

Massage Therapy Self-Care Techniques

Presented by:

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"I ain't lookin' for prayers or pity
I ain't comin' 'round searchin' for a crutch
I just want someone to talk to
And a little of that human touch"

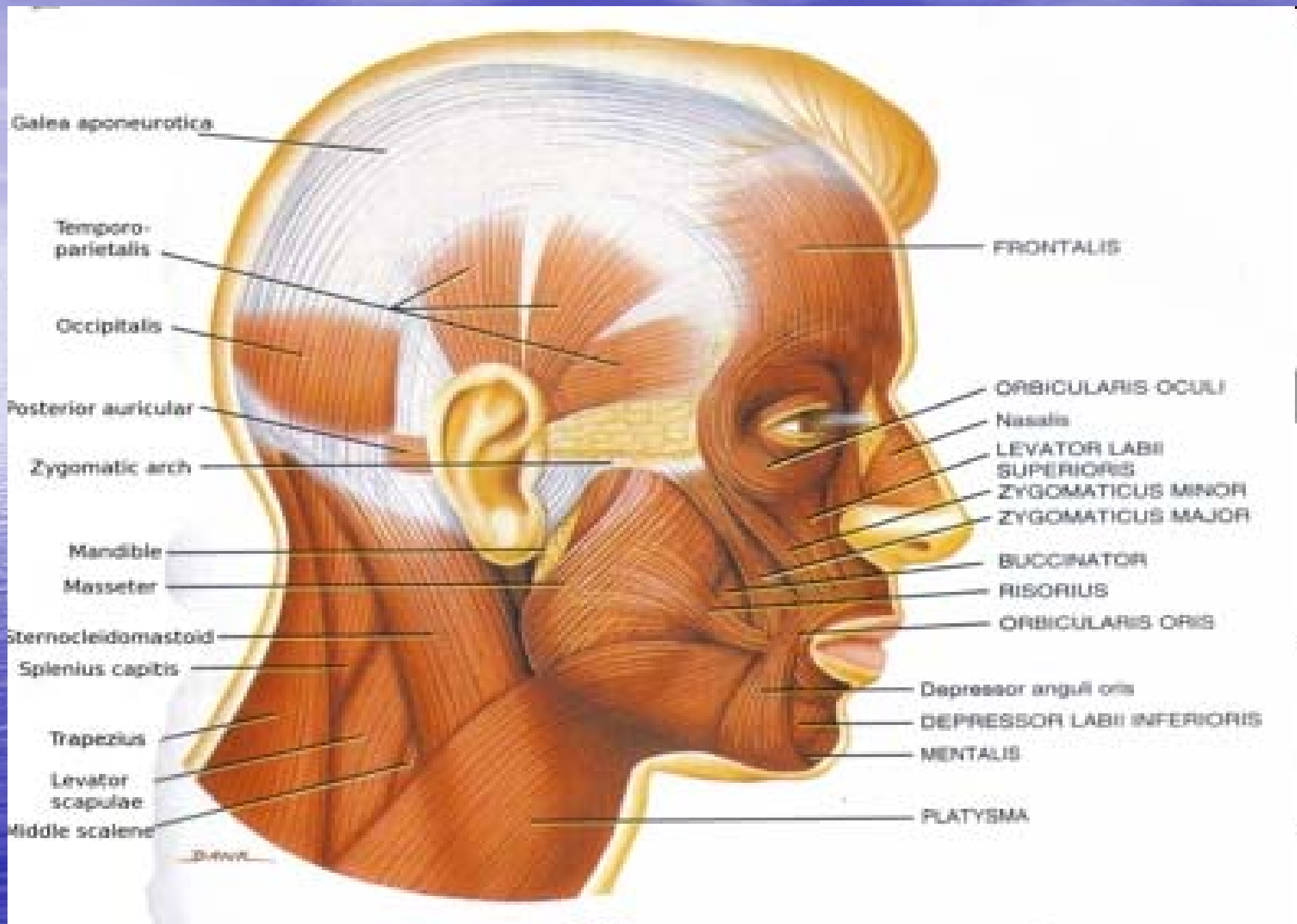
- Bruce Springsteen

Why Massage?

- Improved circulation
- Stress-relief
- Lowered blood pressure
- Improved range of motion
- Pain relief
- Posture alignment

Most Common Complaints

- Headaches
- Tightness in Neck
- Jaw Pain (TMJ)
- Tension in Shoulders
- Upper Back Pain
- Low Back Pain
- Sciatic Nerve Pain



Galea aponeurotica

Temporo-parietalis

Occipitalis

Posterior auricular

Zygomatic arch

Mandible

Masseter

Sternocleidomastoid

Splenius capitis

Trapezius

Levator scapulae

Middle scalene

FRONTALIS

ORBICULARIS OCULI

Nasalis

LEVATOR LABII SUPERIORIS

ZYGOMATICUS MINOR

ZYGOMATICUS MAJOR

BUCCINATOR

RISORIIUS

ORBICULARIS ORIS

Depressor anguli oris

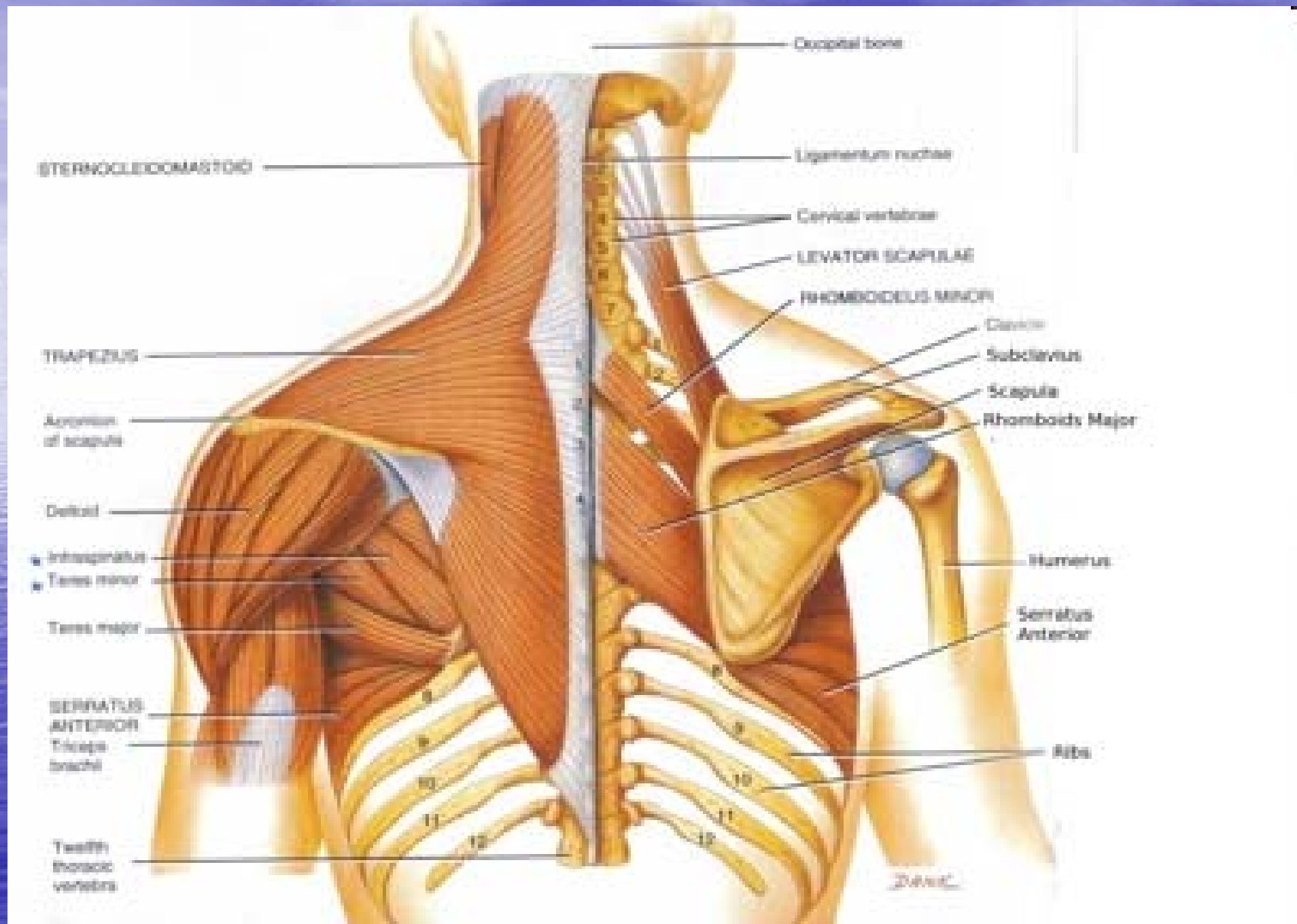
DEPRESSOR LABII INFERIORIS

MENTALIS

PLATYSMA

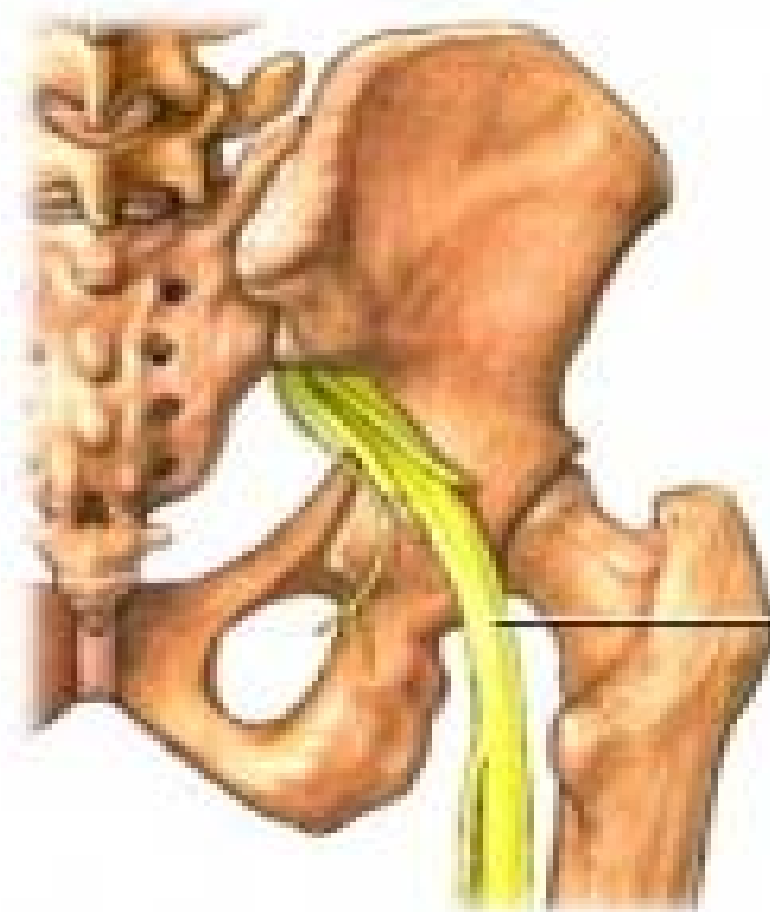
Head and Neck Care

- Steeple Stretch (pull fingers across forehead and down face)
- Temple and Jaw Circular Massage
- SCM Pinching (turn head to side)
- Exaggerated Yes, No, Maybes



Upper Back Care

- Levator Stretch
 - Hand at crown of head
 - Pull head forward to chest
 - Pull chin to each shoulder
- Shoulders and Back
 - Heavy Arms (drop shoulders)
 - Hands at a V, resting on low back, pull down, chest out



Sciatic
nerve

Pain from sciatica radiates from the buttock down the leg and can travel as far as to the feet and toes

Low Back Care

- Seated Crossed-Leg Stretch
- Seated Side Rotations
- Cat and Camel Stretches
 - On hands and knees, flat back to arched back

Home Remedies

- Hot Stuff
- Frozen Veggies
- Epsom Salts
- Tennis Balls
- WATER, WATER, and more WATER

MIRACLE SOLUTION...

- Your body is designed for movement!
- So... MOVE IT!

