Foundations of Massage 1

HLT42015  Certificate IV in Massage Therapy
HLT52015  Diploma of Remedial Massage

Evolve College

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SUBJECT 3

Foundations of Massage 1
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Subject Details

Welcome to training with Evolve College.

Evolve College aims to bring massage awareness, education and recognition to the community as a valued means of health care.

Massage is perhaps one of the most popular forms of complimentary health care. In recent times massage has become much more formalised and massage associations have been formed to promote the science of massage as well as to safeguard the interests of the public and the profession.

Evolve College is a Nationally Accredited course provider and as such is listed on the National Register of Providers. This is your assurance that the College is a nationally recognised educator offering approved courses and administration services.

General Information

Suggested Lesson sequence

In order to gain the most from each lesson it is suggested that you work through them in the order that they are presented.

Suggested Equipment for Practical Component

Equipment required for this subject includes:

- Two large size towels (Beach Towel size) or two cotton sheets
- Two smaller towels (Bath Towel size)
- One pillow or footroll
- Massage oil (cold pressed vegetable oil) - do not use baby oil
- A massage table (you do not need to bring your massage table to class)
- Isowipes, viraclean or any equivalent hospital grade disinfectant
Practical Lessons

This section of Foundations of Massage 1 provides an introduction to the practical application of massage. The basic concepts of massage covered in Introductory Massage are reviewed in greater detail and Level One, Two and Three hand skills are advanced. Massage sequences to the front of the body are introduced.

Content Outline

Lesson 1 & 2 Part 1: Introductory Massage Revision
Lesson 1 & 2 Part 2: Turning Technique
Lesson 3 Components of Massage
Lesson 4 Level One Hand Skills
Lesson 5 Level Two Hand Skills
Lesson 6 Level Three Hand Skills
Lesson 7 & 8 Arm and Hand Massage
Lesson 1 & 2
Part 1: Introductory Massage Revision

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the correct technique for a back of body massage.
2. Perform the correct technique for a face massage.
3. Use the correct pressure.
4. Use the correct amount of oil when massaging.
5. Use the correct body posture.
6. Position the client in prone and supine correctly.

Back Massage

1. ROWING stroke
2. Single Handed STROKING
3. Side STROKING
4. PETRISSAGE

Change sides repeat 3 & 4
5. Buttock PRESS

Change sides repeat 5
6. FRICITIONS Sacrum
7. FISH HOOKS up to scapula
8. Knuckle FRICITIONS
9. FISH HOOKS down to scapula
10. Shoulder FRICITIONS
11. Reverse Rowing STROKE
12. Rowing STROKE
Leg Massage

1. Rowing STROKE entire leg
2. V STROKING entire leg
3. PETRISSAGE thigh
4. FRICTIONS thigh
5. Light STROKING back of knee
6. PETRISSAGE achilles
7. PETRISSAGE calf
8. Stocking Seam FRICTIONS calf
9. Knuckle FRICTIONS calf
10. Heel PRESS
11. FRICTIONS foot
12. PRESS toes
13. Rowing STROKE entire leg

Repeat on other leg

Face Massage

*Work done on the face is much slower and gentler*

1. Prayer STROKE
2. STROKE between eyebrows (up to the hairline)
3. STROKE Thumbs across forehead (in 3-4 lines)
4. Light slow CIRCLING temples
5. Thumb PRESS & RELEASE around bony eye socket
6. Two finger PRESS & RELEASE cheek bones (3 strips down each cheek)
7. Thumb and index finger GLIDE jaw line
8. CIRCLES on jaw muscles
9. PRESS & RELEASE outer part of each ear (between thumb and index finger)
10. Prayer STROKE
Lesson 1 & 2
Part 2: Turning Technique

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the turning technique paying attention to correct use of towels and communication with the client.

It is essential that while turning a person on the table that you continue your respect of their personal space.

Refer to the demonstration of how to turn someone on the table and take note of the appropriate way to communicate to the client about what you wish them to do.

It is important that the person turns over slowly and that they have confidence that you are not able to see them as you are behind the screen made by the towel.

When lowering the towel ensure that you have positioned it so that they are adequately covered.

Turning takes practice just as other techniques do. Practice what to say and how to turn someone by referring to the demonstration.

Checklist

Write out in step format the procedure for turning a client including the verbal comments you would make and follow with the steps for positioning in supine.

This will start with:
Step 1 - Place the horizontal towel over your shoulder,
Step 2
Step 3
Step 4
Step 5
Step 6
Step 7

and finish with: Step 8 - Edge lengthwise towel down to cover feet.
Turning Technique 8 Steps

STEP 1 Place horizontal towel over your shoulder

STEP 2 Hold lengthwise towel as a screen

STEP 3 Say:

Turn over slowly and let me know when you are ready?

STEP 4 Lower lengthwise towel to cover body

STEP 5 Place horizontal towel across upper body

STEP 6 Place 3-fold towel underneath head

STEP 7 Move pillow to support knees

STEP 8 Edge lengthwise towel down to cover feet

Straighten towels to finish
Lesson 3
Components of Massage

Objectives
Using the information in this lesson, the student will be able to do the following:
1. Explain the importance of the five components of massage.
2. Explain how massage affects circulation.
3. Use the correct pressure.
4. Use the correct amount of oil when massaging.

The following 5 components of massage are all essential to induce a total feeling of relaxation.

1. Direction

The direction of the stroke relates to three important factors:

a) Anticlockwise Circles
b) Circulation
c) Muscle stretch

a) Anticlockwise Circles

Any circular motion used by the massage therapist should always be in an anticlockwise direction.

All massage strokes carry purpose and intent. When conducting a massage our purpose is to make a muscle relax, loosen, unwind and expand. Therefore, the direction used by the massage therapist should be one that is naturally used to achieve these results.

Consider in life when we want something to undo, loosen and/or unwind - what direction do we use? Take for example a bottle of water; what direction would you naturally turn the lid to loosen it or take it off? What about removing a screw out of the wall? Or even, turning a tap on to allow the water to release?

Anticlockwise - is the universal method and symbol used for undoing, loosening, dispersing, removing/taking out and unlocking.
In society, **anticlockwise** is used almost every time there is something to undo. And, on the odd occasion that clockwise is used, it will usually take us a bit of time to work out that it has been reversed!

The same will be for your body when conducting a massage technique, as your aim is for a muscle to open, expand, undo and release, the direction used should be one that your body naturally and innately knows will achieve this. Using an anticlockwise motion helps the flow of the hands work in line with the intention of your massage.

b) Circulation

All strokes must be in the direction of the heart so that blood flow is promoted (increased). Massage increases the temperature of the muscles, which in turn dilates the blood vessels which leads to an increase in blood flow.

Increased blood flow has a positive effect on the muscles by bringing fresh nutrients and oxygen into the muscle and promoting the removal of wastes e.g. Lactic acid.

The best way to perform this is with anticlockwise circles; still keep the purpose of the stroke directed towards the heart but use anticlockwise loops for return.

c) Muscle stretch

When strokes are performed in the direction of the muscle fibres, the muscles will stretch and relax.

You will only get a stretch response if you massage in the direction of fibres.

A stretch response is useful in relaxation massage as it takes a muscle from its tight phase into a stretched relaxed phase.

In anatomy you will learn where muscles attach which will help you to understand the direction the fibres run.

The best way to perform this stroke is again in an anticlockwise circle. Every stroke will have some sort of action and return. In a muscle stretch direction we use the action part of the stroke to go in line with muscle fibres, followed by anticlockwise circle to ‘return’ back to the starting position.
2. Pressure

Pressure through the hands comes from the whole body and should never be isolated to the muscles of the arms.

This is why posture is so important, if you adopt the correct body posture with the correct hand position you will not get tired or fatigued during the massage.

Aim to relax superficial muscles so that you have access to the muscles which lie beneath. As you would be aware muscles overlap so it is important to relax the surface ones so that pressure to the deeper muscles can be felt.

Pressing firmer to try and reach a deeper muscle will only trigger a protective mechanism in the surface muscle. It does this to protect invading force to more vital and sensitive anatomy below. The ability to reach a deeper muscle takes at times a bit of practice but is an art of muscle relaxation.

A particular body area must experience Level One massage, then Level Two massage and then Level Three massage. Most times you will then finish with Level One.

Pushing or pressing harder into the muscles doesn’t achieve this result. Areas of the body commonly affected in the massage therapist who is not attentive to body mechanics include the neck and shoulders, the wrist and thumb, lower back, knee, ankle and foot. The most common reason for neck and shoulder problems results from the massage therapist using upper body strength to exert the pressure for massage. Tense wrists and hands will also contribute to shoulder problems.

These problems can be avoided if the student learns to lean with their body weight to provide pressure, avoid pushing and the use of upper body strength and maintain a relaxed hand and wrist while giving a massage.

The massage therapist will need to protect his/her wrists by avoiding excessive compressive forces. Using the proper hand techniques and staying behind the massage strokes will protect the wrist.

Practice, practice, practice - until your body mechanics are graceful and efficient.

There is no simple way to use the human body efficiently. Each body is different. The important thing is that the massage therapist must learn to remain relaxed, comfortable and not strain when doing massage. If you feel or look like you are “working hard” while
giving a massage, then something is wrong. If the proper body mechanics is used, you will look and feel relaxed and graceful while giving a massage. Massage is physical work, but it is more like dance or gymnastics than construction work. Shifts in balance apply the various degrees of pressure, not harder pushes.

How much pressure will you use?

When using Level One there is no need to check pressure because you are using a flat hand and hence the pressure will be automatically light. When in Level Two you usually don’t need to check pressure, but if the person’s general health is compromised then you may need to check the pressure.

Avoid Questions or Statements like:
- Am I pressing too hard?
- Am I hurting you?
- Tell me if I hurt.

Although the Practitioner performing Level 3 does not use more pressure than what is used in level 1 it may feel like more pressure to the client, so it can be good to sometimes check in, how is the pressure?

If the client responds that they would like it firmer you may increase pressure in small increments. At no point in time though should the pressure requested put your body in any harm, so only go to what is suitable. Applying pressure that would have your body in unease is not at all beneficial for your client and will usually cause them light internal bruising.

Some clients are unsure about how firm a massage should be. This can be due to previous experience or massage myths that are still around. Explaining to your client what will achieve the most long-term benefit is the best way to support with this.

The notion ‘no pain no gain’ is not accurate and in fact pain is an indication that you are pressing too firmly and you need to lighten off. Massage should not hurt the client. Pain and discomfort should always be regarded as a warning signal: either the pressure applied by the therapist is too great for the sensitivity of the client, or there is a more specific reason for the pain.

Maintain connection and awareness throughout the massage.

Keep some sort of pressure awareness. This is important as it keeps the flow of the massage. Flow and rhythm is particularly important in relaxation massage. Keeping your contact throughout the massage also has a calming effect and builds confidence between you and your client.

3. Rhythm and Flow

Relaxation massage is slow and rhythmical. It is important to start with a plan so that you can maintain your flow and rhythm. This also allows you then to be flexible in your response depending on client needs. Avoid any sudden or jerky movements.
4. Massage Oils

When using an oil bottle do not let the top of the bottle touch your hand.

When you start using oil you do need to take care with the amount of oil. Too much oil makes the body slippery and you lose your tactile sensitivity and control over your strokes. Too little oil is indicated by a pulling of the skin.

Take time in applying the oil before the massage commences so that you have spread it evenly and it is just the right amount. It is easier to apply the oil in small amounts than to discover you have too much and have to wipe it off.

Oils will be discussed in more detail in Clinical Aromatherapy.

You may also find during the massage, depending on the skin type, that you need to apply more oil.

On body areas which have more hair coverage you will need a lot more oil to avoid pulling on the hair.

5. Duration

Specific times relate to the area of the body being worked on. Timing can also relate to sensitivities at the time.

One of the main aims of this subject is for you to be able to give a full body massage in 1 hour.

Full body massage should be completed in 1 hour otherwise the client will be quite 'wiped out'. Massaging longer than 1 hour is also too taxing for the massage therapist without a break.

Specific body parts (e.g. arms, legs, face and abdomen) could be completed in 30 minutes. A specific body part generally is slotted into a 30 minute appointment time. Of course, depending on the circumstance it could take longer.

A painful site should not be worked on longer than 10 minutes.

Reasons for Draping

What are the three reasons for draping?

1. ........................................................................................................
2. ........................................................................................................
3. ........................................................................................................
Massage Therapist’s Posture

Most techniques will require you to adopt either a Forward Stance or a Side Stance for optimal body mechanics and to avoid injury. As you progress through the lessons to follow, make a note of which stance should be used for each step in the sequence.
Lesson 4
Level One Hand Skills

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the hand positions related to Level One stroking.
2. Perform the correct body stance related to each Level One hand position.
3. Describe the use of the levels of massage.

Aims of Level One:

- To warm the skin and surface muscles
- To glide over the skin without attempting to move deep muscle mass
- To accustom the client to the touch of the masseur

Technique:

- use the whole hand
- hand needs to be relaxed
- the hand should be flexible (mould over the contours of the body)
- the hand should be very flat

Massage to practice Level One hand skills:

Set up the table and place the person in prone (drape, check for comfort, define the area). Perform the eight Level One techniques outlined.

Refer to the checklist when performing each stroke. Repeat each stroke until you think you have mastered it.
1. Rowing STROKE

2. Anticlockwise EFFLEURAGE
   - One hand moves after the other performing circles inwards in a ‘wipe on, wipe off’ motion.

3. Single Handed STROKING

4. Anticlockwise looped Double Handed STROKING
   - Ensure the hand underneath is the one closest to the client when you are standing side on.

5. Side STROKING

6. Side stroking upper trapezius

7. Horizontal STROKING
   - Hands glide across criss-crossing all the way up and down the back.
8. **Figure 8 STROKING**

9. **Reverse Rowing STROKE**
Pay attention to:

- Posture - stance
- Direction (towards the heart with each action stroke)
- **Breathe (breathe easily, don’t hold your breath)**
- **Rhythm and flow (massage is very slow and flowing)**
- Amount and coverage of oil

**Effleurage of the back**

- With your eyes closed perform effleurage to the back.
- Keep your eyes closed for approximately 2 minutes.
- While maintaining the effleurage pattern, note the changes you feel with your eyes closed as opposed to open.

  Closing the eyes for short periods of time while practising can help to develop your tactile sense.

In massage it is the hands which take the place of the eyes (as we cannot see beneath the skin anyway). You need to develop trust in your hands being able to relay information to you. When you are just learning one way of developing trust in your hands is to work with them with your eyes closed and see what information you can pick up.

  Touch skills cannot be taught. Learn touch by touching!

**Key Points in Level One:**

1. Use the whole of the hand and keep it as flat on the body as possible.
2. Relax the hands, do not try to keep fingertips together tightly just let them relax also.
3. Do not lose contact (loss of contact means loss of confidence)
4. Avoid any sudden or jerky movements as this is not relaxing but rather irritating and can be associated with nervousness.
5. The action part of the stroke is always towards the heart. The return stroke is no pressure (downward strokes).
6. Check your posture, making sure the strength is coming through your legs and hips, not just your shoulders and arms.
7. **You do not** need to check the pressure when using Level One massage.
Lesson 5
Level Two Hand Skills

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the correct hand positions related to Level Two massage (petrissage and kneading).
2. Adopt the correct body postures related to each hand position (petrissage and kneading).

Medium (Half Hand movements) - this is called Petrissage or Kneading.

Purpose of Level Two

Petrissage and Kneading increase the blood supply to the muscles, more than Level One stroking therefore it is very important to **do this stroke only in the direction of the heart then do an anticlockwise slide return**. You may notice a redness and a rise in temperature this is caused by the blood flowing into the area. As you do this technique you will bring increased blood flow bringing fresh nutrients and oxygen to the muscles and any toxins that have accumulated will be removed. Move this flow towards the heart don’t massage (petrissage) back down against the heart.

Key Points in Level Two

1. You will notice that the hands do not lift off the body. Both hands remain in contact with the client at all times during this stroke.
2. Pick up the muscle and not the skin otherwise there is the danger of pinching.
Back Massage to practice Level Two hand skills

1. Prepare back with a combination of LEVEL ONE STROKES from Lesson 4

2. Anticlockwise PETRISSAGE upper buttocks to shoulders (both sides)

3. Circle kneads upper buttocks (opposing side)

4. KNEADING erector spinae
   - Use the side of the table to support your stance.
   - Knead away from yourself at an angle (shunt the muscle sideways). Do not press directly down.

5. Anticlockwise looped KNEADING upper trapezius
   - Notice the fingers do not pinch.
6. PETRISSAGE neck

7. Finish with a combination of LEVEL ONE STROKES

Pay attention to: Posture/Stance, Direction (all strokes, Level One, Two and Three towards the heart) and Rhythm & flow.
Lesson 6
Level Three Hand Skills

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the correct hand positions related to Level Three massage (frictions and press & release).
2. Adopt the correct body postures related to each hand position (frictions and press & release).
3. Perform the back massage sequence 1 - 20 using relaxation tempo.

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**SMALL (finger tips or point work) - this is called Frictions.**

**Hand Position**

Friction consists of concentrated movements using the end of the digits, mostly the thumb and finger tips and in some instances may include the knuckles.

**Purpose of Frictions**

Friction is used to work on specific areas of the body. This enables the massage practitioner to support releasing localised build-ups and work with a muscle in detail.

**Key Points in Level Three**

1. Do not do frictions without first performing a Level One stroke on the muscle followed by a Level Two (petrissage or kneading).
2. Your arms need to be straight with the correct body posture behind a straight thumb - you will wear out your thumb joint if you use the incorrect posture, or if you use a bent thumb.
3. You need to be aware of your client when using Level Three.
Massage to practice Level Three hand skills:

Photos are provided for each Level Three Friction

1. **Rowing STROKE**
2. **Single Handed STROKING**
3. **Anticlockwise looped Double Handed STROKING**
4. **Figure 8 STROKING**
5. **Anticlockwise PETRISSAGE back**
6. **KNEADING erector spinae**
7. **Circle kneads upper buttocks**

Go around to the other side of the table. Keep working on the same hip

8. **Anticlockwise Buttock PRESS**

Repeat 5 - 8 on the other side of the back

9. **Knuckle FRICATIONS erector spinae**
   - Stop before shoulder blades.

10. **Out of phase looped Bilateral FRICATIONS erector spinae (up to scapula)**

11. **Out of phase looped Bilateral FRICATIONS erector spinae (down to scapula)**
12. Side STROKING upper trapezius

13. Anticlockwise looped KNEADING upper trapezius

14. Circular frictions upper trapezius

15. Side STROKING upper trapezius

Repeat 12 - 15 on the other upper trapezius

16. PETRISSAGE neck

17. Anticlockwise Circular FRICTIONS occiput

18. Reverse Rowing STROKE

19. Rowing STROKE

Checklist:

- Posture - stance
- Direction (all strokes, Level One, Two & Three towards the heart)
- Rhythm and flow
Lesson 7 & 8
Arm and Hand Massage

Objectives

Using the information in this lesson, the student will be able to do the following:

1. Perform the appropriate draping techniques for an arm massage.
2. Perform the massage sequence for a relaxation massage for the arm and hand.
3. Adopt the correct body posture for massage to the arm.

1. Rowing STROKE entire arm

2. Circular V STROKING entire arm
   - Short overlapping strokes.

3. Circular V STROKING upper arm
   Pick up at the elbow to elevate the arm

4. KNEADING upper arm

5. Flat of Knuckle FRICTIONS upper arm

6. STROKING upper arm

7. Circular V STROKING forearm
8. KNEADING forearm

9. Small Circular Thumb FRICTIONS forearm

10. STROKING forearm

11. BREAK BREAD top of hand

12. Hand Massage

13. Rowing STROKE entire arm

Repeat on the other arm

Never just do one arm. The person may feel unbalanced.