## Frontalis **Shoulder and Neck** Temporalis Front Effleurage and neck pull Levator labii superioris Side stroke on rotated head Occipitalis Orbicularis oculi Finger petrissage Zygomaticus major Thumb petrissage Zygomaticus major Shoulder stroke to elbow Masseter Orbicularis oris Pectoral knuckle Pectoral thumb petrissage Trapezius Depressor anguli oris See saw on shoulders Pectoralis major Trapezius Petrissage base of the skull Effleurage Deltoid Sternohyoid Arm Effleurage Sternocleidomastoid Outer lower arm Pinceur Rectus abdominis Inner arm pinceur External oblique Upper arm pinceur Serratus anterior Double handed shake Biceps brachii Bend, tricep squeeze Tendon of Brachialis biceps brachii Petrissage elbow Draw from upper arm to wrist Triceps Brachioradialis Petrissage wrist Brachioradialis Hand Open palm Glide joints to wrist Palmaris Inguinal Massage digits and flick Tendon of longus ligament flexor carpi Interlock fingers and rotate ulnaris Flexor Thumb shimmy Bicipital digitorum Effleurage aponeurosis superficialis Abdomen Abductor Tensor Diamond effleurage pollicis fasciae latae Clockwise stroke brevis Stroke on large intestine Iliacus Wring Psoas Hypothenar Roll (push) and pull Thena muscles Pectineus Effleurage with lift from underside muscles Adductor longus Diamond effleurage Iliopsoas Iliotibial tract Leg Rectus femoris Pectineus Effleurage Adductor magnus Gracilis Bend knee; effleurage calf Adductor longus Vastus lateralis Circle thumb petrissage patella Sartorius Iliotibial tract Knee knead Vastus medialis Patella Effleurage knee to thigh Peroneus longus Palm up thigh to waist Peroneus longus Circular palm at top of the thigh Tibialis anterior Knead thigh Gastrocnemius Tibialis anterior Wring thigh Extensor digitorum longus Quadriceps pickup Extensor hallucis longus Thigh percussion; cupping, hacking Soleus Thigh wring to knee Superior extensor retinaculum Rock knee laterally Inferior extensor retinaculum Feet Effleurage Tibia Tendon of extensor Palm rub on ball hallucis longus Draw topside Tendons of extensor Draw underside digitorum longus

Tendon of extensor

hallucis longus

Toes

Two handed shimmy

Petrissage ankle Effleurage

Thumb scissor on ball of the foot

## **Back**

Effleurage Thumb circles at base of spine Centre push Centre pull Wring Big circles up and down spine Neck grasp Figure of 8 on scapulae Thumb trace over scapulae Centre of back to shoulder to Double handed shoulder roll Shoulder knead Trapezium roll Hacking and cupping 3 spot friction on lower back Smoothing circles Sacral smoothing Double handed frictioning on erector spinae (x2 each side) Restrain hand, smooth scapulae Draw along shoulder groove Scapula massage (stand at head) Sacrum push Wax on, wax off Effleurage

## Back of legs

Effleurage whole leg
Calf pull
Alternate deep stroke
Double handed stroke
Lift leg; effleurage calf
Knee draw
Calf percussion; hacking, cupping
Effleurage hamstrings
Thigh squeeze
Thigh wring
Thigh knead
Thigh percussion; hacking,
cupping, beating, pounding
Effleurage to ankle; circle ankle
Effleurage

