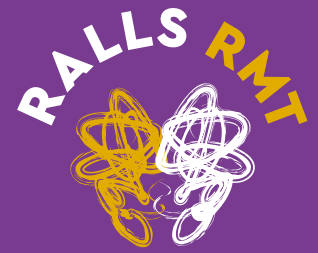


HAND MASSAGE



THE
BODY + BRAIN
CONNECTION

This massage de-sensitises the palm of the hand to reduce involuntary movements of the fingers. It helps to enable the client to learn to isolate the fingers and thumb, stimulating more dexterity and fine motor control. You should also notice changes in the muscle tone of the muscles in the hands and fingers, over time. The tone should become more balanced.

- 1** Using your thumb, press firmly into the centre of the palm and massage.
- 2** Whilst keeping pressure with thumb in the palm, use the other hand to massage from the palm and out along the middle finger.
Massage firmly along both sides of the finger, (top / bottom & sides) and out to the fingertip. Pinch the tip and release. **X 7**
- 3** Massage the muscles at the base of the thumb.
Gently press in the centre of the muscle at the base of the thumb with your thumbs, rubbing deeply.
Pull thumbs away from each other across the thumb pad. (Thenar muscle) **X 7**
- 4** Massage across the heel of the hand, firmly, side to side. **X 7**
- 5** Press back in the centre of the palm of the hand, then massage out to;
1ST The middle finger,
2ND The ring finger, **X 7**
3RD The baby finger,
Then index finger and ending with the thumb, **X 7**
As you did for the middle finger, **X 7**
Remember a gentle pinch on each fingertip as you go.
ONCE EACH

