

Home Routine

Ground as in class on the back, client left side, tell client you will clean feet, do so and ground for a few seconds.

Start massage on back of left leg uncovering calf only at first then progress to finish left leg. Ground on calf and go around feet end to start massage on right leg. You are now in the exam routine section.

Finish leg, ground on leg, move to back, tell client you will uncover their back. Massage back, cover and ground. Tell client you will clean your hands before giving them the head massage. Massage head then tell client you will clean hands before helping them to turn over.

Turn client and make sure you have space to work below the neck and that all of the draping is tidy and the abdomen area can be uncovered safely when required.

Massage face, neck and then go to client right arm, uncover, massage, replace the arm and then go around the feet end to do the arm on the other side and you are back on exam routine. Finish the arm, tell the client you will uncover the abdomen, follow the routine and when you change to the other side for kneading and ribs go around the feet end.

Massage the right leg and when finished ground and pass to the left leg via the feet.

Massage the left leg, cover then ground on the abdomen to finish.