



CHAPTER

17

*Hands On:
The Foundation of Thai Massage*

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NOTE

This part of the book covers the practical aspects and is intended for use under a teacher's supervision. The authors and the publisher of this book are not responsible (as a matter of product liability, negligence or otherwise) for any injury resulting from this book. Some activities described in this chapter may be too strenuous for some people. The reader should consult a physician prior to applying such techniques.

REMARK

For better understanding when following the sequences, chapter 17 used Figure on each photo consecutively and they are not coincide with Figures applied in chapters 1 to 16 for anatomical drawing.



HEAD MASSAGE

Technique 1: Head Massage Cross Lines

Figure 26 Diagram of Head Cross Lines

- Sagittal Line** : Border of skull to forehead
- Crown Point** : Center of top of the head
- Coronal Line** : Between the ears through Crown Point

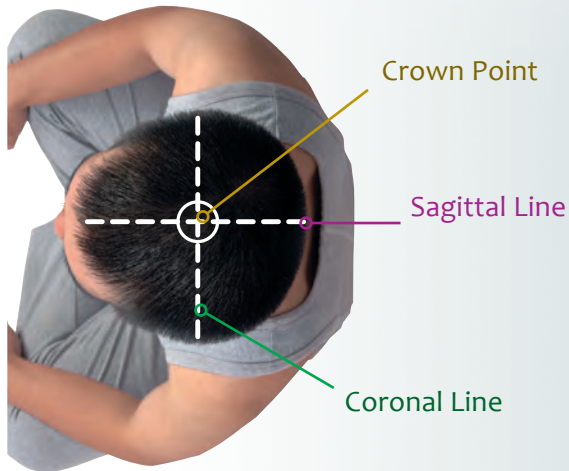


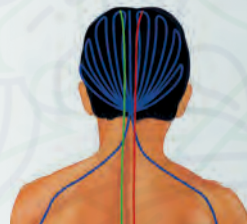
Figure 27 Sit up or stand up behind recipient.



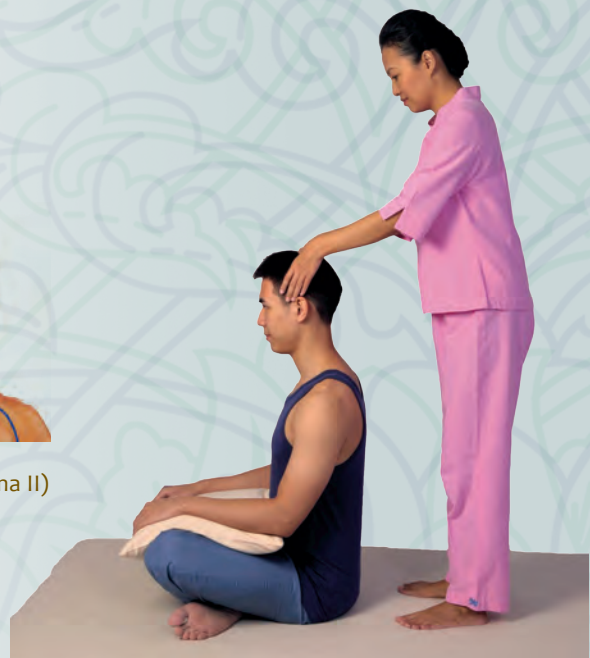
Figure 28 **Sagittal Line** : Facing thumbs touching. Start from the border of the skull. Press and move upward to the top of the head.



Figure 29 Change to stand behind recipient while continue pressing.



Sen Sib 1, 2, 4 (Rama II)





Technique 3: Shoulder Arm Press

Figure 57 Stand or sit half – kneeling behind recipient. Right hand turns recipient's chin gently to the right then rests on shoulder.



Figure 58 Use body weight, arm press and roll on shoulder muscle start from the base of the neck over the entire left side. Avoid pressing on bone.



Figure 59 Perform the same technique as Figures 57–58 on the right shoulder.





Cross - Legged Stretch

Figure 133 Change to sit up and cross both of recipient's legs.



Figure 134 Press on dorsal of the foot, with less pressure on the upper foot, and hold for 5 seconds.



Figure 135 Borrowed Foot Massage

Continue from Figure 134. Hold recipient's right leg up. Use recipient's left heel to press on the back of the right thigh downward to above the knee crease.



STRETCHING EFFECT

1. Quadriceps femoris
2. Peroneus longus
3. Sartorius
4. Tibialis anterior
5. Extensor digitorum longus

STRETCHING EFFECT

1. Quadriceps femoris
2. Adductor muscles
3. Extensor digitorum longus
4. Peroneus longus

NOTE

Switch the legs to massage the left side from Figures 133–135

CAUTION: If receiver has stiff knee or hip problem, only press lightly or skip.



Figure 138 Knees lock on thigh joining the buttocks. Grasp recipient's both arms and lock hands. Gently turn recipient's arms to rotate the shoulders in proper alignment.

**STRETCHING EFFECT**

1. Rectus abdominis
2. Biceps brachii
3. Deltoid
4. Pectoralis major
5. External oblique abdominal

CAUTION

DO NOT PERFORM ON A PERSON WITH SPINAL CONDITION!

Figure 139 Ask recipient to inhale. Lean back and pull recipient's arms while exhaling. Perform slowly and gently. Observe recipient's flexibility and how far back giver can lean while pulling. Hold for 5 seconds. Next, lower recipient down slowly.

