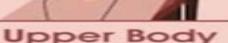


When performing a lymphatic massage. it's important that the massage includes the entire lymphatic system, except the head, to drain properly. Start with the upper body. Repeat each movement 3-10 times. Only very gentle pressure is needed. Avoid using too much force massaging.

Lymphatic massages are a kind of massage that stimulate the natural drainage of the lymph (working the superficial skin structure where fluid is trapped), which helps to eliminate waste materials, reduce cellulite and improve your mood!









IAICIOO

Shrug shoulder up and down repeatedly



Slide hand up from arm from wrist to elbow on both sides



Massage area between collarbone and shoulders



Pinch upper arm gently working way to shoulders.

# Middle Region and Abdomen



Lay one hand above your head. Use your other hand to gently scoop the underarm area and move your hand in a half circle motion. Repeat on other side



Hands on the hips, thumbs on both sides of the waist them nudge in the direction of the navel



To massage the stomach, press your palms flat down into the area between your hip bones. With hands overlapping make circular movements clockwise around the belly 5-8 times



Massage the abdomen from both sides to the center of the waist. Gently pull and roll the waist side and abdomen



# Lower Body



Using your hands, start at the groin. Press at least there times in a pumping motion towards leg crease and upper thigh area



Massage back of your knee with fingers



# **Massage Techniques Manual**

**Thomas Bowhill** 

#### **Massage Techniques Manual:**

The Massage Manual Fiona Harrold, 1992 Whole Body Massage Nitya Lacroix, Francesca Rinaldi, Renee Tanner, Sharon Seager, 2011-06 We all experience some degree of stress and anxiety in our day to day lives and this book provides a wide range of treatments and techniques to soothe tone and relax the body Special routines for tackling specific problems are included from headaches to indigestion as well as a host of pampering treats Thai Massage Manual Maria Mercati, 2005-08 Thai Massage is the touch that enhances health happiness and wholeness and with more than 150 expertly demonstrated sequences unfolding on these pages everyone can enjoy its benefits Sometimes called yoga in action Thai massage has worked its relaxing wonders for more than 1 000 years Explore its secrets with a detailed program that includes ten complete lessons each concentrating on a particular part of the body Like other forms of massage it employs a flowing sequence of stretches but instead of using only your fingers pressure is applied with the thumbs palms elbows knees and feet Full color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements Each technique is clearly explained and its benefits from improved flexibility to increased vitality detailed All of the techniques are shown in sharp color photographs that are pleasing to the eye Descriptions of the techniques are clear Massage Therapy Journal Manual Therapy for Musculoskeletal Pain Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-06-26 A pioneering one stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real life screening diagnosis and management of patients with musculoskeletal pain across the whole body Led by an experienced editorial team the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence The textbook is divided into eleven sections covering the top evidence informed techniques in massage trigger points neural muscle energy manipulations dry needling myofascial release therapeutic exercise and psychological approaches In the General Introduction several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain In Chapter 5 the basic principles of the physical examination are covered while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education For the remaining sections the textbook alternates between the upper and lower quadrants Sections 2 and 3 provide state of the art updates on mechanical neck pain whiplash thoracic outlet syndrome myelopathy radiculopathy peri partum pelvic pain joint mobilizations and manipulations and therapeutic exercises among others Sections 4 to 9 review pertinent and updated aspects of the shoulder hip elbow knee the wrist and hand and finally the ankle and foot The last two sections of the book are devoted to muscle referred pain and neurodynamics The only one stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an

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manual for clinical massage therapy it contains brief descriptions of rationale behind orthopedic massage mechanisms of injury to and repair of soft tissue and anatomy of each body area The Second Edition also includes detailed assessment for each body region discusses common lesions and provides illustrated instructions on how to administer this scientifically based style of massage Based on traditional orthopedic assessment protocols coverage includes range of motion passive and isometric testing and tests that determine the severity of a condition or injury **Neuromuscular Therapy Manual**, **Enhanced Edition** Jocelyn Granger,2020-07-01 Neuromuscular Therapy Manual is a concise manual of neuromuscular therapy that contains the most relevant content based on the popular highly regarded Travell Simons Trigger Point Therapy Manual Content is laid out in a highly structured regionally organized accessible and user friendly text designed specifically to meet the needs of massage students **Instructor's Manual to Accompany Techniques in Clinical Nursing** Kathleen K. Blais, Judith M. Wilkinson, 1993 The Practitioner's Guide to the Diagnosis and Treatment of Diseases of Women Taylor's Manual of Physical Evaluation and Treatment Lyn Paul Taylor, 1990

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