand to gently traction on the nose (where bridge and soft tissue meet) in the direction of the slope of your nose. You should feel like the area is softening and a release of pressure in front of head/sinus region. If it ramps up in pain or tension you are pulling too much, soften your hold, be more gentle.

Sometimes these holds feel like you are doing nothing.

Go slow.

Be gentle.

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Always release the holds slowly so that the membrane doesn't snap back like a rubber band.

Call if you have any questions or it hurts while you are doing the release.