

# ***The Massage Routine***

**Start with your client lying face down - Prone Position**

**Clean YOUR HANDS and CLIENTS FEET using antibacterial wipes**

**!!!! GROUNDING FOR 3 BREATHS – TUNE YOUR BREATHING WITH THE CLIENTS !!!**

## **LEG (only up to back of knee)**

**Gastrocnemius, Soleus**

1. **Effleurage** × 3
2. **“Caterpillar”** - gentle pick and push along × 3
3. **Petrissage** - Thumb circles × 3 strips
4. **Wringing** - keep fingers together and squeeze at start of each stroke
5. **Kneading**
6. **Petrissage** - around Achilles tendon
7. **Stretch** - gentle stretch to calf muscles
8. **Calf Shake** - to loosen and relax the muscle

## **THIGH**

**Semitendinosus, Semimembranosus, Biceps Femoris**

1. **Effleurage** - × 3
2. **“Caterpillar”**
3. **Petrissage:** Thumb circles x 3 strips
4. **Wringing** - keep fingers together and squeeze at start of each stroke
5. **Heel of Hand** - work on iliotibial tract (ITT)

## **WHOLE LOWER EXTREMITY**

1. **Hacking** - up to knee and then thigh
2. **Pounding** - up to knee and then thigh
3. **Effleurage** - whole lower extremity

## BACK

Erector Spinae, Trapezius, Latissimus Dorsi, Rhomboids, Levator Scapulae, Teres Major & Minor

1. **Effleurage** - double palm for efficiency → go right round shoulders and come back down again.
2. **Petrissage** - using Thumbs Circles (+ body weight) travel up towards head, either side of spine.
3. **Wringing** - primarily to the lower back
4. **Kneading** - use this technique on the opposite sides of the low back
5. **“Wax on Wax off”** - move to other side of body
6. **Kneading** - use this technique on the opposite sides of the low back
7. **Vibration** - use full contact of palm and gently apply a movement up whole back
8. **Hacking** - only on sides of low back - not on thorax or bony parts
9. **Cupping** - all over back

## SHOULDERS

Deltoid, Upper Trapezius, Supraspinatus, Levator Scapula, Rhomboids, Teres Major & Minor

1. **Effleurage** - around the shoulders & deltoid muscles
2. **Petrissage** - upper fibres of trapezius
3. **Lift scapula** - work on medial scapula border muscles with thumb, reinforced with other hand
4. **“Wax on Wax off”** - move to other side of body
5. **Lift scapula** - work on medial scapula border muscles with thumb, reinforced with other hand
6. **“Fists”** - from top of table, on upper fibres of trapezius from base of neck to shoulders.

## NECK

Cervical Erector Spinae, Splenius Capitis, Upper Trapezius

1. **“Caterpillar”** - single hand
2. **Petrissage** - work gently into the occipital muscles

### 3. Effleurage – whole back to end section

**Clean your hands with antibacterial wipes and make sure they are dry**

**SCALP - no oil**

**Scalp Fascia**

1. **“Combing”** - comb the hair with fingers
2. **“Shampoo”** - work into scalp as if shampooing hair
3. **“Scalp Flicks”** - pluck the scalp gently using all fingers quickly
4. **“Hair Grabs”** - grab hair in hand and gently move the scalp
5. **“Rain Drops”** – lightly tap the fingers over the head / (face)

**Ask client to turn over onto their back - Supine Position**

**Clean your hands with antibacterial wipes and make sure they are dry**

**Begin to use oil**

**FACE - Use small amount of oil**

**Temporalis, Masseter, Obicularis Oculi & Oris**

1. **Effleurage** - double thumb/palm for head × 3
2. **Petrissage**
  - ↓
  - Use gentle circular motion to the temples × 3
  - ↓
  - Eyebrows × 3
  - ↓
  - Circle to zygoma → drain sinuses
3. **Press** - apply pressure to middle of the forehead (“Third Eye position)
4. **Gentle Mandible Presses**
5. **Effleurage under chin and front of neck** – let client know before hand
6. **End with holding thumbs at “third eye” position**

**NECK**

**Sternocleidomastoid, Suboccipital Muscles, Cervical Erector Spinae**

1. **Effleurage** - both shoulders simultaneously → under neck × 3
2. **“Train”** - from top of table work into the cervical muscles rhythmically
3. **Petrissage** – occipital muscles (small muscles at base of head)
4. **Effleurage** – turn head to side and use hand to massage side of neck. Repeat to other side x 3 on each side

5. **Neck Stretch** - stretch the lateral neck muscles; hold for 3 seconds each time × 3 on each side

## HAND

1. **Effleurage (“Palms”)** - work on clients palm with your own
2. **Petrissage** - work into the inter-metacarpal spaces, both on the dorsal and palmer surfaces
3. **Wrist Passive Rotations** - gently rotate the hand at the wrist joint clockwise and then anticlockwise.
4. **Finger Pulls** - gently pull and stretch the fingers

## FOREARM

**Extensors & Flexors, Supinator, Pronator Teres**

1. **Effleurage** - up to elbow – single hand movement
2. **“Caterpillars”** - work towards the elbow – single hand movement
3. **Petrissage** – single hand movement (supinate & pronate the forearm)

## ARM

**Deltoid, Biceps, Triceps, Brachialis, Coracobrachialis**

1. **Effleurage** - work towards the shoulder – single hand movement
2. **“Caterpillars”** - work towards the shoulder – single hand movement
3. **Petrissage** - work on the anterior and lateral aspects of the arm – single hand movement

## STOMACH

**Rectus Abdominus, External + Internal Obliques**

1. **Effleurage** - work gently in a clockwise direction
2. **Effleurage** - this time use spiral motions in a clockwise direction
3. **Kneading** – to sides of the stomach
4. **Ribs** - work into lower Intercostals with open fingers

## Oil the Whole Lower Extremity

### THIGH

#### Quadriceps & Adductor Muscles

1. **Effleurage** – using double palm
2. **“Caterpillar”** - gentle pick and push along × 3
3. **Petrissage** - Thumb Circles × 3
4. **Wringing** - keep fingers together and squeeze at start of each stroke

### KNEE

#### Synovial Joint

1. **Effleurage** - work around patella. Do not press onto it directly!
2. **Petrissage** - work around patella

### LEG

#### Tibialis Anterior, Peroneus Longus & Brevis, Medial Calf Muscles

1. **Effleurage** - lateral and medial aspects of the leg
2. **Petrissage** - work on anterior-lateral side of the leg (working on Tibialis Anterior, Peroneus Longus & Brevis muscles)
5. **Ankle Passive Rotations** - gently rotate the foot at the ankle joint clockwise and then anticlockwise.

## Cover the Thigh & Leg leaving the foot exposed

### FOOT

\*\*\*\* Let the client know you are about to work on the feet \*\*\*\*

1. **Introduction** - gentle foot pulls. Some people are very sensitive in this area.
2. **Effleurage** - sole of foot with heel of the hand
3. **Petrissage** - sole:
4. **Toe Tugs** - gently pull the toes individually
5. **Foot Pulls** – End

**COVER THE CLIENT WITH TOWELS & END BY  
GROUNDING – 3 BREATHS**

**⇒ OFFER WATER ONCE CLIENT IS SITTING**