

MASSAGE

Work gently and carefully through an approximate pattern as in the diagram for about three minutes then start the massage. Make sure your hands are warm.

Initially use broad contact with the palms, gradually work deeper to discover what needs concentrating on, and then gently but very firmly, working in deeper each time.

This works far better for any upper back problems than actually massaging the painful/tense area that the patient wants attended to directly.



Interspersing with broad and flattened palmar contact to warm up and reconnect to the rest of the body, next start a slow and firm/deep gouging approach.

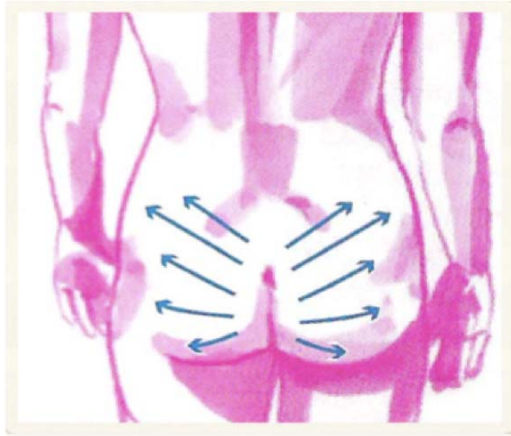
Following the lines and also working out from the sacral margins with the thumb pad or with the flats of the fingers, sometimes standing up to use all your weight — so as not to damage your fingers — exert a fair amount of pressure. The aim is to end up with a warm, reddened rump.

Following the lines, you are doing slow, deep gouging.

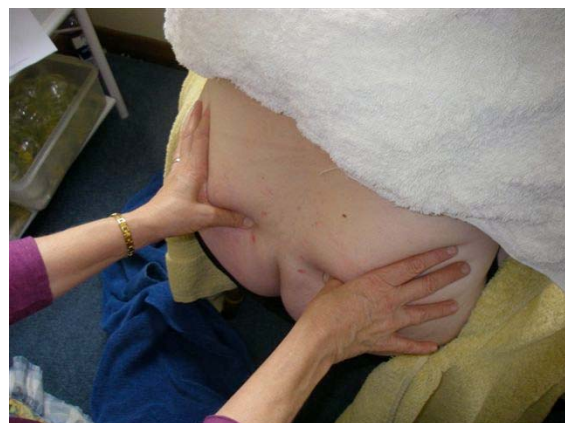
This means that you **HAVE** to be in a stable position yourself, and not have arthritic thumbs. This really works — and the **SLOWER** the better — drop the pace you think you are doing by a half at least. Everyone I have coached starts not **DEEP** enough and definitely in a hurry.

For the patient it takes a lot to accept this attention, as it can be excruciating. Doing it fast is almost unbearable, so slow is the key.

Get her to breathe slowly and deeply, and make sure she is not tensing up her shoulders or any other part, as this will just make the whole thing too distressing, as tension begets tension.



Make sure you are feeling very comfortable as this is quite strenuous.



Changing angles and positions — you getting up and working from above in a downwards movement, can allow your hands a time to recover. As the massage progresses, the skin reddens as the circulation is renewed.