

Chair Massage

- 1. Warm up the back using compression (pushing), kneading (squeeze/release), and gliding (rubbing in one direction)**
- 2. Squeeze the traps (from neck to shoulders), shoulders and upper arms (may do hands)**
- 3. Intercostal raking (rake fingers along direction of the ribs in the back)**
- 4. Pressure (push) down lower back muscles**
- 5. Friction (rub in circles or lines) attachment areas-spine and scapula**
- 6. Work the neck and occipital (back of head) area**
- 7. Scalp (rub the head)**
- 8. Circular gliding (lighter pressure) over entire back**
- 9. Hacking (alternate chopping with side of hands) up and down back**
- 10. Cupping (hands shaped to hold water in them) up and down back**
- 10. Finish with feather strokes (raking their back with your fingers very lightly)**