

WARM HANDS HIGH ON ICE WINTERFEST MASSAGE WORKSHOP

WHEELCHAIR HEAD, NECK, SHOULDER MASSAGE

- 1) Standing close by the side or back of partner for the following techniques: (these movements can be intermingled).
Use a stride posture to protect your back so you can lean forward with the weight of your body onto your hands; rock & roll!
- 2) Place both hands on person's shoulders and give a bilateral squeeze: the natural, "what-you-do-at-home" squeeze. Develop a rapport and accustom the person to your touch by doing this movement. Then, proceed to develop the squeeze, giving greater scoops of the trapezius with the heel of your hand and a deep breath with each lift of the trapezius muscle. Breathe and squeeze!
- 3) Move from the squeeze of the trapezius to working on the rhomboids. With the thumbs of each hand, work the rhomboids bilaterally from the shoulders (cervical) to the bottom (scapular). The fingers are left up on the shoulders and the wrists rotate to get the proper movement. This area can be quite tight. Be sure to check with your partner that your pressure is accurate. Work higher and lower each time up and down the neck and shoulder area. Stay close to the spine. Keep your thumbs at the same speed and rhythm.
- 4) Move to the side of your partner and place your hands: one on the forehead and one at the base of the skull and slowly rotate the head 3x in each direction. Pivot the head on the top of the spine. Do this slowly.
- 5) Move to the back of the person and place the fingertips on the temples. Slowly knead all around the temporal-mandibular (jaw) and the temples.
- 6) To the trapezius, deltoids, rhomboids: "TV" massage:
 - a) loose fingertip hacking
 - b) stiff-fingertip hacking
 - c) cupping
 - d) pounding
 - e) beating
- 7) Have partner lean forward. Student stands to the side and works to the mid-back.
- 8) Do the shoulder; squeeze again.
- 9) Do the head rotations again.
- 10) Stroking lightly with fingertips from top of the head and out the shoulders and arms. Top of the head down the spine.
- 11) Follow up with a massage for the arms and hands by sitting or standing facing your partner. Start at the shoulders with palmar kneading and use alternate thumb kneading down the arm to the hand with pressure up towards the heart. Then massage the hand with alternate thumb kneading and include each finger with a corkscrewing circular massage technique. Light reflex stroking to the entire arm to finish. There can be 2 people working on each arm with careful co-ordination! Up to five people can work on one caregiver, family member or staff!

This routine can be abbreviated or expanded; in five minutes or fifteen or fifty minutes!

Use deep breathing to increase relaxation response more quickly!