

SELF-MASSAGE HANDOUTS

Self-Massage for the Head and Face

Self-Massage for the Low Back and Buttocks

Self-Massage for Runners

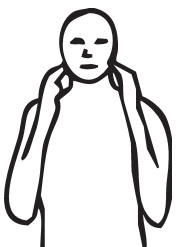
Self-Massage for the Neck

Self-Massage for the Feet

Self-Massage for the Arms and Shoulders

Shiatsu for Stress Reduction & Increased Energy

SELF-MASSAGE FOR THE HEAD AND FACE



To temporarily improve your mental clarity and concentration, and to reduce tension or anxiety, try massaging your head and face.

1. Placing one index finger directly over the other, begin pressing and releasing, “walking” rhythmically from the hairline down the center of the forehead. Then, moving about one inch horizontally to the right of the centerline, press and release from the hairline downward. Move your fingers one inch to the left of the centerline, and repeat.
2. Beginning with your thumbs or index fingers at the center of your forehead, “draw” a line from the midline to the temples. Smooth the skin across the eyebrows, the center horizontal line of the forehead, and across the hairline.
3. Make small circles on each temple with your index fingers.
4. With your hands, make a “claw.” Make small circles into your scalp, slowly covering your entire scalp, lingering wherever it feels tight.
5. Using alternate index fingers, stroke down the bridge of the nose from the top to the tip.
6. With your thumbs or index fingers, gently stroke from the inner corner of the eye across the cheekbones to the ears. Repeat in horizontal strips as you work down the face.
7. Make circles into the well-developed muscles of the jaw. Linger on areas that are sore or tight.

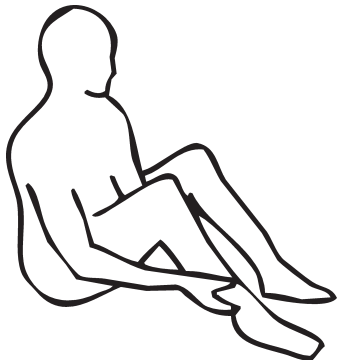
SELF-MASSAGE FOR THE LOW BACK & BUTTOCKS

If you have discomfort in your low back, buttocks, or hamstrings, try these.



1. Lie on your side on the floor with your knees bent. Reach your hand as far up your spine as you can and stroke with your thumb along the sides of the spine down to your tailbone.
2. Still lying on your side, press points on your buttocks from your low back to thigh. Press with your fist, knuckles, or thumbs. Hold each point for several seconds, then release.
3. Sit or lie on a tennis ball or a soft “practice” golf ball. If the tennis ball feels too hard, put a towel over it or use it on a soft surface like a bed. Roll your lower spine and buttocks over the ball, lingering on areas that feel tight or painful. Use your body weight to press into them as much as is comfortable. If you get a sharp, shooting pain in your buttocks, you may have rolled over the sciatic nerve. Avoid that hot spot, and see if you can coax those tight gluteus muscles to relax.

SELF-MASSAGE FOR RUNNERS



Try these moves between massage sessions, especially after working out. If you want to use massage oil, try adding a little essential oil, about 10 drops, of eucalyptus, birch or rosemary to an ounce of massage oil.

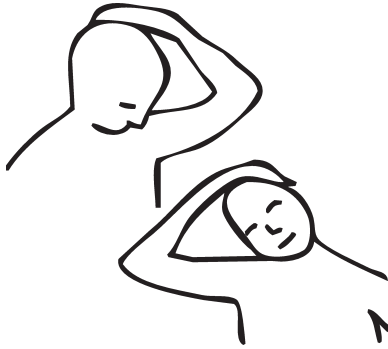
1. Sitting on a chair or on the floor, begin by using both hands to squeeze and release the upper thigh. Work downward toward your foot. Work the front, back and both sides of the full length of both legs.
2. Roll the calf muscle back and forth between the heels of your hands. Work both legs from the knee to the ankle in a rhythmic motion.
3. Pressing deeper into the muscles of the whole leg, make circles with your fingertips or the heel of your hands, working up and down both legs.

Caution: If any of these moves are painful, your muscles may be very tight or you may have shin splints or some other common runner's injury. If you don't see any improvement or if the pain is intense, discontinue self-massage and consult with your massage therapist or physician.

SELF-MASSAGE FOR THE NECK



1. Reach around and grasp the base of your neck, squeezing it with your hand. Move up your neck to your hairline, squeezing and releasing as you go. Repeat as many times as the strength in your arms and hands will comfortably allow.



2. In this move, stretch **ONLY** to a comfortable stretch. Use one hand to help stretch your neck forward slowly as you exhale. Inhale and return to start. Then exhale as you again help yourself stretch your neck to the right and then the left. If you have pain with this move, discuss it with your physician before you repeat it.



3. Place the palms of your hands on the sides of your head and the pads of your thumbs just above your ears. Apply slow, even pressure with your thumbs, tracing along your natural hairline until the thumbs meet in the back center part of your head. Move your thumbs up slightly, feeling for the ridge in the back of your head. Using slow, comfortable pressure, make little circles with your thumbs back to your original hand position, as you follow the ridge and hairline. Repeat this procedure two more times.

For extra relief, try any or all of these while standing under a warm shower.

SELF-MASSAGE FOR THE FEET



If your feet are tired and achy, try giving yourself regular foot massage. Sit in a chair with your foot resting over the other knee, or sit on the floor cross-legged with one foot in front.

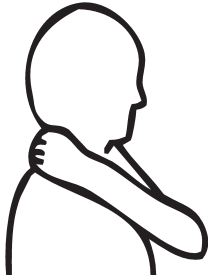
1. Grasp your foot and exercise the ankle joint by moving the foot from front to back and side to side.
2. Brace your foot with one hand. Press and slide the thumb of the other hand down sections of the sole, from the base of the toes to the heel.
3. Work into tender points more deeply with your thumb or knuckles. Hold for several seconds in especially tight or achy spots.
4. Squeeze each toe.
5. Finish by squeezing and releasing your whole foot several times from the heel to the toes.
6. Repeat on your other foot.

As an alternative, try to massage your feet with a tennis, golf, or other small ball. Run each foot over a ball for a minute or two, pressing and holding on tender or tight areas.

You may also want to exchange foot massage with a friend. Use a little massage oil, lotion, or any good vegetable or nut oil, such as almond or walnut. Add a few drops of essential oil such as lavender or rosemary for a refreshing change.

SELF-MASSAGE FOR THE ARMS AND SHOULDERS

Try these between massage sessions, especially when doing something repetitive like deskwork or gardening.



TO RELEASE THE NECK AND SHOULDERS

Reach up and grab the base of the left side of your neck with your right hand. Squeeze and release, moving your hand down your left shoulder and arm. Repeat several times on both sides of your body.



FOR A DEEP MASSAGE TO THE ARMS

1. Warm the arm by quickly squeezing the muscles, then briskly rubbing up and down the entire area.
2. Put one forearm on a counter or a high table. Use a folded towel for padding if you like. Now, place your other elbow on top of the warmed one, and press firmly in a line down to the wrist. Repeat three times down each line, turning your forearm until you have worked the entire area.
3. Using your thumb, return to any spots that are extra tender, and press firmly and gently for a few seconds on each spot. Repeat all or part of these steps several times a day.



SHIATSU FOR STRESS REDUCTION & INCREASED ENERGY

The Japanese form of bodywork known as Shiatsu is a method of using pressure to relieve stress and discomfort. It is especially applicable to working on yourself and can be practiced anywhere. Try these moves. If you like only a few, or even just one, try practicing those techniques two or three times a day. Use your thumbs, fingers, or knuckles as directed.

Note: If any of these moves cause pain, discontinue them.



1. Holding one foot, press your thumbs into the center of the ball of your foot. Then rub your knuckles vigorously across the sole. Repeat on the other side.
2. Using the knuckles of each hand, reach around your back and slide up and down each side of the spine, from as high as you can reach down to the low back.
3. Intertwine your fingers on the back of your neck and bring your elbows forward. Squeeze your palms toward one another, but *don't pull the neck forward*. Squeeze 5 times or more.
4. Rub your hands vigorously and then rub the palms briskly on your cheeks, up and down. Then briskly rub the sides of your nose.
5. Beginning at the center of the area above the upper lip, use the pad of your thumbs or fingers to press and release every one-half inch until you reach the corner of the lips. Repeat on the area below the lips.
6. For anxiety, use your fingertips or knuckles to drum lightly across the entire skull.
7. For mental clarity, stick your index fingers in your ears. Twist them back and forth, applying a slight pressure.
8. For vitality, squeeze one arm with your fingers. Move up and down the entire arm and repeat on the other side.