

BACK ROUTINE

1. Stand at head of couch. Apply oil with soothing strokes to the whole back, neck and shoulders. Check with client to see if they want their buttocks exposed – you can tuck towel into underwear.

2. Place both palms on upper back. Apply effleurage down either side of spine, over the buttocks and hips, drawing back up the side of the body, around the shoulders and up through the neck. Do not over reach. Repeat several times, increasing pressure each time.

Muscles worked: Trapezius,
Latissimus Dorsi, Internal
And External Obliques.



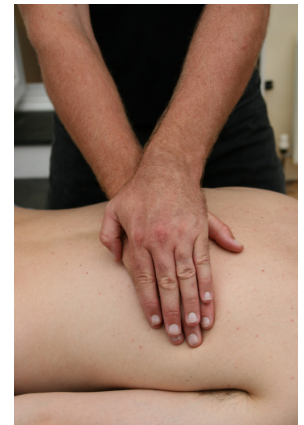
3. Move to one side of couch, standing level with the middle of the back. Place both palms on shoulder and apply:
a) Circling effleurage motion down the back to the buttocks and back up again.
Repeat several times.



b) Repeat in same area using petrissage movement increasing pressure.



c) Repeat in same area using one palm on top of the other hand and apply firm local circles increasing pressure



Repeat the 3 sequences on opposite side and finish by rubbing across the whole of the back with a firm effleurage.

BACK ROUTINE (cont.)

4. (Advanced Technique). Can use double fists into area of lumbar working one side at a time/or both. You can be facing up or down the couch for this technique or use a combination of both. This is great for working into the concave curve of the lumbar spine – increase pressure as you go – avoid catching spine.
(Use the area from the meta-carpal-phalangeal joint ie 1st set of knuckles to the 2nd phalangeal joint, keep a firm to loose fist contact).

Muscles worked:
Lattisimus Dorsi,
Quadratus
Lumborum,
Internal and
External Obliques.



5. a). Place one hand on top of the other reinforcing palm (ironing stroke). Apply a firm pressure up one side of the erector spinae muscle group. Come around base of neck and top of shoulder. Slide back and repeat.



- b). On the same area putting more emphasis through the reinforced fingers working firmly in small local circles. Clawing around base of neck, top of shoulder and down to deltoid. Slide back and repeat opposite side.



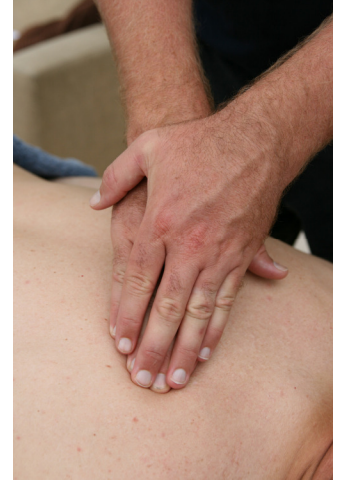
BACK ROUTINE (cont.)

6. Large sweep with palms up back and around shoulder. You can also use a figure of eight movement up back and around shoulder. Repeat several times.

7. a. Apply palm and/or reinforced finger pressure frictions into area of muscle adjacent to shoulder blade. Start on one shoulder blade and work approximately 180° around the couch until you finish on the opposite side of couch. Doing this allows different access to the muscle groups.

Then you can repeat on other shoulder blade.

Muscles worked: Rhomboids Major and Minor, Trapezius, Supra and Infra Spinatus, Teres Major and Minor, Deltoid, Serratus Posterior, Levator Scapulae, Splenius Cervicus and Capitus.



b. Apply reinforced thumb frictions down from the base of the neck to the top of the shoulder (deltoid). Work back and forth increasing pressure accordingly. Muscles worked: Trapezius, Levator Scapulae and Supraspinatus.



c. (Advanced Technique) Place your forearm near to the spine on top of the Rhomboids and Trapezius. Work gently first moving between the shoulder and spine towards the mid/lower back. Use the fleshy part of your forearm just above the elbow to control and put the most pressure through. Slide back and repeat using more pressure each time. Repeat both sides.



BACK ROUTINE (cont.)

8 a) (Advanced Technique) Later, you can also work both sides of spine with double forearms. Try not to over-reach and go gently first. Again slide back and repeat. (If you have ever watched the rugby, it looks a bit like Johnny Wilkinson's hand and arm position when taking a penalty kick!)



b). (Advanced Technique) Fists – you can also use double fists down along either side of the spine from lower neck/shoulder to mid-back, and over shoulder blades increasing pressure.



9. Chicken wing is a passive arm movement. You can repeat some of the above techniques with the arm in this position. It allows for good access to the Rhomboid muscles. Slide your palm under client's shoulder. Place other hand on their forearm and place it on their back. (You may need to place a cushion or rolled up towel to support shoulder – or you may let it rest on its own using your other hand to support it at side of couch). Never force a client's arm into this position. If it looks uncomfortable, or they say it is, leave it to rest alongside the body.



BACK ROUTINE (cont.)

10. You may also wish to use some Percussion movements. These include hacking, cupping, pounding and beating to whole of back.



“hacking”



“cupping”

11. Gentle rocking motion up the spine can be incorporated here. This can be very soothing after all the work on back.

a) Lay hands flat on upper back and lower spine standing at side. Travel up and down gently rocking the body.



b) Calming palming strokes to the sides of back and/or along length of spine. Keeping flat contact and brushing off.

NECK ROUTINE (PRONE)



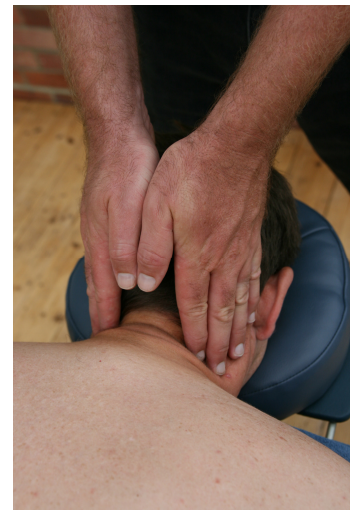
The College of
Classical Massage

1. Stand at side of couch. Wringing movement (petrissage) to neck using hand and thumb pressure, switch round to opposite side of couch, repeat. You can build up the pressure.



Muscles worked: Trapezius, Splenius Cervicus and Capitus, Levator Scapulae and Scalenes.

2. Work at head of couch. Massage the side of the neck into the vertebrae using your hands and fingers either side. Increase the amount of area you work on until you cover the whole area. Your finger tips may touch the couch as you allow whole of hand to be used.



3. Gently work into the occiput and along to the ear with finger pads. Best to start light and increase pressure as this area can often be quite tender.



4. Shampooing to back of scalp. Using pads or tips of fingers.

