

# MASSAGE TIPS

*Find a comfortable and calm space and pick your favourite scents. Relaxing your mind will signal your body to release any tension and make your massage more effective.*



## MASSAGE REGULARLY

Every morning and evening, hammer out the kinks. Using your fists, gently thump the outside of your body, starting with your legs and arms, working from top to bottom. Then move inwards to your torso and thump from bottom to top. Pummelling your muscles and bones will help to strengthen your body, stimulate blood circulation and relax nerve endings.

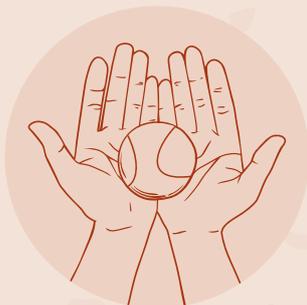
## MASSAGE YOUR HANDS

Start with the bottom of your palms by clasping your fingers and rubbing the heels of your palms together in a circular motion. Then, with your hands still clasped, take one thumb and massage the area just below your other thumb in circular motions, moving outwards to the centre of the palm. Repeat with the other hand. Then release your fingers and use your palms, fists and the webbing between your fingers. With one hand, gently pull each finger of the other hand. Finish by using your thumb and index finger to pinch the webbing between your other thumb and index finger.



## ROLL ON A TENNIS BALL

If your foot feels tense, stand with one hand on a wall for support and place the arch of the foot on top of the ball. Gradually add more body weight over the foot, allowing the ball to press into your arch. Begin to move your foot slowly, allowing the ball to massage your heel, forefoot and toes. If the tennis ball seems too big for your foot, try a golf ball instead.



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## Techniques for you to try out

**LONGITUDINAL GLIDING** is a traditional effective massage technique administered in the direction of the blood flow. It aids the fluid dispersion from the injury site and thus helps reduce inflammation and swelling. It is also instrumental in relaxing tight muscles.

**KNEADING** can be performed in different ways and described by the part of a hand used to accomplish the massage, e.g. thumb kneading and palm kneading. The massage pressure applied must vary according to the purpose of the massage. The rhythm and rate of the movement are equally important as the load is applied intermittently.

**MYOFASCIAL RELEASE** is a manual technique for stretching the fascia to balance the body. Your fascia, located between the skin and the underlying structure of muscle and bone, is a seamless web of connective tissue that covers and connects the muscles, organs, and skeletal structures in our body. Injuries, stress, trauma, and poor posture can cause restriction to the fascia, and the goal of myofascial release is to release fascia restriction and restore its tissue.

**TRIGGER POINT THERAPY** is a bodywork technique that involves the applying of pressure to tender muscle tissue to relieve pain and dysfunction in other parts of the body. Trigger points are active centres of muscular hyperactivity, which often cross-over with acupuncture points. You will also find that common trigger points are what the average person refers to as muscular “knots”.

**TRANSVERSE FRICTION** is transverse connective tissue therapy applied directly by the fingers. Transverse frictions use an oscillating pressure applied across the direction of the tissue fibres. This technique is primarily used on tendon or ligament injuries to help break down thickened, pain-producing scar tissue. Unreduced lesions are likely to cause further irritation and degenerate more quickly than they should.

**RHYTHMIC COMPRESSION** into muscles is used to create deep hyperaemia and softening effect in the tissues. This technique may occur as a warm-up for more in-depth, more specific massage work. Sports massage utilises compression massage.

**CROSS-FIBRE FRICTION TECHNIQUES** create a stretching and broadening effect. It can also assist in reducing adhesions and in helping build reliable, flexible repair during the healing process.

**PNF STRETCHES** (Proprioceptive Neuromuscular Facilitation) combine passive stretching, and isometrics with your muscle alternately stretched passively and contracted. The method targets nerve receptors in muscles to extend the muscle length.