

Teaching people how to
improve their health

**NUTRITION
&
WELLNESS**

**NATURAL
REMEDIES**

**SEMINARS
& EXPOS**

**HEALTH
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Massage



Massage Strokes

[Effleurage](#)

[Petrissage](#)

[Friction](#)

[Tapotement](#)

[Vibration](#)

Massage Routines

[Back Massage](#)

[Foot Massage](#)

Basics of Massage

[15 Laws of Massage](#)

[Posture, Positioning, and Hands](#)

[Definitions of Direction Terms](#)

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Effleurage

Any stroke that glides over the skin without attempting to move the muscle beneath. Apply firm even pressure. Effleurage strokes are usually directed toward the heart.

- Is used more than any other stroke
- Usually begins and ends each treatment
- Used as a bridge between many strokes
- Accustoms the patient to the touch of the operator
- Allows the operator to search for areas of spasms and soreness
- Allows the operator to become familiar with the condition of the patient's muscles
- Increases circulation to the skin and more superficial muscles



Bilateral Effleurage

Start at the lower back with one hand on each side of the spine. Go towards the upper back, all the way to the shoulders. While returning to the lower back go along the sides of the back. To give a deeper massage lean your body weight into the massage.





Alternating Hand Effleurage (Shingles)

Start with one of your hands to the side of the spine at the lower back. Move that hand forward 6-8 inches and then follow it with the other hand. Remove the hand that is in the front and place it behind the other hand. Do this several times to slowly work your way up the back (to get to the top of the back should take at least 12-14 cycles).



Raking

Start with your fingers besides the spine at the bottom of the rib cage. Have one finger inbetween each rib with your lower finger between your last rib. With your fingers inbetween the ribs follow the ribs all the way down to the side of the back and then return back to the spine. Repeat this all the way to the top of the rib cage. Move up one rib at a time



Nerve Strokes

Lightly run your fingertips all over the back



Petrissage

A stroke that picks up the muscle and squeezes it. Usually done with two hands, alternating between each hand, but can be done with one hand.

- Milks the muscle of waste products
- Can help to free adhesions
- Increases circulation and nutrition to the muscle
- Along with effleurage can be considered a complete back massage



Friction

Friction is a stroke that pokes through the skin and massages the underlying muscles. While doing friction "put on the skin like a glove" to reach through it and massage the muscles. Ask the patient frequently if you are deep enough or if you are too deep. Always do friction on the opposite side of the spine from where you are standing. Strokes are usually done in the direction of the muscle fibers

- Works the deeper tissues
- Breaks up adhesions
- Breaks up "knots"
- Increase circulation to the muscles

Thumb Friction

Small circles made with the thumb



Fingertip Friction

Small circles made with the fingertips of both hands joined by the index fingers





Cresting Friction

Small circles made with the part of your fingers inbetween your knuckles



Palm Friction

Small circles made with the palm

Alternating Thumb Friction

With both thumbs side by side bring one thumb forward while bringing the other back. Then bring the one back while bringing the other forward. When going shallow go faster and slower when going deeper



Cross Fiber Friction (Peeling)

Use the part of your palm near your thumb as a "potatoe peeler".

Try to "peel" the skin back and forth going across the fibers of the muscle instead of with the fiber of the muscles.



Tapotement

Any stroke that "strikes" the skin. Usually a series of brisk blows.

- Can be used to excite the nerves
- Can be used to calm the nerves
- Increases circulation
- Used in hospitals for bronchitis, pneumonia, and other like conditions to release mucus from the lungs.



Hacking

Like doing karate chops but keep the fingers VERY loose. Your arms should not move, flick at the wrist.



Cupping

You are NOT slapping. To find out how your hands should be cupped place your hands over your ears. Your arms should not move, flick at the wrist.



Pincement

You are lightly pinching at the skin



Beating

Make a VERY loose fist. Your arms should not move, flick at the wrist.



Vibration

A vibrating/shaking movement. Can be done to the skin or an entire limb or even the whole trunk.

- Relaxes the patient



Back Massage

45 Min

A. Entire Back from Sacrum to Neck

1. **Bilateral Effleurage**
 - a. Apply oil
 - b. 8 to 10 strokes for warm up and familiarization
2. **Alternating Effleurage (Shingles) 2x**



WEB effleurage on retracted scapula - place patients left hand on their lower back. Place your left hand under their shoulder and elbow under their elbow. Lift your left hand up to retract their scapula. Massage under scapula.

B. Gluteal Area and Sacrum

1. **Alternating Thumb Friction**
2. **Cross Fiber Friction**
3. **Bilateral Effleurage -3x-**

C. Entire Back

1. **Bilateral Effleurage -3x-**

D. Opposite Side of Spinal Column

1. **Fingertip Friction** -close to spine 2x, 1" from spine 2x-
2. **Palm Friction -2x-**
3. **Raking**
4. **Cross Fiber Friction (peeling)**
5. **Alternating Hand Effleurage (shingles) -both sides-**



Rotation - Forward



E. Repeat step "D" on other side

F. Scapula, Traps, Deltoids & Elbow up

1. **Alternating Thumb Friction**
2. WEB effleurage on retracted scapula

3. ROM on shoulder

a. Rotation

b. Traction

with

slight

vibration



Traction with slight vibration



Rotation - Backward

G. Repeat step "F" on other side

H. Entire Back

1. **Bilateral Effleurage** -Deep 3x (use palms)-
2. **Petrissage**
3. **Tapotement** -2 types-
4. **Bilateral Effleurage** -Deep 3x-



Two finger Petrissage

I. Neck

1. **Two finger Petrissage**
2. **Fingertip Friction**
3. **Palm Friction** - shoulders & lower neck
4. **Cross Fiber Friction**

J. Skull

1. Fingertip Friction to Sutures
2. Fingertip Friction to entire skull
3. Fast Fingertip Friction to entire skull



Fingertip Friction

K. Back

1. **Bilateral Effleurage** -3x-
2. Vibration
3. **Bilateral Effleurage (LIGHT)** -3x-

L. Nerve Strokes



Fingertip Friction to entire skull

Foot Massage

- A. Entire Foot
 - 1. Apply Oil
- B. Plantar Surface of Foot
 - 1. Palm Effleurage
 - 2. Knuckling Effleurage
 - 3. Alternating Thumb Friction
 - 4. Palm Friction
 - 5. Stationary Thumb Friction
 - 6. Cresting Friction
 - 7. Knuckling Effleurage
 - 8. Palm Effleurage
- C. Toes
 - 1. Fingertip Friction
 - 2. Traction
 - 3. Extend & Flex
- D. Top of Foot
 - 1. Rolling Metatarsal
 - 2. Alternating Thumb Friction
 - 3. Rolling Shuffle
- E. Ankle - Annular Ligament
 - 1. Alternating Thumb Friction
- F. Entire Foot
 - 1. Nerve Strokes



15 Laws of a Good Massage

1. Wash hands before every massage.
2. Make sure fingernails are trimmed and filed.
3. Do not use cold hands (if necessary warm hands with warm water).
4. Take off watches and all other items that might scratch the patient.
5. Use a clean room to give the massage in.
6. Do not over or under lubricate the patient.
7. Put a pillow under the patients ankles.
8. Never take your hands off the patient after you start the massage.
9. Always massage a muscle that is relaxed.
10. Never cross the spine with pressure when you are giving the massage.
11. Massage on the opposite side that you're working on when your doing friction.
12. Always work toward the head.
13. Never massage in a untidy or cluttered room.
14. Use good posture while giving the massage.
15. Always remember to get feedback from the patient.



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Misc. Things to Remember

Care of the Hands

The hands are the most valuable tool a massage therapist has. They should be taken care and kept in a presentable manner. The fingernails should be kept short, filled and clean. The hands should be washed before and after each massage so that you don't transfer the diseases from one patient to another. The hands should be warm when you give the massage. Be careful not to do any activities that might give you a blister before you give a massage.

Would you want someone to massage you with dirty hands?
Would you want to receive a massage from someone that is scratching you with their long nails?

Posture

Remember to maintain good posture while giving a massage. When your giving 3 or 4 massages a day having good posture makes a difference in the way you'll feel at the end of the day. Stand erect and have your feet spread a part shoulder length. Instead of stooping to give strokes that require you to be closer to the patient (like tapotement & petrissage) spread your legs apart more. Give a massage on a table that is the proper height for you (A good test is to stand erect, arms at your sides, and if the table is about where your palms begin then it is fine.) By following the rules of posture you will keep yourself from needing a massage at the end of the day.

Positioning of the Patient



The patient should be in a position that will allow him to be relaxed while he is receiving the massage. Make sure the patient is comfortable and not lying bent to one side. Put a pillow under the patient's ankles to ensure that his feet are comfortable. The muscle that you are massaging should be completely relaxed. Ask the patient before beginning the massage if he is comfortable and if there is anything that he needs. People are very timid when it comes to massage therapists and they rarely complain. They might be in a very uncomfortable position yet not say anything because they think that you might have put them in that position for a reason. Always remember to keep good communication with the patient.

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Definitions of Direction Terms

Superior
Inferior

Superior means toward the head, and inferior means toward the feet. Example the mouth is inferior to the nose, but the mouth is superior to the chin.

Anterior
Posterior

Anterior means from front or in front of; and posterior means back or in back of. Example the knees are on the anterior surface of the body but the back is on the posterior.

Medial
Lateral

Medial means toward the middle of the body, and lateral means toward the side or outer part of the body. Example the nose lies medial to the eyes.



Proximal
Distal

Proximal means closer to the trunk or point of origin of a body part, and distal means farther from the trunk or body part. Example the hand lies at the distal end of the elbow, but is on the proximal end of the fingers.

Superficial
Deep

Superficial means closer to the surface and deep means more in depth. Example if your patient is feeling pain when you give him the massage, give him a more superficial massage.

Supine
Prone

Supine means lying on your back and prone means to lie face down.

Transverse plane

The plane that cuts across your stomach. It would cut you from one hip to the other

Sagittal plane

The plane that cuts right down the middle of your body. It would cut you from your nose to your belly button.

Frontal plane

A plane that cuts you down your side. It would cut you from your ear through your hip to your feet.

"The body is in an erect or standing posture with the arms at the sides and the palms forward. The head and feet also point forward."

Structure & Function of the Body. Thibodeau - Ninth edition. P. 9. This position is the position that you use to judge all the other terms by. Example, no matter what position the arms are in the radial artery lies on the anterior side.

Anatomical Position