

Shoulder and Neck

Effleurage and neck pull
Side stroke on rotated head
Finger petrissage
Thumb petrissage
Shoulder stroke to elbow
Pectoral knuckle
Pectoral thumb petrissage
See saw on shoulders
Petrissage base of the skull
Effleurage

Arm

Effleurage
Outer lower arm Pinceur
Inner arm pinceur
Upper arm pinceur
Double handed shake
Bend, tricep squeeze
Petrissage elbow
Draw from upper arm to wrist
Petrissage wrist

Hand

Open palm
Glide joints to wrist
Massage digits and flick
Interlock fingers and rotate
Thumb shimmy
Effleurage

Abdomen

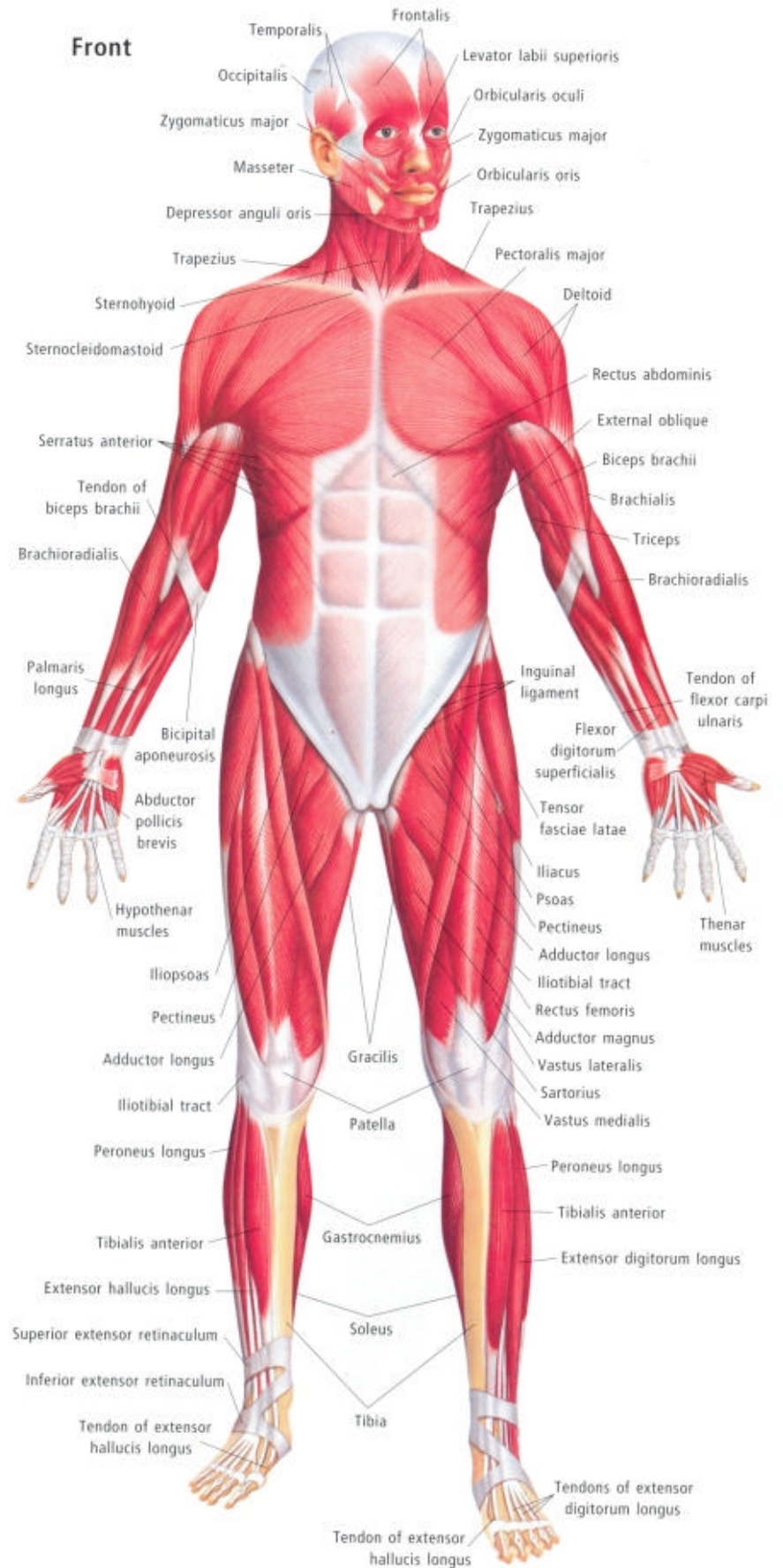
Diamond effleurage
Clockwise stroke
Stroke on large intestine
Wring
Roll (push) and pull
Effleurage with lift from underside
Diamond effleurage

Leg

Effleurage
Bend knee; effleurage calf
Circle thumb petrissage patella
Knee knead
Effleurage knee to thigh
Palm up thigh to waist
Circular palm at top of the thigh
Knead thigh
Wring thigh
Quadriceps pickup
Thigh percussion; cupping, hacking
Thigh wring to knee
Rock knee laterally

Feet

Effleurage
Palm rub on ball
Draw topside
Draw underside
Toes
Two handed shimmy
Thumb scissor on ball of the foot
Petrissage ankle
Effleurage



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 elbow
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

