

## HANDS AND FOREARM MASSAGE

- Get a pillow/cushion or towel support to rest your arms on if needed
- Make sure you are sitting comfortably.
- If using oil or cream, place a towel underneath your arms to protect clothing.
- Caution: Avoid bruised areas, abrasions/wounds, swollen/inflamed joints, areas of swelling.
- Avoid any pain, the massage should not cause discomfort.

<b>Sequence - Script</b>
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1. **Warm up – gently rotate the hands, wiggle the fingers and rub the palms Together.**
2. **Effleurage** : Arm lays palm down on your lap (with support if needed), using the palm of your opposite hand, gently stroke up the arm from the back of the hand to elbow (repeat X3).
3. **Squeezes**: - With cupped hand, apply gentle squeezes to forearm, from the wrist to the elbow. Fingertips rest on the underside of the arm, apply pressure from the heel of the hand (repeat x1).
4. **Circular Pressures**: Using fingertips of index and middle fingers, apply small, gentle to firm circular pressures to the forearm muscle from the wrist up to the elbow, spending longer on areas that may feel tight or a little tender (repeat X2).
5. **Circles to wrist** : Using index and middle finger (if needed) apply gentle circular strokes across the back of the wrist – forward and back (x1).
6. **Drainage** : Spread (fan?) the hands out – see the tendons – apply a gentle tracing stroke from knuckle to wrist in between each finger/digit (X2).
7. **Knuckles**: Using first two fingers, apply light circular strokes to each knuckle.

8. **Brisk rub:** With fingers briskly rub each finger up and down, creating a warming action.
9. **Digits – side:** – now working on the fingers, starting with the thumb, apply gentle to firm circular pressure either side from base to nail, with a firmer pressure at the thumb nail and a slight pull to finish. Apply same strokes to each digit, reduce pressure at the joints.
10. **Digits – dorsal:** - apply same technique to the top of the fingers and thumb, finishing with a pressure at the fingertip.
11. **Palm pressures** – Turn palms over, so they are facing up. Relax the wrist and using the fingers of opposite hand to support underneath the resting hand, apply pressures to the palm with the thumb – like pushing pins in!

Follow in a square shape - apply light to firm pressure to fleshy pads at base of the hand, then along outer edge of palm to base of the little finger, move along applying pressures to the fleshy base of each finger, then to the web between the thumb, can be tender, move to base of thumb and then continue pressures to centre of the palm, you can apply a wider stroke – like a window-screen wiper. Alternatively, you can use index and middle fingers to apply pressure, instead of thumb if you wish. Finish with stroke to the palm.

12. **Effleurage inner arm** - arm lays palm face up your lap (with support if needed), with the opposite hand gently stroke up from back of hand to elbow (repeat X3).
13. **Squeezes:** - Then with cupped hand, apply gentle squeezes/compression to forearm, from the wrist to the elbow. Fingertips rest and apply pressure on the underside of the arm, pressure is from the heel of the hand. Finish with an effleurage stroke.
14. **Repeat:** Now apply strokes 1-13 to the opposite hand and forearm.
15. **Finish:** - Bring hands together in a Prayer position, flex to the sides, point to the front, gentle shake or flick hands and rest!