

Health Reach Chair Massage Routine

Basic guidelines:

- Have short finger nails
- Assist client on and off chair.
- Begin and end with a gentle touch.
- Slow steady rhythm.
- Breathe!
- Body mechanics
- Massage only the soft tissue – not bone, such as the spine or scapula
- Begin with a short prayer as you place your hands on your client's shoulder – God please bless _____ and give me healing hands for him/her.

Sequence:

Knead (petrissage) shoulders gently with your entire palms and flat fingers. Use the thumb pads at base of thumb instead of actual thumb to protect your thumbs.

Cat walk down the back on each side of the spine

Heel on opposite side of the spine pressing laterally

Fist twists along each side of spine with both fists

Knead shoulders again this time with a little more pressure. Also knead soft tissue between the spine and shoulder blades. May use thumbs for this.

With straight fingers knead from base of neck (C7) to very edge of the skull (occiput).

Walk around to the front of the chair. Hook pads of fingers into edge of the skull (occipital area). Lean back with arm straight and do small rotations. (*This area is especially great to work for clients with headaches*)

In same position, from front of chair, place flat palms on client's shoulders and lean to the right, then to the left – back and forth motion.

Walk carefully around facing the clients back and use one of the above back moves.

Knead shoulders again.

Tapotement

Nerve strokes