Connexions module: m35054

SWEDISH MASSAGE FOR THE BACK: STEP BY STEP INSTRUCTIONS FOR THE BEGINNER.*

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Abstract

Swedish Massage is a technique for inducing muscle relaxation and improving the circulation which uses three basic strokes. Effleurage (long sweeping strokes); Petrissage (kneading); and tapotement (tapping). This module is a suggested sequence of massage steps incorporating these three basic strokes which may assist the beginner massage practitioner to develop flow in their massage practice.

Swedish Massage for the Back

An Introductory Sequence for Beginners Before you begin:

• Remember the contraindications for massage

http://www.innerwestmassage.com.au/massage_contraindication.php ¹ http://www.cancercouncil.com.au/editorial.asp?pageid=2407&fromsearch=yes ²

- Maintain the person's privacy throughout massage: keep well draped.
- Check with person that massage pressure is comfortable throughout massage.
- Always massage toward heart. *Exception: when applying oil with stroking technique.
- Always offer water at massage conclusion

1) Position person face down on massage table

Support the face with rolled towels (make a donut shaped roll).

Support to knees with rolled towels or pillows.

Drape whole body with towels and ensure that the person is warm and comfortable.

2) Begin:

Apply hand pressures through the towel – begin hips/buttocks and work up to top of shoulders. Fold down towel to hip /buttock height.

3) Stroking

Stand at head of table.

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 $[\]frac{1}{2}$ http://www.innerwestmassage.com.au/massage_contraindication.php

²http://www.cancercouncil.com.au/editorial.asp?pageid=2407&fromsearch=yes

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Apply oil to back by stroking lightly down back to top of hips.

Work from neck to hips and return to head.

Swedish Strokes

Effleurage

4) Stand at side of person, face toward head of table

Effleurage up from hips to top of shoulder \mathbf{x} 2

Repeat other side.

5) Stand at head

Effleurage lightly down to hips, return to head by following body contours up x 3.

6) Effleurage making a figure 8 shape down to hips

7) Stand at hips, facing across body

Effleurage across body x 3

Repeat other side.

Petrissage (Kneading)

8) Stand at hip/facing across body

Kneading in a circular motion- work from buttock up to shoulders

Stand opposite side and repeat.

9) Stand at head, slightly on diagonal

Knead shoulders

Repeat on opposite side.

Effleurage

10) Stand at head, effleurage toward hips in fig 8 x 3

Stand at side of head; knead neck (Trapezius muscle). *see Petrissage

11) Make soft knuckle with hand, knead side of neck

Move to other side of head, and repeat.

Tapotement

12) Draw towel up to neck

Stand at side of body

Commence light and rapid tapping from buttocks to top of shoulders.

Apply Tapotement to the side of body nearest to your standing position.

Repeat x 1

More to opposite side, and repeat same.

Conclude Massage

13) Stand at side, at hip

Lightly apply pressures over towel to remove remaining oil, working up body toward the head.

Repeat on other side.

14) Stand at head

Apply final firm pressure at with both hands on shoulders: and hold for 10 seconds.

Gradually release pressure

Slowly lift hands off.

15) Advise person massage is concluded

Advise person to get up slowly.

*Offer a glass of water to person (water supports the effects of the massage on the blood circulation and assists in the excretion of wastes).