BACK MASSAGE

Is the stress of life getting to your back?? Do you feel yourself tensing up?

HAVE NO FEAR!!

Back massage instructions are here!

**Step One**

- Effleurage (warm-up):
  - Involves gently stroking the back
  - Helps you get used to the person’s back & them to get used to your touch
  - HOW TO:
    - place hands at the base of the back on either side of spine
    - keep palms down and fingers together
    - gently stroke up towards the base of skill – spreading your fingers as you go!

- Petrissage:
  - Aims to increase circulation
  - HOW TO:
    - Kneading = use heels of hands to knead fleshiest parts of back
    - Vertebral Pressures = use thumbs to make small circles on either side of spine
    - Knuckling = use 1st and 2nd knuckles to rub back

**Step Two**

Check out www.bewell-dowell.org for more info
Step Three

Tapotement:
- Aims to invigorate muscles
- HOW TO:
  - Loosen your wrists by shaking them out so fingers & knuckles are relaxed before you start!
  - Use the side of your hand along the pinky finger
  - Alternate light tapping motions with each hand
  - Keep your hand firm enough so fingers bounce off each other but not as hard as a “karate chop”!

TIPS for a GREAT massage:
- Communication is key – ask questions & give feedback
- Take your time
- Remove rings & watches – for comfort & to prevent injury
- Never apply pressure on the vertebrae (the bumpy things in the middle of the back)
- Maintain contact with the person’s back at all times if possible
  - If hands get tired – switch to effleurage technique

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