

TEN MINUTE TUNE-UP CHAIR MASSAGE

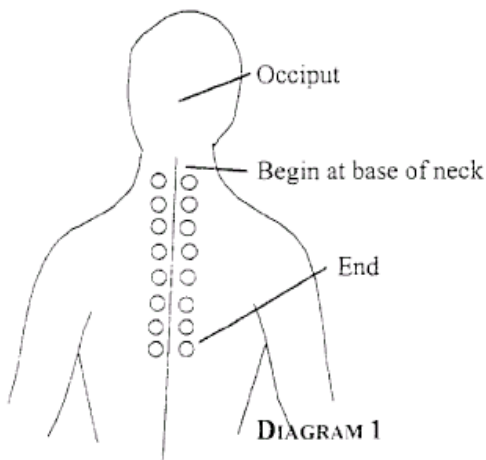
A chair massage could be a good substitute when a regular massage (with body parts unclothed), would be inappropriate or inconvenient. This can be more easily done in a public setting (at work, social gatherings, etc.). The massage procedures listed below: a) reduce tension; b) increase circulation in the head, neck, shoulders, and upper back; c) will, in many cases, help relieve a headache.

The massage subject should be sitting comfortably, preferably in a chair where the head and upper back are in easy access. Both feet should be fully supported on the floor, or on a firm surface. All extra clothing should be removed such as jacket, tie, etc.

PRECAUTION: If much pain is produced with pressure, discontinue pressure and move on to the next segment, then return to that area.

1) THUMB PRESSURE POINT

Standing at least one foot behind the subject, place hands on shoulders, fingers anchored around the front of the shoulders and thumbs at either side of the spine at the base of the neck (see Diagram 1.) Lean body weight forward as you press simultaneously with thumbs into the paraspinal muscles (immediately to the side of the spine.) Give pressure, rotate twice, then release. This basic sequence takes a count of 4: Pressure/Rotate/Rotate/Release. Repeat sequence three times. Progress down $\frac{1}{2}$ inch each time until you have reached the full span of your hand; four fingers should still be resting on the front of the shoulders.



2) THUMB PALPATION

Hand position similar as above. With thumbs palpate (feel) along area just massaged for muscle tightness, spasms, or sore spots. Compare muscle tone on both sides of spine.

3) THUMB BAR PUSH

Along the same area in Diagram 1, thumbs are now one inch away from spine. Using the first half of the thumb, push thumbs inward, apply pressure, rotate twice, then release as in Thumb Pressure Point. Repeat sequence three times in an area, then progress down back as in Diagram 1. Soothe the area massaged with thumb strokes.

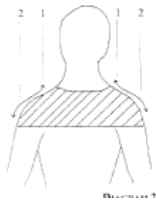


DIAGRAM 2

4) SHOULDER MOBILIZATION

Place both forearms on shoulders next to the neck (Position 1 in Diagram 2) using the fleshiest part of the forearm. Apply alternating pressure to create a rocking motion. Move forearms toward the outer shoulder (Position 2) then back toward the neck, again using lighter pressure over the more bony areas. Repeat sequence three times (moving first out and then back in makes one sequence.)

5) PALMAR SQUEEZE

Begin by grasping the muscles over the area next to the neck (as in Diagram 2), squeeze and hold for 3-5 seconds; proceed gradually to the outer area and upper arm. Reverse order from the upper arm to the beginning point. Repeat this procedure three times.

6) PECTORAL (CHEST) STRETCH

Place the four fingers of each hand in front of the shoulder joint approximately three inches below the collar bone, thumb anchored on

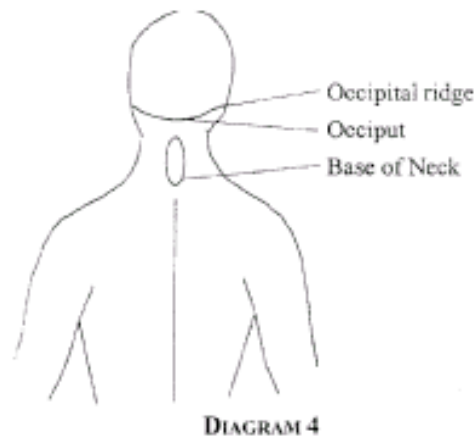


DIAGRAM 4



DIAGRAM 3

the uppermost part of the arm. Squeeze and heel of hand for approximately 1 subject's chest muscles by pulling both simultaneously. Hold the stretch for (squeeze) and stretch sequence three

seconds then stretch the arm and inward on joints seconds. Repeat friction

7) SHOULDER LIFT

Standing behind the subject, grasp shoulders) using mainly your finger muscles gently then lift shoulders as upper torso from side to side about shoulders. Repeat sequence three times

the upper arms (below (not thumbs.) Squeeze gently as they will go; shake three times, then drop Best if the subject's arms are hanging free.

8) SHOULDER KNEADING

Knead the upper shoulder muscles (one hand on each shoulder) for about 1/2-1 minute in order to soothe muscles. (See area in Diagram 3.)

9) NECK KNEADING

a) Place one hand on the forehead to stabilize the head while with the other hand knead the neck muscles from the occiput to the base of the neck and back up to the occiput again using the thumb, index, and middle fingers.

b) Using the thumb, index and middle fingers, squeeze the neck muscles at the occiput with firm pressure. Squeeze the muscle for 3-5 seconds then release the squeeze. Progress down to the base of the neck (as in Diagram 4). Repeat this sequence three times. Soothe massaged area with three downward strokes.

10) NECK CIRCLES AND HOOK

Place one hand on the forehead to stabilize the head; with the finger tips of the other hand, make three small circles beginning just behind the ear in the occipital ridge area (see Diagram 4.) At the end of the third circle, pull upward and hook on the bony area called the occipital ridge, and hold the hook for approximately

three seconds. Move all along the occipital ridge to just behind the other ear using this massage procedure (3 circles and 1 hook, holding for 3 seconds.) This might cause some pain as many people carry a lot of tension in this area. Tighten the finger pressure if this is the case.

11) PASSIVE NECK ROTATION

In the web space of one hand, cradle the neck, thumb lodged against the mastoid process (bone behind ear.) With the other hand stabilize the head at the forehead. Rotate the head in a circle towards the thumb side, using the thumb as a lever. Do three rotations. Switch hands and rotate the head in the other direction, three rotations. Have the subject close the eyes if inclined to get dizzy. *Omit this procedure if in your judgment you think the subject cannot tolerate it.* Finish with Neck Kneading as in 9 and soothe with three downward strokes.

12) QUICK SCALP MASSAGE (OPTIONAL)

Stabilize the head by placing one hand on the forehead. With the fingertips of the other hand, start just above the occiput area (see Diagram 4); make small circles pressing in firmly. Make 3-4 circles then

progress gradually over the entire scalp area. Be careful not to pull the hair by



sliding the fingertips across the scalp. Remember, press in firmly then make circles as if to move the scalp over the underlying skull.

13) HACKING

With the side of the hand (pinky finger border) and with fingers spread apart, do approximately 15-20 seconds of hacking on the area of the back as indicated in Diagram 5. Finish by soothing with firm strokes in an upward direction.

PRINCIPLES TO REMEMBER

- 1) In all massage strokes, maintain rhythm and even pressure.
- 2) With each area covered, always check for spasms, nodules, sore spots, etc.
- 3) With each area to be massaged, first warm the area by stroking, then apply appropriate massage procedure followed by soothing the area.
- 4) Stretching and range of motion should always be preceded by warming and/or massage.
- 5) Never massage over broken skin or broken bones or other irritations.