

Sports/DT Class

SPORTS/DT FOR THE CHEST AND ARMS

Massage of the Chest & Arms

- Standing at the head on the receivers left side, work across the body to the right side of the chest. Apply palmar effleurage, O to I, to as much of pectoralis major as you can*. Repeat enough to warm the tissue.

Massage of the Chest & Arms

- ⦿ Standing at side, facing up the table
- ⦿ Effleurage the arm

Massage of the Chest & Arms

- ⦿ Return to head of table with client's arm.
- ⦿ Effleurage from elbow to axilla, including Latissimus dorsi.
- ⦿ Knead lat, deltoids and triceps.
- ⦿ Effleurage from elbow to axilla, including Pecs by dropping elbow out.
- ⦿ Knead Pecs, deltoids and biceps.

Massage of the Chest & Arms

- ⦿ Outside hand supports the arm, as inside hand applies circular friction to pec major, working O to I.
- ⦿ Facing up the table, holding arm with your outside hand, apply deep effleurage to pec major, O to I, using the heel of your inside hand (digits pointing towards you).

Massage of the Chest & Arms

- Standing at side.
- Effleurage whole arm.
- Effleurage the forearm 3 times to open. For Sports/DT make this compressive effleurage.
- Using one hand or two, petrissage the forearm, anterior and posterior.
- Apply cross fiber friction to flexors and extensors, working O to I.
- With the client's palm up, starting at the ulnar side, apply thumb stripping from wrist to elbow (providing gentle traction at wrist) all the way around forearm.

Massage of the Chest & Arms

- ① Apply thumb circles over wrist, and full dorsum of hand.
- ① Apply deep circular friction to the thenar and hypothenar eminences of the hand

Massage of the Chest & Arms

- Grasp the forearm at the top with both hands. Squeeze the extensors with your thumbs and the flexors with your fingers, and pull slowly, deeply, down to the wrist.
- **Repeat on other arm.**