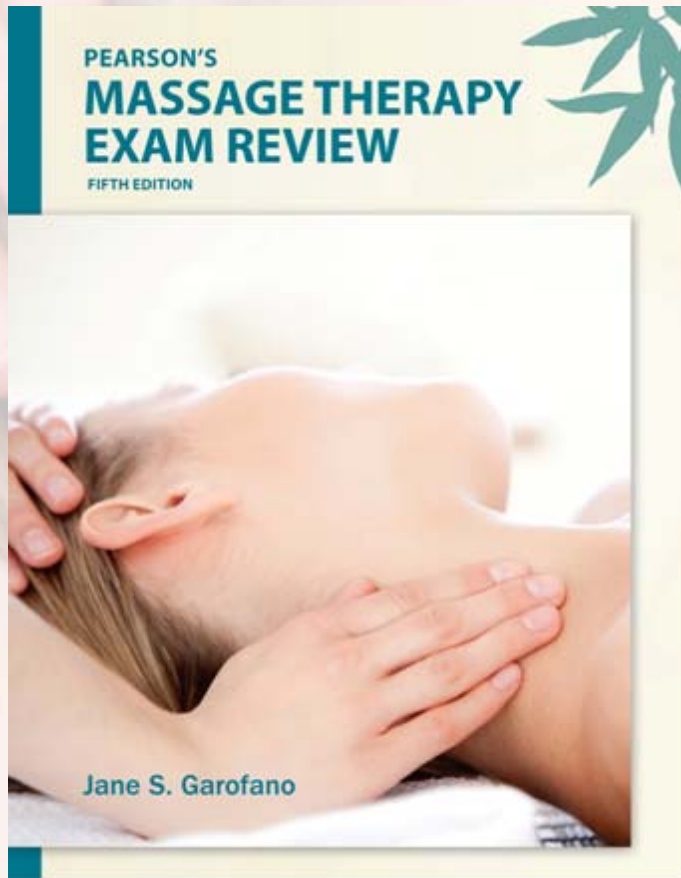


# PEARSON'S MASSAGE THERAPY EXAM REVIEW

FIFTH EDITION



## Chair Massage

# Chair Massage

- Called chair, corporate, on-site massage
- Sit on chair or portable massage chair (clothes on)
- Massage is given by professional MT for 10 minute or more upon request
- Work done on head, neck, arms, back, shoulders



A



B

A. Adjustable Massage Chair B. Recipient Positioned in Massage Chair

# Chair Massage

- Techniques used
  - Stretching/ROM
  - Tapotement/cupping
  - Pressure points
  - Compression
  - Effleurage
  - Petrissage

# Technique

- Can sit on “regular” chair with or without pillow and lean on table for support
- Sit with face in cradle; 45° angle of back
- Keep good body mechanics—Archer; put weight into client

# Technique

- Many routines work, generally
  - Start with back
  - Compression, stretch, tapotement
- Shoulders (rotate, compression), neck, head
- Work at faster rhythm than with Swedish
- Finish with nerve stroke



Good Hand and Body Mechanics when Applying Thumb Pressure to the Back



Leaning against a Table with a Pillow for Support



# Benefits of Chair Massage

- Introduction to massage as a therapy
- Relieves mental and physical stress
- Reduces muscle tension
- Calms nervous system
- Relaxes, rejuvenates at work, airport, store, spa