46b Chair Massage-
Technique Review and Practice

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Class Outline

10	Break
5	Attendance and Breath of Arrival
30	First Trade
10	Break Announce the return time and write it on the board.
30	Second Trade Refer to first trade for details.
10	Break down, clean up, and circle up
1h 30m	Total Class Time with 15 minutes of flex time as needed

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Class Reminders

Assignments:

- 53a Internship Review Questions - due before class starts
- 55a Review Questions – due before class starts

Quizzes and Exams:

- 51b Kinesiology Quiz
  (brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

Practical Work:

- 56a and 56b – Internship Orientation and Mock Internship – ***dress like an Intern***

Preparation for upcoming classes:

- 46b Chair Massage: Technique Review and Practice
- 47a A&P: Pregnancy
  (Trail Guide: brachialis; Packet E: 89-96; RQ - Packet A-184)
- 47b Side-lying and Pregnancy Massage: Technique Demo and Practice
  (Bring 3 pillows - standard size; bring 4 pillowcases - standard size
- 47b, 48b, 49b Pregnancy Message: **These classes cannot be made up in the make-up room.** To schedule a sit-in, please contact the Student Administrator.

Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

Classroom Rules

Cell Phones – Turn it off!



And put it away!

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C: 1-10

Body Mechanics

Health and comfort: biomechanics increase effectiveness and reduces strain on the body while working, helps avoid overuse and injury, allows gravity to support the working body, and becomes a tool in itself.

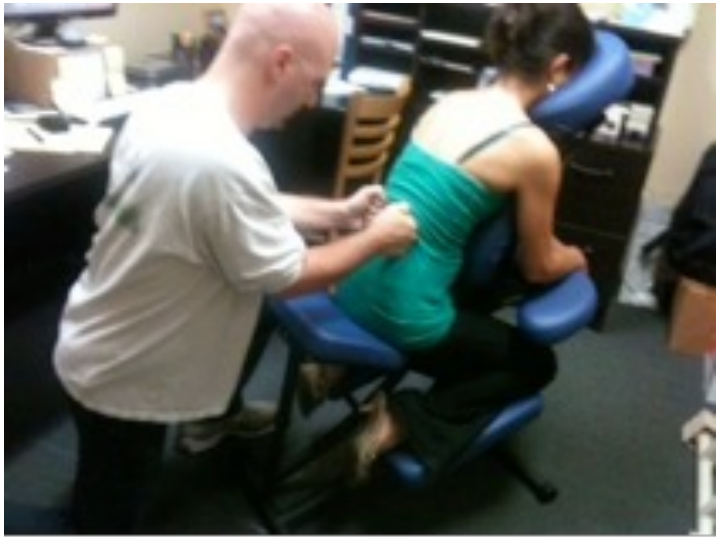
Balanced body position increases the awareness of the energetic connection, and allows for increased quality of touch.

Be mindful of your body mechanics; apply the proper stance and hand position at every interval and section of the body as you work around the chair. This will save you from injury and enhance the client's experience.

Body Mechanics



Upper Lunge-
One leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind.



Lower Lunge-
Drop to one knee, use bolster or towel For softness.

Chair Massage Routine

Erector Spinae

- Bilateral rhythmic loose fist compressions
- Bilateral effleurage
- Bilateral palmar superficial friction
- Unilateral circular deep friction with fingertips

Shoulders

- Unilateral ulnar friction
- Bilateral alternating kneading
- Unilateral circular deep friction with fingertips

Unilateral Glenohumeral Joint

- Joint mobilization

Unilateral Rhomboids, Middle Trapezius, and Subscapularis

- Place the client's hand behind their back
- Circular deep friction with fingertips
- Return the client's arm to the arm rest

Unilateral Deltoids, Biceps, and Triceps

- Kneading

Chair Massage Routine

Unilateral Forearms

- Grasp the hand and elevate the arm forward
- Kneading
- Alternating thumb strokes

Unilateral Hand

- Stretch and knead the thenar and hypothenar muscles
- Gently pull on the fingers
- Lightly rock the arm and return it to the armrest

Bilateral Posterolateral Neck

- Kneading (progress from light to moderate as the area softens)

Bilateral Deep Suboccipitals

- Face the client head on from the front of the chair
- Lateral to medial rhythmic wave-like pressure

Bilateral Scalp

- Face the client head on from the front of the chair
- Fingertip zig-zag friction back to front, side to side

Bilateral Erector Spinae

- Several long gliding strokes from the lower back to the shoulders

The following slides are included in this PowerPoint as reference material for teaching the chair massage techniques if the previous 2 summary slides are not sufficient.

Upper Back and Shoulders (60 to 90 seconds)

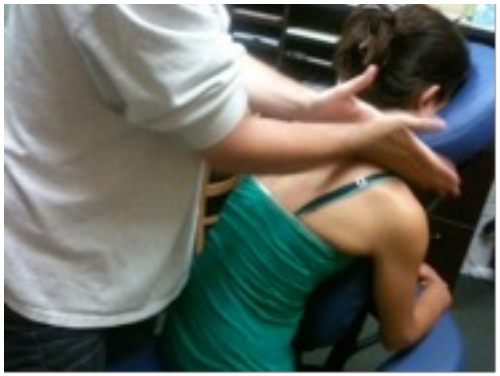
1. Begin session with relaxing but firm rhythmic compressions (using your body weight) up and then down the muscles of the entire back. (Avoid hyper-extending wrists; use alternate tools such as forearm, or loose fist.)

2. Then apply gliding (effleurage over the clothes) strokes through the lower and upper back to warm and prepare the area.

3. Apply palmar friction to the erectors up through the rhomboids, switching to two-handed ulnar friction at the upper traps.



Palmar Friction



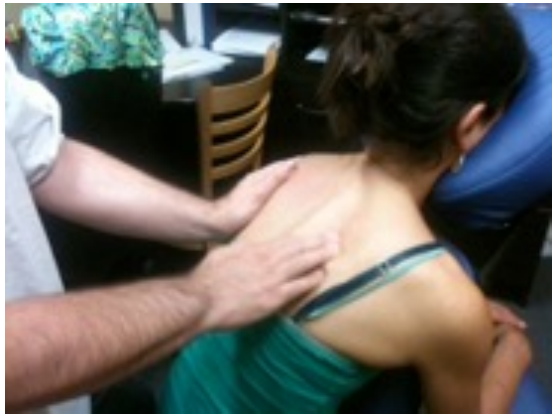
Ulnar Friction

Upper Back and Shoulders (60 to 90 seconds per shoulder)

4. Address the shoulders with kneading (Trap Bends) Alternate hands to enhance the stroke.



5. Apply deep pressure using circular digital strokes moving down the upper traps/rhomboids/ upper erectors (As wrist extends, while moving down conclude stroke or drop posture to meet a safe working position)



Shoulder ROM and more (60 seconds per shoulder)



6. Next apply circular digital pressure laterally along the upper trapezius to the end of the shoulder.

7. Feel free to move the arm off the armrest during this phase, and create clockwise or counter clockwise ROM of shoulder using both hands depending on client comfort level; one hand holding the upper arm and the other cradling the shoulder/head of the humerus. (*Unless this is contraindicated to the client's condition, always check in with the client*).

Shoulder ROM and more (60 seconds per shoulder)

8. Next, ask client to put their arm behind their back with back of hand and wrist angled toward the lower back. Ask them to move the elbow forward (this should allow the scapula to "wing up").

Apply circular digital pressure to the rhomboids, middle traps and part of the subscapularis muscle. Once completed ask client to place arm back on armrest and into a relaxed position.

Spend about half a minute on this area before moving to the upper arm, lower arm and hand.



Arm, Forearm, and Hand (2.5 minutes per side)

9. Standing at the shoulder transition to petrissage of the deltoids and muscles of the upper arm, moving toward the lower arm.

10. Standing in front of the chair facing the client, grasp the hand and elevate the arm forward, allowing you to move up from the wrist to the elbow with kneading and alternating circular thumb strokes.

11. Stretch the hand, apply petrisage to the thenar and hypothenar muscles of the hand then pull gently on the fingers before rocking the arm lightly and returning the arm to the armrest. Maintain contact with the client as you move to the other arm to repeat this sequence.

This should take a total of five minutes out of an 8-minute routine.

Repeat steps 4 thru 11 on the other side of the body.

Head and Neck (60 to 90 seconds total)

12. Once you have completed steps 4 through 11 on the other side of the body, maintain contact with the body as you move to the neck. Standing beside the client, using light to moderate kneading ("C" shaped petrissage), knead the muscles along the sides and back of the neck (create a relaxing rhythm), from the shoulder to the base of the skull and below the ears.



Head and Neck (60 to 90 seconds total)

13. Moving to the front of the chair, standing at the clients head, allow the (curled) fingers of each hand to lie across the sub-occipitals at the ridge of the occipital bone. With the pads of the fingers create a rhythmic alternate motion with each hands, moving in a wave-like pattern across the occipitals.



14. Using fingertip & thumb strokes, across the scalp from the occiput through to the top of the head. Use a rhythmic alternating motion with the fingers. This can be done to provide extra stimulation to the scalp, as well as invigorating (depending on the intensity of the stroke) the client, if you should choose to.

This should be one minute to 90 seconds long.

Chair Routine Conclusion

15. Returning to the back of the chair complete the massage with several long gliding strokes from the lower back to the shoulders; this is your conclusion stroke before helping the client sit up from the chair.

Allow the clients to orient themselves prior to standing (standing beside them keep one hand on the middle of their upper back) to avoid any dizziness or falls.

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