

Massuage Associates Self Massage Routine
Lee Anne Blank, LMT
www.Massuage.com
lee@massuage.com

Do-it-yourself massage techniques to heal, strengthen and rejuvenate your body and spirit. Self-massage: a powerful, free and pleasant way to ease tension, relieve chronic pain and ground yourself with the breath.

Objectives:

Demonstrate and practice a basic self-care routine of massage therapy techniques
Describe the benefits of massage for lymphatic support, pain management, and well being
Review contraindications/adaptations for massage therapy

What can massage do and/or help with?

Lengthen tissue that is short, tonify tissue that is overstretched

Stimulate blood flow with tapping techniques

Invigorate the mind

Reduce swelling with lymphatic drainage techniques

Range of motion for stiffness

Acupressure points for symptom management (nausea, anxiety, restlessness, headache)

Relieve stress

Improve sleep

Increase depth of breathing to increase energy

Practice basic strokes/movements

Compression/pumping compression/glides

Stroking/manual lymph drainage stroke

ROM movements – shrugging, circling ankles

Acupressure points

Tapotement

Shorten/lengthen concepts

Tools – balls, brushes, gravity, breathing

Self-massage daily routine

Centering - deep breath to begin

Start at ankles – circle each ankle three times in each direction, point and flex toes

Shins and quadriceps - pump nodes then begin at top of leg and work down to feet using a cupping stroke with 2-way stretch, 3-second duration, finish with feather light stroke

Hook into belly and lift tissue up and in towards navel (avoid xiphoid process)

Spreading strokes across dropping between ribs and then up sternum, gentle tapotement

Cross hands and spread pectoral muscles out to shoulder (**mindful of not stretching near mediport)

Tapping on tops of shoulders

Compress and traction fingers

Palm glides - flexors away from elbows and finger glides on extensors toward elbows

Pumping compressions up arms (**avoid this motion on limbs at risk for Lymphedema)

Small finger circles at base of neck, on and under occipital ridge of bone

Circling at temples and scalp - focus on moving skin not hair

Massage of eye socket bones

Tapotement all over

Range of Motion (ROM) for any joints that feel stiff

End with one hand on heart and one on belly with three deep breaths