

COLLEGE OF CLASSICAL MASSAGE CHEST AND ABDOMEN ROUTINE—MEN

(For the exam you will not need to do the chest)



1. Apply oil in a downward stroke from head of couch (Do not over reach or you may find your chest collapses into clients face – you can stand more to one side if you need to) or upward stroke from side of couch covering whole of chest and abdomen (shown below).



2. Effleurage around chest area (pectoralis muscle), working gradually deeper with every stroke. Repeat several times. Move to the side of the couch. You can use a figure of 8 technique with hand on hand to work around pectoral muscles.



3. Advanced technique—passive joint movement. To get more of a stretch in muscle client can also place hand under their head. You can then work more deeply into the pectoral muscle in this stretched position. Repeat both sides. (**You can use this technique on a female with towel covering chest**).



COLLEGE OF CLASSICAL MASSAGE CHEST AND ABDOMEN ROUTINE—MEN (cont.)



4. Stand at side of couch

a) Circling effleurage motion down one side of the chest and abdomen 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.

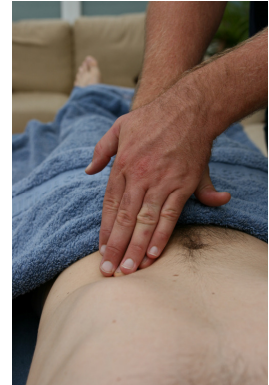


Repeat the 3 sequences on opposite side and finish by rubbing across the whole of the abdomen and chest with a firm effleurage if appropriate.

COLLEGE OF CLASSICAL MASSAGE CHEST AND ABDOMEN ROUTINE—MEN (cont.)



5. Light effleurage to ascending, transverse and descending colon. Then massage over area generally.



6) Finish by effleuraging up through the abdomen and chest and slide back down, repeat several times. Finish with the last stroke by sliding down the arms and off the hands.



OR 7) you can start to slow down sequence coming to a stillpoint and rest hands on abdomen to finish.

COLLEGE OF CLASSICAL MASSAGE ABDOMEN ROUTINE—WOMEN AND MEN



This is very similar to male technique apart from working in a smaller area due to towel covering chest.

Use appropriate towel technique to expose abdomen. Apply oil to abdomen. Apply an alternating effleurage across the abdomen. Repeat several times.

1. Place hands gently on abdomen to start



2. Stand at side of couch. (SEE PREVIOUS SHEET FOR PICTURES)
 - a) Circling effleurage motion up and down the abdomen. 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 abdomen with a firm effleurage if appropriate.

3. Light effleurage to ascending, transverse and descending colon. SEE PREVIOUS SHEET FOR PICTURES.
4. Apply an alternating effleurage across the abdomen. Repeat several times. Start to slow down sequence coming to a stillpoint and rest hands on abdomen to finish.

