

## Move and Massage

1. Used with DSU.
2. Used to lower pitch a tiny amount.
3. How can you know the pitch is a tiny bit too high?
  - i. You put it there
  - ii. Your massage down made the DSU cleaner.
4. Assume the pitch is too high and massage it down. If it was too high and the massage made it lower, then it was not stable. Now, not only is it more stable, but you got it to lower a tiny bit which was your goal.
5. If the pitch didn't lower, then you'll have to move the pin foot. Use impulse/impact/jolting, whatever will get the pin foot to turn in the hole the tiniest amount. (If the pitch doesn't change - the DSU colour doesn't change - then the NSL is definitely lower, which is what we want so that the next massage has a better chance of changing the pitch.)
6. After turning the foot, try the massage again.
7. Continue with the Move-Massage cycle until you get the target pitch.

Notes:

Use the Hammer Phase feedback between Phase 1 and 2 to get feedback on how much massage may be too much.

Use the appropriate Massage Levels for this NSL (gentle-light-medium, light-medium-heavy, or medium-heavy-hard)

Move and Massage can be combined into a Slow Pull with Induced Bending which makes it more efficient.