

THE CONNECTING POINT SCHOOL OF MASSAGE AND SPA THERAPIES
MASSAGE 1 FULL BODY STROKE SHEET
EFFLEURAGE

BACK: Client Prone

1. Rest one hand on client's sacrum/low back and one on upper back. Breathe and ground.
2. Undrape back; warm oil or lotion in your hands.
3. Effleurage entire back. Down along the spine to sacrum, separate at hips, follow erectors up, scoop around shoulders and up the neck, and complete at occipital ridge. Cover the entire back. Repeat 3x
4. Alternate palm glide; right hand gliding down back to the hips while the left hand goes up and across the shoulder. Hands should arrive at the hip point and shoulder point at the same time and give client a slight stretch. Then reverse stroke, left hand going down and right hand coming up.
5. Split Fingers along spine.
6. Go to client's right side. Begin side pulls reaching across to their left side and pulling back to spine, hand over hand, up to arm pit and back to hip.
7. Side pulls-(Push/pulls) across upper shoulders.
8. Alternate V Stroke (Thumbs facing each other, long glide in trough (ditch) along spine from sacrum to cervical spine)
9. Walk around table to clients left side, maintaining contact/flow.
10. Thumb glide at waist, spine to table.
11. Long Palm Glide entire length of back, sacrum to shoulder to hand. Repeat
12. Circle scapula (may cup under shoulder, use slower, deeper pressure, isolating muscle attachments along medial border.
13. More Long palm glides sacrum to shoulder to hand

14. Side pulls to right side. Repeat steps 7-13.

15. Return to head; effleurage entire back.

16. Knuckles; back of hands upper traps.

17. Effleurage Neck

18. Apply pressure at occiput and scalp.

LEGS: Prone

1. Gently rest your hands on soles of feet and hold. (Option for compressions)
2. Undrape leg; Palm glide entire leg
3. Back of hand hamstrings into glutes; unfold hand at iliac crest and palm glide down to foot.
4. Back of hand gastrocnemius
5. Alternating V-Stroke on gastroc.
6. Thumb glide through the gastroc.
7. Split gastrocnemius starting at Achilles tendon. Use slower, deeper pressure. Avoid deep pressure to back of knee
8. Smooth gastroc with effleurage
9. Thumb glide bottom of foot
10. Long palm glides up entire leg around iliac crest, down to foot and off.
11. Closing strokes; palm glide both hands from foot to iliac crest; one hand glides up back and down arm to hand as other glides down leg to foot. Hands arrive at hand and foot simultaneously. Repeat with energy hold.

Ask client to turn over, adjust bolster, and check in with client

LEGS: Supine

1. Hold feet
2. Undrape one leg; palm glide entire leg
3. Blade stroke quadriceps, knee to hips.
4. V-Stroke quads
5. Deep palm/heel of hand glide up Ilio-tibial band
6. Adductor pulls
7. Thumb glide/circle knee
8. Palm glide tibialis anterior
9. Deep thumb glides tibialis anterior
10. Effleurage/squeeze bottom of foot.
11. Effleurage entire leg and cover.

ABDOMEN:

Standing at the client's right side, place a face towel, folded in half lengthwise, across the client's shoulders under the chin. While holding the bottom of the towel and the top of the sheet, pull the sheet down and the towel into place across the breast.

1. Begin clockwise circles on abdomen with both hands, moving slowly and carefully up under ribs and down to inside ilium.
2. Bring thumbs together below the sternum, glide out to sides, then reach underneath back with fingertips, then slowly and carefully lift and pull out. Re-drape with sheet and remove towel.

ARMS:

1. Palm glide entire arm
2. Hold client's hand/wrist and palm glide shoulder to occipital ridge. Bring arm over client's head (support) and effleurage arm, elbow to shoulder.
3. Bring arm back to side of table apply deep palm/heel of hand glide to forearm. (support under clients wrist with your outside hand and apply pressure with inside hand)
4. Hold hand; v-stroke forearm
5. Deep thumb glides all around forearm (avoid deep pressure to inside elbow). Smooth/effleurage/pull glide
6. Thumb glide palm of hand
7. Palm glide entire arm.

CLOSING

1. Move to head of table and sit. Apply chest strokes.
2. Effleurage neck; along front, sides, and back. Thumb and finger glides up lamina groove to occipital ridge. Palpate/press into tension points.
3. Effleurage face. Follow contours of mandible, zygomatic arch, orbital bones, forehead and temples. Hold temple points.
4. Massage scalp.
5. Hold head in both hands and breathe.
6. Slowly break contact.