

# MASSAGE CARD

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## **Traction and Digital Kneading**

- As one partner lays on the floor face up, the other partner sits above their head and gently introduces touch, starting on the sides of their body and arms.
- The partner who is seated then gently brings their hands up their partner's neck to the point where the base of the head and neck meet, and gently pulls their partner's head by leaning back with their body weight. This technique involves stretching of the muscles and connective tissues and helps to decompress the cervical spine and the occipital ridge (the point on the back of the head where the base of the skull meets the spine).
- While remaining in this position, the partner who is seated can also use digital kneading to open up sinuses, a technique which is very useful for relieving migraines, sinus pressure, and tension headaches.
- Using the first two fingers on each hand, press down firmly to your partner's comfort level on either side of the nose, beneath the cheek bones where the sinus cavities are located. Then, gently slide your fingers down and out, to help drain those sinus cavities.
- Do the same thing just inside of each eyebrow, to drain the sinus cavities in the forehead.

## **Supported Spinal Twist with Compression**

- One partner sits flat on the ground with their legs crossed and the other partner sits on their knees, directly behind them.
- The person in the rear places their hands on the person in front, and guides them as they twist their upper body to one side. Using one hand, the person in the rear helps the person twist as far as possible while using the other hand to gently press on their spine.
- This move helps create space between each vertebrae and relieves pain from sitting at a desk or standing all day, by stretching the postural muscles (erector spinae).

## **Lower Back Decompression**

- Partners sit with their legs extended, facing each other, and pull one another toward each other using their body weight.
- It's important for the partner initiating the stretch of the other person to place their feet inside the legs of the other person, either above or below the knee and not directly on the joint.
- Then, use your body weight to lean back and bring the other person toward you.
- This opens the lumbar and also stretches the adductors.