

Practical Body Massage Routine Notes

Use the wide margins to make your own notes.

Preparation to massage

To achieve a professional therapist / client relationship the aim of any therapist is to inspire trust through competence and confidence, combined with a caring and considerate attitude.

Remember:

HYGIENE is of utmost importance - always clean your hands:

- At the start of the treatment
- Before giving a face massage
- After the treatment

Before the treatment:

- Prepare treatment area. Ensure you have all your equipment ready at hand.
- Always use a good quality massage oil
- Take receiver's consultation and explain / discuss with receiver the treatment
- Ensure the receiver is well enough to receive a treatment –check for contra-indications
- Ensure you have removed all jewelry (except wedding ring) - receiver and therapist
- Ensure you have covered any open cuts with a plaster - receiver and therapist
- Help receiver onto the couch - prone position (on their front / face-downward)
- Place bolsters under feet and position receiver's body - ensure they are comfortable and warm
- Do your body scan
- Wet wipe their feet
- Wash hands
- Get connected
- Slowly cat paw their body from feet to shoulders-indicating the start of the treatment

During the treatment:

- Link each stroke together and maintain an even flow and rhythm throughout the treatment
- Maintain contact at all times unless there is a natural break within the routine
- Observe correct towel technique at all times, protecting your clients modesty
- Check for comfort, pressure and warmth throughout the treatment
- Give clear instructions

After the treatment

- Energy connection
- Wash your hands
- Help them sit up on the couch and offer a glass of water
- Give them your findings
- Discuss treatment plan
- Give aftercare advice
- Discuss healing crisis
- Show a stretch

After Care Advice

Aftercare advice is an important part of any treatment. It offers completion and support to the receiver, ensuring that they get the most out of the received treatment

Advise the receiver to:

- Drink 6-8 glasses of water following a treatment to help flush out the toxins that have been released
- Avoid alcohol or any other stimulants for at least 12 hours after the treatment
- Rest after the treatment to allow the body to heal and settle
- Only eat a light meal before and after a treatment - If the body is using energy to digest a heavy meal, it is not putting its energy into healing.
- No exercise
- Explain to the receiver the possible contra-action symptoms (healing crisis) they may experience after the treatment and ensure them that this is normal and will subside within 12 hours

Encourage the receiver to:

- Have regular treatments to prevent illness and maintain a state of wellbeing
- Use skin care products that do not strip the skin's natural oils
- Take time out to relax and combat the negative effects of stress
- Eat generally healthy and take up regularly exercise

Massage techniques and effects

The effect a massage has on the body depends on the combination of strokes, the style of movement, the pressure and speed used in a massage. The following list is intended as a guideline, not as an absolute, as each person has individual needs and with some treatments and some clients different effects may result and the styles may be used differently.

- Superficial movement: Soothing, relaxing, preparatory & concluding
- Gentle movement: Soothing, relaxing, preparatory & concluding, used over delicate, sensitive & painful areas
- Deep movement: Relaxing, tension release, pain reliever over muscular areas
- Brisk movement: Stimulating, pain reliever over muscular areas
- Light pressure: Stimulating, pain reliever over sensitive and tender areas
- Firm pressure: Relaxing, tension-release, pain reliever over muscular areas
- Slow movement: Soothing, relaxing, preparatory & concluding, used over delicate sensitive & painful areas
- Fast movement: Stimulating, pain reliever over muscular areas
- Linking Strokes: To maintain the feeling of continuity and flow during a treatment it is sometimes necessary to insert a linking stroke
- A linking stroke is a gentle stroking motion with one or both hands to maintain physical contact, between completion of one stroke and commencement of another.
- They are intuitive and optional on the part of the giver, but will enhance the treatment for both the receiver and giver.

Healing crisis

- Increased thirst
- Increased urination
- Headaches or achiness
- Runny nose
- Heightened emotional state
- This will disappear anywhere from 12-48 hours.
- This is normal as the body is getting rid of toxins

SUPINE POSITION

First wipe client's feet, then wash hands.

Client is lying supine: Cat Paw from ankles up to the shoulders, stand at the head of the client and push the shoulders down as you ask the client to breath.

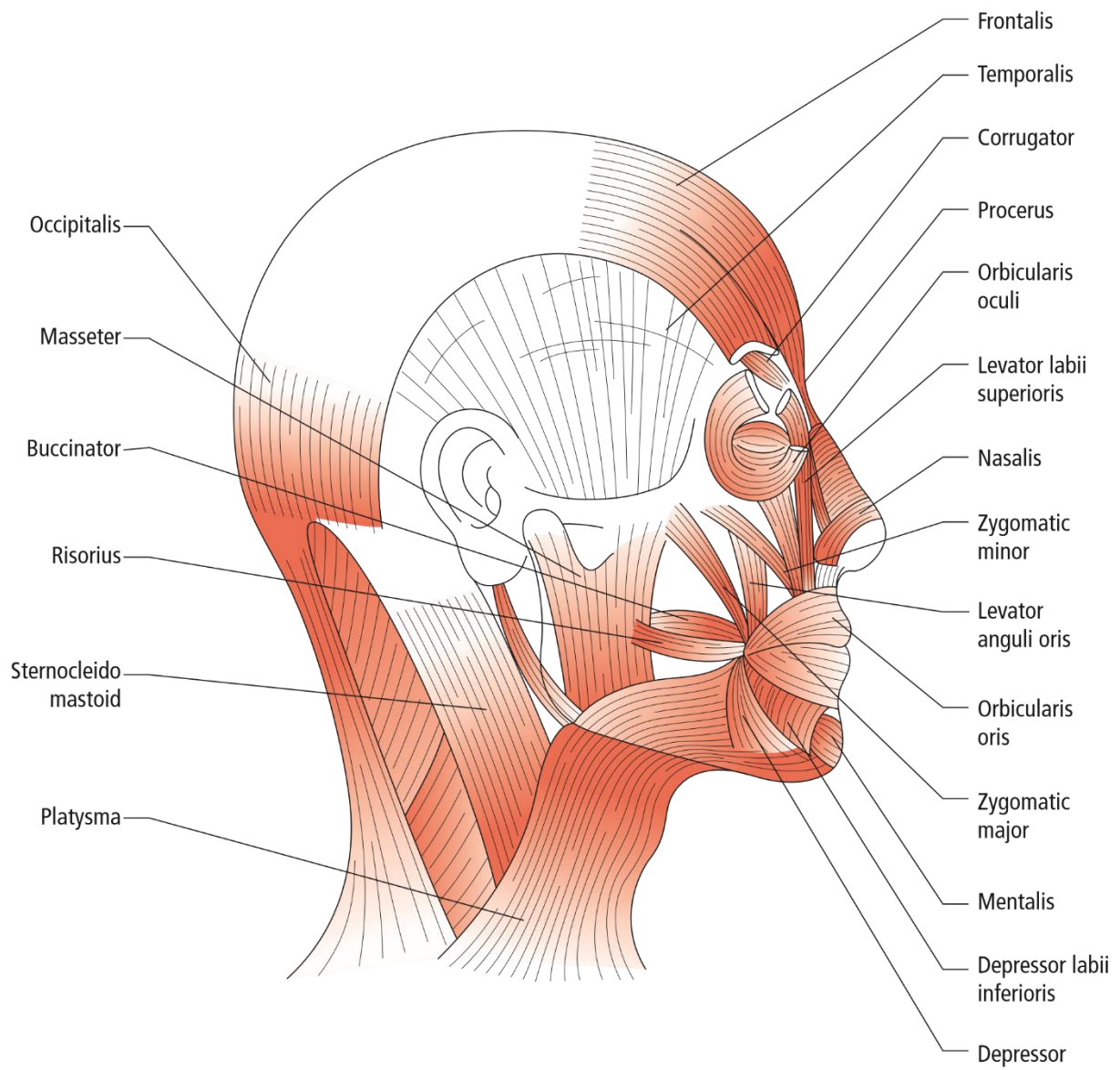


CHEST

Apply oil to your hands - Without touching the face – cup your hands over the client's face – hold for count of 6 as you ask the client to breathe deeply 3X.

1. Open up the chest - Apply oil using cross over method 4 X
2. Effleurage on chest, neck, hook into occiput, lean back as you stretch the neck. (Pectoralis major, Deltoid, Top of trapezius & Sternocleidomastoid) 3 X
- 3. Brace – How do we do it?**
4. Chin – closed scissors, open scissors, drag fingers under cheek bones, around nose, over third eye to hairline, back down to third eye, closed scissors, open scissors. Stretch out the forehead. Drag fingers down to the chin, closed scissors, open scissors. 1X

5. Double hand press over sternum and ask client to take 3 deep breaths
6. Knuckling over pectorals, deltoids and into trapezius – over the chest move fingers individually when you get to the trapezius work in a fist shape.
7. Loose fist drain top of shoulder – one side at a time – slow and deep. X3
8. Cup both your hands around and underneath client`s head, supporting the Occipital bone, lift slightly and gently turn head onto the side into your cupped hand. Keep 1 hand underneath. Single-handed kneading over side of neck (Sternocleidomastoid & Splenius capitis) Work downward using thumb and fingers tips in a circular motion. X6 – **Be sure not to have the head turned ALL the way over to the side.**
9. Repeat on the other side.
10. Effleurage on chest, neck, hook into occiput, lean back as you stretch the neck X 3

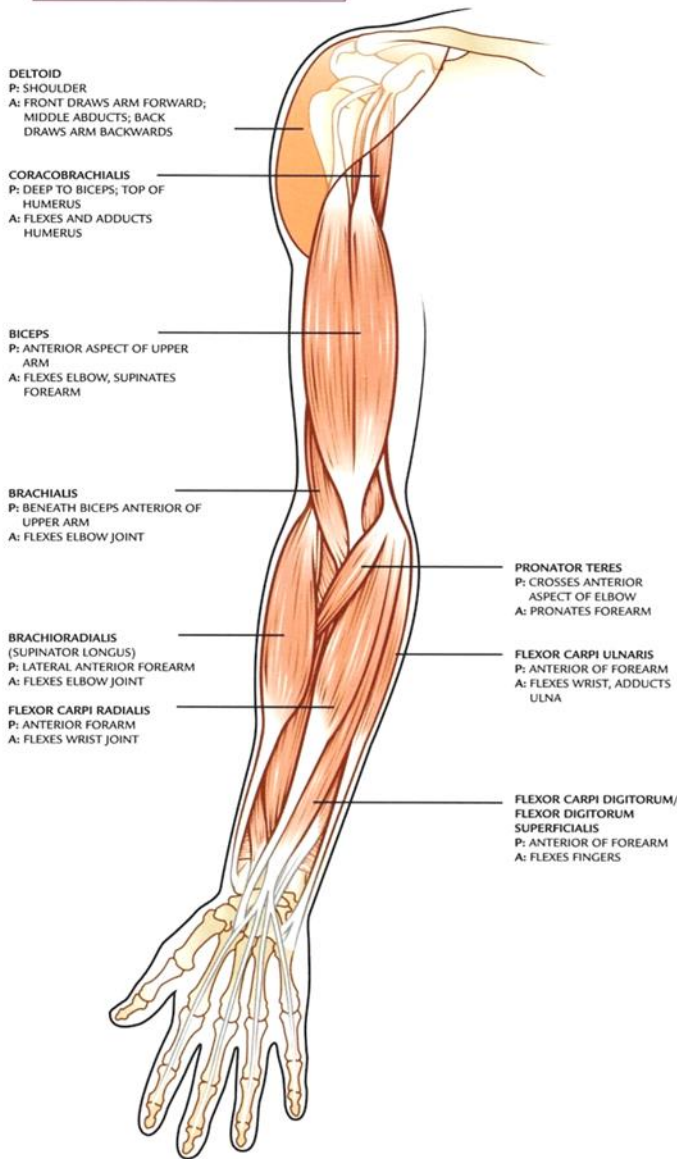


FACE AND SCALP

1. Hand over hand effleurage up the neck – avoid windpipe
2. 3 X full face braces – end on forehead.
3. Four finger alternate hand stroking of forehead – slowly with no lifting of the brows.
4. From between eyes with ring finger stroke up the nose – the continue with ring finger - half moon stroke under each eye X 6 (Orbicularis oculi)
5. As you get to the Temporalis – forefinger and middle finger next to each other deep C strokes X6
6. Pinch over edge of eyebrow to get to the other eye and repeat nr. 4, 5, 6.
7. Reverse braces from forehead down to chin X1
8. Tapping along the cheeks – percussion. (Levator anguli oris, Zygomaticus, Buccinator, Risorius, Medial and lateral Pterygoid & Masseter) One side at a time.
9. Squeeze slide squeeze along jaw line using thumbs and index fingers together from middle of chin toward the ears. (Mentalis, Depressor labii inferioris & Depressor anguli oris) X1
10. X 1 brace from chin back to forehead
11. Stroke through the hair
12. Massage the scalp using the hands like a claw, fingers facing forward. 10X, Repeat with fingers facing each other, then repeat on side of head. – One side of back of head at a time. Ensure you include the occipital bone (40 rotations in all)
13. Pull on the hair – forefinger and middle finger slide and twist the hair – hand over hand – avoid the temporal area.
14. Knead the lobe of the ears X10, then repeat top of ears X10.
15. Effleurage chest then Vibrations each side of spine on back of neck –pull into the occiput.
16. Effleurage chest, neck X 1 Repeat occipital stretch.
17. Finish with Holistic press on the temples/scalp

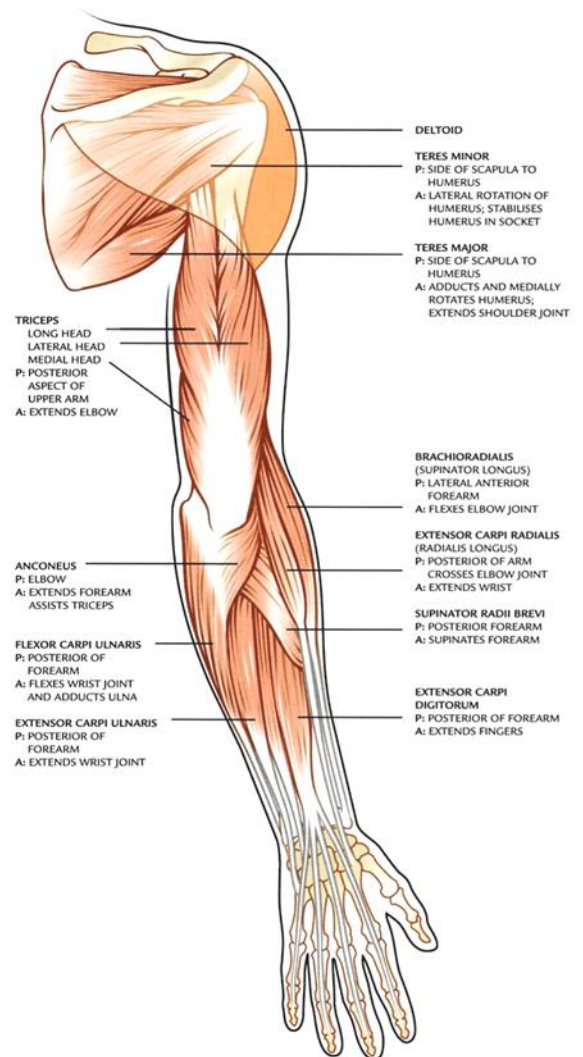
MUSCLES OF THE SHOULDER AND ARM - ANTERIOR VIEW

KEY: P: POSITION A: ACTION



MUSCLES OF THE SHOULDER AND ARM - POSTERIOR VIEW

KEY: P: POSITION A: ACTION

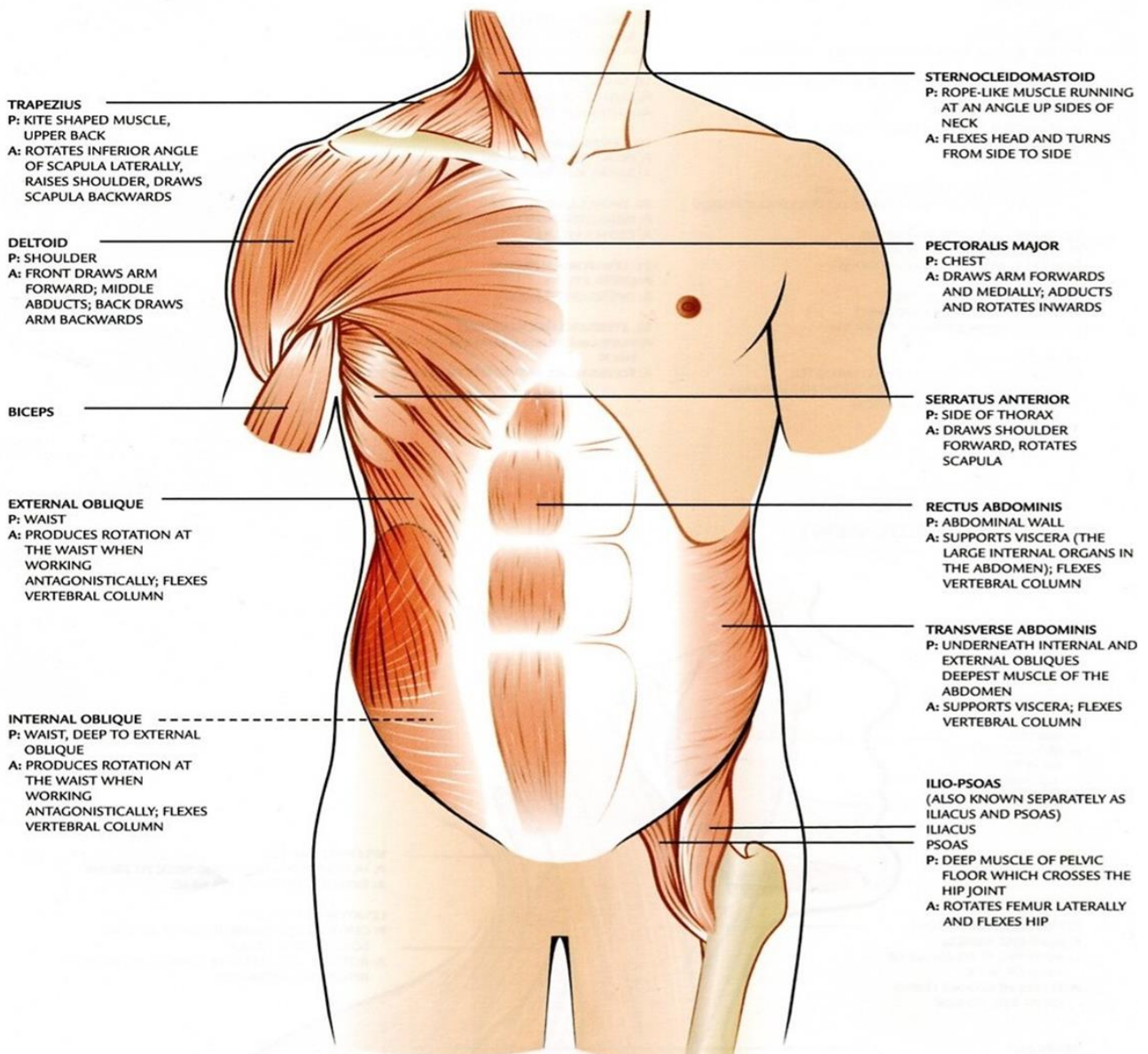


ARMS

1. Apply oil using cross over method 4 X
2. Hold the wrist with one hand and single hand effleurage the inner arm, up to the arm pit X 1
3. Swap hands and hold the wrist with one hand and single hand effleurage the outer arm and around the shoulder. X 1 – repeat this sequence 3X
4. Hold wrist with one hand and petrissage inner arm up to the armpit, slide down. (Posterior muscles: Extensor carpi ulnaris & digitorum & flexor carpi ulnaris & radialis)
5. Swap hand and petrissage outer arm, include the shoulder, slide down. (Anterior muscles: Flexor carpi radialis & digitorum, Pronator Teres, Brachioradialis, Supinator radii brevis)
6. Thumb knead carpels, top, then inner 6 X
7. Thumb knead between metacarpals – little finger to thumb
8. Thumb knead each finger – little finger to thumb – then press, slide press.
9. Hold wrist with one hand interlace fingers – rotate clockwise 3 X – then anti-clockwise 3X
10. Flex and extend the wrist
11. Thumb knead the palm.
12. Place clients hand across their opposite shoulder
13. Palmer knead the upper arm. Your other hand supports under the clients elbow.
14. Palmer knead - Include the Teres Minor and Major under the edge of the scapula X10
15. Hack, cup and pinchment the triceps – rapid movements
16. 4 soothing strokes.
17. Effleurage whole arm as in no 2 and 3
18. Holistic press of palm of hand

**MUSCLES OF THE TRUNK –
NECK, CHEST AND ABDOMEN
– ANTERIOR VIEW**

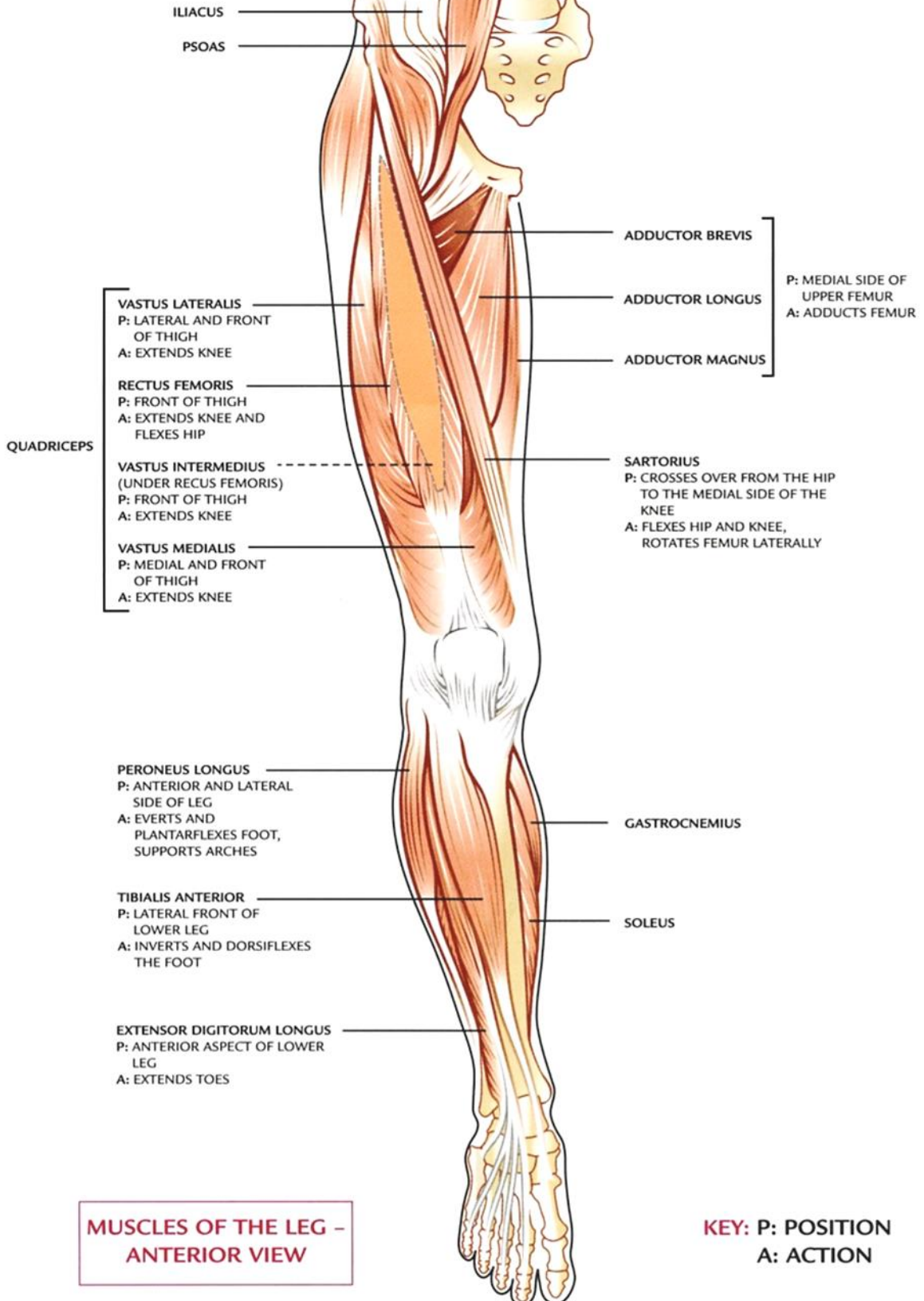
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ABDOMEN – not on first few days of menstruation

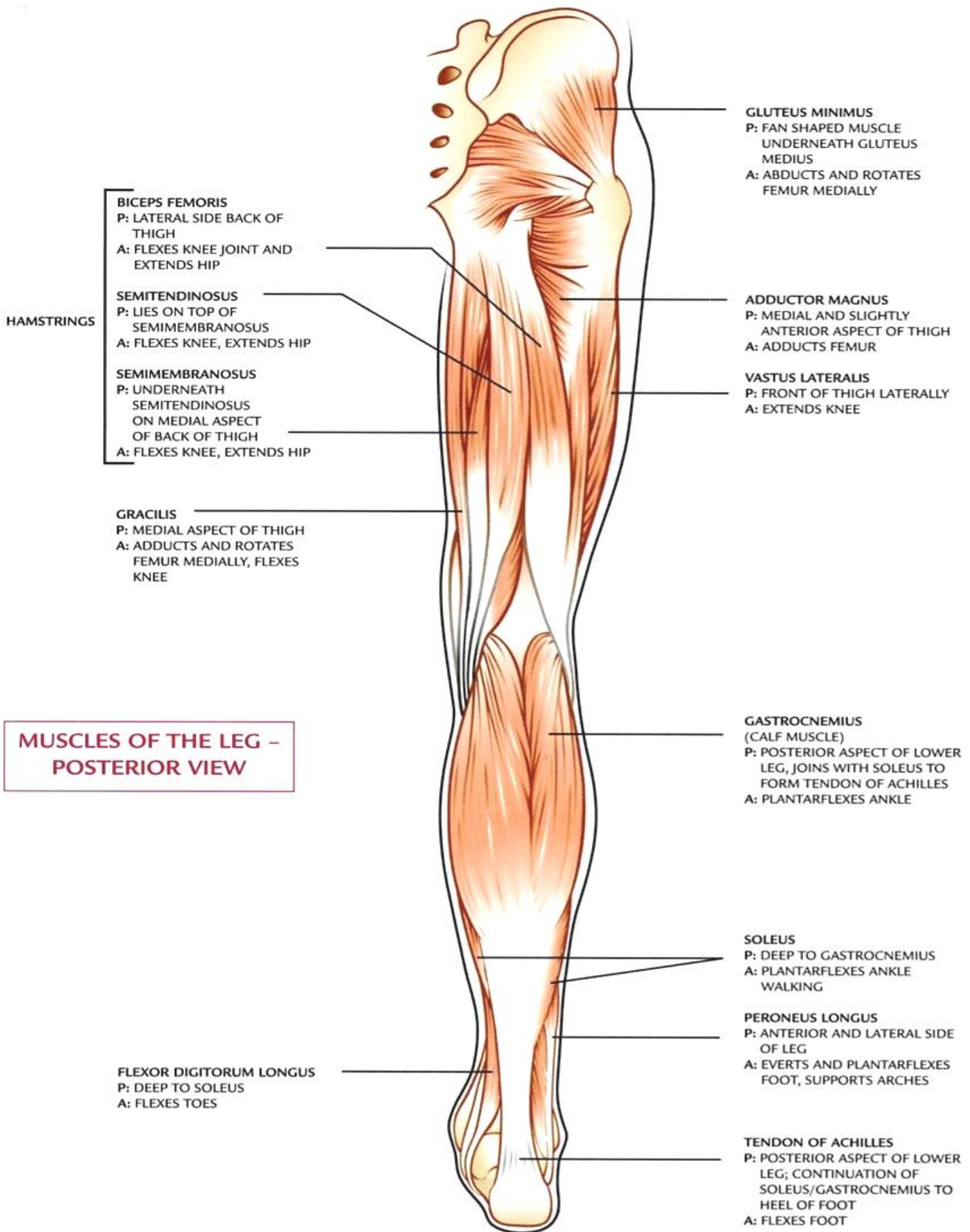
1. You stand on the client`s right - Apply oil with cross over method.
2. Effleurage up to the diaphragm – drain thumbs under the diaphragm - slide under the back and hook fingers into the iliac crest – lean back as you pull the back into a stretch. 3 X
3. Reinforced hands – flat fingers small circles over the colon – slide over lower part (bladder and reproductive system) - follow the colon X 3
4. Opposite side – Petrissage the waist.
5. Skin roll the waist.
6. Reinforced hands – pull diagonally the lower back and waist as you lean back. X 3
7. Move over to the other side - Repeat 4,5, 6, on the other side.
8. Wring the whole abdomen up and down 3 X.
9. Effleurage as in no 1 but slide your hands to either side of the spine and vibrate
10. Cover with towel - Double hand Holistic press over belly button

ILIO-PSOAS (ALSO KNOWN SEPARATELY AS ILIACUS AND PSOAS)
P: DEEP MUSCLE OF PELVIC FLOOR WHICH CROSSES THE HIP JOINT
A: ROTATES FEMUR Laterally AND FLEXES HIP



FRONT LEGS AND FEET

1. Apply oil to leg use cross over method – X 4
2. Effleurage 3 X –lower leg parallel hand – thigh – horizontal hands – into inguinal. Ensure you include the calf as you come back with effleurage and stretch leg as you lean back.
3. Squat down to continue sole of foot massage. Support the dorsal surface of the foot with one hand, other hand (with fist of hand) massage sole in circles X 3
4. Cross friction with the thumbs down the sole of the foot then back up again – X 3
5. Alternate thumb knead between metatarsals – little toe to big toe
6. Knead each toe – then press slide press each toe individually.
7. Flex and extend the foot – X 2 each way
8. Ankle rotation: One hand cups the ankle – 3 X one way then the other
9. Full toe rotation – Three times each way all toes together
10. Whipping on the toes
11. Medially rotate the leg – deep palm knead the lateral side of lower leg – (Tibialis anterior, Peroneus longus, Flexor digitorum longus) Lane 1: ensure you are right next to the tibia. Lane 2: 1 cm away from tibia.
12. Flex client's leg and finger drain down calf muscle.
13. Keep leg flexed and palmer pull muscle away from the bone, followed by full palmer soothing.
14. Straighten the leg, effleurage up to the patella.
15. Thumb knead the patella.
16. Thumb wring the patella.
17. Reinforced hand deep effleurage top of thigh – X 3 – Then side of thigh X3.
18. Alternate petrissage inner, middle and outer thigh (Sartorius, Tensor fasciae Quadriceps: Vastus intermedius, Vastus lateralis, Rectus femoris, Vastus medialis)
19. Wringing of thigh
20. Palmer knead top of thigh, then side of thigh.
21. Move over to the other side of the client without breaking contact - Side of thigh – Hack, cup, beat and pound the lateral thigh.
22. Return to the other side - Alternate whole hand sooth stroking of thigh 4 X
23. Skin rolling – Thumbs top of thigh, slide sideways to inner – continue avoiding the femoral triangle. Slide thumbs down centre of thigh back to above the knee.
24. Thumb role from top of thigh lateral side.
V shaped - Lymphatic drainage strokes from knee to inguinal. X6 right hand – X6 left hand
V shaped - Lymphatic drainage strokes from ankle to knee. X6 right hand – X6 left hand
Place both hands over ankle – horizontal and rock leg out all the way up to top of thigh.
25. Effleurage up to the thigh - Vibration of leg X 1
26. Effleurage whole leg as in no 1
27. Holistic press the foot.



BACK LEGS

1. Apply oil using cross over method – 4 X
2. Effleurage whole leg, include the foot, one hand in front of the other, fingers facing away from each other. X 3
3. Lean back as you stretch out the leg when you come back from Effleurage.
4. Alternate petrissage of Achilles tendon, continue onto lower leg as you petrissage the whole calf muscle. (Gastrocnemius, Soleus, Peroneus longus, Flexor digitorum longus)
5. Divide the calf muscle in half and petrissage the inner calf first.
6. Petrissage the outer calf.
7. Wringing of lower leg
8. Split Gastrocnemius 3 X with parallel thumbs.
9. Hack and cup Gastrocnemius
10. Alternate full palmar soothing strokes – 4 X
11. Skin rolling of calf muscles - first inner, then outer calf - 3 X
12. Flex client's leg onto your shoulder and finger drain down calf muscle. X3
13. Keep leg flexed and palmar pull muscle away from the bone, followed by full palmar soothing. X3
14. Effleurage 1 X, the second time stay on the thigh area (Hamstrings: Biceps femoris, Semitendinosus and Semimembranosus).
15. Petrissage inner, middle and outer thigh
16. Wring whole thigh
17. Without breaking contact with the client, move to the other side and, hack, cup, beat and pound the outer thigh only.
18. Return to the side.
19. Alternate full palmar soothing strokes over thigh – 4 X
20. Loose fist – drain the top, then side of thigh.
21. Skin rolling of the thigh – first inner then outer thigh.

V shaped - Lymphatic drainage strokes from knee to top of thigh. X6 right hand – X6 left hand

V shaped - Lymphatic drainage strokes from ankle to popliteal. X6 right hand – X6 left hand

Place both hands over ankle – horizontal and rock leg out all the way up to top of thigh.

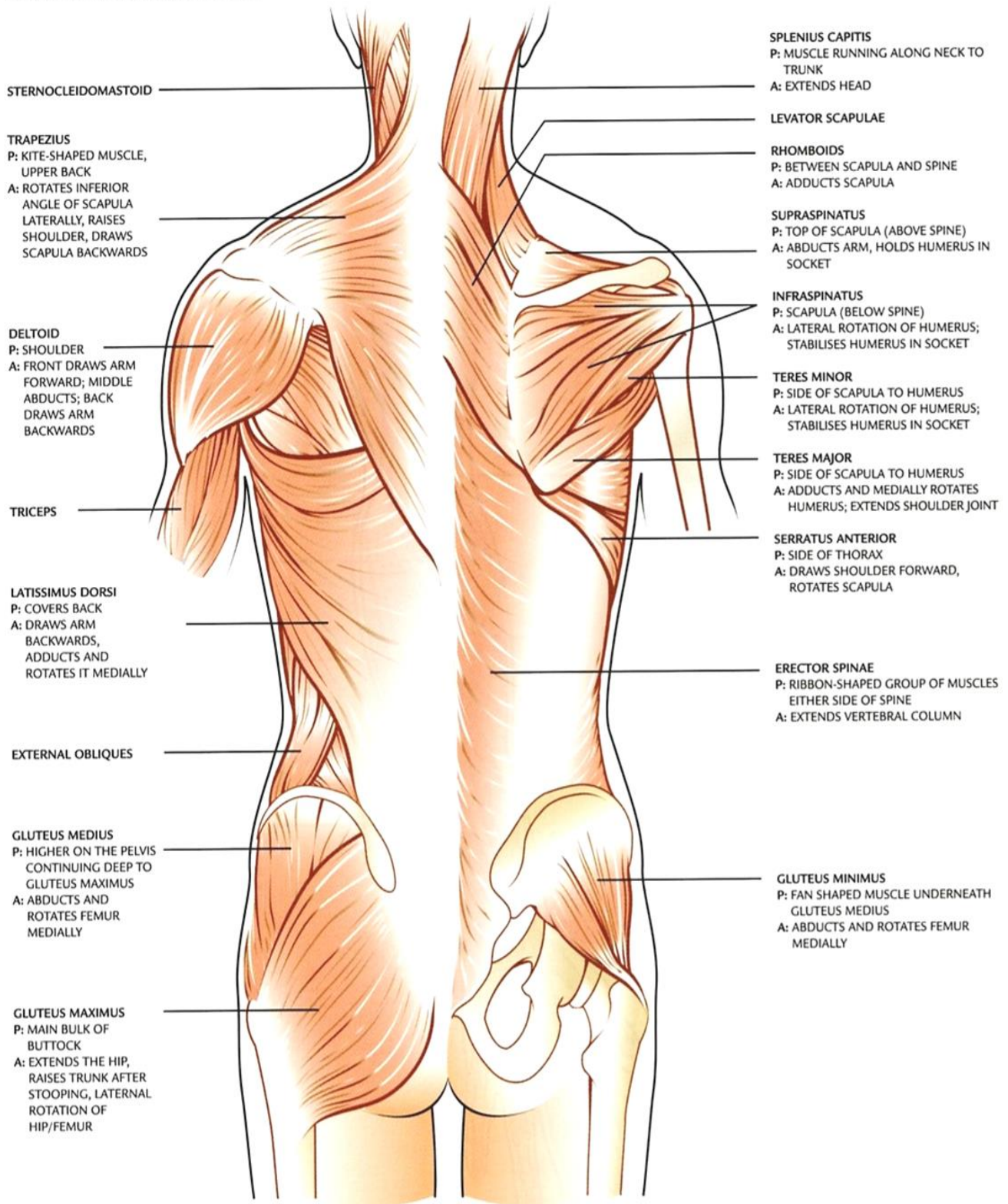
22. Effleurage 1 X, then vibrate whole thigh and end with effleurages 6 X
23. With your last Effleurage – holistic press on sole of foot as you cup the foot.

**MUSCLES OF THE TRUNK -
NECK, CHEST AND ABDOMEN
- POSTERIOR VIEW**

KEY: P: POSITION A: ACTION

SUPERFICIAL MUSCLES

DEEP MUSCLES



BACK – Ensure that you oil your forearms.

1. Apply oil using cross over method – 4 X
2. Effleurage right next to the spine and into the neck 2 X
3. Effleurage 1 cm away from the spine to the middle of the shoulder and back down. X 2
4. Effleurage the side of the back to the point of the shoulders and down the arms as you hop back onto the lower back without breaking contact.
5. Palmer knead up the back – next to the spine. (Latissimus dorsi, Trapezius, Levator scapulae, Deltoid)
6. Wring the entire back – lumbar up the shoulders. (External oblique, Quadratus lumborum Thoracic & cervical - Latissimus dorsi, Trapezius)
7. Figure 8 the thoracic area –start at the bottom of the scapula opposite you, with reinforced hands. Effleurage around shoulder, pull into neck as you lean back, across the spine and continue to bottom of scapula closest to you – around shoulder and pull into neck 3.
8. Effleurage scapula with reinforced hands (x 6) Start next to the spine on the upper back. (Teres major & minor, Infraspinatus, Supraspinatus, Serratus anterior, Rhomboids, Deltoid)
9. Repeat reinforced hands - Effleurage scapula on other side. X6
10. Effleurage from the lumbar up to the neck, next to the spine X 1
11. Upon the second effleurage – get ready to move the clients arm forwards.
12. Move clients arm outward– Petrissage side of back from lumbar up into the neck and back down.
13. Opposite side, thumbs next to the spine - Skin rolling from spine into sides – from lower back to shoulders – slide hands back down to the lower back.
14. You stay on side of client: Opposite side - Hack, cup, beat and pound-hips.
15. Move to the other side - 4 X alternate palmer soothing strokes up to shoulder.
16. Effleurage from lower back up to the neck.
17. At the head of the client, Effleurage down the back to the iliac crest. With the heel of your hands stretch out the iliac crest, squeeze the waist as you come back up – across the shoulders and into the neck X 3.
18. Move to the other side and bring the other arm forwards.
19. Petrissage from lower back up to the neck and down again.
20. Opposite side, thumbs next to the spine - Skin rolling from spine into sides – from lower back to shoulders – slide hands back down to the lower back.
21. Opposite side - Hack, cup, beat and pound-hips.
22. Move to the other side - 4 X alternate palmer soothing strokes up to shoulder.

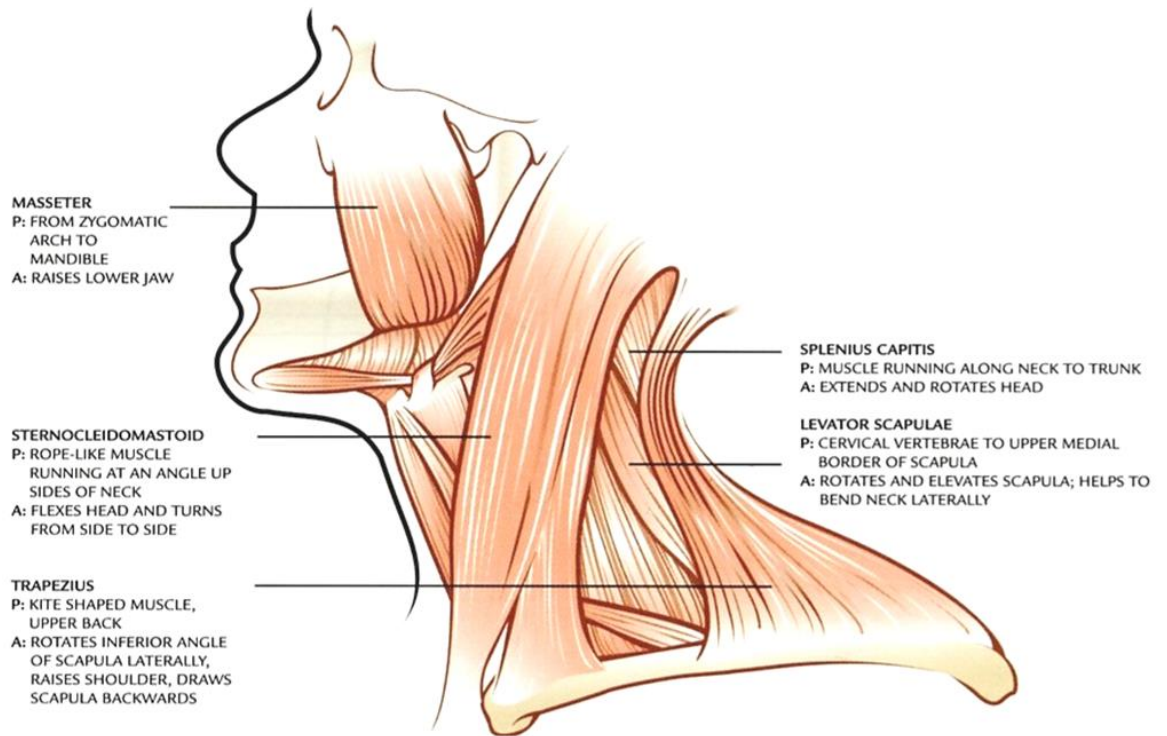
SHOULDER WORK – one at a time.

23. Effleurage up to the neck – fingers are next to the spine X1 – As fingers slide down the neck, slide both hands down the shoulder closest to you, down the arm.
24. Wing the scapula – use small towel under client shoulder to support.
25. You are on the side of the client – working towards the head - Finger slide around scapula – 3 X – brisk movements to warm the area up.
26. Loose fist drain around scapula – use right fist X3 then left fist X3
27. Full palmer sooth as you move to the head of the client.
28. Head of client - continue to loose fist drain the around the scapula area – down. X3 with each fist.
29. Karate chop - Use the side of your hand around the scapula – include next to the spine area.
30. Reinforced thumb – deep diagonal work into Rhomboids, from spine into scapula - followed by lots of soothing.
31. Effleurage from the neck down to the sacrum – deep draining over the iliac crest – upon return - over the shoulders and up into the neck.
32. Repeat this effleurage and get ready to move to the side to un-wing the arm – both hands slide over the shoulder and down the arm.
33. Repeat 23 – 32 on the other shoulder.

Forearm work shoulders.

1. Forearm - use your right arm – from base of neck move down and around the scapula.
2. Forearm - use your left arm – from base of neck move down and around the scapula.
3. Forearm - use your right arm – from base of neck move down and turn your arm as you get to the bottom of the scapulae. Continue to slide down the back – stretch the iliac crest as you hold that point for count of 6. Hop over the crunchy bit and continue to forearm down the gluteal area.
4. Forearm - use your left arm – from base of neck move down and turn your arm as you get to the bottom of the scapulae. Continue to slide down the back – stretch the iliac crest as you hold that point for count of 6. Hop over the crunchy bit and continue to forearm down the gluteal area.
5. Repeat on other side of scapula (1-4)

MUSCLES OF THE HEAD AND NECK (SIDE VIEW)



NECK

1. Alternate petrissage of the neck – Pull the muscle from the bone. X 10
2. Thumb rolling up the neck – one side at a time up into the occiput region. Hold pressure under occiput ridge for count of 10.
3. There are 2 lanes.
4. Hand over hand deep soothing from the shoulder, up the side of the neck.
5. Thumbs next to each other – pressure point side up neck – one side at a time.
6. Move to the other side of the client’s neck and repeat no. 1 – 4 on the other side.

LOWER BACK

1. Diagonal the towel – open up side of gluteal.
2. Petrissage gluteal and lower back up and down.
3. Use right X3 then left fist X3. Loose fist drain down to the lower back and gluteal area, right next to the spine – Start in the middle of the back. Hop over the crunchy bit, then continue into the gluteal area.
4. Loose fist drain 1 cm away from the spine, down to the lower back and gluteal area, right next to the spine – Start in the middle of the back. Hop over the crunchy bit, then continue into the gluteal area.
5. Frog - Loose fist drain sideways down the gluteal in 3 lanes. Between the iliac rest and floating rib, On top of the iliac crest, through the gluteus maximus. X3 right fist, then left fist.
6. Soothing strokes.
7. Repeat nr. 5 but use Forearm work – 3 lanes – place elbow – no pressure, drop arm slightly and then drag your forearm to get a full stretch. X3 right forearm – 3X left forearm.
8. Linking effleurage. Repeat 1 - 7 on the other side.
9. Effleurage the back 3X – next to spine only – 1 lane.

V shaped - Lymphatic drainage strokes from lower back to top of shoulder.

X6

Place both thumbs next to spine – pressure point up to neck.

Linking effleurage to move over to the other side and repeat V shaped Lymphatic drainage strokes and pressure point on the other side of the spine.

10. Vibration of the spine X 3 (Erector spinae)
11. Holistic press on the sacrum.
12. Cover the back, hand over hand – touch down to the feet.
13. Cat paw your way from the feet up to the head of the client.
14. Wash your hands, and offer them water. When they are ready, sit the client up using your towel management.
15. Give feedback, stretches, follow up appointment, relevant home care advice and healing crisis. Complete your client consultation, including their feedback.