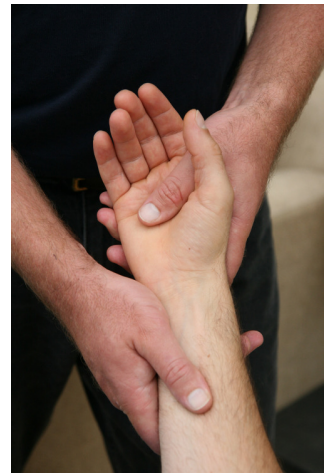


ARM ROUTINE



1. Apply oil up and down the arm.
2. Grip hand (hand shake position) and apply an effleurage stroke along one side of forearm towards elbow along radius. Then use a circling friction stroke with thumb and fingers, apply firmer pressure along same route towards the elbow.

Repeat procedure along ulna.
You may wish to change hand position.



3. You have two options here.
 - a) Place client's hand on their chest and rest elbow into your abdomen. With both hands apply effleurage stroke from the elbow down towards armpit. Do not go into armpits. You can use kneading/petrissage with hands down the same route

or
b) let arm rest on couch and massage in this position effleuraging then kneading into upper arm.



ARM ROUTINE (cont.)



4. (Passive joint movement) .Place client's forearm along your forearm gripping elbow and bring arm above head gently first. Apply effleurage to area of triceps gradually working deeper with kneading. Bring arm down along body.

a) Massage back of wrist with thumbs using friction techniques.



b) continue onto back of hand working over carpal and metacarpal area with thumbs using friction.

c) Move thumb or finger down through the channels of metacarpals up to the web of the finger. Repeat all channels, then fan over back of hand with heel of your hand.



5. Turn hand over, Massage to area of wrist crease then come up into palm massaging with thumbs to whole of area. You can gradually get deeper with the friction movements using thumbs.

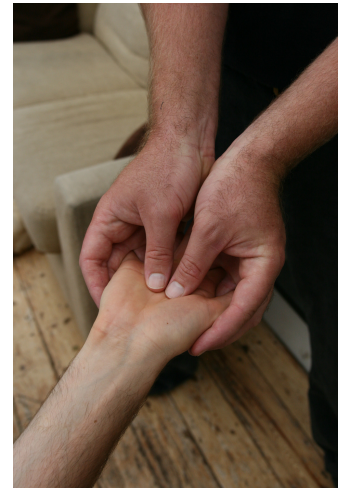


ARM ROUTINE (cont.)



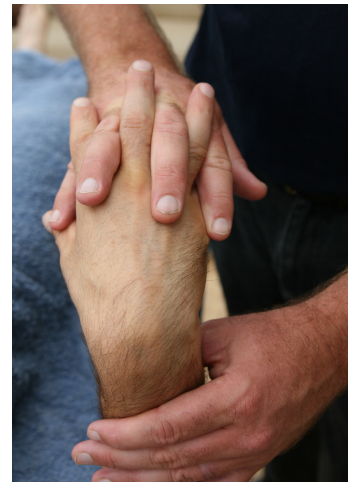
6. Rotate fingers clockwise/anticlockwise. Effleurage between thumb and finger (can increase pressure using deeper friction). Then pull and release down finger. Repeat all.

Optional - (passive joint movement) cats cradle to hand interlacing fingers and massaging palm with thumb frictions.



Optional – Can also do (passive joint movement) of wrist by interlacing fingers

- palms face each other. Gently mobilize
- wrists increasing range of movement
- as you go.



7. Lay hand and arm on couch brush down full length of arm and off fingers to finish. Cover arm up and repeat other arm.