

## **Arm and hand massage Self massage and peer massage**

### **Peer massage**

Sit facing your partner and to one side  
Ask permission

### **Preparation**

Hold your partner's wrist and support the hand. Place a cushion under the hand or support the hand with rolled blazer or sweatshirt if you wish.  
All the massage strokes should be slow and smooth.

### **Massage routine**

1. Stroke slowly from shoulder to hand using your 'outside' hand, pressing on the hand to end x3
2. Climb down and up the rope, hand over hand, from just below the elbow to the wrist x3
3. Hand stroking - Support the hand and use your other hand, fingers together, to stroke from the wrist to the tips of the fingers x3
4. Turn the hand over and do bunny hops all over the fleshy palm
5. Use your thumb and index finger to smooth each finger in turn from the base to the tip x3 (Try top and bottom, then sides with one repeat)
6. Interlock your fingers with your partner's fingers and use your thumb to massage the palm
7. Hand stroking - Support the hand and use your other hand, fingers together, to stroke from the wrist to the tips of the fingers x3
8. Stroke slowly from shoulder to hand using your 'outside' hand, pressing on the hand to end x3
9. Place your partner's hand in their lap.
10. Move your chair to the other side of your partner and massage the other arm and hand.

Say 'thank you.'

### **Self massage**

Use the same sequence to do massage for yourself. Remember to massage both arms and hands!

*Original massage sequence designed by MISP Instructor, Janice Harris (Devon) with additional strokes suggested by members Exeter MISP Refresher Course October 2015  
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