

MOVEMENT CHART

EFFLEURAGE OR STROKING

- Superficial Effleurage
- Deep Effleurage
- Superficial stroking
- Deep stroking

STROKING

- Stroking is very effective on the scalp and the face as these areas are well supplied with a mass of sensory nerve endings that respond quickly to touch and can influence the way that you feel, both mentally and physically.
- Light stroking will energise and revitalise.
- Massage usually begins with slow light and superficial stroking movements in any direction to apply the massage medium to the scalp / body and to also introduce touch to the client.
- It is also used to calm, soothe and relax the sensory nerves brisk, rapid short stroking or rubbing movements over the surface of the skin warms the area being treated and also helps to energise and invigorate.
- Stroking is carried out by using the palm, side or heel of the hand or the pads of the fingers.
- The wrists should be flexible with fingers straight. The direction can be back and forth and could be described rather like a quick waving motion.

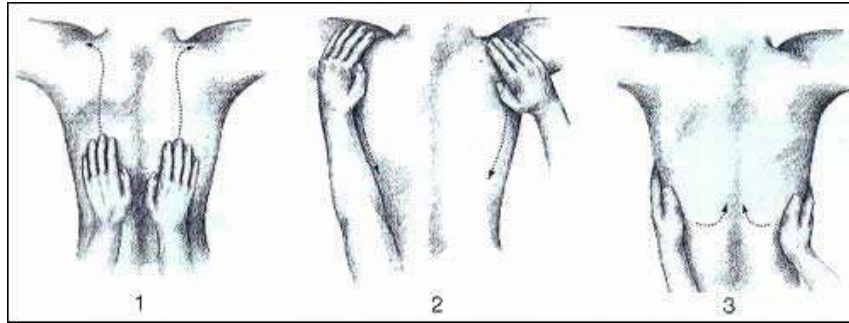
USES OF STROKING

- Stroking is used for the application of oils.
- Stroking or Effleurage provides a link between different massage movements.
- Soothes sensory nerve endings to induce relaxation throughout the whole body.
- Brisk movements to energise and re-vitalise.
- Stimulate glandular activity of the hair follicle, and brisk stroking of the scalp helps to produce more sebum so promoting growth of the hair.
- Stimulate the central nervous system and when used firmly from the base of the head to the bottom of the spine can invigorate and tone up a tired client.
- Nerves are stimulated to give a sense of invigoration very useful on obese, lethargic clients.
- Stimulated involuntary muscles can be used on abdominal organs to increase their activity.

CONTRA INDICATIONS FOR STIMULATING STROKING

- All general contra indications apply
- Insomnia
- Tension nerves and excitable clients
- Painful areas
- Muscle tension
- Poor circulation

EFFLEURAGE (GLIDING STOKES)



- Effleurage is a gliding manipulation that is carried out by using the whole Palmer surface of the hands or with the pads of the fingers or thumbs.
- It should be applied with relaxed hands that mould to the contours of the body.
- The strokes can be very light and superficial or deep with a firm even pressure.
- Always returning with a light touch.
- The strokes should follow the venous flow back to the heart or directed towards the lymph nodes to aid lymphatic drainage.
- Effleurage can be slow and rhythmic for a calming effect or to prepare the soft tissue for deeper movements, or it can be brisk with deeper pressure for an uplifting and energising result.
- The therapist's hands should remain in contact with the client's body by returning with a light stroke. This also allows a gliding effect into the next massage movement.

GENERAL EFFECTS OF EFFLEURAGE

- Improves general circulation to muscles and nerves.
- Soothes the sensor nerve endings so inducing relaxation.
- Increases the flow of lymph, removing waste products more efficiently.
- Removes dead skin cells, stimulating and invigorating to awaken and enliven.
- Relieves tension headaches and can often bring about relief from insomnia.
- Calms and relaxes clients, especially those who are nervous.
- Sweat glands are stimulated and encouraged to produce more sweat, so cleansing and purifying the skin.

CONTRA-INDICATIONS FOR EFFLEURAGE

- All general contra-indications apply
- Any skin conditions that may spread.
- Bruises
- Skin infections

PETRISSAGE OR PRESSURES

- Kneading
- Picking up
- Skin wringing
- Rolling
- Frictions
- Pinchment

PETRISSAGE

- Petrissage comes from the French word 'Petir' which means to knead.
- This movement is designed to move press down on the underlying structure.
- Petrissage movements require the skin and soft tissue to be lifted and gently stretched and squeezed with a firm pressure away from the underlying structure and then released.
- Throughout this movement, your fingers or whole hand acts as a pump, working on the deeper blood and lymph vessels to force blood and lymph back to the heart and eliminate any toxins that have accumulated in tissue spaces.
- It can be slow, rhythmic and soothing for relaxation purposes or it can be vigorous to produce a stimulating effect.

THERE ARE FOUR MAIN TYPES TO PETRISSAGE AND THEY ARE:

PICKING UP

- This movement is performed with one or two hands.
- The muscle is grasped in the palm of the hand lifted and squeezed with the fingers on one side and the thumb on the other.
- The muscle is then released and allowed to return to its original position.
- The movement is then repeated along the length of the muscle.
- The therapist's shoulders should be relaxed with the hands supple and moulding into the part of the body being worked on care should be taken as to not nip the muscle when applied double handed, both hands work alternately along the length of the muscle.

ROLLING

- Rolling is a picking up action where the fingers and thumbs grasp the superficial tissue over underlying bones.
- The thumbs gently rolling the tissue against the fingers and back again.
- Enough pressure should be kept to ensure that the fingers and thumbs do not slide over the skin.

WRINGING

- This movement involves the muscle tissue being lifted up away from the body and a wringing action being carried out by both hands.
- Wringing occurs from side to side pressing the tissue between the thumb of one hand and the fingers of the other.
- This should be applied to the length of the muscle.

KNEADING

- Again the shoulders and wrists should be relaxed and the hands kept supple.
- This is similar to the wringing motion but with a downward movement.
- Place the hands on alternate sides of the area being worked on; hands should be in full contact.
- A circular movement is performed with an increase of pressure on the upward half of the circle and a decrease on the downward half.
- The kneading motion in Indian head massage is mostly applied using the fingers and thumbs.

TYPES OF KNEADING

- **FLAT HANDED** – this can be single or double handed or alternate. It is normally performed on the back, as the muscles are large, thin sheets. They increase circulation and relaxation.
- **SQUEEZING KNEADING** – this is where the tissues are squeezed against the underlying structures. Increases circulation and relaxation.
- **CIRCULAR KNEADING** – this is performed with one or both hands working alternately either side, along the thumb. The movement is deep with the muscles being pressed against the bone in a circular motion.
- **FINGER KNEADING** – this is a circular movement performed with the padded palmer surfaces of the thumb or first and second fingers. They are normally used on smaller areas such as the shoulder girdle and down the long back muscles. They can also be used on small areas such as the face or the soles of the feet or hands.
- **IRONING (DOUBLE HANDED OR REINFORCED KNEADING)** – one hand is reinforcing the other to obtain greater depth, by using body weight.

GENERAL EFFECT OF PETRISSAGE

- Improved blood supply, assists elimination of fatigue products and carbon dioxide, therefore refreshing the muscles and helping to alleviate the feeling of stiffness after muscular exertion.
- Improved blood supply nourishes and feeds the muscle thus maintaining elasticity and tone.
- When performed rhythmically and slowly down the length of the limb it has a sedative effect and promotes relaxation also easing away the tension any nervous twitching of the muscle.
- If performed slowly down the length of spine, a general feeling of restfulness can be obtained and possibly the client would become so relaxed that they would fall asleep.
- Performed briskly it can simulate the muscles and invoke a sense of alertness and well being on a lethargic client.
- Because of the pressure of kneading against the bone the blood supply the bone is simulated fed and nourished.
- Light finger kneading can be used on delicate areas such as the face.
- Maintains muscle tone.
- Increases circulation and reduces any subcutaneous adhesions.
- It breakdowns and softens the superficial fascia.
- Compression movements assist in the breakdown and loosening of adhesions tension nodules in the muscle fibres.
- Stimulates promotion of secretion of the sebaceous glands.
- Improves flow of lymph to nearest lymph nodules thus helping in the elimination of waste products and excess tissue fluid.

GENERAL CONTRA-INDICATIONS TO PETRISSAGE

- All general-indications apply
- Recent muscle injury
- Over tender bruised areas
- Clients who excessively weak or feeble
- Over excessively loose muscle tissue

FRICTION

- Friction is carried out by applying small, deep penetrating movements using the pads of the fingers or the thumbs.
- In Indian head massage, friction is always a circular motion, whereas you are applying more pressure as you move deeper and deeper moving muscle tissue against the bone.
- Friction is usually smaller more localised movements and by keeping the fingers firm, elbows stiff and using your body weight, a great deal of pressure can be obtained for deeper tissue to be worked on.

BENEFITS OF FRICTION

- Stimulates deeper tissue
- When used down either side of the spine it stimulates the spinal nerves
- Aids the breakdown of adhesions and fibrositis modules
- Increases circulation to the local areas, therefore increasing supplies of oxygen and nutrients and the aiding in the removal of waste products and excess tissue fluid
- Makes the muscle more pliable and efficient

CONTRA - INDICATIONS

- All general contra – indications apply
- Over recent scarring
- Over bony prominence
- Over deformed joint such as rheumatoid arthritis
- Acute inflammation or severe pain
- Any areas with moles or prominent skin tags
- Over sensitive skin

PINCHMENT

Pinchment is performed with the fingers and thumbs alternatively. The movement is quickly applied to increase circulation without damaging the skin.

CONTRA – INDICATIONS

- All general contra – indications apply

BENEFITS OF PINCHMENT

- Increases circulation
- Breaks down adhesions in the muscles
- Brings nourishment to localised area
- Stimulates nerve endings, an invigorating effect.
- Causes hyperaemia (increase of blood flow to different tissues in the body)

PERCUSSION OR TAPOTEMENT

- Hacking
 - Cupping
 - Beating
 - Pounding
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- Involves a rhythmic tapping or striking of the skin, which then reverberates through the body structures and muscles.
 - The wrists should be kept flexible while using the hands or the fingers to alternately strike the area with a light springy rhythmic action.

When used in head massage there are two types of tapotement movements, which are:

- **TAPPING** - Is performed using the tips of the fingers. Letting the fingers bounce up and down, all at the same time or alternately, depending on the clients likes and dislikes. Keeping the stroke rhythmic at all times.
- **HACKING** - This movement is performed with the palms of the hands facing each other; hands in a relaxed state with arms away from the body and elbows bent. The fingers are held rigid. This movement comes from the wrist and elbow with the upper arm remaining still.
Single handed hacking is performed by allowing one hand at a time to strike, release, strike, and release in rapid succession. Holding the two hands together and performing the same motion does double handed hacking.

CONTRA-INDICATIONS

- Never over bony prominences
- On spastic muscles or weak muscles
- Broken veins or vascular areas
- In cases of nervousness
- On any over-toned muscles
- On painful or affected areas

BENEFITS OF TAPOTEMENT

- If performed across the muscle fibres, it stimulates them to contract without nerve stimulation, improve muscle tone.
- Invigorates and refresh muscle.
- Increase blood supply increase temperature and aid metabolism.
- When used either side of the spine, it help to simulate spinal nerves.
- Tones and tightens the skin.

VIBRATION

- Digital vibrations
 - Thumb vibrations
 - Palmer vibrations
 - Fine/course vibrations
 - Static/running vibrations
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- Vibrations are fine trembling like movements performed with one or both hands, using the whole palm surface of the hand and fingertips.
 - The movement consists of small quick flexions and extensions at the fingers and wrists joints. The therapist s hands and arms should be completely relaxed.
 - They can either be static or running.

CONTRA-INDICATIONS

- All general contra – indications.
- On sensitive areas where no stimulation in required.
- On poorly covered areas.

BENEFITS OF VIBRATION

- Old scar tissue can be loosened
- Fine vibrations can be relaxing, sedative and relieve tension.
- Applied down the side of the spinal column with the fingertips can invigorate a lethargic client.
- Stimulates nerve endings of the muscle around the joint and helps alleviate joint pain.
- Tones muscle tissue.

SHAKING

This movement is similar to vibration, i.e. performed with relaxed hands. It is a shaking movement of the hands moving the area being worked on in an up and down from side to side, or in and out motion.

CONTRA-INDICATIONS

- Never over bony prominences
- Not on spastic or weak muscles or on over-toned muscle
- Broken veins or vascular areas
- In case of nervousness
- On painful or affected areas

BENEFITS

- As with percussion
- Loosens any mucus in the lungs
- Stimulates the liver cells
- Increases vitality
- When shaking the limbs, bone marrow is increased, thus multiplying the output of red blood corpuscles and enriching the blood stream.