



MI MAESTRA

Corynne's top THREE massage techniques for surfers

1 SUBSCAPULARIS

2 INFRASPINATUS

3 LATISSIMAS DORSI



1 SUBSCAPULARIS

Finessing your subscapularis technique is essential for a complete surfer massage .

If you are not a surfer, just imagine for a minute that you are. Lay face down on your massage table, closer to the right-hand side. Now go ahead and pretend to paddle! Notice what muscles start working!

My preference and best results for subscap work, come from the client in the supine position, using my right hand in their right axilla and vice versa.

I place my hand, flat-ish, and posterior, aiming for my hand to be the same angle as their scapula, sinking in gently and slowly while lifting, then draping their arm across their chest and instructing them to do their best impersonation of a well-cooked spaghetti!

The subscapularis will only allow you to engage with it when the client's arm is very relaxed and limp, and also, only when it trusts you.

Do not DIG, or wiggle your fingers around in the armpit. This is super uncomfortable. If you don't have the right position, and cannot connect with the subscapularis muscle, remove your hand, reposition gently and try again.

Once you find the right spot, stay there, less is MORE. Invite the client to gently depress their scapula. Bringing in movement, gently.



I think of the subscap as the naughty little kid in class... that once they have some attention, even a little, they chill out!

This one takes practice, but is a GAME CHANGER as it provides relief to the whole shoulder/ neck complex.

RARELY do massage therapists go there. To be fair, I would only recommend doing this technique for clients after practice and perfection, along with a solid understanding of the intricate anatomy of the area!



2 INFRASPINATUS

This one is a doozy, when it's on fire.

Sharp, hot and uncomfortable- so tread carefully.

One of the four rotator cuff muscles, along with the subscapularis, supraspinatus and teres minor- the infraspinatus trigger points when addressed, well, with intention and care- provide SO MUCH relief for surfers.

I really like using a sliding cup technique on this muscle, which acts like gua-sha but less painful... however, if you haven't yet had a chance to take a great cupping course, you'll need to read on.

P.S. Shannon Gilmartin who wrote "Modern Cupping Technique" is a QUEEN when it comes to nailing the cupping education!)

Find the scapula spine- the bony prominence that feels you are traversing the intercontinental divide.

On the inferior side of this, traveling along the same direction (medial to lateral), you will find the infraspinatus.



I don't have a super special technique here, the most important thing is that you pay attention to the muscle, give it some love and go looking for a couple of the trigger points.

Ask your client to move gently through a range, while you hold a sensitive point... simulating a slow paddle usually does the trick.

Pay attention and notice, as the tension melts and your client says 'why does no one do this?!!!

LOL... this is why I created Mi Maestra!



3 LATISSIMAS DORSI

What can I say? If you skip the lats, you are missing out on a real treat for your surfer clients!

I love to use two different techniques- one, side-lying but we don't all have the luxury of including side-lying position into our sessions.

The prone position, hamburger pull is the one I most often use and love, when done correctly. I take advantage of the proximity to the teres minor and infraspinatus tendon to give those a bit of love at the same time!

With your client prone, elbow gently bent and resting on the table, gather up the sheet and a big chunk of the latissimus dorsi muscle (be careful not to just be grabbing skin!).

Keeping your fingers and thumbs flat, not pinchy or pokey, gently but firmly pull and hold the lats, laterally. Hold for as long as you can comfortably do so, up to a minute... most often 30 or 40 seconds. I like to sit on a big ball when I work, and keep my arms straight, allowing my ball to roll back a little to use a whole body technique and minimize the strain on my own body.

Coach your client into consciously allowing their lats to relax/ let go/ melt into the pull. The more they trust you, the better this works.

It's a dreamy technique that feels amazing after hours of paddling!

BONUS

Ok, so I know I said just THREE of my top techniques for surfers. But, I have to give you more. Our clients DESERVE it!

Here is a quick summary of a few more that we just cannot leave out:

PECTORALIS MINOR

When we address the pecs, we help open up the front line and create ease and pain-relief in an area that isn't often expanded. Think about how many of our daily activities are spent in the rounded/ forward posture. Typing, working, reading, driving...and surfing.

RHOMBOIDS

This is a bit of a no-brainer. Those trigger points between the shoulder blades BURN after a solid surf session.

Paddling, head and chest up, working the posterior line...

Never leave out the rhomboids, and even better if you really locate the trigger points and have your client move through them while you hold them.

Simulate paddling for extra efficacy!

QUADRATUS LUMBORUM

Picture the classic surfer paddle: head up, chest up, back arched.

Then the twisting and turning and torque through turns and maneuvers.

The side-lying QL work is an absolute mind-blowing technique and one my clients wish EVERYONE knew how to do.

I even teach couples how to do this for each other. Careful- it's an 'endangerment zone', so a solid anatomy knowledge and in-person training is KEY to success without harm.

READY TO TAKE YOUR SKILLS DEEPER?

What I would really love for you, is to come and attend my IN PERSON, southern Costa Rica intensive training.

I LOVE to teach this stuff, and just KNOW in the deepest of my soul that you will get SO much out of this training.

Connect with other bodyworkers, enjoy the jungle, the culture, and our Cacao Pod- where seeds are sown, and knowledge grows.

Mi Maestra Intensive — a 4-night, 15-hour live training for bodyworkers who work with surfers and pickleball players.

When? September 17-21, 2025.

👉 Secure Your Spot — Only 10 spaces available.

Use coupon code FOUNDING50 for 50% off this founding circle of 10 attendees.

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