

Basic Full-Body General Massage

Full-body massage stimulates all sensory nerve receptors, contacts all layers and types of tissues, and moves all major joints.

Its purpose is to affect the whole body using gliding, compression, percussion, and rocking motion to joints, with limited use of kneading, shaking, and friction.

The most important massage manipulation is the resting position or the first touch.

The full-body massage should have a sense of continuity. Each method is usually applied three or four times, becoming slower and deeper with each application.

General Massage Suggestions

Dealing with body hair:

Avoid gliding and kneading

Combine compression, vibration, rocking, shaking with lengthening, and stretching

Dealing with skin problems (acne, psoriasis):

Avoid contact with body fluid by placing a clean bath towel over the affected area and using compression.

Avoid tickling by reducing speed and increasing pressure of the stroke.

Head and Face Massage

Avoid disturbing the client's hairstyle and makeup.

Avoid using lubricant on the face.

Use confident yet moderate approach.

Clean hands before beginning this part of the session.

The facial muscles create the expressions that reflect our moods and emotions.

Changes in expression are processed in the emotional centers of the brain, so facial massage might change the way the recipient feels emotionally.

Neck Massage

Side-lying is the most effective position.

Neck massage provides lengthening and stretching for the neck.

Avoid deep pressure into the anterior triangle of neck.

Use your forearm or whole hand.

Neck muscles become rigid in response to stress and by chest and shoulder breathing.

The neck area balances the head against gravity.

Shoulder Massage

Side-lying is the most effective position.

Pay attention to the soft tissue that connects the shoulder to the trunk.

Perform lower back massage.

Why should shoulder massage be combined with lower back massage?

The shoulder is stabilized at the iliac crest and sacrum by the latissimus dorsi muscle and the lumbar dorsal fascial.

How can shoulder massage help reduce muscle tension in the arms?

The brachial nerve plexus, which supplies the arm, may be affected by soft tissue dysfunction in the shoulder area.

Arm Massage

Massage arm in all the basic positions.

Massage areas that are easily accessible.

Stabilize the forearm against the massage table.

Stabilize arm between the trunk of the massage practitioner's body and upper arms.

Remember that fingers begin at the elbow and the shoulder mechanism extends to the elbow.

Hand and Wrist Massage

Open and spread tissue of the palm.

Perform compression.

Access joint movement pattern of wrist by performing slow circular movements.

Perform scissoring action on carpal and metacarpal joints of the hand.

Use passive range of motion to massage finger joints.

The sense of intimacy created by the act of holding hands may shift the therapeutic focus from the client.

Extra care should be taken to avoid transference/countertransference and professional boundary issues.

Chest Massage

Use a side-lying position.

Use broad, compressive applications to rib area for general ROM to ribs.

Avoid breast tissue and nipples on both men and women.

Note any changes in chest tissue and refer as appropriate.

The intercostal muscles (those between the ribs) are very important in respiratory function.

Slow, deliberate work between the ribs with the client in the side-lying position can be valuable for restoring mobility and breathing function.

Abdominal Massage

Use a supine or side-lying position.

Bend the client's knee about 90 degrees.

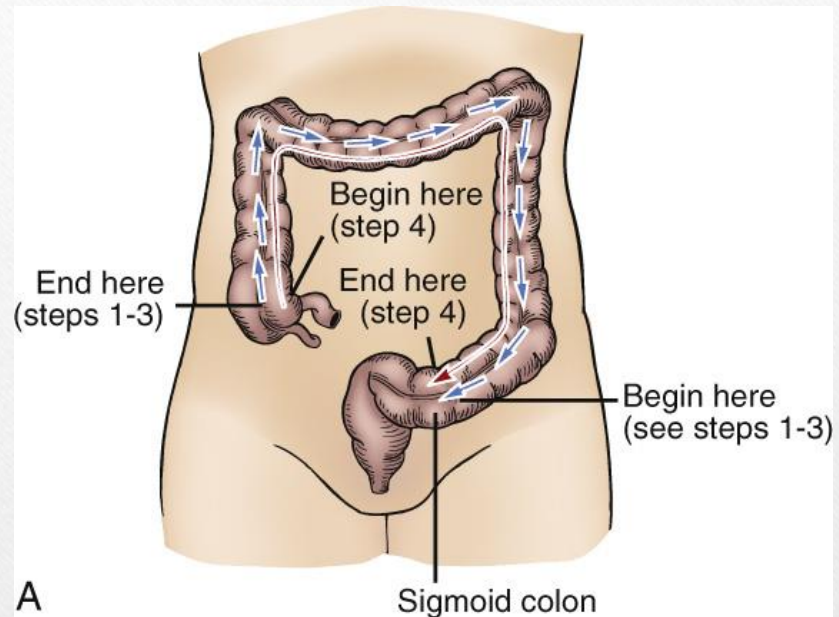
Perform lateral pressure.

Perform lifting methods to stretch connective tissue.

Be careful of pressure down into the abdomen.

The colon is shown here. The arrows indicate the flow pattern.

All massage manipulations are directed in a clockwise fashion. The manipulations begin in the lower left quadrant (on the right side as you view the illustration) at the sigmoid colon. The methods progressively contact all of the large intestine and eventually cover the entire colon area.



Abdominal Massage



***B**, Abdominal sequence. The direction of flow for emptying of the large intestine and colon. Make the change as suggested. Massage down the left side of the descending colon using short strokes directed toward the sigmoid colon.*

***C**, Massage across the transverse colon to the left side using short strokes directed toward the sigmoid colon*

***D,** Massage up the ascending colon on the right side of the body using short strokes directed toward the sigmoid colon. End at the right-side ileocecal valve, which is located in the lower right quadrant of the abdomen.*

***E,** Massage the entire flow pattern of the abdominal sequence, using long, light to moderate strokes, from the ileocecal valve to the sigmoid colon. Then repeat the sequence.*



Back Massage

Prone, seated, and side-lying positions are functional.

Use the forearm.

Perform skin rolling and connective tissue methods.

Avoid pressure over the spine.

Massage close to the spine, not on the spine.

Spending an excessive amount of time massaging the lower back is not recommended because often the reason for back pain or tightness is shortening and weakness of muscles in the chest and abdomen

Gluteal and Hip Massage

Use a prone or side-lying position.

Use forearm, knee, or foot.

Perform range-of-motion methods (flexion, extension, abduction, adduction, and internal and external rotation).

When using heavy pressure (connective tissues), avoid sustained deep pressure (lumbar and sacral plexuses innervate in the hip).

Leg Massage

Supine (access to all aspects of leg), prone, and side-lying (access to medial and lateral) positions are functional.

Perform gliding and compression (avoid kneading because of body hair).

Avoid performing any massage if the client complains of prior pain in leg.

Why should a massage practitioner avoid giving a massage if the client complains of prior pain in the leg?

Thromboembolism and thrombophlebitis are serious conditions involving a blood clot in a vein. If the clot moves, it can lodge in the heart, lung, kidney, or brain and cause severe problems. Symptoms of thrombophlebitis in the legs are aching and cramping that can be mistaken for muscle pain.

Foot and Ankle Massage

Perform circular movement to access ankle movement pattern.

Perform scissoring or bending movement to access tarsal and metatarsal.

Perform active range of motion against resistance and passive range of motion to massage toes.

Use lifting methods to stretch connective tissue.

The stimulation of parasympathetic activity results in relaxation.)

Foot massage has beneficial effects on the lymphatic system because the sole of the foot contains a vast lymphatic plexus that acts as a pump to move lymphatic fluid in the foot and legs.

General Massage Protocol



1. Calmly and with compassion approach client with intention focused on massage outcomes. Center. Then apply holding stroke.



2. Palpation. Wet/dry skin drag, ease/bind, hot/cold, rough/smooth.



3. Glide on back. Vary speed, drag, and depth of pressure.



4. Shift position. Glide/compress.



5. Knead.



6. Move underwear.



7. Glide lumbar and gluteal region.



8. Compression to gluteal area.



9. Combined loading. Compression and move.



10. Knead.



11. Percussion. Repeat opposite side.



12. Shift position. Compression/glide upper back/shoulder.



13. Compression.



14. Compression with therapist kneeling.



15. Turn head, massage scalp.



16. Reposition head. Compress muscles of the head.



17. Knead neck.



18. Compression/glide on shoulder.



19. Oscillation. Shaking and move scapula.



20. Bolster shoulder.



21. Knead and glide around scapula.



22. Position arm, rock and shake, then assess.



23. Glide arm using forearm.



24. Glide using palm.



25. Knead arm and forearm.



26. Compress forearm and hand. Repeat opposite side.



27. Move to hip and thigh. Compression/glide with forearm.



28. Palm compression.



29. Repeat gliding—slower and deeper.



30. Knead posterior thigh while kneeling.



31. Glide on calf.



32. Reposition leg and knead calf.



33. Reposition leg, straighten knee, compress, glide, and knead.



34. Joint movement of knee, ankle, foot.



35. Stretch and move. Position leg for foot massage.



36. Compression of lateral foot using palm. Reposition leg.



37. Compression of sole of foot using forearm.



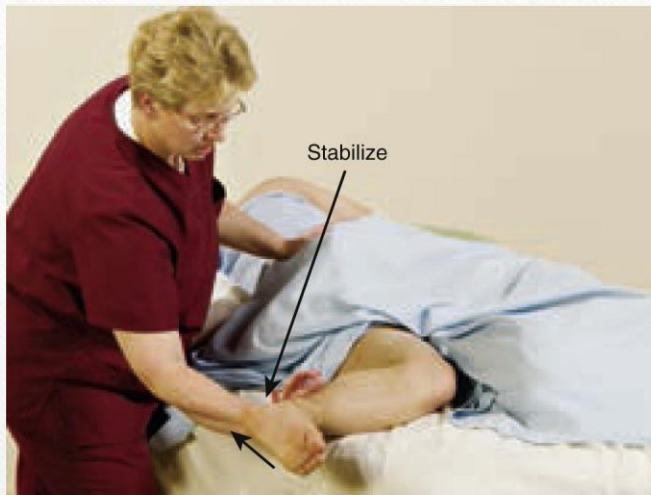
38. Reposition client side-lying with glide/compression of calf and foot.



39. Compression/glide of ankle and heel, medial side.



40. Knead calf.



41. Muscle energy techniques using antagonist contraction.



42. Stretch anterior thigh.



43. Glide of the inner (medial) thigh.



44. Client remains side-lying. Switch to opposite leg.



45. Compression/glide on calf, lateral side.



46. Knead calf.



47. Move drape to provide access to thigh and hip.



48. Glide, lateral thigh. Caution: do not compress tissue into underlying bone.



49. Knead lateral thigh.



50. Knead while kneeling.



51. Joint movement.



52. Arm. Compression/glide using forearm.



53. Glide using palm.



54. Knead while kneeling.



55. Move to opposite arm. Compression/glide.



56. Change position to access forearm. Compression/glide using forearm.



57. Knead arm.



58. Joint movement and compression combined with glide.



59. Joint movement and position arm.



60. Knead lateral chest and back.



61. Compression of neck—stay behind the sternocleidomastoid muscle.



62. Compression of shoulder.



63. Knead neck.



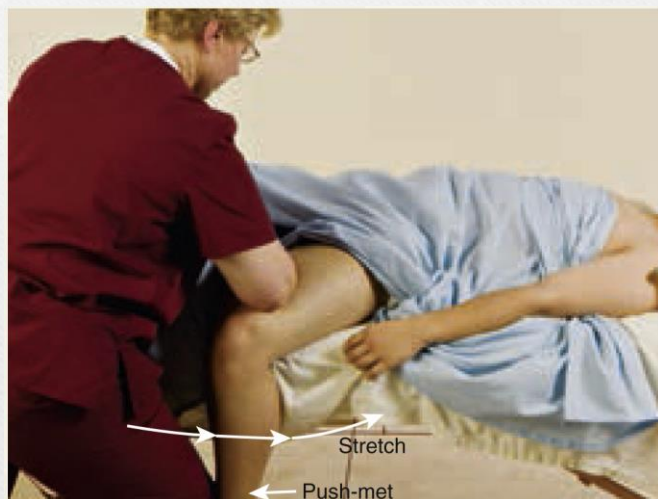
64. Massage the head. Repeat opposite side.



65. Turn client supine—begin with leg. Assess and palpate.



66. Knead anterior thigh.



67. Position leg. Glide anterior thigh combined with muscle energy technique and lengthen and stretch using the therapist's leg as point where client pushes as well as for stretch.



68. Joint movement of hip/assessment.



69. Joint movement/assessment, muscle energy techniques.



70. Joint movement/muscle energy techniques, stretch.



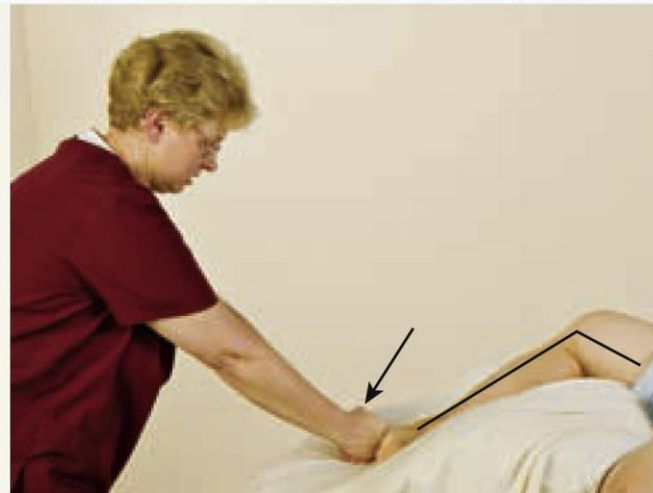
71. Assessment/joint movement, stretch (hip and knee).



72. Position leg to massage foot, medial leg.



73. Compression of foot.



74. Compression of foot. Note: leg position.



75. Compression of foot while therapist kneels.



76. Stretch toes. Repeat other side.



77. Massage abdomen.



78. Knead abdomen.



79. Compression/glide on chest. Drape appropriately for women.



80. Change position and massage anterior thorax.



81. Move arm. Compression/glide on pectoralis muscle.



82. Position arm. Compression and kneading.



83. Compression of hand.



84. Massage fingers.



85. Joint movement of shoulder and elbow.



86. Position arm. Compress/glide forearm and arm.



87. Kneading of forearm and arm, therapist kneeling.



88. Bring arms up. Joint movement and muscle energy techniques.



89. Lengthen and stretch.



90. Compression of upper anterior thorax.



91. Joint movement of neck. Stretch is applied at shoulder.



92. Compression of shoulder and neck massage, therapist seated.



93. Compression/glide muscles of mastication.



94. Ears.



95. Face/compression of sinus points.



96. Finish.



1. Forearm compression, standing.



2. Fist compression, kneeling.



3. Forearm position, kneeling.



4. Forearm compression, shoulder.



5. Position client against pillow.



6. Stretch, lean back.



7. Movement of the neck.



8. Palm compression, forearm.



9. Pull back to massage upper arm.



10. Kneel to compress thigh.



11. Pull and lean back to massage calf.

Mat Massage Protocol



1. Client positioned prone on mat.



2. Kneeling body mechanics.



3. Side-lying using forearm compression/glide.



4. Using leg to apply compression.



5. Working on legs in supine position.



6. Using foot to perform massage.



7. Back massage, client seated.



8. Shoulder and neck compression.

To Test

Access Code: **FTT5CS**

Please write down code. You will be asked for it

Once you have successfully passed the test (70% correct), please email Kim Jackson at **kim_hotschool@yahoo.com**. We will email you your CE certificate within 7 business days.