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The Beautiful Art of Classic Massage

Beginners-Course Text Volume 2,

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Access to this course begins here:

<https://sgshopper2030.com/free-booklet-classic-massage-therapist-career-discovery-report/>

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Assuming You're Massaging Your Lover

But assuming you're a generous soul and learning to massage the love of your life and you just want to give her pleasure, (I strongly recommend this as a regular "hobby" by the way) start with oil on skin. Begin with her face down so you'll be working on her feet, legs, inner thighs, buttocks and then her back of course....

First, lay bath towels beneath the patient so oil won't stain the sheets.

Spread Coconut oil or Palm oil or a mix of the two over her skin, just a thin layer of it. If it's too slippery you lose the drag effect and that's not good. Her skin will absorb a lot of it. Continue massaging, adding a little oil, working all of the muscles up and down either side of the spine.

Pour about a tablespoon of oil into your hands, rub your palms together to warm the oil, and then spread it thin, lightly, over her skin. You're getting started. It's perhaps your first try. Keep going. This is as natural as rain. Your people from 10,000 years ago were doing this and we're still doing it, like little birds want to fly, we want to massage.

Note to women patients:

Forgive me ladies, I'm mostly writing from the male perspective. Your "job" my dear woman, is to GIVE yourself to pleasure. Push all the words out of your mind and just concentrate on what you feel. Don't try to do anything for him. Don't try to help. Just be the beautiful "patient," wife, lover, the one he can't stop thinking about. Over time you'll develop more and more brain neural pathways leading to greater sexual pleasure. You'll finally reach a state of being LOST in pleasure. I plan another study on this but for now I'm giving you a few hints. We want you so lost in pleasure you only know you're in pleasure. You don't know how long you are there, or what's happening. You just know the orgasm never ceases! It starts as waves of pleasure and when you think, "It will stop after this" it comes again and again, orgasm after orgasm until you finally just get lost in it.

It will stop when he stops. It will stop when he or you run out of energy. Don't worry about that. Don't try to be in control over anything. Just give yourself to pleasure. That's all he wants from you. Give yourself to pleasure. Give yourself to him....

OK, back to the Man's perspective here....

No, I didn't expect to write like this. I couldn't sleep. It's 5 AM and I'm up and inspired to tell you what I'm thinking.

Do more massage; feel more, ask her to relax and rest, and just let it happen. Continue for at least 20 to 30 minutes. More is better. (feeling/examining is called "Palpation" and you are "palpating.") You're feeling the spine and the rib heads as you're massaging. You are feeling for tense muscles, muscle knots, lumps, bumps, skin eruptions which are common to people of all ages but particularly under age 25, and to women as their hormone cycle changes so much through the month.

If you both are comfortable, just continue as long as you like. If it's your day off from work and you can do this from the time you wake up until you're hungry, by all means, continue doing it.

If you're going crazy with your lover wanting for you to enter her, after some length of time (which varies from woman to woman) give her what she wants!

At some point in time, she by voice or by body language will be asking, begging or *demanding* that you enter her.

The challenge I recommend is that you want to continue massaging while you have very gently and slowly entered her. You should continue this as long as you can before you completely give in to temptation and cease

massaging, and go for a final big satisfying release for both of you. Be sure to remind her you love her and (I hope) want for this to be a VERY long-term (preferably lifetime) relationship.

Unless she's a very unusual personality, she wants a stable, loving home! She wants a marriage or something like that. All of these women selling courses about "How to make her feel" and "How to pick up a woman" are selling just ONE big idea. The women want a stable home life with a decent man who will stay sober and help the two of you make a living and live honestly, one woman is enough, be morally upright, decent people together.

Be forgiving. She's probably a bit more emotionally driven than you are. Just forgive and love her and be the solid cliff that stands up to endless pounding from the ocean waves. Always there, always reliable. That is what she needs and wants. That is the entire "how to find a woman to marry" course in two paragraphs.

She will inspire you to continue promoting, and caring for patients and making a good living. Behind every successful man is a wonderful woman who gently encourages him to do more and make more success of his life. That's the big secret to Singapore's success. (It's really the women doing it.)

Slip in just a little bit, perhaps a half inch, up and down, and in circles, teasing her, and then in a little deeper, and out and a little deeper and continue until you're as deeply

“connected” as is comfortable for her. Continue massaging her back, upper trapezius, and shoulders, and her neck too. Of course, if this is your wife or lover, you’re going to be kissing too. That’s only for your lover.

Other visitors get only healing massage. That’s what we do to pay the bills.

During that span of time, whatever length it is, continue to palpate, caress, pet, rub, cross a tender spot, *rub in small circles while moving the muscles to cause the muscles to lengthen and shorten*, and then return to it again later and again and again later and later. I just now gave you a very important discovery I made and I’ll tell you more about it later.

I want to teach MUCH more about this. My intent is that this teaching will be for those who want a faithful marriage that works and want to use massage in your love life for healing, helping, loving, being kindly and making a love relationship last.

What you DO I don’t know and it’s none of my business, but my desire is to promote honest marriages that last in happiness for life.

I have SO much more I want to tell you about being the best lover the woman *love-of-your-life* ever imagined, but not yet, and not here. We’ll come to that in another course, after you’re making a fantastic living.

Follow The Clock's Second Hand

Let's presume you have found a painful spot in the patient's low back. With her lying face down, rock her pelvis side to side by pushing with your hands or a knee, or ask her to rock herself while you rub that spot in small circles about 2 or 3 circles per second. Try rotation in counter clockwise direction and in clockwise direction. What feels best to you and to her? I generally rotate my fingers to the right (clockwise.)

Generally, therapists advise: Always do the massage in a clockwise motion. Lay the patient down on the floor or on a firm mattress, eventually on a massage table. ease the tension of the muscles by laying your hands on them, and gently rocking your hands back and forth in a cross-body direction. Use very short, gentle motions. Slower is always better than faster. You can begin this way at floor level and after you have earned a little from a few visitors move up to a massage table. There are at least two merchants in Singapore advertising they sell massage tables and other equipment. Google Search for them. Ask questions, get advice. Buy a better-quality product you know will last a long time. The most expensive of anything is the one that breaks down and must be replaced. Buy a good one to begin. It will repay you many times over. (I built my first table for about US\$250 and earn \$50,000 on it the first year in practice. It'll repay its cost without question.)

I'll provide instructions to build a table and I'll be looking for someone who will build them in your community. If

you know someone who works with wood or welds steel, he can build for you and I want to hear from you about him, because I may be in a position to send him a LOT more work! You can buy locally or find a craftsman who will build a table. I'm happy to work with such men and send them more business.

This will remove shipping costs, and you can have what you need quickly. Otherwise, buy from a local retailer. Tell him about me, please. I can work with him to send more business his way. Remember Singapore is about 5,000,000 people. There's more work than you and 60,000 other practitioners can handle.

Be in contact with other therapists and build a community.



I had friends aboard a big old wooden sailing yacht. (She was about 31' long with 21,000 pounds displacement, for

you sailors who understand what all of that means) and the boat rocked slowly in her marina slip. My friend said, "This is like getting Trager Therapy all the time. This is great." She was right. I have never had a better sleep than I did aboard that old boat.

Someday build something like a tree house to hold hammocks or flat benches or a massage table, on branches that will gently sway in a breeze, try it. It's cheaper than a wooden hole in the water into which you pour money, and much more convenient. If mortgaged land is too much, there are good trees somewhere.



What a way to live!

So now Consider Before Beginning

We want you to be in a comfortable, relaxed, contented or happy state of mind. Take a bit of time seated cross legged on the floor pads or on your massage table or sitting hands on your thighs in a comfortable chair, considering The Mind of The Creator in your abdominal center which I showed on a chart, is about a half of the length of your index finger below your navel.

Concentrate on your Tan T'ien

I will add, “as if to enter and be enclosed within your Tan T'ien”

In there somewhere (in a general area an inch or so below your navel) imagine and request to feel the center of your energy and warmth and we'll call that your Center, Tan T'ien, or Hara. With your hands on your thighs or knees concentrate on breathing in over a span 4 or 5 seconds, pause a second or two and then allow the air to naturally run out without pushing it. Just allow the breath to release. Concentrate on doing that for 5 minutes or longer.

Don't try to think of anything but relaxing and receiving guidance from the Creator of All Life.

If you are still uncomfortable, sit on a straight-backed chair with both feet flat on the floor. Now close your eyes and direct your attention inward. Feel the strong foundation of your buttocks, legs and feet as they make contact with the cushion, chair or floor. From this firm base, allow your mind to float gently upward, without strain. Let go of any tension in your shoulders, neck and face. Now begin to focus on your breath,

Imagine that as you inhale, your breath fills your lower abdomen the Tan T'ien, the 2nd Chakra. After a few breaths, begin also to visualize that, as you exhale, your breath flows up your torso from the hara, through your shoulders, down your arms, and out of your hands. If you

wish, visualize the breath as a stream of energy or light flowing up the body and out of your arms and through your fingertips into earth.

See earth not as a ball of dirty iron, but rather as a huge life form. See the energy of earth returning through your feet or pelvis up your spine, circulating around your brain, down your abdomen to your center, mixing with your breath, cycling out of your exhalation and out of your arms and hands and feet.

Fish “breath in” water and it runs out of them. People breath in Earthly and Universal energy and it circulates around and out and more comes in and runs out.

If you think this is ridiculous, that’s alright. It’s a way to calm yourself before you receive your next patient. You want to receive every patient with an attitude of providing help, kindness, respect, appreciation and love for this one, another of God’s creations. Every life is valuable and should be respected, and in our case every patient is particularly valuable. We make an effort to be thankful for them, love them as friends, and care for them as if they are our own family.



The earth as a live organism is an ancient Native American concept. The tribal people saw themselves as one with nature, animals and earth, and held the earth and the other life around them with respect, love, appreciation, and high regard.

I feel certain this same expression was felt by many others all over the Pacific Ocean and all over the world. Read old now passed authors all the way back to the legends of the Moo Peoples and a continent which was where the Pacific Ocean is now and you'll find this common thread. Was it fantasy or truth? I can't tell you. You'll have to find out for yourself.

Looking again at that art piece, we see two or three family generations around the fire, as darkness descends. They love and respect their parents and grandparents and listen to the wisdom the elders teach. It's a regular meeting every evening. They love it and "wouldn't miss it for the world.

I have met many American young people who never knew their father and never had even one year in a “nuclear” family with Mother and Father at the center of their lives. They are emotionally a mess. Their education is lacking. They have no moral compass and no direction in their lives. We moderns want to imagine we are better than the past people because we have high technology.

The Chinese people all over the world can remember their culture and traditions. No matter what governments come and go, if you hold the memory of your cultural traditions and pass them to your children one day the world will be better for them, and better because you remembered.

I have an acquaintance who is addicted to the Internet. She spends her entire life playing computer games, giggling at videos, chatting with people, and accomplishing absolutely nothing. I expect about the same from a drug addict.

The New World Order elites want to own everything and rent it to you, so long as you play along with their new psychology. They are preparing to implant everyone with a chip or something even much smaller which will allow them to download into your mind the thoughts and emotions they want you to have. You will not be “yourself.” You’ll be a good robot of their New World Order and their Great Reset. Reset to what? Is this what we all agree upon? Who can we trust to take our mind and give us something else? Is this wisdom or madness?

Look at the pictures again and decide, which is better. Respect for elders and love for friends and life, or endless chatter with internet “entities” who probably are gently pressing you into conformity with their thinking paradigm and their New World Order (now renamed The Great Reset) in which they SAY you’ll own nothing and be happy. (?) I know much more about this subject than you might imagine. That is why I am teaching you how to make your own living and at least trade your services for food, clothing, shelter and be surrounded by friends.

Real wisdom transcends all the modern nonsense. When the nonsense ends, the real wisdom will remain, like the great rocks of your nation, facing the wind and the sea. They are ignored. They’ve been here before us, and will still be here after us; So, it is with true wisdom.



Your First Massage

Don't Panic! You were born with most of these skills. Yes, really. A lot of this is like kneading bread and that sort of action is probably instinctive to you. This will get so easy you'll be doing it as if you're hypnotized and just robotically comforting someone. Half asleep, half in meditation, giving pleasure and restoring comfort to someone you call "The Love of Your Life" or someone you know as a friend in need of help.

No one buys anything unless in some way they perceive that it's worth more than what they're paying for it. So, if someone comes to you and says, "I need help. My body hurts all over and my back-pain is killing me..." You can be sure s/he means it and is willing to pay for relief.

I am mostly talking about massage through clothing to begin. I'd like you to do a LOT of that. I'll show and discuss massage with oil on bare skin later. Stay with me and if you're a bit confused it'll all make sense after you start working on 1 to 5 patients dressed.

Sooner or later, if you're alone presently, one of those patients is going to say she would be comfortable with your hands on bare skin and you can move to that. We'll discuss that more when the time is right, **BUT FIRST**, We have to talk about Catzzzz....



Do you ever observe cats? Mine observe me, especially every time they hear me open the refrigerator door. I observe them holding each other in their sleep and massaging each other sometimes.

It's innate to us. We're born with some of these skills and when you get all of your intellect out of the way and let the mental images and what you are feeling become action it all becomes a beautiful activity that is easy and as normal as breathing and as natural as rain.



◀ Cat massaging his master. What a good guy that cat is! If the cat can, YOU can too.

Before I go further into teaching, I want you to assure you, that I've been doing this work for many years, since 1974 actually, and teaching in seminars occasionally. I began learning massage from age 12, (in 1962) At age 24 I began Chiropractic college and working on student patients at home. Now I'm

age 72 and still caring for friends.

Below. Beginning to massage a cat with long relaxing strokes.

We do our best to keep a hand on the patient at all times.

Remember when you finish giving a cat massage to thank the cat. The ancient Egyptians thought “Cats are gods.” They might be. After you hang out with cats a while, you realize they seem to expect you to serve and cater to them, you might be inclined to think they are gods.



We're continuing discussing massage of humans....

I need to say a few more words about business:

There are many detractors to running a live course. It's expensive to hold it in a big hotel meeting room, and expensive for each student to pay to help support the effort. Before you know what happened it turns into \$300 or even \$500 for two days. But that's only half the expense. In a course like that you have me at your side but there's much you don't have.

Providing the course as I am here you have available all the books, articles, NEW articles blogged to you Free-of-charge, downloadable video movies, close-up camera vision for you to see what hands are doing, and your personal time schedule convenience.

There will be a blog and more new articles and more new videos. So long as students and practitioners see the value in the videos and are willing to pay for them, I can afford to produce them and we all benefit.

I don't expect to get rich teaching, but if I earn a living and help You to earn a living, we all win and the patients win too! Just remember to always strive to give honest good service, and do good deeds to benefit everyone you meet.

I did a bit more study about the law in Singapore. (Most of my readership will be Singaporean, in year 2022.)

Real estate is expensive. If you intend to work from home or do this only for your housemate then by all means build a stationary table. If you are intending to be mobile,

you'll see fewer people, but you'll reduce your expenses to get started, and reduce a lot of troubles.

The law requires that all "Massage Establishments" (in a building) be registered with the police because, I presume, they want to reduce incidences of sex for payment, and spread of diseases - which certainly is a good thing to do. They might also want to be sure the business meets health and hygiene standards, as they do in beauty shops.

I often say, "There is the law, and there is reality." Reality is, prostitution is illegal in most countries, but the police often say nothing to women who spend a lot of time standing on curbs watching traffic near sleazy bars. Apparently advertising to be a "gentleman's escort" is acceptable. (Mind, you must be a proper gentleman to have their help finding your way around town.)

The law does not curtail going around with a portable table to homes, apartments or hotel rooms. The table cost is not high. Having a driver who helps with carrying your equipment and maintaining accounting and schedule is affordable (especially if he's your brother.) I'm guessing you could see 10-patients daily and earn between \$50 and \$100 daily. So that brings home something around \$800 per day on average. Do that 20-days/month and you're taking in \$16,000/month! Probably you can charge more.

Do that 11.5 months per year and carry to the bank over \$184,000!!! All on a portable table. If you work a 6th day

or fit in 1 or 2 more patients daily after 6:PM you can improve the income by perhaps another \$1000/month.

Money is expensive and every \$12,000 counts these days. (You'll get used to my dry humor.)

There's a tremendous potential income here and if I'm only half right it's still so much you'll build a retirement fund quickly!

If you're working on friends out of your own home apartment that's GREAT but wise to have someone around if you're expecting a new tall, handsome, muscular visitor. If you're a woman, don't yell, "I know how to take care of myself." Such "tough girls" have NO idea how strong some men at 190 pounds (95 kilos) can be.

Take my word for this. If you weigh 100 pounds and a physically fit man weighs the same, he's at least 33% - perhaps 50% tougher, more resilient, and stronger than you are.

This business offers the great advantage of technique differences. Even a small, lightweight man or woman can help many patients without self-injury. I'm one of those light-weights so I know from experience.

If you're running a practice from a building, or perhaps a shared office complex, you can make an extremely good income. Working in a shared space with others around offers instant personal security, too. Incidents in which

a patient roughs up a practitioner are extremely rare, but not impossible. Therefore, having a man receptionist or assistant, is a good idea. In a hotel, pay the guard to keep his phone on and listening to yours. Or you can speed dial him. One peep from you will bring his knock on the door. But again, in an expensive hotel, the need for this is extremely unlikely because most of the men there are older business executives, and they don't want a reputation for abusing pretty young women. I think this worry is really a "non-event" in most situations.

The cost of the education I offer is about 1/10 of what local massage schools offer. You're welcome to write to me and ask questions. The answers can be added to a blog article. I'm thankful for your inquiry, because your critique or question helps to improve the course.

I think I'll teach you much more, conveniently. The cost to see one or two videos each week will be an incidental expense. You would spend more for college uniforms and books! Where I am now, in The Philippines, some schools charge for everything, graduation paperwork, transcripts, rented graduation gowns and caps, and anything else they can imagine. Learning from me is more complete, continues for years if you want that, and costs much less. And, it's convenient to study from home. You can even watch a video at night an hour before you go to sleep wearing your bed clothing or your bare skin. Now, that's convenience!

Continuing Your First Massage Experience



Massage is the sharing of touch - hands on body, on head, hands or feet. And yet massage goes farther than skin deep, deeper even than muscles and bones - a good, caring massage penetrates right to the depth of your awareness. The kind of massage we are teaching here is often called holistic, or intuitive, massage, to distinguish it from sports and Swedish massage.

Holistic massage treats the individual as a whole, (including emotional blockages) rather than just

concentrating on physical conditions, and its movements are generally slower and more meditative.

I have a teaching planned to discuss more about stretching to care for and permanently alleviate back-pain. I guarantee, no one else in the community is teaching this. If YOU teach it to your patients, they'll be extremely pleased and will tell their friends to visit you.

In holistic massage, the attitude of both practitioner and patient, and the communication between them, are of paramount importance to the effect of the treatment. The patient's role is to be relaxed but alert, concentrating on the practitioner's touch, while the practitioner should try to remain centered and bring an attitude of genuine caring to the massage.

The basic massage I present in this book section is divided into strokes and parts of the body in order to help you to learn, but it is not meant to be adhered to rigidly.

To the patient it should feel like one continuously flowing sequence in which the strokes flow rhythmically from one to the other. That is one reason we try to always keep a hand on the patient. You can't do that with a squeeze bottle or pump bottle but you can by dipping your fingertips into a wok with a little bit of oil in it. The wok costs you nothing because you already own one or several, and in a nest of rolled towels it won't move.

Even at over 600-pages all I can teach is just a good start. The art form of Massage, backed by science, has endless

variations and you will learn MUCH more seeing my videos with explanations. I teach much more on a video than other video producers do, and it's much easier to learn when seeing the action and hearing the explanation at the same time. I think once you try this you'll agree.

Remember that any tension or awkwardness in your posture will be felt by your patient. If you practice letting your whole body move from the hips, rather than using just your arms and hands, you will soon find that your hands relax and the strokes begin to come naturally to you.

With experience you will begin to improvise new strokes and develop your own language of touch as the body beneath your hands suggests possible movements.

When you can from memory "see" the muscles, where they attach (originate and insert) you'll think of at least 3-ways to treat any of them.

When giving a massage, ask for feedback on what feels good, but avoid too much verbal communication, because talking will take your concentration away from your hands. The slower and more rhythmical your strokes are, the more relaxed and safer your patient will feel.

Try to arrange to receive a massage while you are learning, so that you can experience different speeds and pressures of stroke.

A good massage affects your patient on all levels of his/her physical and even his/her emotional life. Physically, its benefits include relaxing and toning your muscles; assisting the venous flow of blood; soothing the nervous system; encouraging the lymphatic flow; and stretching the connective tissue of joints.

Holistic massage also affects the energy centers or chakras of the “subtle body.”

On a mental level, massage not only relieves stress and anxiety, it also helps you to become more conscious of your body.

You should make an effort to become more aware of the parts that you are in touch with and of those that feel “cut off.” Many people ignore their feet, or hands, or low back pains, or silently distressing emotional concerns.

We are MORE than the sum of our parts. The entire body and mind connection is incalculably bigger, more powerful and more capable than most of us imagine.

Once you are aware of where your energy blocks lie, you can begin to try and integrate your body and, in developing a more positive self-image, take responsibility for your own happiness and health.

A caring massage creates feelings of well-being, trust and joy. It can also release a great deal of energy until now, wasted in tension and, by transforming chronic

habits of acting and reacting, effect profound changes on both posture and facial expression. The emotional aspect of massage is extremely important. I'm not trying to make you into a psychologist, but you'll see that sometimes there will be emotional aspects that open and can be reached and cleared up better in massage than by any psychoanalysis.

On a spiritual level, the benefits of massage are hard to describe, because we are discussing something that is intrinsically indefinable – the essence, the “life force,” the whole that is more than the sum of its parts.

It is not uncommon during a holistic massage for both practitioner and patient to attain a state of heightened awareness, of “presence in the moment,” that is akin to the experience of meditation.

If you're doing oil on skin massage it will take longer and you should charge more for it. I've discussed oiling and using a wok for a container.

There is no need to buy ready-made massage oils, which tend to be expensive. You can equally well use a vegetable oil, such as grapeseed, sunflower or safflower. Almond oil is very pleasant but costly; olive oil tends to be a little viscous. Palm mixed with coconut goes well. Either of those oils alone works well, though I think coconut is a bit too viscus. Olive oil is good. Use food oils.

Do NOT use mineral oils, such as baby oil, although these are less easily absorbed. They are petroleum

products and should not be absorbed. If you do use a plain oil, you may wish to scent it with an essential oil, using five drops to an egg-cup-full of base oil. In aromatherapy, essential oils containing plant hormones are rubbed into the skin for specific therapeutic purposes. For those untrained in aromatherapy, it is best to stick to “safe” relaxing oils, such as lavender, chamomile or sandalwood, as some essential oils are contraindicated in certain conditions.

I will discuss much more about essential oils in a separate article or booklet. It’s a big subject. It’s very helpful and potentially profitable if used correctly.

Keep your oil in a corked bottle or a flip-top plastic bottle. The latter is more convenient as it is less likely to spill during a session. If you have nothing else, a bowl or saucer will do, but I especially like a wok in a nest of towels.



Preparations

It is at the very beginning of a massage that you set the mood for the whole session, so it pays to be well prepared.

If possible, warm the oil beforehand - by standing the container in hot water. If you're using a wok, you could heat it for a few seconds, so it will impart to the oil warmth and comfort. Not hot, just gently warm.

A quick touch says it's warm enough. Turn the heat off, add 1.6 ounces, (about 50 milliliters of oil.) And keep the oil in a safe place where you are unlikely to knock it over. A bedside table would be good nested in rolled towels.

You can dip your fingertips into the wok. If you want more oil a long handled plastic spoon will help or a sponge dedicated to lifting oil may be very good for you.

I think when you have a portable massage table, in a home or hotel room, you can place it at the foot of the bed or along one side. This allows you to occasionally lean or sit against the bed. It's VERY good to have a small stool or chair at the end of the massage table allowing you to sit while working on the patient's neck.



This is a therapist doing neck care from a standing or seated position. You can do this standing, or You can sit and have your elbows on your thighs proximal to your knees, or on this taller table, elbows on the table. Now your back is supported by your elbows and arms. You SHOULD massage the patient's neck this way using alternating circles.

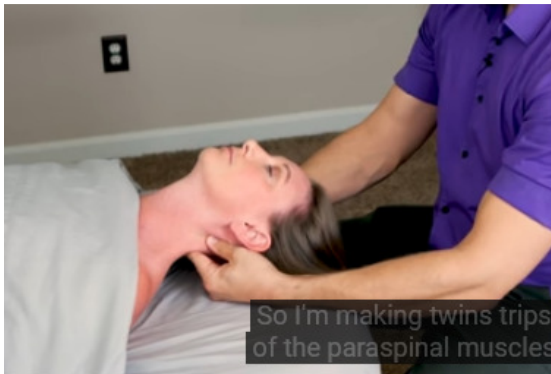
It is FAR better to massage this way, than all the photos of massage therapists bending over a table or massage chair to work on the patient's neck.

Remember, I saw over 4,500 patient visits per year for many years. I might know what I'm talking about. Apparently, many massage schools do NOT teach this. They SHOULD be teaching it.



In this position you can massage the scalp, the face, and the back of the patient's neck with great success. You can also hold beneath the skull and lean back pulling gently for 3-seconds, then SLOWLY release and repeat several times. This will give an excellent effect for the patient's comfort and improved health.

You will see this on the videos I produce in my own studio. You're buying of this course and recommending it to friends will help pay for that studio so I can teach you much more. Please accept my "thank you" in advance.



When you get the pressure off the joints in the top of the patient's neck (Occipital condyle, C1 and C2) you release many problems related to the Vagus nerve. The muscles of the spine and pelvis begin to balance again. This happens because the Vagus splits into many nerves that extend outside of the spinal cord. My reference for this: [Research report Brain activation during vaginocervical self-stimulation and orgasm in women with complete spinal cord injury: fMRI evidence of mediation by the Vagus nerves](#)»Women diagnosed with complete spinal cord injury (SCI) at T10 or above report vaginal-cervical perceptual awareness. To test whether the Vagus nerves, which bypass the spinal cord, provide the afferent pathway for this response, we hypothesized that the Nucleus Tractus Solitarii (NTS) region of the medulla oblongata, to which the Vagus nerves project is activated by.... I don't expect you to understand all of this,

but you can see here this is modern research related to spinal cord injuries and they said some Vagus nerves bypass the spinal cord! **I'm going to discuss the Vagus Nerve a few times because it IS the secret key to getting low back patient's well and making YOU very successful in practice. Are You Paying Attention???**

I am the ONLY doctor I have seen with specialties and experience in using the knowledge he has in Massage, Chiropractic, Orthopedics and Nervous System Physiology intending to educate a few fortunate students to become extremely successful Massage Therapists. I WANT YOU to be SUCCESSFUL because when You are and others know, they will want to study with me too. Together, you and I and your Singapore Colleagues are going to expand Massage into a profession for back care that has never been seen in the world until now. That's why I want you successful!

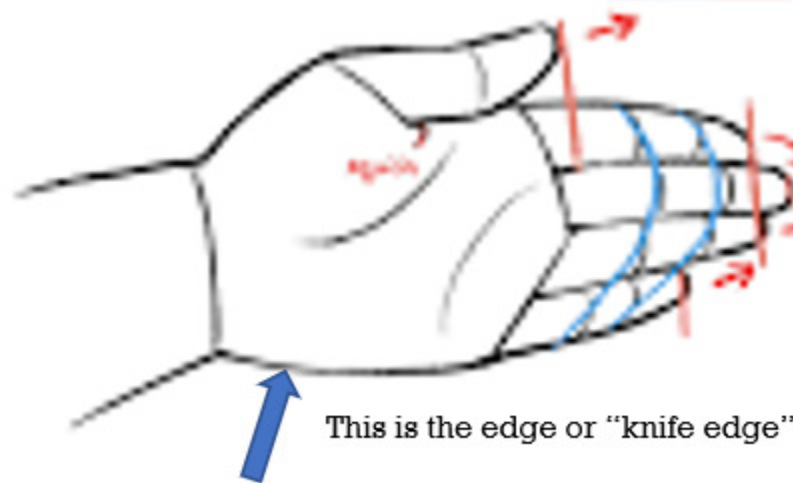
Generally, Massage sessions begin with the patient prone (face down) and draped. Then the therapist oils a back and massages the back and then the gluteal muscles over his/her pelvis. That's nice for relaxation luxury massage. But really, if your intention is to fix low back pain that's the wrong place to begin. I always start with the neck and did so for very sound neuro-physiological reasons. As I said, I'll explain this in course #2 for Back Pain Massage.

When you finish the work on his/her neck, ask the patient to turn over. Now, you can go to the pelvis, use wedges to help realign it, do massage on tender muscles in the buttocks and then you'll be doing much more effective work for the patient's low back pains. I will teach you to use wedges in the Back Pain course #2. I'll teach all of it.

YOU MUST try this technique and learn to make it part of your regular work. It will prevent you from having your own low back injuries! That's a hugely important issue to YOU and Your career! If massage schools are not teaching it, they're making a serious

error. I find only two photos depicting this action and it's so important it should be seen more commonly. That tells me many are not teaching this.

If you're doing back pain massage, it's better to keep the patient dressed in a T-shirt and shorts or sweat slacks. Now with her on her back slip your hands under her head, and with the edges or "knife edges" of your hands....



...draw her hair out of the way. Now you can massage her neck and I very seldom needed any massage oil or lotion on anyone's neck. This is the opportunity for you to also pull gently from under her skull pulling toward yourself. You can lean back a little, pulling gently for 3 or 5 seconds then slowly release and repeat this several times.

IF you're using oil on a nude, and particular if you're standing:

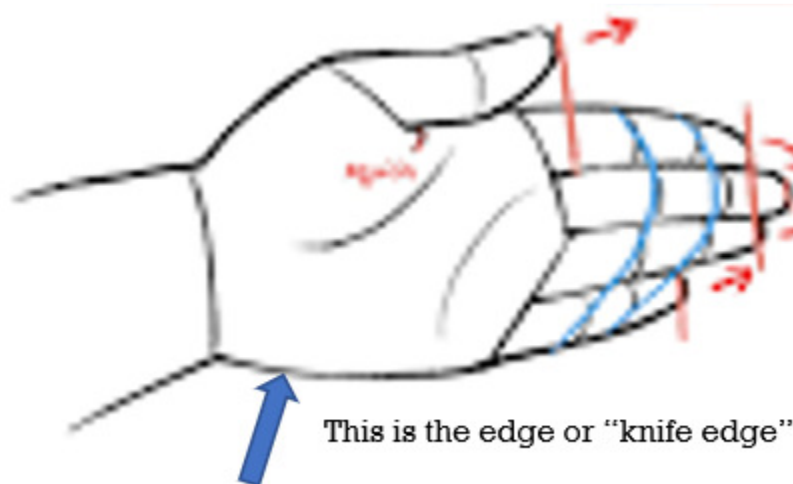
We're getting closer to your time to really start working on a patient! To be sure these PDF files transmit well, I hold them to about 150 pages each.

CHAPTER 9

Basic Full Body Therapeutic Massage



If you're doing back pain massage, it's better to keep the patient dressed in a T-shirt and shorts or sweat slacks. Now with her on her back slip your hands under her head, and with the edges or "knife edges" of your hands....



...draw her hair out of the way. Now you can massage her neck and I very seldom needed any massage oil or lotion on anyone's neck. This is the opportunity for you to also pull gently from under her skull pulling toward yourself. You can lean back a little, pulling gently for 3 or 5 seconds then slowly release and repeat this several times. The "Knife Edge" I think is probably in anatomical position "the medial" edge of the hand, but I can't find a reference for this....which is very odd indeed.

**IF you're using oil on a nude, and particular
if you're standing:**

Before applying the oil, you should center yourself, then let your hands rest briefly on your patient's head or body for the first gentle contact.

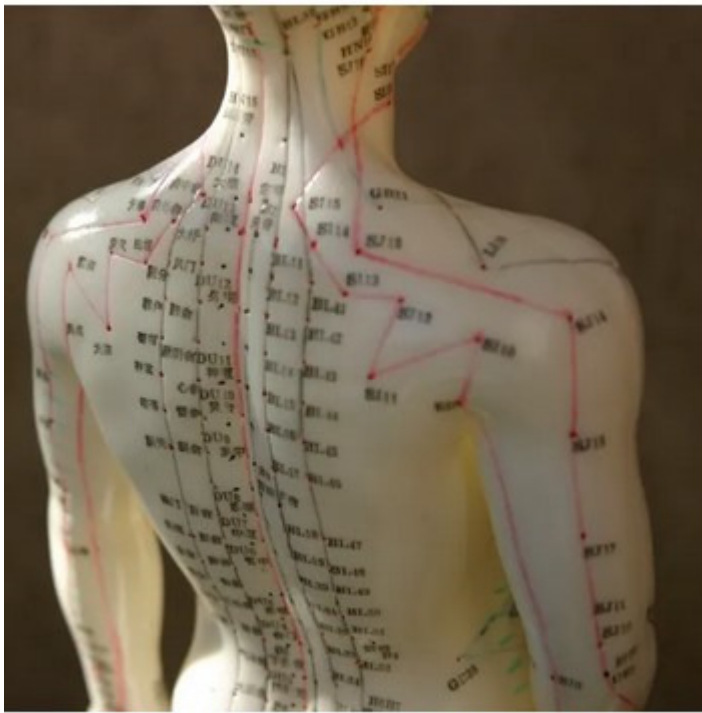
Occidental people know little to nothing of accu-energy Qi meridians; therefore, I'm inserting a part of an article about it.

Acupressure for Back, Neck and Upper Back Pain

Back and neck pain is common, especially if you spend a lot of time sitting, intently engaged working at a computer, looking down at a tablet and/or glued to a cell phone. Acupressure is related to Traditional Chinese Medicine (TCM); an alternative, complementary or integrative treatment that can help enhance blood flow to tight muscles and may reduce pain in the cervical, thoracic, lumbar or sacral spine.

Acupressure is similar to acupuncture, and both work to stimulate the nervous system to unblock *Qi*, the body's life force or vital energy. *Qi* (pronounced *Chee*) flows through channels in the body called *meridians*. Within meridian channels are hundreds of points or *acupoints* on the body that correspond to specific body systems. A basic principle of TCM is when *Qi* is disrupted or blocked, symptoms of physical illness and/or

mental distress can develop.



Meridian channels transport energy called *Qi* throughout the body. Healthy *Qi* flow is vital to physical and mental health.

When most people think of acupuncture, needles come to mind.

Acupressure doesn't involve inserting needles into acupoints. Rather, the acupressure practitioner

manually presses a specific acupoint using their fingers,

thumbs, elbows, palms or a device. There are many different types of acupressure devices for manual stimulation of an acupoint, including a simple wooden peg. The acupressure treatment may include massage and gentle stretching movements. Some perform basic acupressure on themselves to help relieve back or neck pain, stress, fatigue and even headaches.

Asian medicine or TCM—whether it is called alternative, complementary or integrative—is gaining greater support in research studies that help support noninvasive and opioid-free medicine.

Acupressure may be performed by a qualified acupressure practitioner (see below for information), or you may experience similar benefits by administering it to yourself.

Acupoints or Acupressure Points for Back and Neck Pain

Manual acupressure targets specific points—the acupoints—to activate your body’s natural ability to reduce different types of pain and associated symptoms. Below are common acupressure points that may help ease back and neck pain:

- **Spleen 6:** Located inside your leg above your ankle, this point may be targeted if you have pelvic pain, fatigue, or sleep problems.
- **Stomach 36:** Situated four-fingers-width down from the bottom of your kneecap, this point may help reduce stress and fatigue.
- **Large Intestine 6:** Located at the top of the muscle where the thumb and index fingers are joined, this point may help reduce headaches, neck pain, and stress.
- **Pericardium 6:** Located three-fingers-width down on the inside of the wrist, putting pressure on this point may ease headaches.

- **Gallbladder 21:** Situated halfway between the top of the neck and shoulder, this acupoint may ease neck and shoulder stiffness and pain, and headaches.
- **Triple Energizer 3:** Stimulated to help ease upper back pain, headaches, neck stiffness, and shoulder pain, this acupoint is located in the groove between the fourth finger and pinky.
- **Large Intestine 10:** Located on the front side of the elbow, this point may be pressed to relieve shoulder pain and neck tightness.

I expect that by contacting your palm over the back of the patient's neck and your other over the sacrum you will assist in making a better energy flow and if you'll hold these points for about 60-seconds the patient will relax and feel more comfortable. During that 60-seconds You should visualize energy flowing from the sacrum up the spine to C1 and Occiput, or even further into the brain and then down the spinal column again. I don't have any Western science to prove this works but I certainly suspect it does, and I observe patients' relaxing when I do this.

Having established contact pour, (or using a sponge, drip) about half a teaspoon of oil into one palm. If the oil is warm, a few drops of stray oil dripping on the patient will do no harm and probably he won't feel it. If the oil is cold, it's best to keep your hands well away from your patient's body while doing this, so that no stray drops accidentally fall on him/ her. Alternatively, if you've covered his/her pelvis with a towel you can hold the oil and your palm over the towel and a drop or two there won't make any difference.



(Anterior means front, posterior means back)

If I highlight in yellow it's important, so please remember it.

Oil Application:

With a little oil into one palm, rub your palms together to spread and warm the oil, then slowly and gently, lower your hands to the patient, and begin to apply the oil, using long, sweeping strokes.

As an alternative set both palms on the low back just above the posterior superior Iliac crests and in a wide finger pushing motion run your oiled hands smoothly over the back from L5 to C1, circle around to the shoulders and down her sides and then repeat two or three times, adding oil if you think it's appropriate.

Remember, I'm an advocate of using a heavy bowl or a wok nested or surrounded by rolled towels. You can dip out oil with your finger tips and continue working without a delay to reach for a pump bottle.

Making and Breaking Contact

The sensitivity with which you make and break contact with your patient is of prime importance. After oiling your hands, let them slide gently, and slowly down toward the part of the body you are about to massage.

Some practitioners recommend letting your hands float slowly down, as if suspended like soap bubbles. Just as you may feel the heat or energy that surrounds the body before you actually touch the skin, so your patient may sense the presence of your hands above his or her body. Make sure your hands are relaxed when they touch the body and, when you need to collect more oil or move to a new part of the body, let the break of contact be smooth and gentle too.

Some schools of massage advise always keeping one hand in contact as you work. This is nearly impossible. If you slowly, gently lift your hands from the patient, there is no disturbance and the patients remain calm and comfortable. If you're doing oil massage on bare skin it's better if one hand is touching him/her all the time. That's where the oil wok becomes so valuable.

You can dip your fingertips in with one hand, get a little more oil, lay the back of the touching hand onto her skin while you add oil to the palm, rub and then continue

massaging, or simply run your oily finger tips on her back, then go over it with your palms and spread the oil. It feels like a pleasant caress.

When working on the floor, in particular, it is better to break contact when you move to a new part of the body. It is nearly impossible to crawl around with one hand to the floor. What a mess! I would massage on the floor only on clothed patients.

I think massaging on a floor mat is best for a beginner at home and for Thai massage done with your feet. For the rest of us, build or buy a massage table. If I were really too poor to get a table, even on a credit card or with monthly payments I'd find someone to help me cut a sheet of ½" plywood to 30" wide by 6 feet long, put ½" x 3" framing around the edges and across the middle to stiffen it. Buy 4 round plastic stools, place one for each corner. Lower the plywood onto the stools, the 2 or 3" thick bed mattress onto the plywood, throw a piece of vinyl or a couple of big towels over it for a covering, and you have a first makeshift table. Use it for a month and you'll have enough money to buy a portable table.

Next page please.



Basic Strokes

A whole-body massage consists of a relatively small number of different strokes, repeated in a variety of ways, according to the particular needs of the part you are massaging.

Remembering our history lesson, the man who revived Swedish Massage spoke French so we have these classic French names. I don't care if you use them or not. This is a vast subject with

endless possibilities. You'll be developing new ideas and styles for the rest of your life.

For the sake of simplicity, I have divided these strokes into four main types -

- gliding, called in French effleurage
- medium-depth, or petrissage
- deep tissue, also called friction, and
- percussion. This is not used by most practitioners. I don't use percussion much. However now that we have the electric massage gun, that's an excellent tool for working at and around vertebral transverse processes and rib heads and will help realign the spine without need for a lot of training or other by hand methods. I'll be teaching use of it in the Back Pain Massage Course.

The history of who started Swedish Massage is controversial. I'm placing a short article about it into the appendix (the final volume/section.)

The real inventor was a Dutch doctor named, Johann Georg Mezger. Why use French? I think in those years French was the universal language. Not Spanish and not English. English became the world's business language much later.

However, I prefer to defer to English. English is still the world's business language and many like it better than many other languages for business purposes. (I am using an American English dictionary for spell checking. It varies from British spellings in a few cases.)

Professionally, these types are known as effleurage, petrissage, friction, and percussion. Think of them as your ABC of massage with which you can build your own language of touch.

When learning new strokes, don't get too preoccupied with matters of technique. It is far more important to stay aware of what you are sensing with your hands and to let your body carry your arms back and forth in a continuous rhythmic motion. The rest becomes intuitive. As I have said, you were born knowing a lot of this.

Before practicing on another person, try the strokes out on your own legs, sitting on the floor. This will show you how the strokes feel, both from the practitioner's and the patient's points of view. Experiment with different speeds and amounts of pressure and, above all, try to develop a sense of rhythm, so that your hands flow from one movement into another, without breaking contact.

At the end of a massage session...

You might say, "Alright, this (where you're touching) is much more supple now than it had been when we began, and I think you'll find you move more comfortably. You might be a little sore for a day or two. Be sure to drink a bit of water through the day. A quart or two per day is all we need. Don't stress your body with more than that. I think we've done all we can do for today." As you're saying this you're feathering.

Feathering is a brief delicate stroke which brushes over the surface of the skin. It is mainly used to break contact gradually, the strokes fading away like echoes, each stroke the same but lighter. Use it to break contact and return or use it to end the session, to "say good bye" as you finish the work for today's session.

Gliding Strokes (Effleurage)

I don't care if you do or do not learn these French terms. They are commonly used among MT's and thus I feel that I'm duty bound to show them to you. That's the only reason you see them. By the way...We're NOT going to have a surprise test on Wednesday.

I think there are two ways to **give gliding strokes**. With gentle rhythmic strokes glide over the skin. This type of stroke is used on all parts of the body to begin and end a massage, and as transitional strokes to ease the flow from one movement to another. They never work deeply on the muscle masses. When I put oil on a patient's back, this is what I use to get us started. I start at the posterior-superior Iliac crest and sweep up her back to her shoulders, and down her lats and body sides to the Ilium again. (Seen on page 48 and two pages beyond here.) Then, I begin doing alternating circular movements up her spine.

Don't get caught up in exacting details about these strokes. Just try and do it and it will all become normal motion for you in a short time. "Gliding Strokes" and "Long Strokes." Let's not get crazy about these. Just watch the videos, work on the patient. It'll take care of itself.

The long stroke is a broad, fluid, soothing movement. It is used on each part of the body to apply oil and to warm and relax the area. In broad circling, the hands trace large half-ovals the length of the spine.

If you were hugging someone who needed comforting rubbing in a circle over her back is commonly done. Most do that circle instinctively with it going in a clock wise direction following as if the clock were on the patient's chest, so the hand moves from her right shoulder across her back to below the shoulders and circles around from there.

This Long Stroke also serves to spread the oil more evenly over the body. Perform both strokes with your hands relaxed so that their whole surface comes into contact with the patient's body.

I'm heading into an anatomy tangent for good reasons so be patient with the old man. After this tangent we'll get back to The Long Stroke.

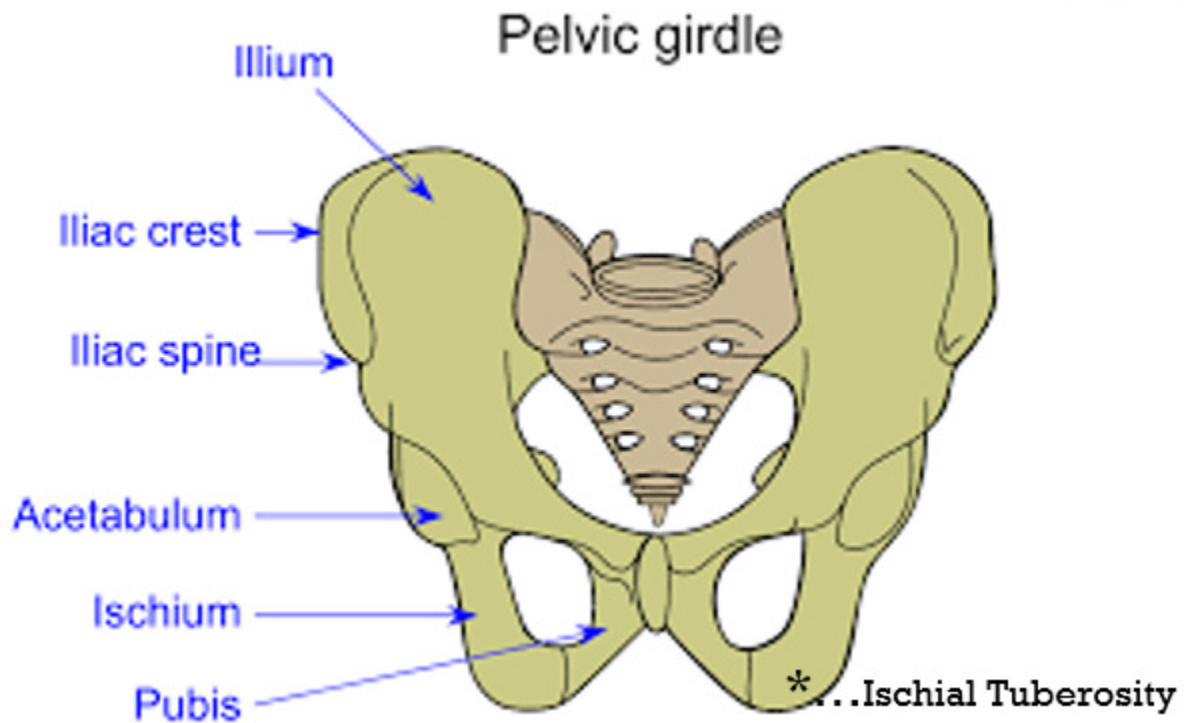


I have labeled the crest of the Ilium or Iliac Crest. It's at your waist band. I am usually on my feet near the patient's hips and I start with fingers closed and turn the outer hand edges toward his shoulders.

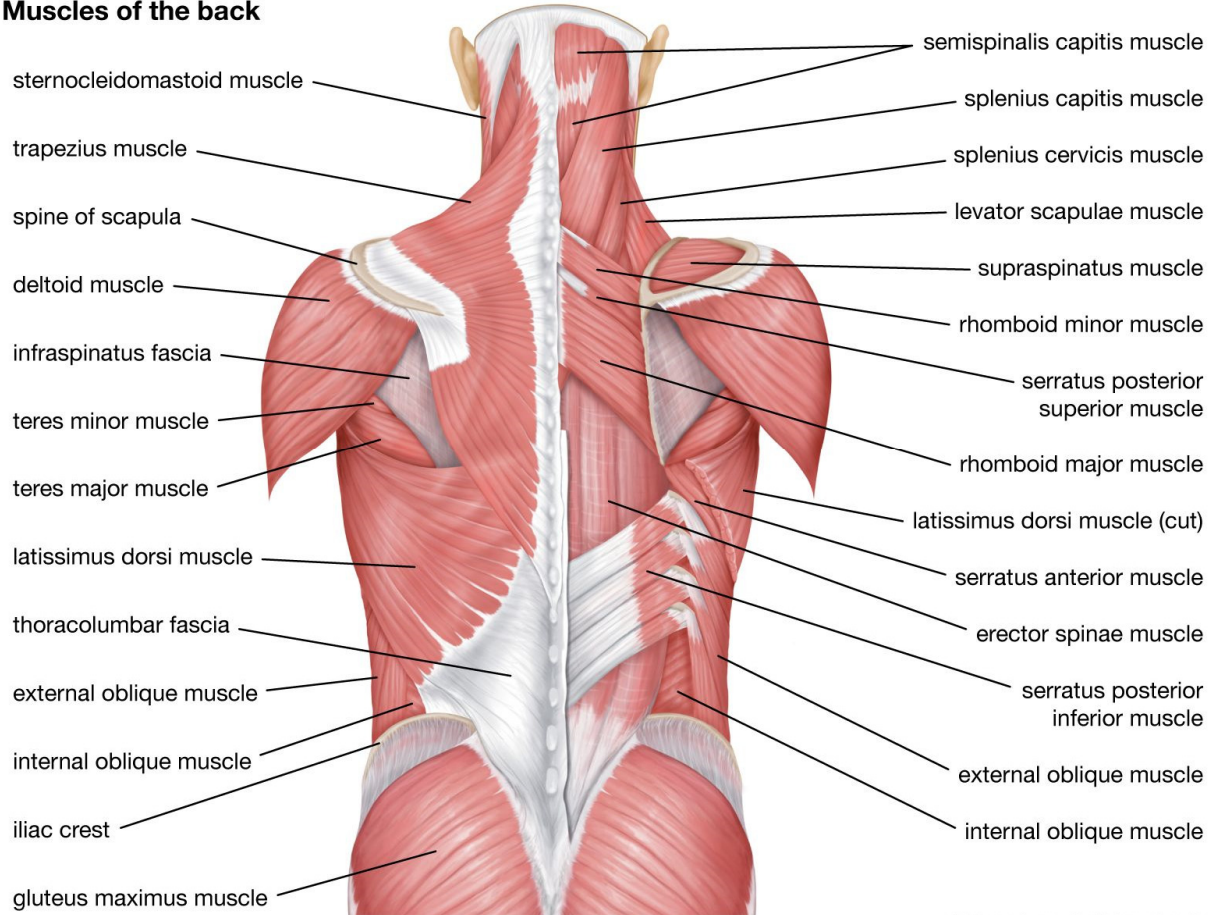
I spread the oil in a smooth firm motion from the

Iliac crest up to the upper trapezius (upper shoulders near his neck) and out to the shoulders, and down to the iliac crest again. I might do that movement 3 or 5 times and as I go my fingers widen so my hands feel bigger. I did this at a beach with friends and one woman said later, "As soon as he touched me, I knew those were professional hands." I expect you to hear those complements about yourself too.

This chart will help us. The top edge of the back of the Ilium is the posterior-superior Iliac Crest and it is right beside L4 and L5.



At the bottom of the pelvis is the two bones you sit on. They are part of the Ischium and are called the Ischial Tuberosity. They'll be important to you especially in the Back Pain Massage course.

Muscles of the back

It's good for you to know names so we all know what we're talking about. Just gaze at these a little now and then and after a while you'll realize you're leaning them without thinking about it.

I mentioned "Lats" earlier. That's the general abbreviation for latissimus dorsi muscles on your left of this drawing. It's a big strong muscle that works to help hold you upright, works with lifting and pulling like rowing a boat or pulling a rope toward yourself. It works doing wide handed pull-ups or climbing rope.. The photos of the body builder "man-beasts" show BIG lats.

(By the way guys, some girls like man-beasts and others say "Oh, no. never. I don't want that!" so don't assume you must look like them. That's like saying the women should all have plastic basket balls on their chest. No, let's not "go there.")

I'm showing names of muscles and a couple of photos of these "super body builders." Some of these men get to 5'10" tall and close to 300 pounds, some 315 pounds, and they did it with over eating, working out like they're demon possessed and taking growth hormone and testosterone. It's very dangerous. Some expect to die before age 40.

They end up sexless, and if they survive past age 35, they are usually dead of cancer, liver diseases or heart disease by age 60 or 65. I advocate exercise to be fit and maintain a nice-looking attractive physique for both genders. Work to gain symmetry. Work out to a point of being a bit more than pleasantly tired. Do 3 sets of 12 repetitions, with a 3-to-5-minute rest between sets, and stop. You can do upper body one day and rest the next then squats for legs and buttocks the next day. Body builders do much more intensive exercise programs. I think that's great for those genetically inclined to withstand that punishment. If you ever get into "Intensive Body Building" you'll see if your body (and emotional side) can handle it. It's rather unpleasant, and some of the exercise routines sound lethal.

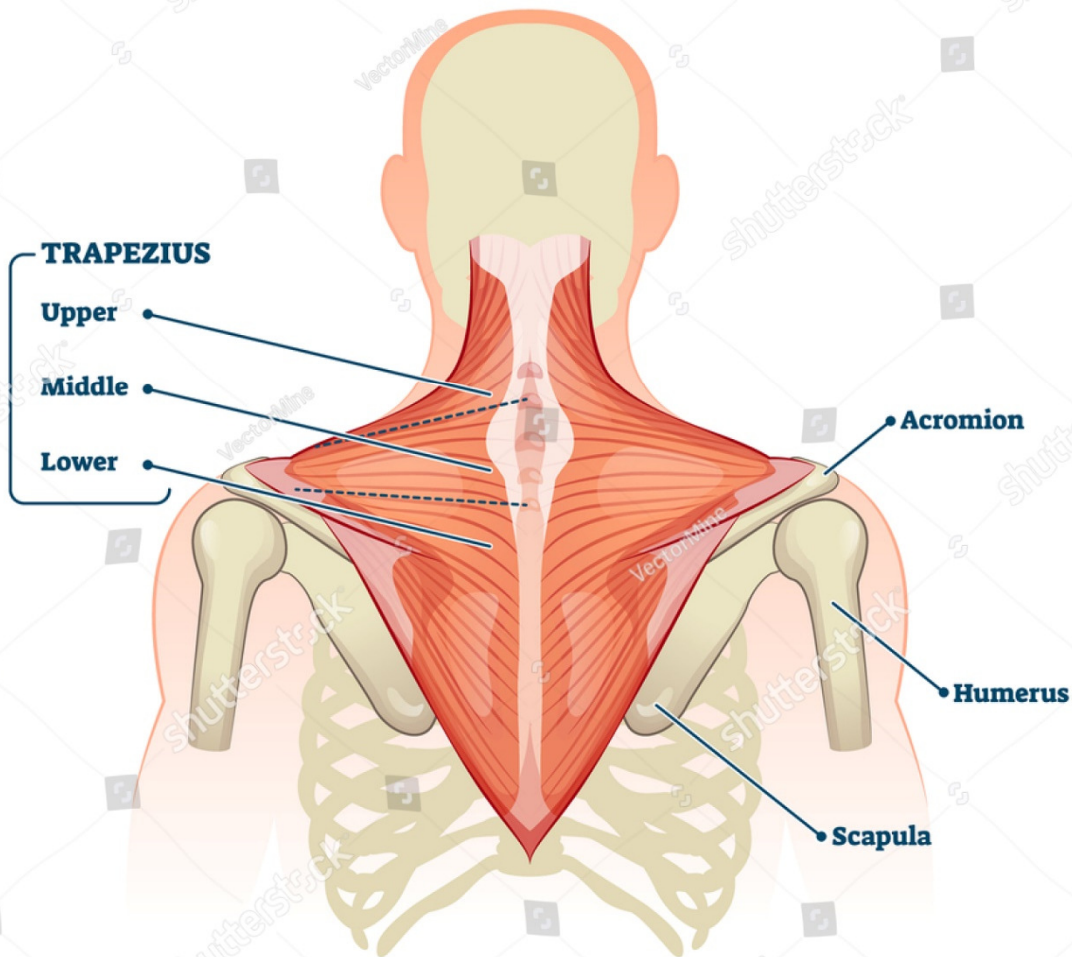
When walking you can push your breath out and use your abdominal muscles to pull your navel toward your spine and twist as you walk (left shoulder to right as the right foot goes forward and so on. You can go to the point of a feeling of burning and stop. Maybe again 2 or 3 sets with some rest walking time in between. That's enough to make this easy, pleasant, and you'll love the results if you're thoughtful about it.

There are articles on my site www.SgShopper2030.com/ and many other sites. Too many fitness articles everywhere. I'm biased. I have read carefully and think I have good answers. You can use rubber exercise bands and get great results without keeping 200 or more pounds of exercise weights around. The bands are light weight and cheap and can pack easily in a little gym bag.

Women will NOT end up looking like men unless they also are injecting steroids which is an extremely bad thing to do. There are so many people without scruples in the health care business these days. Cosmetic surgeons go to any length to change your breasts and even enlarge vaginal labia. There are some who want to change your eyes, your lips, give you a face lift so you look like some sort of manikin made of shrink-wrap plastic. Ahhgh! Have nothing to do with any of that. Just exercise to be naturally fit, functional, and healthy. We have enough problems. Don't add more potential problems to your body. Most of the men and women think a fit, function body is attractive and that's all you really need.

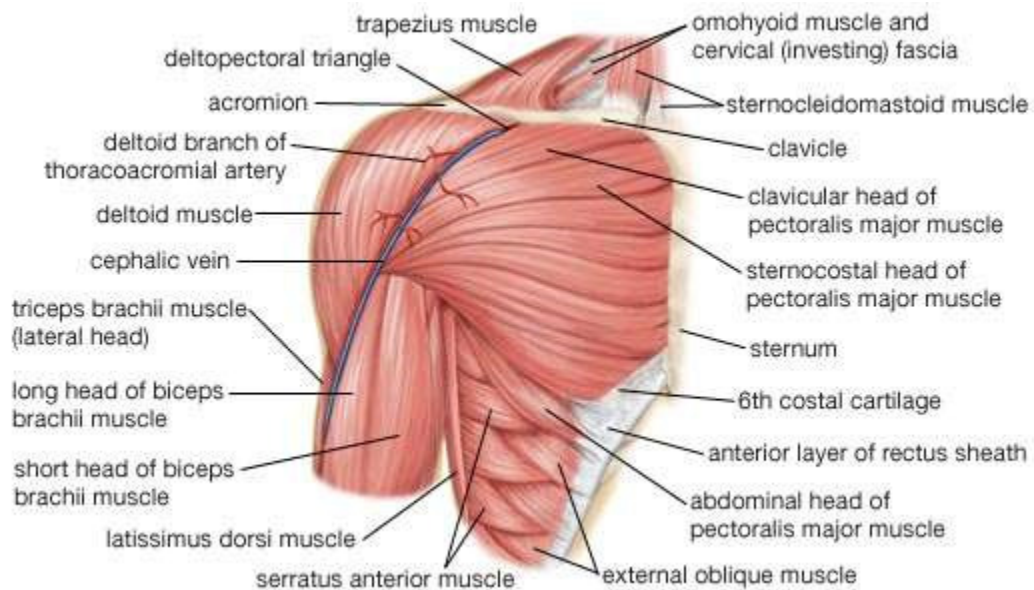
All of these pictures and many more are at Google. My legal argument is, "Once you put it out on the Internet it in fact belongs to the entire world."

TRAPEZIUS

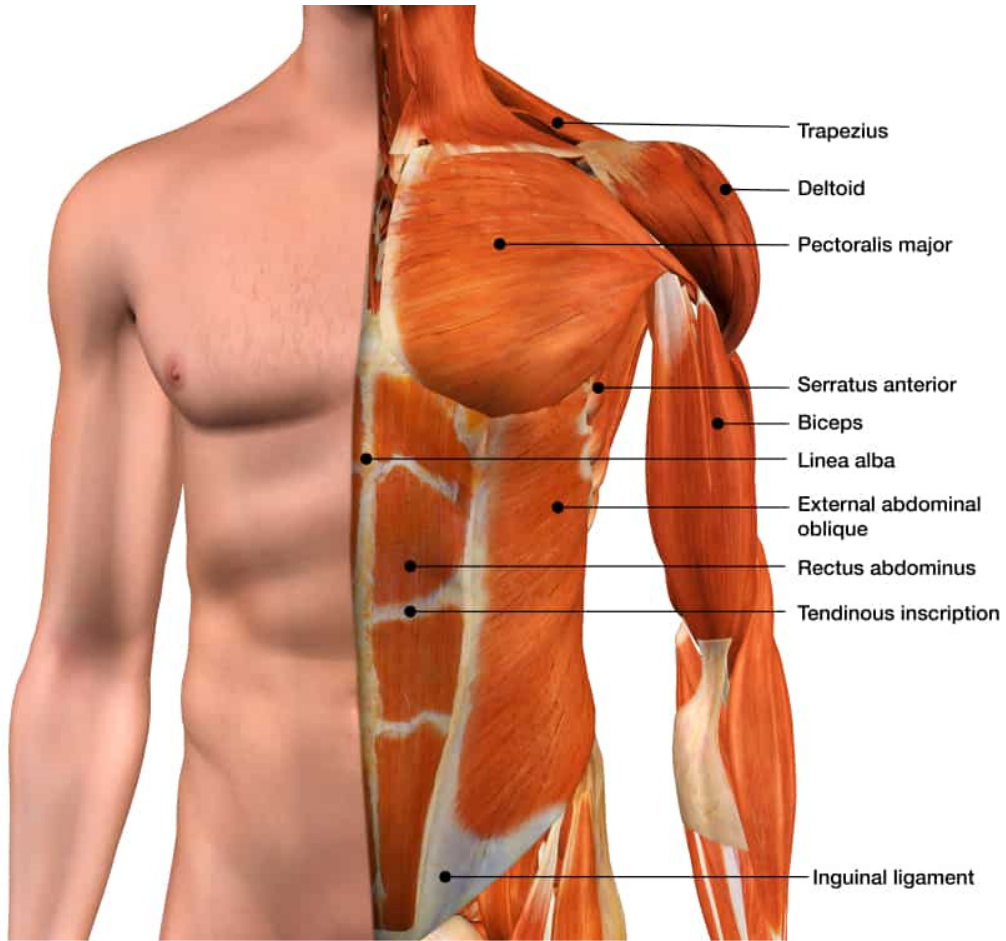


The back is 7 layers of muscle in some areas, 4 layers in others. The trapezius muscles are quite notable.

The upper “traps” work with the shoulder muscles (“deltoids”) to help stabilize the shoulder girdle. Lifting this way will build bigger shoulders and upper traps. Lift and squeeze the weight plate toward the center hole, or lift a partly filled bucket of water and you’ll simultaneously build the upper division of the Pectoralis Major and **deltoids and upper trapezius colored green.**



Heavy weight lifting still proves to be most effective. Next in line is exercise bands strong enough to really challenge you.



“The Man-Beast Who Came from The Black Lagoon”

This photo above was included in an article entitled, *“The case against trap training.”* Trap training is alright, when done to moderation, but this looks like the result of a form of insanity. Good luck buying clothing! Forget clothing; just get body painted and go out.

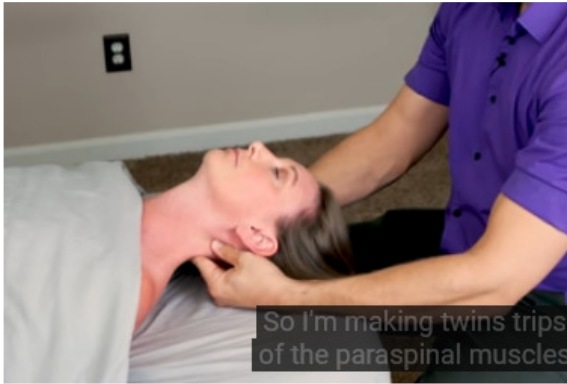
Let’s get back to massage. I trust you’ll look at the photos and labels a little 2 or 3 times daily and learn some of the more commonly used muscle and bone names.

The Long Stroke

Let your hands float down to rest for a few seconds on your patient’s body. Now, keeping your hands together, move them slowly along the torso or limb, molding them to the curves of the body. When you come to the limit of your natural reach, separate your hands and pull down along the sides to the posterior-superior Iliac Crest again. Circle around to repeat the stroke. You can do these 3 to 5 times turning your hands to spread the oil better.

The long strokes serve to spread the oil. Perform both strokes with your hands relaxed so that their whole surface comes into contact with the patient’s body. Meantime your hands and memory begin to make notes of tense muscles here and there.

Massage The Neck With Patient Supine



Of course, you can do this on the floor or a bed mattress. If you have your own little clinic space with a stationary table, you'll have a chair or rolling stool you can pull up to the head of the table to massage the neck with the patient face up ("supine").

This is a good skill to develop for home use, small apartments, and emergency moments. I use it constantly for back problem patients. There is more about this and photos further in this course.

Inn my clinical practice, I start standing at the patient's LEFT hip and work up the spine from there, spreading oil or working through clothing, soothing and palpating for hard spots. I might say a few times here and there, "You're a little tender there. Am I right?" It shows him you know what you're touching and you're immediately an expert. Little things like that are part of the "sales work" you're doing, convincing Mr. or Ms. Patient that you know what you're about and he/she should make repeated visits, and send a friend.

Why the left hip, Steve? Because I'm VERY right-handed and I look past the patient to the right to the wall at charts hanging there sometimes. For example, we'll later get into "Dermatomes" and having a dermatome chart for reference, helps you think, "Oh, he's having a problem at the Sacrum and L4 and L5." We'll get to that when we get seriously into the Back Pain Massage study which is course #2.



As it is, I'm giving you the highlights of 8-years of study.... the very practical information you will use all the time, every day. You can see in this picture the Massage Therapist (MT) started at the head and worked down. For Me, I want only to work on the naked body of my wife. Everyone else is covered ("draped.)

Broad Circling

With this movement your hands move in fairly wide circles along the body, letting the circles overlap to form a continuous spiral pattern. It's a bit like waxing the car, but slow and gently. I call this opposing circles. This becomes a normal part of your life.



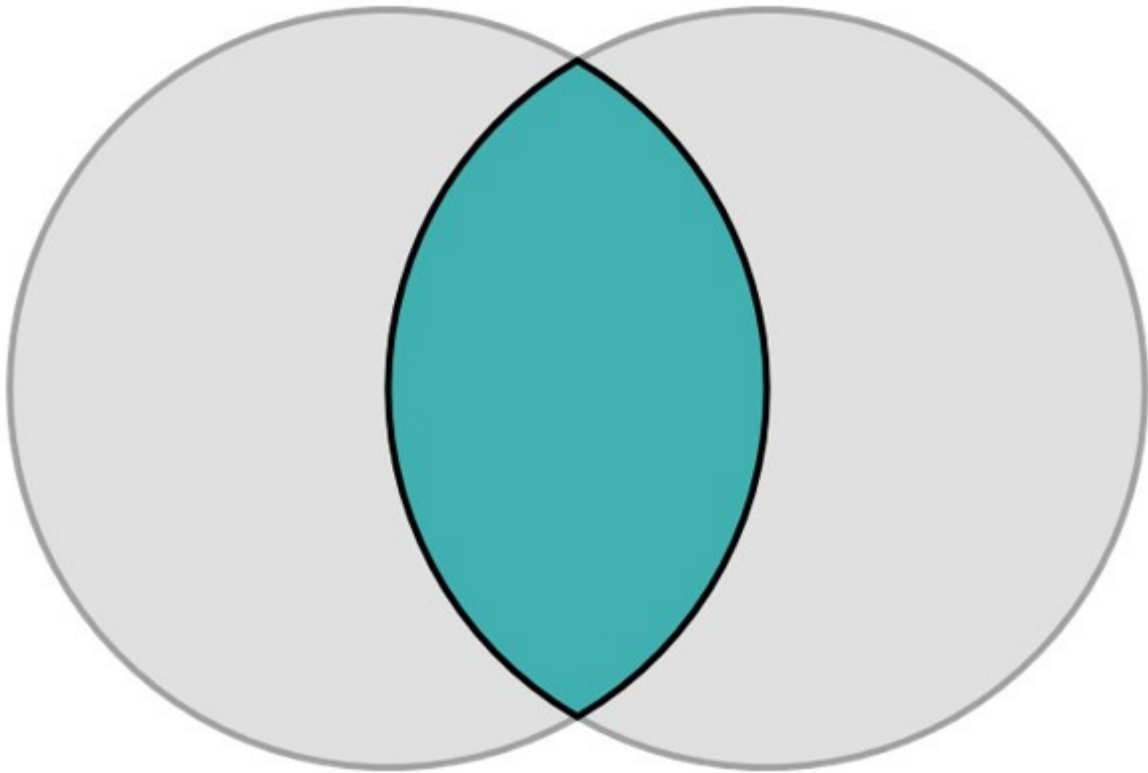
My teacher had my hands alternating in circular motion and it becomes a normal part of us as we learn it. Please now **VERY** slowly begin a small circle in the air clockwise with your right hand. When it reaches the top of the circle and begins to move around to the 1 O'clock position the left hand begins to circle from the 6 O'clock position up and then past 12 to 11, to 10 but counter clockwise. The circles at the midpoint are touching or overlapping. You could actually do this with two house cleaning rags wet with soapy water going over the floor or bathroom tiles.

This is rudimentary. It's the foundational, basic motion. Please work on this until it becomes thoughtless for you and happens automatically.

Develop this effect of Intersecting circles. I'm quite serious about **this!** And they overlap a bit as these images below. When the left hand is high and moving toward the left the right hand is at the bottom coming up and beginning to go right as the left reaches the bottom.

Your left hand

Your right hand

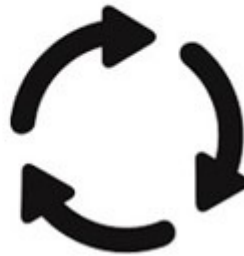


Left hand goes left, right hand goes right. It's all very simple.

Your Left goes this way



Your Right goes this way



It is really important for you to work on this while sitting on a chair doing this to your thighs, to your friend, to the dog, to two pillows, do it and do it until you're doing it while watching TV and it becomes PART of you. As dominantly Right-handed as I am, if I could learn poly-rhythms at a drum set I KNOW you can

learn this faster on your own. You will if you want to be a GREAT massage therapist who gets very well paid for your skills.

GO VERY SLOWLY and in different size circles down to 2 inches across so you can do a broad back or on either side of the spine, or both of your patient's temples or angles of his jaw or even on the hands and feet. My teacher even massaged the nose and outside of nostrils with this movement.

You can do this standing at the head of the table or standing by his/her hip. I like to start from the hips. I have got up to the shoulders and down the lats two or three times and then begin the circling from L-5 and L-4 and the Posterior-Superior Iliac Crest working on the Quadratus Lumborum muscles and then up the erector spinae (beside the spine) to toward the neck, slowing rotating motion. Finally, we're on your patient's trapezius muscles. Massage there and very slowly, circle by circle work down his back to his/her Iliac Crest, push a bit toward his feet to create a gentle traction.

Assuming you've moved around and are standing by the patient's hip, bend over at the hips, and work from the femur head across his buttocks to the sacrum. Spread your elbows as you lean forward so you can use your stronger pectoralis muscles and the heels of your hands (thenar and pisiform bones) to press into the sides of his/her buttocks where you'll be working on his Gluteus Medius and Pisiforms muscles. This is necessary to get best results with back pain problems. (More about that later.)

Medium-depth Strokes (Petrissage)

Continuing from the gliding strokes, you begin now to work more deeply on the large muscle masses, using these kneading, pulling and wringing strokes. In all three, your hands echo one another's movement in a continuously alternating rhythm, relaxing the muscles, draining away waste products, and aiding venous and lymphatic circulation.

There are pictures to illustrate these further along.

Kneading consists of alternately squeezing and releasing handfuls of flesh in a broad, circular motion. It is useful for stretching and relaxing the soft, fleshy areas of the body, such as buttocks and thighs. Pulling is a firm lifting stroke used on the sides of the torso and limbs. In wringing, the hands move toward each other from opposite sides, so that the flesh is first bunched up, then stretched between them.

This can be taken further into various scrubbing/wringing motions and kneading muscle and the covering fat and other fascia as if you were kneading bread dough. It can go lengthwise with the muscle fibers or crosswise and we call that cross-fiber massage, which has become more popular as more therapists have been working. Our modern communications allow us to share ideas in words, photos and video like never before. From this in part we have seen an advancement in popular usage of trigger point therapy, Trager therapy, and cross-fiber massage.

You don't need to know all the stroke names. Just get comfortable DOING them, and make them a natural part of your work.



**Pulling with her right hand, pushing with her left.
This is a type of kneading and scrubbing/wringing.**

Kneading using the whole of your hands, alternately grasp and squeeze a mass of flesh – one hand releasing its hold as the other starts to gather a new handful. Don't lift the hands off the body between strokes; rock smoothly from hand to hand, as if you were kneading dough. Do perhaps 10 of these then rest the hands and go to a different stroking so as to prevent tiring the hands very much and perhaps leading to repetitive motion syndrome.

You could do this to the patient's left buttock and then work up the spine and back down twice and then work on the right buttock and then up the spine and down and up and then

working similarly squeezing and releasing the upper trapezius beside his neck. In some very much overtrained musculatures, you see the man “with no neck” and the Upper Traps rise nearly to his ears! Some of those men are too much for lighter weight small people to work on. It becomes for you really heavy labor. If you meet a patient that big, I recommend you send him to a different practitioner.

If you are strong enough to handle that sort of patient you might want to work in or next door to a gym. You might be overwhelmed with work if the gym allows you to leave business fliers. In exchange you can leave some of their fliers on your waiting room table. Stamp your name or staple your business card to their brochures so the gym salespeople know this new prospective member came from you. You’ll soon be trading favors and helping each other enlarge your business and profits.

In total I’m planning for this to amount to 3 volumes and perhaps a 4th “bonus book” simply because sending huge PDF files sometimes doesn’t work.

As we go deeper into the Third volume the complete picture unfolds. There will be many more photographs for illustrations. I’m working diligently to develop a superior course for you with many videos to teach you more and more. Stay with me. You’ll be glad you did!

The Drawing Strokes



Drawing -- Place one hand on your patient's far side, fingertips touching the floor or massage table. (If the patient is nude and skin has been oiled, you'll have a sheet under him/her.) Get your fingers down to the table top where you can grip the muscles of the upper thigh (Quadriceps Femoris) and lower abdomen. Lift, drawing and slightly stretching the fascia and muscles toward you, sliding over the skin.

This is NOT intended to be a hard, even nearly violent stretching motion. There is a technique called "Myofascial Release" which I learned and concluded it needed serious improvement. That technique is done on dry skin and it only serves to further traumatize sensitive tight fascial tissue.

I cover this and my proven improved trigger point relaxation method in the Back Pain Massage Course.

For Chiropractors who were taught that nearly everything has to be done with a fast thrust, my experience tells me this causes trauma and further fascial tensioning as a defense mechanism. You can move the spine without high speed and/or high-power thrusting, and if you will balance muscle, there is no need for a drop piece. We don't need drop-piece tables at vast expense.

A Few More Physiology Notes

“The nervous system is intricately simple and simply intricate” so observed Dr. George Goodheart. Goodheart students hear a lot about reflexes and reflex reactions causing muscles to go into chronic spasm or chronic weakness. Several massage therapists have also noted that gentle handling of fascia from the origin end to the insertion end of muscles brings about greater improvement and relaxation. I think this also is evidence of a reflex response from the autonomic nervous system.

(Think of this word as “automatic nervous system” - it works without your volitional control.) You just now had a heart beat and took a breath, and your digestive system is busy. You don't normally control that. It is run by the autonomic nervous system.)

Conventionally, *a muscle origin* describes the attachment of a muscle on the more stable bone. *The insertion* then, is the attachment of a muscle on the more moveable bone. The action of the muscle describes what happens when the more mobile bone is brought toward the more stable bone during a muscular contraction. Thus, in some actions the mobile bone stabilizes and the other moves and therefore the Insertion and Origin are switched!



For examples: in this photo the man is lifting the dumbbell and his elbow is pressed into his side to stop it from moving. The **INSERTION** is at his elbow lifting the radius and ulna. The origin is near his deltoid/shoulder.

Now imagine he is sitting at a desk. His elbow is still pushed into his side so it won't move and his hand is gripping the desk. His upper body then is pulled toward the desk. The Humerus is moving. The elbow attachment is the **ORIGIN** and the connections under his deltoid are the insertion. The names were switch because the action of which bone moved were switched.

Can a nerve be both afferent and efferent? Efferent nerves conduct signals away from the central nervous system to target muscles and glands. **Mixed nerves contain both afferent and efferent axons**, and thus conduct both incoming sensory information and outgoing muscle commands in the same nerve bundle. (source: <https://courses.lumenlearning.com/boundless-ap/chapter/nerves/>)

I had a physiology teacher who berated and embarrassed me before a large auditorium class when I asked about this. He was wrong and this proves it. He also never got another question from me for the rest of my time in that college. That is NOT the way to treat students and it is not the way of a professional teacher. That happened 46 years ago and you see, I have not forgotten it. I do hope YOU will teach but please do it as a gentleman or lady.

We need a tangent break to explain fascia:

What is fascia? Until recently, this network of tissue throughout the body received very little attention despite its major role in every move you make.



Fascia is a thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber and muscle in place. The tissue does more than provide internal structure; fascia has nerves that make it almost as sensitive as

skin. When stressed, it tightens. [SN: It is interesting that when stressed it tightens. I imagine a jelly fish and though it seems amorphous, if you touch it or come near, it responds. It turns and dives deeper to get away from you. (Take caution. Some Jelly Fish can be VERY dangerous.)]

“Muscle Pain” May Actually Be Fascia Pain

Notes from: John Hopkins University Medical College

Although fascia looks like one sheet of tissue, it's actually made up of multiple layers with liquid in between called hyaluronan. It's designed to stretch as you move. **But there are certain things that cause fascia to thicken and become sticky. When it dries up and tightens around muscles, it can limit mobility and cause painful knots to develop.**

Fascia-Related Muscle Pain and Stiffness

Healthy fascia is smooth, slippery and flexible. Factors that cause fascia to become gummy and crinkle up (called adhesion) include:

- A lifestyle of limited physical activity (too little movement day after day)
- Repetitive movement that overworks one part of the body
- Trauma such as surgery or injury

- I also suspect dehydration caused by heavy coffee or alcohol drinking.

Is it fascia pain?

Determining whether your pain is due to muscles, joints or fascia can be difficult. In general, **muscle injuries and joint problems feel worse the more you move**. Fascia adhesions tend to feel better with movement and also respond well to heat therapy, which helps bring back the tissue's elasticity.

For some people, adhesions can worsen over time, causing the fascia to compress and contort the muscles it surrounds. **This can result in hard, tender knots in the muscles, called trigger points**. Myofascial pain syndrome is a condition in which those trigger points cause pain to occur:

- During movement
- When pressure is applied
- In seemingly unrelated parts of the body (referred pain)

Best Treatment Options focus on relieving pain and getting tight fascia and muscle fibers to relax. Medical options include pain relievers, and the safest is a hot water or steam bath and a light pharmaceutical dose of Naproxen Sodium (an over-the-counter drug) and massage, with 2- or 3-days' rest. I find that Naproxen is best taken with food, taking One (1) 550 mg pill every 12-hours. The NON-Medical option is deep tissue massage. A combination of these two options will make a great improvement in the patient's condition.

How to Keep Fascia Flexible

Keeping your fascia healthy has many benefits. You'll move more easily, have better range of motion and experience less pain. Things you can do to prevent fascia problems include:

- **Move more:** In addition to a consistent but varied exercise and stretching routine, it's important to be active throughout the day. Have a desk job? Take at least a two-minute break every hour to stand up and move around,

which helps fascia stay supple. Consider walking meetings or stand up and walk while participating in conference calls. A desk set up so you must stand to reach the computer printer or other items helps us get up and keep moving.

- **Stretch regularly:** Stretching is essential to good health. It reduces the risk of inflammation and structural problems in the body. Chronic inflammation can lead to illness and premature aging.
- **Focus on posture:** Slumping over a desk or a phone or walking in an awkward way to compensate for an injury can cause fascia to tighten. Try to maintain good posture while sitting or standing. On the other hand, the patient will walk in an awkward way after an injury and spinal misalignment. Thus, the massage practitioner can help restore fascia and muscle to normal motion and help restore the spine to proper alignment.
- **Heat therapy:** Apply a heating pad to the affected area or take a warm shower or bath.
- **Yoga therapy:** See a highly trained yoga therapist to get a regimen of yoga poses targeted to treat your area of pain. ([Yoga therapy](#) works in the same manner as physical therapy — the therapist creates a routine and you practice it at home between visits.)
- **Foam rolling:** Try a foam roller, a cylinder of hard foam that you roll your body over to release tension. It's a form of self-massage. You can also do this with a lacrosse ball. (I plan to release a reference article to you about [Foam Rollers for use by Massage Therapists](#). Watch for it.)
- **Massage therapy:** Schedule multiple therapeutic massage sessions with an experienced therapist who can find and apply pressure to release muscle and fascial trigger points, knots, and spastic muscle bundles.
- **Chiropractic treatment is a possible next step if massage is not sufficiently effective.** Chiropractors restore misaligned vertebra and other joints into their proper position. This combined with Massage Therapy is an effective combination.

- **Acupuncture:** The insertion of acupuncture needles into trigger points can cause tense tissue fibers to relax.

Treating fascia pain often requires using more than one therapy, and therapists often share a case. A patient's treatment plan may include a combination of things such as heat therapy, an anti-inflammatory diet, yoga therapy and guided imagery, which helps patients relax by visualizing themselves pain-free.

Most people experience tense muscles from time to time. But it's important to get help for chronic or severe pain, which may be a sign of a serious health condition. If you continue to have pain despite efforts to relieve it or if pain interferes with sleep or daily activities, seek professional help.



We were discussing **Drawing**, also called **“Pulling.”**

Place one hand on your patient's far side, fingertips touching the floor. or table and keep the other hand near it. Pull up with alternate hands, each time overlapping the place where the last hand was. Hand over hand, pull with your right then overlap to near but above where you began and pull a bit more, lifting and drawing the fascia up toward the lower back. Make your movements rhythmical as you slowly work your way along the patient's side.

You'll see this in several of the videos I'll make available to you. You will learn best by observing the work of several different, well respected massage practitioners. I have spent hundreds of hours going over videos of many of the best practitioners, and I am editing clips together to teach and illustrate, interspersed with anatomy charts to help you “visualize” the muscle and bony attachments, be reminded of their names, and see the actions the

therapists do. To watch only me doing massage is insufficient. I'm good at what I do, but this is a VAST field. There's always more to learn and sharing with the experienced minds of many is better than seeing one or two. (I will produce some videos of me working too.)

I cut away the fluff and get down to the parts you should see. The result is akin to attending years of classes and seminars, and spending tens-of-thousands of dollars to learn. You'll learn it for about S\$7.00 per video and I think you'll agree this is the greatest educational bargain you've ever experienced. For a very low price you'll gain experience and knowledge that would otherwise have cost too much to have!

It's extremely important that once you get into a course you continue it to the finish because it's going to make you a fortune and you cannot get this training simply by watching free videos online! Most of such practitioners are therapists, but they are NOT teachers. They don't know how the human mind works and learns and they don't know the theories of teaching. With me you'll learn MUCH more and come out competent to really solve back-pain problems. If you're only intending to learn this to be better to your loving patient, that's fine and you'll have opportunities in this book and in future books to learn more about that entire (huge) area of subject matter.

I began my first study of massage at age 12. A sister was going to nursing college and I began to read her text books. At age 14 another sister was about to marry. My mother couldn't talk to her about sex but gave her a book about sexual pleasuring, and I read it, cover to cover two or three times. I've been studying, testing, and learning ever since. Now I have "a ton" of knowledge to impart and if you don't want to practice back-pain therapy but DO want to be a Fabulous Lover, you'll get the theory and a lot of information to learn about application of sensual massage to pleasuring the one you love and want to please. All you need to

do is check my blog occasionally to see what has been published and choose what you'd like to study further.

We're still discussing Pulling or Drawing

How to do "Pulling"

Place one hand on your patient's far side, fingertips touching the floor



Pulling/Drawing

or table and keep the other hand near it. Pull up with alternate hands, each time overlapping the place where the last hand was. Make your movements rhythmical as you slowly work your way along the patient's side.

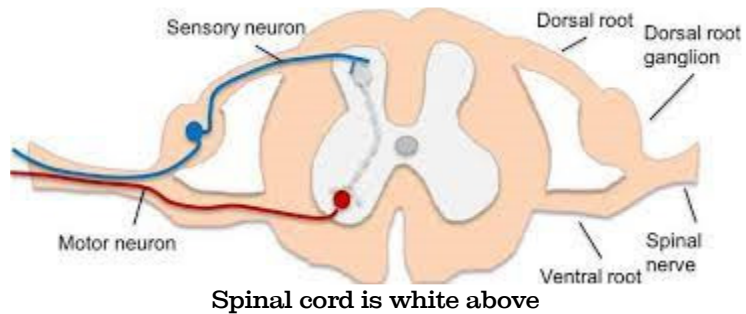
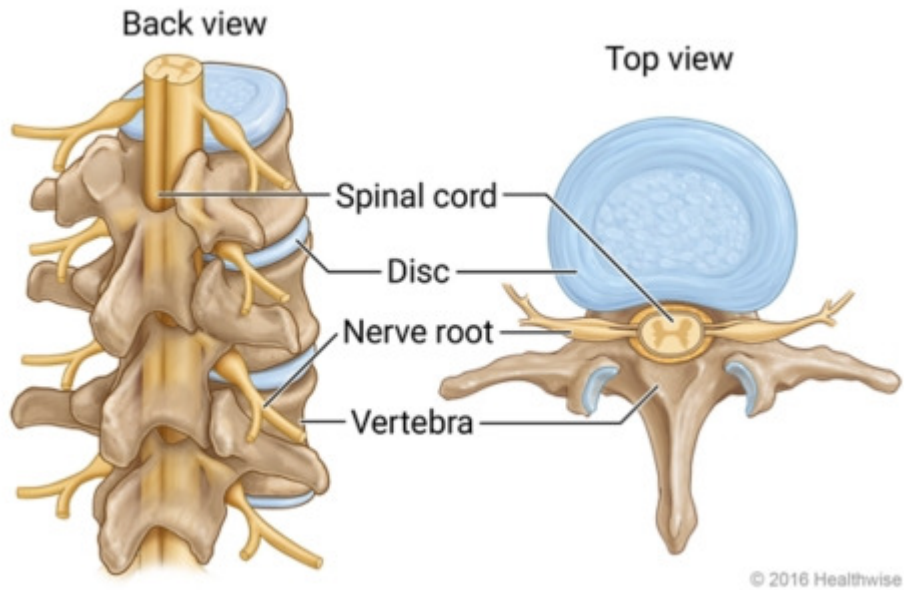
Now we see the therapist doing a twisting or wringing action of the fascia along the sides of the body.

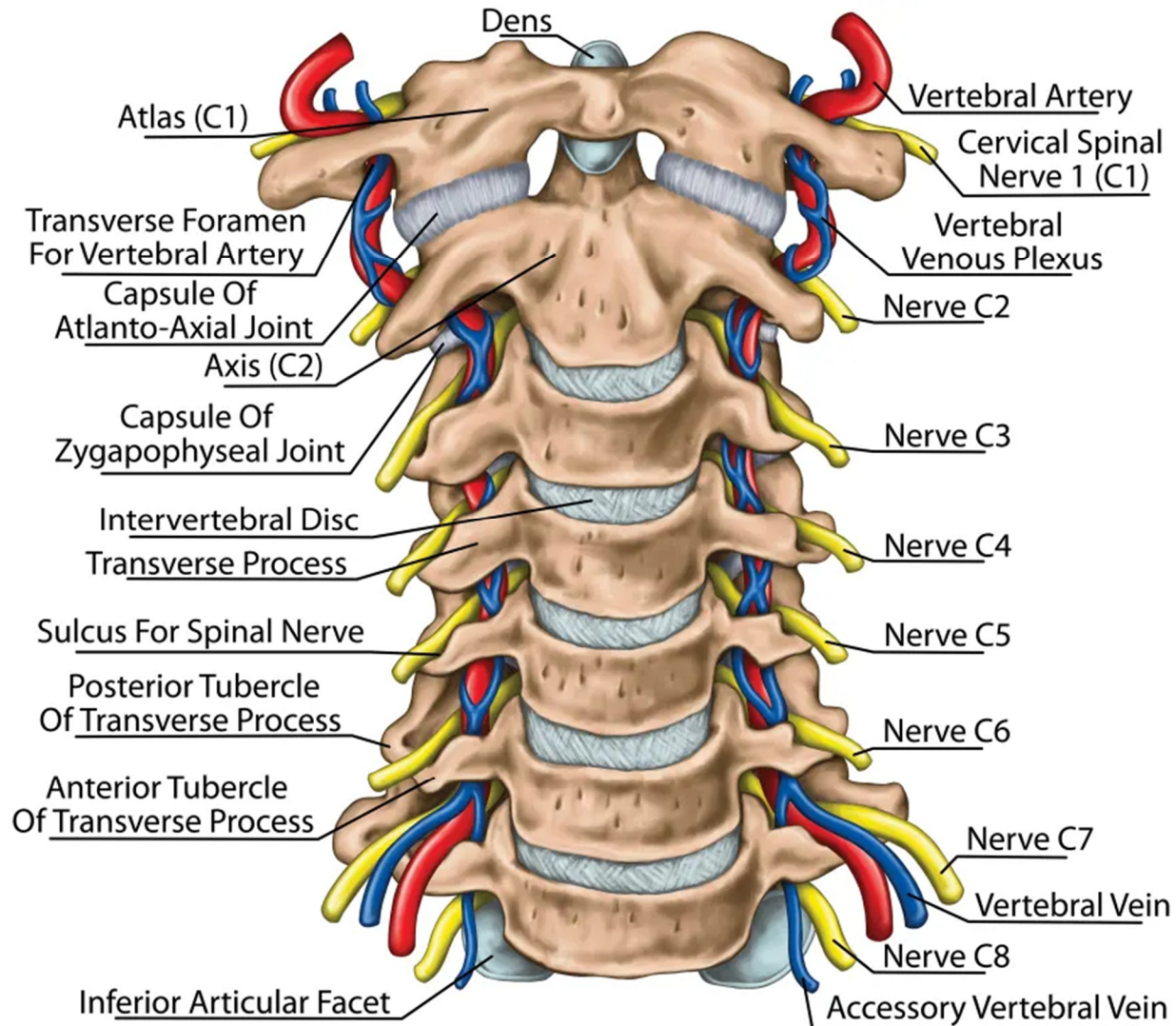


Of course, you can't pick up gobs of flesh and move it but you can relax it and cause it to loosen the tension it has been holding. The spinal cord has memory cells in it just as the brain does.

The spinal cord is anatomically an extension of the brain running all the way to your coccyx, the little bone at the bottom of the scum just above the anus. Doing this sort of movement releases these memory cell reflexes which run out of the spinal cord, down the nerve root to the fascia. **(I will explain this further. Please continue reading.)**

The spinal cord is the white with the butterfly shape in it, and note the pointers to the spinal cord and nerve root.





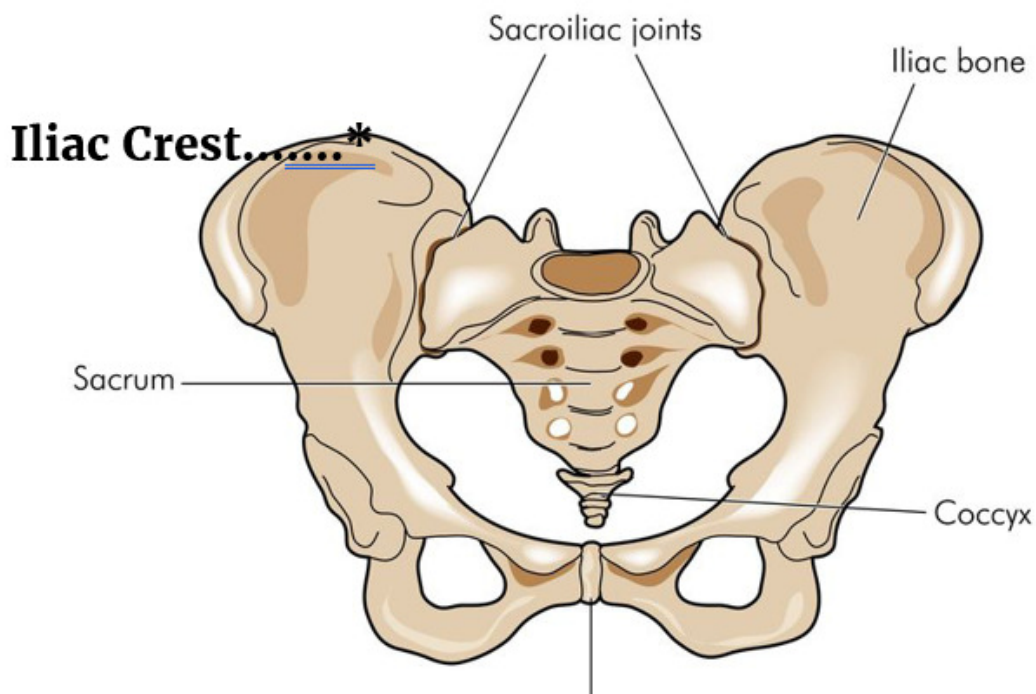
This superb drawing shows you all of the neck (cervical) vertebra. We look at Nerve C7 and we see exiting out of a hole made partly from the upper vertebra and partly from the lower one. This hole is called an intervertebral Foramen. This is the nerve root coming from the cervical portion of the spinal cord. The gray between the bones represents the spinal disc which is held into the bone with fibers and it **WILL NOT SLIP**. If there's a problem with pain, it's caused by a misalignment causing pressure on the nerve root, or there was a serious injury tearing the inside of the disc. The disc houses a protein and water blob (like a ball bearing) and the vertebra rock around on that "blob."

A medical doctor might say, “The person is in trouble because he has a slipped disc.” Nonsense. The doctor needs more study into the subject. Your massage and rocking and wiggling around that joint may cause the muscles to pull it into proper alignment and the swelling of the nerve root will diminish. The patient will be well again. Discs are anchored in place by fibers and cannot slip.

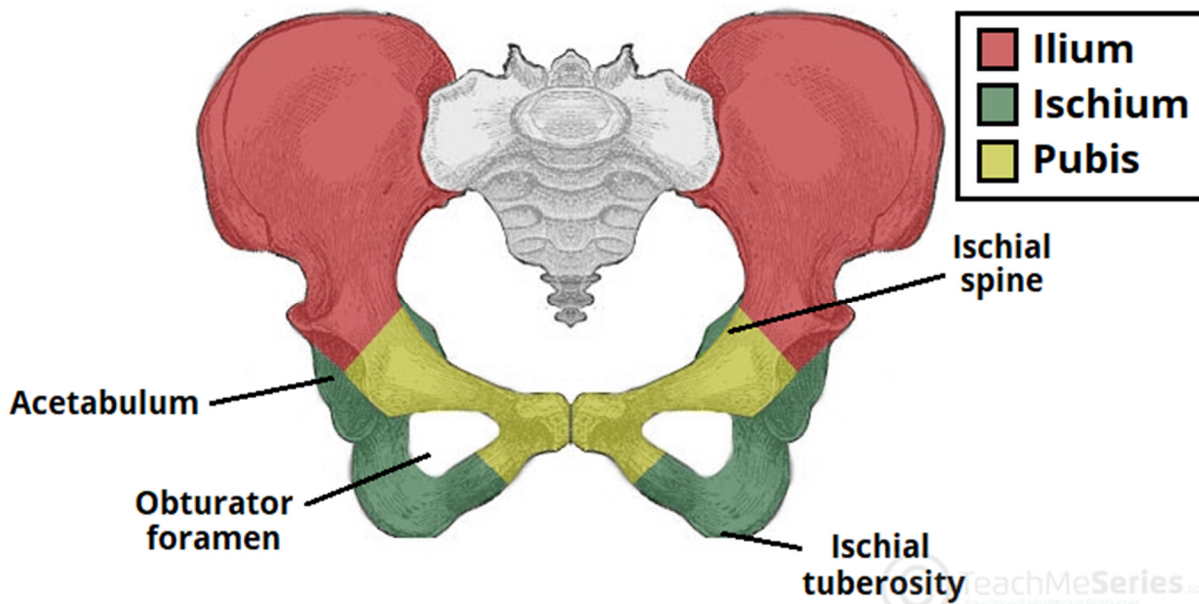
Now if you re-read what I said a little space earlier it makes better sense for you because I cleared up several mis-understood words. Here it is again.

The spinal cord has memory cells in it just as the brain does. The spinal cord is anatomically an extension of the brain running all the way to your coccyx, the little bone at the bottom of the scum just above the anus. Doing this sort of movement releases these memory cell reflexes which run out of the spinal cord, down the nerve root to the fascia.

Now you can see the Coccyx. It's a very nice drawing. You see the Sacroiliac joint (or Sacroiliac articulation), The left Iliac bone or left innominate bone. We're looking at the FRONT of the two innominate bones with the sacrum and coccyx. I've pointed to the RIGHT Iliac Crest.



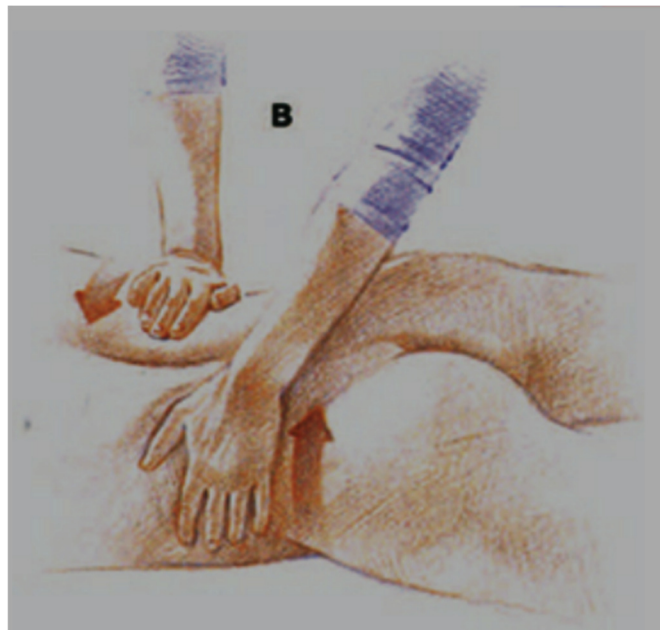
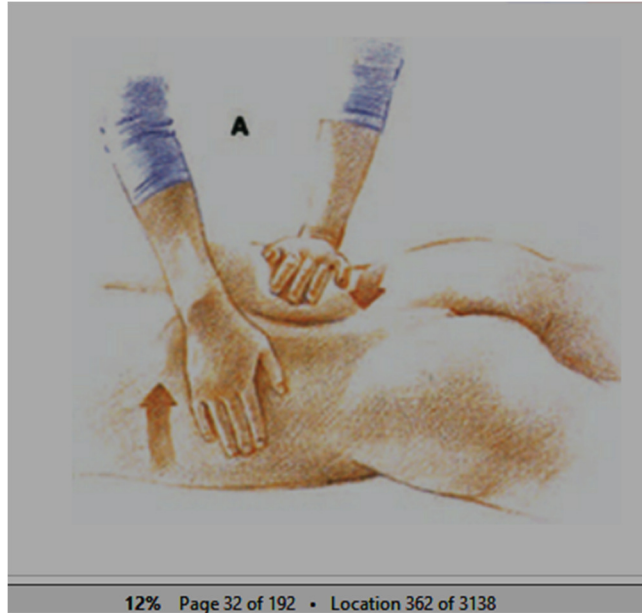
Symphysis pubis



I mentioned the Ischial tuberosity earlier. Now you can see it labeled here again.

WRINGING Action: Referring to pictures marked A and B Place your left hand on your patient's nearest side, heel down, and your right hand on the far side, fingers down. Now push firmly forward with your left hand, and pull back with your right (A). Without stopping, change direction and wring the hands back to the opposite side (B).

Now we see the therapist doing a twisting or **wringing action** of the fascia along the sides of the body. I also refer to this as "scrubbing/wringing."



Move slowly along with each new stroke, keeping the flow continuous.

Deep Tissue Strokes (Friction) are deep and focused. These friction movements make use of thumbs, fingertips or

heels of hands to reach right down into the tissue to where more hidden tensions may lie.

Having soothed and relaxed your patient with the broader, lighter gliding and medium-depth strokes, you now penetrate below the superficial muscle layers or work around the joints with deep tissue strokes.

I advise you to work deeper gradually. In general, you will find that the body is less fragile than you might have imagined. Even older people can be massaged a few more visits spanning perhaps a visit each week for 10- weeks, and they'll make remarkable improvements in range of motion and comfort. That won't make you rich - or will it?

What happens when Mama is feeling better and all of her grown children talk about it to all of their friends and "all these stranger" are calling and asking for new patient appointments? That'll "make you rich." Treat every person like they're important and valuable because any one of them can tell 20 that you're the best pain therapist they've ever met. If they want to talk or cry because of all their emotional trash, that's good.

Let her talk, just listen, occasionally say what you usually say just to let her know you're listen. In the US it's uh hu or um uhm, it's just a quiet sort of grunt to say we're listening. Or We're in agreement. Um hm. Yeah, um hum. And don't flirt. Just be an MT, and stay out of trouble. Your luck, you'll flirt with a plain clothed police officer and get into trouble. Don't flirt. Just do a great job.

Patients vary greatly in their tolerance levels, and although it is sometimes effective to go to the borderline of pain, it is counterproductive to overstep the mark. Generally, if you're causing pain, you're doing harm. The patient should not feel that he is paying you to torture him, and you should not feel like you're working yourself halfway into your grave! Sometimes the biggest people respond to light touch and sometimes the

therapists who do light touch get fantastic results. The therapists who grind on you like they're trying to break bones only cause the nerves in the fascia to cause a response and the fascia tightens more as protection. The patient is not getting better. She might be getting worse. Please don't go into the real deep, crushing, penetrating type of "deep tissue massage." I don't know who invented that idea but I think it's completely wrong.

Deep tissue massage has its place in the massage techniques world, but we're talking about moderate pressure here. I assume you're strong. We don't want to prove how strong you are. We want to improve your sensitivity and see how sensitive you can become!

We need sensitivity to the patients' needs and we must develop that artistic intuitive ability to feel the patient's discomfort, we must sense the need and find the places that cause pain. There are some "empathic" people who can feel the pain from a distance and tell you, "He still has a rib head out of place on the left side down near T5."

I knew someone who did that regularly. She also once looked at a photo and immediately said, "I HATE that guy!" and she was exactly right. He was the most difficult and obnoxious man I had ever met but from his photo wearing a white shirt and tie, clean shaven, hair combed, who could know? She knew.

To perform any of the strokes illustrated, focus your awareness on the parts of the hands you are using, but *use your body weight* to add depth to your pressure, allowing your hands to remain strong but relaxed and flexible.

Remember to remain centered and keep your weight over your feet and directly beside or above the area you're working on. On the pure mechanical level, your efficiency is simply a matter of remaining in balance and aligning the force and weight of your

body on or over the patient for best response. If you begin with that in mind, I expect the rest will take care of itself in time, without need for me to explain more.

More power is NOT better. “The trouble with you people is you don’t adjust hard enough” was spoken by an idiot who thought he was very smart. A doctor who just walked into a class I was in. He didn’t know any of us. We had never personally met him. The trouble with people like him is he doesn’t think carefully.

More depth and more forcing of the body, punishing the spine into submission is not effective. Punishing muscle and fascia into submission also is not effective. We have had many years and many practitioners prove that because most of them never did any serious thinking.

Suddenly, one little man (me) in a little village is getting over 90% of his patients well by combining massage and gentle adjusting. The patients were telling me about their bad experiences and money wasted with other Chiropractors who didn’t do massage and only, religiously, robotically beat the spine into place on a drop piece table. They didn’t think about it. They didn’t do anything to try to balance muscle. They just slammed the spine into place and then wondered why it goes back out of place so soon again. Finally, surveys were proving that about 65% of patients were getting well and the rest either get no change or get worse.

Still, no one was acknowledging the need to balance muscles around the joints. They were only thinking about bone shape, bone stress geometry, and getting poor results. Beating the spine into the correct position generally won’t help you, and it won’t help the patient. It might in one way or another put you out of business.

If you want to be a GREAT MT work with muscle and fascia with moderate pressure and light pressure, and concentrated effort

over muscles trigger points. Gently rock the joints into their correct position. Love the body. Love the patient. What you think really DOES have an effect on patient's bodies.

These patients will get well and their back pains will reduce and maybe clear up entirely. And... we haven't even begun the Back Pain Massage course yet! If you'll follow me into it, you'll become one of the best health-care providers in the city-state! No one will be able to argue with your success. They may say you didn't go to an accredited university, but they'll have to admit, YOU are getting patients well and your practice is busy every day, and that is what matters.

Advise the patient to tell you if what you're doing is comfortable or painful. If she is experiencing pain, reduce the pressure and ask, "How's that?" and she'll help you find the right pressure to do the job. After a few minutes working on other areas, come back to the painful spots and check. You may find that finally the pain is going away or is gone, even if you press and dig a little harder into that spot.

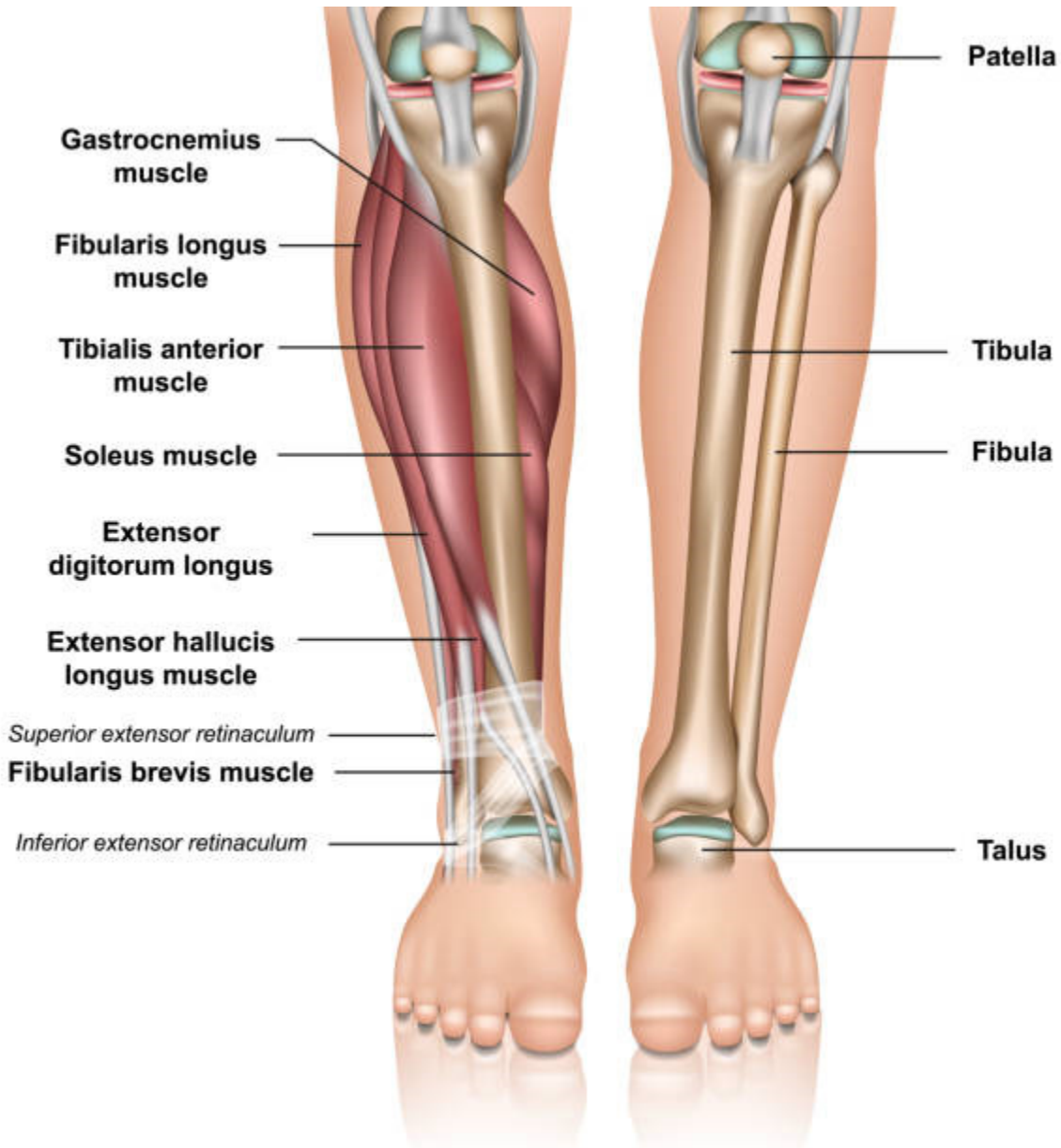
Long ago, far, far away, an elderly lady came in to see me on a Friday for her first visit. She returned Tuesday and said, "I was so painful I was gona' kill you on Saturday, but on Monday I felt really good!" I pressed her a bit too much and adjusted too much, but it did get a good result in the end.

More interesting stuff on the next pages as we chat about "Thumb Rolling."



The practitioner is working on a patient's shin and the muscle below the knee, the **tibialis anterior**. (Anterior means front, posterior means back)

Big illustration on the next page....



Thumb-rolling

Press the Thenar Eminence (the balls of your thumbs) away from you into your patient's flesh, using short deep strokes or small circles, depending where you are working. Bring one thumb down just behind the other but push on a little further with each successive stroke so that you eventually cover a fairly broad area.

You can recognize, it's easier to learn when you attach a word to a picture and even touch the named muscle or boney

prominence. I expect right now you remember where the pisiform bone is and can put a finger on it. After a little while you will have learned many of these names, can make notes about them for the next visit, and you'll be able to locate where the pain or problem was and will be able to do more to help this pained patient, or tell her, "You had a very sore area here last visit. Now the soreness is gone. We're making important progress for you."

This illustrates a **Gliding** hand over hand, heel of hands pressure movement into the fascia and muscle.



This would go well with oil on skin and you can go over that painful muscle several times. Try this gently with bent fingers so you're raking through your hair or a pet's fur to get comfortable with the arm motion, or maybe rake through the hair of someone you love. If that goes well, do a bit more on his/her back or legs.

If you have a patient wearing shorts or sweat slax and a T-shirt you can get permission, raise the shirt put a little oil on the

painful area, work it as you see in this illustration, wipe most of the oil away with paper towels or wash cloths or small towels, and you've done a good job without a big oily mess.



Push the heels of your hands gently but firmly forward into the flesh, bringing one heel down just behind the other. Cause your hands to move alternately and rhythmically. Work on getting a smooth rhythm, perhaps with two wash cloths to start on a tile floor or a hard wood floor. Wax the floor. Wax the car. Work on getting your rhythm right. Start slowly and in time the ability comes without thinking.

Fingertip Pressure Using tiny elliptical circles, push in around the joints with your fingertips. Make sure that you are moving the underlying tissue, rather than sliding over the skin surface. You'll feel bursa or ligaments and tense muscle fibers under your fingers. That's good. You're learning to identify what is going on in there.

Percussion



repeatedly with alternate hands.

Within holistic massage, percussion belongs in a category of its own as, unlike the other strokes, its movements are stimulating rather than relaxing. As its name suggests, it encompasses a range of brisk rhythmic strokes performed



These days we have electric massage guns, great until the electricity stops. However, there is a Chiropractic technique that uses a little instrument called a Lee Activator. It looks like a hand held pogo stick.



«This is a Lee Activator. I like to adjust by hand but there are doctors and patients who really like this instrument and the technique. I know how to use it and I can teach you. The Electric Massage Gun would be much better. Once you understand how to apply it you can make major changes to improve a spine without any chance of harming a patient. (How do some Chiropractors harm a patient? They adjust too hard, punishing the spine

into submission.)

Many Chiropractors have been beating spines into submission since 1910. It didn't work then and it doesn't work now. It's the wrong approach!



«This is an activator with a 2-prong attachment and the electric guns come with it too. It taps on the patient rapidly and stimulates the joint to move back into its correct location. It also reaches into small areas to work on the muscles around the joint so they will balance. The result may be

as good as you can do by hand without the heavier force, expensive tables that do all sorts of bending and twisting, and without all of the pain you experience to buy that equipment. A massage gun can ride with you and your portable table and bolsters and be a great help. I recommend them. Pack your gym bag and your table and go to visit another patient. Leave with perhaps \$100. That feels REALLY GOOD.

Combine massage, these guns and teach some stretching or yoga type exercises and you have a combination that can comfort patients and get their spines to align and be comfortable with only a monthly visit to stay well maintained. It could put You into a very good and lucrative career position. (I'm planning more and more about stretching in future. It'll be in the blog. The blog address should appear at the start and end of this book.)

You don't understand exactly how we can get you into such a good financial position yet. I promise, continue through this course and finish the Course #2, Back Pain Massage, I'm quite certain of what I'm saying.

You'll get a lot of patients feeling better and they won't stop talking about you. You'll be busy - not because you're the world's big marketer, but because you provide superb service and get

results! That is how I got 263 new patients in a year. I'll teach you to do it too.

My worst marketing mistake was buying radio station advertising. It cost a fortune and I could never prove it brought even one patient. My best move? Good location, big sign, Superb Service.

There are 9 Chiropractic clinics in Singapore and several Massage Therapists, which is nothing for a population of close to 5-million people. It's NOTHING. One of the Chiropractors advertises that she does brain scans and blood testing and nearly ANYthing other than Chiropractic. She's a "Chiro-Med." Whatever she is, she is not a Chiropractor by my definition. She may be a great practitioner and help a lot of patients, but she does not realign spines by hand. For me, she is not a Chiropractor.

In my calculation there's need for AT LEAST 20,000 "Back Pain Massage Therapists" in the greater Singapore area (based purely on numbers.) What do you think will happen (?) when you and other friends are getting people well and those patients are telling all of their friends, "Go to the ones trained by Dr. Newdell, they're all really good!" I KNOW what will happen and I want your letters telling me your experiences! PLEASE.

I'll tell you what will happen. You will all – as a community of practitioners – create a market and a profession supporting one another and the public will LOVE you!

I knew three chiropractors in houses on the same street near one another and they all were busy. I've known two dental clinics one across the street from the other and they were busy. Being near one another or near medical offices is not a bad placement. It can be a very good placement for you. Even being on a street full of medical doctors leading to a hospital can be excellent for you. Medical doctors may refer patients to you and share the case. They'll check for bone diseases and dispense medication for pain

and swelling. You get the muscles balanced and the spine will realign. You care for patients that seem in terrible condition to a surgeon and he'll think you're doing what he once was sure was impossible.

You are NOT going to be an average, ordinary Massage Therapist. You will be FAR Superior to those.

You'll earn more honest money than you've ever earned in your life, and wherever you go people will remember your name and say "hello" to you. It's a very good career position. Sometimes people write to me via Face Book and still thank me for what I did for them in 1980! Obviously, some remember and want to say, "I was crippled and you rescued my life!" It's really good to hear that. I want you to hear it too.

Please forgive me for combining business discussions and general conversation with technical work in this chapter. I know it's not the formal and usual way text book writers work, but it seems to make good sense to me. I'm filling in the blanks before you continue. You can see there are many ways to make a very good living in many different locations, starting from nearly nothing and growing from there.



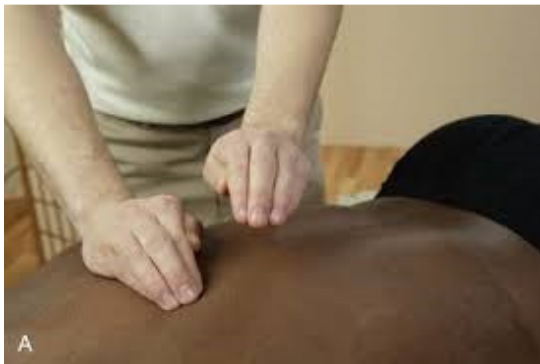
This Tapotement or tapping: You might want to teach yourself to use two timpani mallets (same model in each hand) and gently "drum" along the area you want to stimulate. With a few minutes practice twice daily you'll develop very good skill, again starting slowly and going faster. You'll be able to "thump" the muscle hard or soft or softer. No electricity is required and I think you'll get a good result. Remember, I'm a drummer. I'll do more experimentation with this and come up with more instructions and perhaps offer the right length and covering for

this purpose for sale. Write back, please and let me know if you're interested in learning this technique.



Holding mallets works best if you'll hold them between the thumb and forefinger pads, and the last three fingers push and clasp and release about an inch back and forth moving the mallet end quickly. There can be a little wrist action but not very

much is required..



Cupping is noisy to apply, I'm a bit embarrassed to make the noise, and that's why I suggest the mallets will probably be a better choice for us. This is non-traditional but worth trying. I'll make a video demonstrating and teaching this. You don't see it much.

Percussion (Tapotement) is in a genre of its own. For me it fits in there with hot stones and moxibustion (hot glass sucking on skin) and aroma therapy and various other odd therapies. I don't know much about them and I don't teach them. I have used the activator instrument and the massage guns and a bigger machine called a Thumper that also does that sort of thumping on myself and on patients and it got good results. I like it. I got to develop different hand positions and became an expert with the Thumper but now I would prefer the massage gun.

Some use a vacuum pump like a moxibustion cup to lift the oiled skin as they move the cup over it. Interesting. I haven't tried it, and wonder if in the end it's any better than just kneading and gripping with your hands.

Within holistic massage, percussion belongs in a category of its own as, unlike the other strokes, its movements are stimulating rather than relaxing. As its name suggests, it encompasses a range of brisk rhythmic strokes performed repeatedly with alternate hands. Cupping is fairly noisy to apply; hacking, pummeling, and plucking are quieter. (I'm not sure I want people telling their friends, "I was plucked, pummeled and hacked...")

The main value of percussion is to stimulate the soft-tissue areas, such as thighs and buttocks, toning the skin and improving the circulation. Before trying the strokes out on a patient, practice them on your own leg. Make sure that your hands are relaxed and your wrists loose before you start, and experiment with different speeds and pressures. Percussion is not always appropriate.

If what we want is stimulation, I think it can be done with exercise or a gentle scrubbing/wringing using a kneading stroke. Lay a terrycloth towel on the patient's skin if it's bare and give it a rubbing. If she's wearing her clothing that's better. I'd try about 10-seconds over each area you think needs stimulation of alternate rubbing (left hand ahead, right hand back, back and forth). Do this over big muscles only, mostly legs, buttocks, quadratus lumborum and other back muscles. (ohhh, my word, never over breasts or genitals).

Perhaps around a knee or elbow and cross-fiber over forearms, to help get the muscles there working well, and perhaps over deltoid muscles (shoulder) and upper back around the scapula (shoulder blade). That' will help a lot. Such movement probably has been done by friends helping friends since before the start of recorded history. Try it on yourself and it won't take you long to realize what works and what won't and where.

I just don't do any massage there because it can be sensitive to pain. Many have digestive/colon problems and massaging over the colon will make them uncomfortable.

I don't do much of anything around the abdomen from below the rib cage down to the pubis and genitals. You can of course if you understand sexual massage but that's later in this course series, and not intended for paying patients. I concentrate on what affects the spine. The abdominal muscles certainly do but stretching usually releases those problems quickly. You CAN get into the Psoas Major muscles with a deep pressure. It's not really pleasant but it does have a good effect, especially if you push deep enough to reach a trigger point and then rub in small circles while the patient moves her leg a bit to lengthen and shorten the psoas.

Sexual massage, in my view, is intended for your one and only lover, or the final one you settle with for the rest of your life. Not in your private health-care practice, please.

You can call me "old fashioned" and "behind the times" until you get your heart broken and then you might say, "He was right. We all should settle and make the decision to stay with one lover. You know, the more you run around from lover to lover the more miserable you'll make yourself. Don't you have enough trouble already? I'm trying to help you earn a fortune and dig your way out of your troubles. Let's not make them worse.

It's my opinion here, but keeping your emotional health in good order makes for a healthier practice too. Getting your emotional upsets connected to your patient traffic is a recipe for disaster.

This entire "I love you" and "Let's be married" concept is a decision we make and decide to keep every day. You mix a little hormone into it and you think, "Oh, I'm in love with her/him."

The advertising with a picture of a ring in a presentation box and the “marry me” on one knee is nonsense for Disney child movies. We Don't Buy A Wife! It's a serious decision and should be approached very cautiously. I've met too many divorced men who say, “I was thinking with the little head instead of the big head.” Follow your logic, not your lustful desires.

Marriage is a decision every morning to stay and be faithful and honest to your wife and your family. Health care work is a daily decision to be dedicated to your patients and your life career. Life already has enough problems. Don't jump out of the frying pan into the fire. Don't create even more problems for yourself by flirting with patients.

I guess everyone goes through some lusty temptation, but it's wise to avoid all of it and determine to yourself that you'll remain settled. Don't get involved with other patients or non-patients who simply look good. Good looks, sadly, can hide a multitude of sins and diseases. A pretty girl can mess up a man's entire life in under 20-minutes. Don't get involved with that! You may have heard this from elder relatives. Their wisdom is/was not exclusively for their time. It's timeless and highly respectable.

This is not the sort of discussion that goes on in health-care college. It should be included. Ignoring the subject is a mistake. A venerable relative is a treasure. Remember they were young and cute like you once too. They suffered and worked hard and deserve the respect, and your friendship and conversation. You have no idea how much they can teach you AFTER you prove that you sincerely want to learn.

There are several techniques for gently banging, beating, and otherwise pummeling the flesh. I don't advocate by hand hacking, cupping or gently beating with fists. You can try it and see if you like it. It's not something I did in practice



This is called Plucking.

I suspect this sort of lifting with hands is equal to moxibustion without all the candles, and cups, and oil and problems.

Some Massage Therapists advocate this as a way to get flesh to loosen up and relax or stimulate blood and lymph flow. I do it sometimes mostly on myself and it's good for you to try and work with it.

To do it, alternately pluck or pinch small bunches of flesh between your thumbs and fingertips. The flesh should slip easily away between the fingers with each plucking stroke.

Remember to do this only a short time. Don't wear your hands out with it, for fear of developing repetitive motion syndrome. A few seconds here and there mixed with kneading/rubbing movement is a good combination.

Presently nearly everyone massages the back first and then they massage the buttocks, and back of legs, perhaps do a bit of reflexology on the feet, turn the patient over and massage the

scalp, face, neck, shoulders, arms, and hands, then down the front of the body to the feet. This is a relaxing luxury beauty massage and really is generally not intended for specific healing.

NECK FIRST AND WHY

In other massage studios, the patient might come one day for neck, and upper back pain, another day for back pain, another day for low back, buttock and leg pain, or the athlete comes in because she really overworked, perhaps even injured her hands and forearms. The practitioner will work on the area of complaint. There's nothing wrong with that, but I think once you get into the Back Pain Course, you'll see the benefit of starting seated at the head of the table to massage her neck first, then turn her over and work briefly on legs and buttocks especially Gluteus Medius, Piriformis and so on -- in that area between the femur head and the sacrum and Posterior Superior Iliac Crest. This is a major key to getting the low back to restore itself to normal motion and position.

I'm going to cover the TRADITIONAL BASIC Classic massage sequence. Again, it's tradition because it works to cover everything and get patients well, but it's a 90-minute experience. If the patient wants that, tell him/her what you charge for it and if she agrees, and it fits your schedule, go to work on her.

This is for basic over all body comforting and relaxation for your loving partner or for a patient who just wants to be over-all relaxed and thinking, "Maybe a general massage will help me get rid of my back aches and headaches." He's right, it will!

When I teach Back Pain Massage Course #2, I'll discuss further this *neck and buttocks areas first* sequence, for reasons related to nervous system physiology. When you understand that and see the results, you'll know why I talk about it so much.

The Traditional Massage Sequence

When learning massage, it will help you to understand and memorize the sequence of strokes so you will see how it is ordered.

Start by massaging the back of the body, working down from head to feet, then request the patient turn over and massage the front of the body, once again working down from the top. The sequence is made up of seven distinct areas – two on the back of the body, five on the front, ending with connecting the whole body. But no matter which area you are working on, you follow roughly the same order of strokes.

If you're using Oil: First oil the part of the body you'll work on, then work from lighter, broader strokes to the deeper, more specific ones, ending once more with lighter ones.

A full massage affects many body systems, including the lymphatic and venous circulation, the nervous system, and the “subtle” energies.

Traditional massage works “toward the heart,” to aid the venous circulation, but since we are interested here in relaxing and balancing a wide range of processes, our sequence of strokes adheres to this rule only where it is particularly appropriate. On the arms and legs, for example, you use firmer strokes toward the heart and lighter ones away from it, to assist the flow of blood back to the heart.

Cautionary Note: There are certain conditions in which massage is contraindicated. These include: skin eruptions, such as boils; infectious skin conditions, such as herpes or scabies;

(Scabies was cured with a product sold in drugstores called KWELL. What is the generic name of Kwell? /// The treatment's most recognizable brand name has been Kwell, though it is no longer manufactured under that name. Generically, it is known as **lindane**. And though it comes in lotion and shampoo form, lindane is actually a very strong pesticide. Jun 18, 1994 For years it was the most commonly prescribed treatment for two of the most vexing and distasteful problems of childhood, head lice and scabies. The treatment's most recognizable brand name has been Kwell, though it is no longer manufactured under that name. Generically, it is known as lindane. And though it comes in lotion and shampoo form, lindane is actually a very strong pesticide. **HOWEVER**, Lindane can attack and permanently damage the central nervous system. Your medical doctor can provide an alternative by prescription.

Permethrin is a prescription cream used to treat scabies. It's also available in a lower strength as an over-the-counter lotion and is used to treat head lice.)

large bruises; burns of any type from any source, varicose veins; fever; areas of swelling or inflammation; recent scar tissue; tumors or any undiagnosed lumps; and cardiovascular problems, such as thrombosis or phlebitis. In these cases, you would not work directly over the site of the problem. But you don't have to avoid massage altogether. Gentle work on unaffected areas of the body can be very soothing and comforting.

Some medical doctors have a blanket rule that is "no massage if you're sick;" but my personal experience is, the patient with a slight fever or a bad cold for examples, is comforted and improves rapidly with massage. I should also add that often 2 cloves of garlic chewed and swallowed chased with hot tea will cure many problems because it contains hundreds of anti-biotic and anti-viral compounds. If you think you have C-19 or something related add to this Naproxen Sodium, (an over-the-counter muscle pain reliever.) A French lab discovered Naproxen will stop the replication of viruses. I had C-19 and a C-19 variant and got rid of both quickly using these two and resting. The 2nd time I used more vitamin D but can't prove it did much to speed the recovery.

Illness and recovery after massage and neck spinal realignment is even more pronounced with babies and small children. A child with a neck misalignment may appear to be near death with an unexplained illness. After a massage, including considerable attention to his/her neck, she'll be up and better in hours or overnight after some sleep. I have adjusted a 7-year-old who was sick, febrile and unable to sleep for several days. She fell asleep immediately and woke up feeling well. I did this after hearing many Chiropractors tell similar stories.

I know a beautiful 24-year-old woman who is deaf and mute. I suspect it may be she had her occipital condyle, C1 and C2 misaligned during birth assisting the birth with forceps and no one knew or paid any attention to that possibility. Now she's likely stuck with her problem for the rest of her life. It grieves me.

The medical doctors don't know. Her mother thinks the Medical Doctors are gods on earth and won't even consider any other sort of therapist. That young woman will be without a husband and without a normal education and a normal life until she dies because of the sort of television brain-washing that is offered as "advertising" and "health advice."

I will end the discussion with this. The medical doctors will say they are the only acceptable authorities. I took in an average of 4300 patient visits PER YEAR, between age 28 and 50, and I got people well AFTER they failed to improve at the hands of other local Chiropractors and medical physicians. Now I'm a horrid old man with no interest in being diplomatic. I got people well after others failed. That's all I care about!

If you are unsure whether or not massage is appropriate, you can always call a medical doctor and hear his/her opinion. Just remember this. The MD's have no experience or training in your work, so they're not qualified to judge you. They also are not car mechanics or chefs and should mind their *own* business.

Start with getting the patient comfortable and oil the area you're going to work on.



Most Modern Therapists Begin Massage With The Back and Neck, I think partly to get the patient comfortable with the touch of this stranger-therapist.

1) We're applying oil assuming working on bare skin. Put a little oil into your palm and rub palms together to warm the oil.

I like to begin with wide spread warm hands on the low back and spread the oil up along either side of the spine in one long, warming, comforting, confident motion. **Don't be timid!** The patient feels fear and timidity and it's very unpleasant.

Just run your hands with about the weight of a full coffee cup's pressure over her back spreading the oil from her towel edge up to her upper trapezius. Give the traps a gentle squeeze and slowly move hands away from the spine along the upper traps and down her back.

If you need more oil, for the new patient just say, “I’m getting more oil.” Dip your fingertips into your wok or heavy bowl, and continue.



Resort hotel on Boracay Island, Philippines

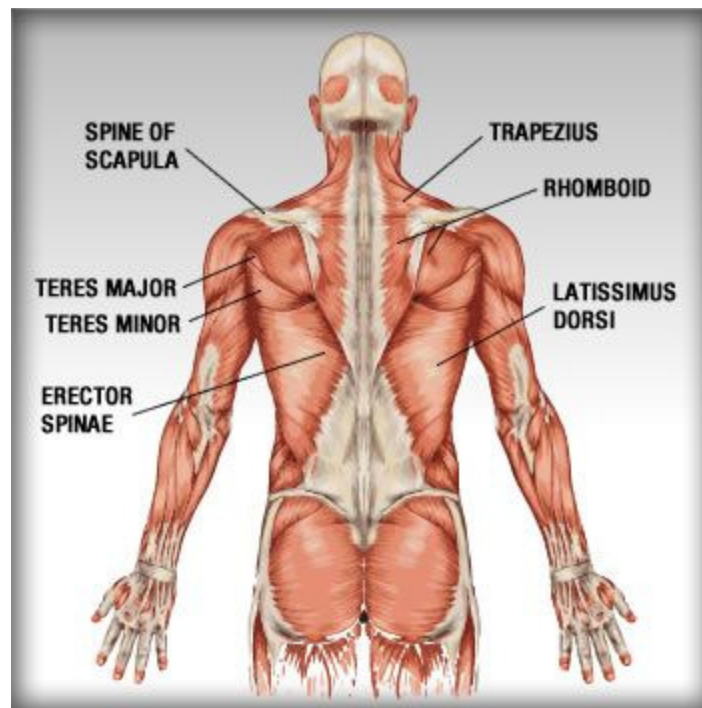
I know, most of the videos show someone using a plastic pump bottle for oil. These people could suck the romance out of a honeymoon on Boracay Island. I still like a heavy bowl or a big wok, or even a big wide frying pan. This wok with a couple of rolled towels around it isn’t going anywhere. If it’s on a bedside table it’ll be just fine. On many beds they are firm enough it won’t move there either. You could put a tray down and the wok on the tray, or a ¼” piece of plywood and the wok on that. This is a very quick, cheap and convenient way to do a better job. I don’t like pump bottles.



2) Work broadly over the whole area, giving a general gentle rubbing,

then concentrating on smaller portions in turn:

- the upper back,
- then the shoulder-blades (scapula) and under them (the rhomboid muscles)
- and then work down the spine working on the erector spinae group and finally the broad Quadratus Lumborum muscles of the lower back,
- then the buttocks and sides of the torso;
- and come back to the spine and work with more concentration on either side of the spine up the left down the right and then up the right and then down the left, doing some Swedish movements as I showed you with the circle's illustration earlier,
- and then the body/rib sides and
- particularly the area below the arms Teres muscles and the Latissimus Dorsi.





QL stands for Quadratus Lumborum and we're really talking about massage across the entire area of the low back. You can press harder into the QL (as labeled) with the heels of your hands or even the flatter part of your bent elbows.

One elbow does the pushing the other hand guides the movement. Your lats and teres are pushing the elbow down into the patient's body to dig into those QL muscles, and the other muscles beside the QL. Actually, most muscles intertwine so they look more like braided rope. The illustrations show what you may find it impossible to feel.

This next photo also is an illustration of QL.



This muscle stabilizes the lumbar spine, helps with lifting, works with your every step to keep you stable, balanced, and upright. It's involved in twisting motions and side to side bending. It works hard for us all the time and often needs some attention.

I've used these illustrations to again help you find the muscle names and get more familiar with the professional jargon.

I'm grabbing pictures from Google. If they're out there among the odd millions of photos, I take the legal position that Google gave them to the world, and if they're a little fuzzy, please forgive me, and go to Google and snoop around more on your own. That's a very good way to learn more anatomy and read more about physiology. There are entire college course materials there.

If you're not learning these names, it is because you're telling yourself, "I can't learn this," which is nonsense. Of course, you can. Just look at it and say it. After a while the names and shapes stay in your mind.

LOOK HERE to hear pronunciations of nearly any medical term you'll ever run into.

<https://www.msmanuals.com/home/pronunciations> If you know the terminology you'll learn better, faster, remember forever, and you'll realize about 80% of anything you want to learn is hiding in the word meanings.

I can take you into a room with 24 other Chinese people and to me they're all strangers but to you, you remember all of their faces and details of their faces and names. How did you learn that? You did it because you wanted to learn them, and exactly "how" you probably don't know. I can show you a map of your surrounding nations and soon you'll tell me the names of places, rivers, capitals, cities.... if you can do that you can learn names of a few muscles and bone parts. Just decide to put in a minute a few times each day and soon you'll know the names. You'll be massaging it and telling yourself, *I'm massaging terries major* soon enough.

I pause to wonder how many lusty young women have massaged a muscular man and named the muscles as they were rubbing? Ahem, probably not many.

You can keep the buttocks covered if you're doing oil on skin massage, or uncovered if this patient is the love of your life. You can also do just as well while she's covered with a towel or gown or gym shorts, blue jeans, sweat slacks, or ballet tights, or anything else. These days some American women are not the least bit embarrassed about wandering along a beach naked, or "dressed in dental floss," or body paint, so there's no telling really what the patient will choose to wear.

There's no telling what they might use to cover themselves. My opinion is that Creator of The Universe is none too pleased and this is not going to end with everyone happy.

2. Back of Legs

Work on the back of the patient's legs after going over the gluteal muscles.

Begin by oiling them both together (unless you are using towels, when you oil one leg at a time, wipe the excess oil off, when finished with the right leg, work on the left).

The Feet work like a generator, the Brain works like a battery. With the patient face down bend a knee and press it into the foot for 30 seconds,



then lift the foot, work on it digging into the painful points and into the bony areas with a thumb or press into the foot with an

implement you can hold. With the foot about level with the table or floor you can hold it to your chest or abdomen and work on it with your thumb, knuckles, elbow or any sort of instrument (something like this) to press into sore spots and do small circles there for about 10-seconds for each sore spot.

Even a comfortably large stone with a rounded point will do a very helpful job and relieve your thumb of the work.



I think working on feet while the patient is prone is much more efficient for you. Maybe wash and towel them first, just to give superb service. Go to the beach and find a magic rock.



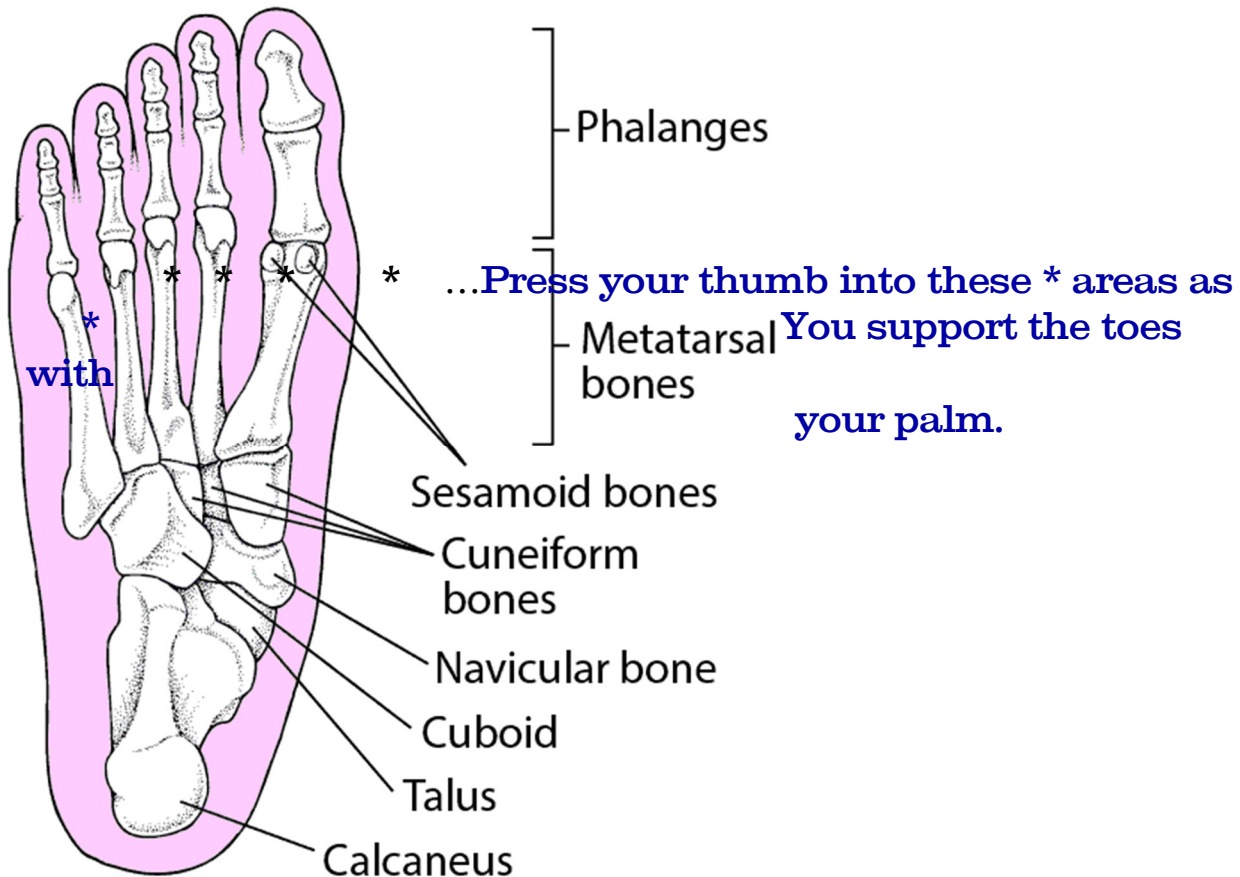
So many patients want someone to help work on their feet. Why not you as part of the over-all service?



Holding her foot this way put a palm behind the toes (over the top of the foot) and press your thumb into the joint which you can feel where it bends, just about where you see this woman's right thumb nail. Slip down toward the heel a $\frac{1}{4}$ inch

and push with the thumb as you raise the toe toward you, and you may feel the joint click as it slips into place.

Break time for a story here:



These are easy to find even if you don't know their names. They all tend to fall toward the floor. By the time we're age 40, about 80% of us have problems with "flat feet" or "fallen arches."

A woman patient came in and said, "A wooden shipping pallet fell onto my foot. The foot doctor won't touch it. No one knows what to do for me. A friend told me to see you."

In one or two minutes I had that problem straightened out, she immediately felt better. I told her, "I don't know what to charge for this. Is \$20 fair?" she nearly hugged me. "Yes, it's fair. I thought it was going to be surgery or I'd be disabled." Now do you see how valuable YOU are? Never doubt it. Don't go around

telling yourself you're inferior to others. You'll soon graduate this course and the next, and with constant practice and video reviews, you'll become well-to-do and locally famous.



I taught her how to cross one foot over her knee somewhat like this, and work on the foot herself hereafter and she went away happy. I haven't heard from her since. But I'll tell you, that sort of performance gets a patient telling more friends to visit YOU.

Do patients want a practitioner who does brain scans and blood lab work-ups or do they want to be fixed NOW?

YEAH, that's what I thought you'd say.

3. Massage Shoulders, Neck and Scalp

On the front of the body, begin with the shoulders, working on both front and back at once. Next, turning the head to one side work on the front of the neck from the jaw down gently with flat fingers and big circular motion, then do each shoulder separately.



Then stand beside the head of the table and bending from the hips complete this area by massaging all over the scalp with your fingertips, get to the behind the ears, slipping off the bone behind your ear, massage there and then behind C1 (Atlas) and C2

(Axis) 'C' stands for Cervical.

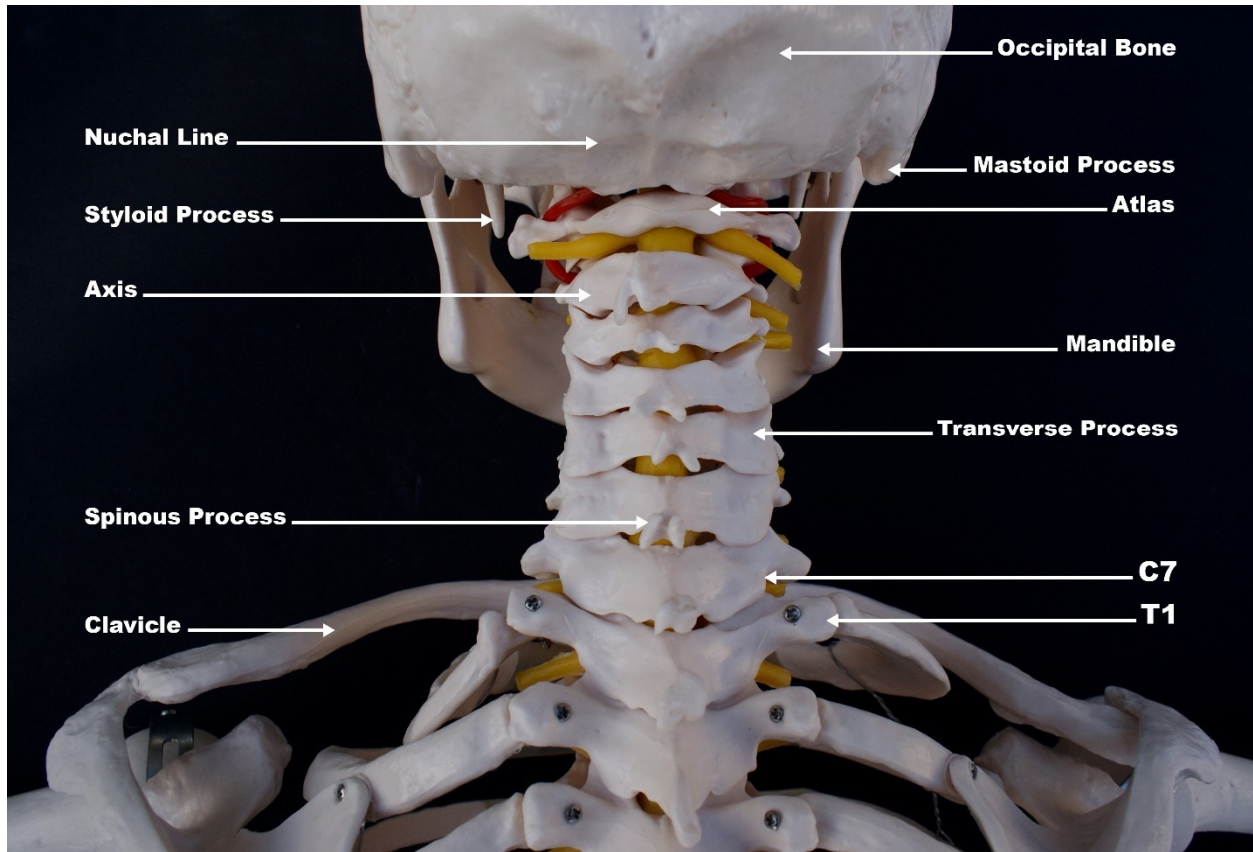


Cervical means neck. Cervix is the neck of the uterus. Cervical vertebra are the bones of the neck. You would look a bit like this photo but standing closer to her head so you can massage the scalp comfortably.



Or turn around so your butt faces her feet and bend over to work on her scalp that way. Your hands end up something like this.

Next page: Note well Mastoid process, Atlas, Axis, transverse and spinus processes



I'm not attempting to train you on paper to adjust the bones of the cervical spine, but you can massage using that right and left intersecting circles motion I showed you earlier.

After you have massaged the muscles around the lowest part of the back of her neck (C7 - T2) work up. You can also wiggle the head side to side a little. See this video. It's all of 1:14 1 minute and 14 seconds. What I want you to do for the patient is during massage gently encourage movement of this "head slide" as the woman is doing here.

She's here at YouTube:

<https://www.youtube.com/watch?v=BH7fIPEPvoY> Please give a thumbs up so the video remains for others to see!!! This is very hard to find. How to Do a Head Slide | Belly Dancing 671,481 views May 19, 2011





You'll move the head from side to side as this woman does and massage the sides of the neck as you do this motion. This is

especially useful for problems at the top of the neck (2nd Cervical vertebra.)



This is a completely different motion compared to rotating. You can massage from the side of her neck and with one hand under her head move the head to the side slowly, gently while massaging, and then move back, and then switch hands and do the movement to the other side, so you're covering movement to right and to left.

You can also turn the head and rub small circles up and down the back of her neck each side close to the bumps in the back which are the Spinus Processes you've seen in other illustrations. Typically, cervical all cervical spinus process are bifid.



Think a moment; What is right and wrong about this picture?

The Cervical Region

<https://www.sciencedirect.com/topics/medicine-and-dentistry/spinous-process>

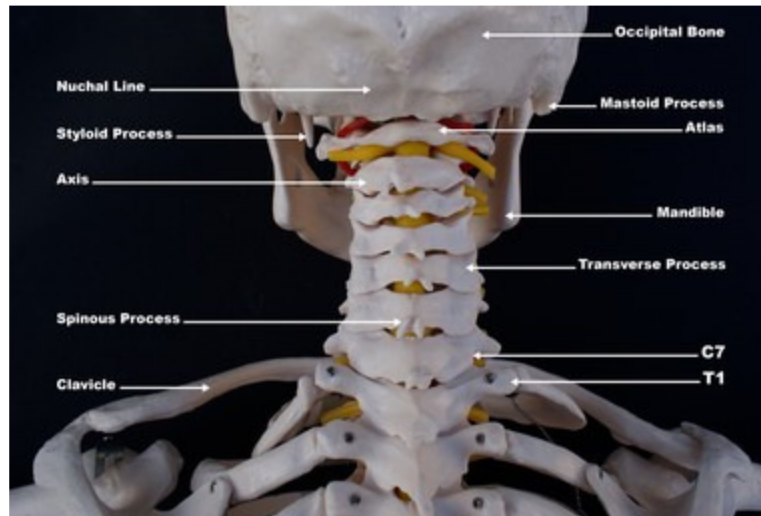
Gregory D. Cramer, in Clinical Anatomy of the Spine, Spinal Cord, and Ans (Third Edition), 2014

Spinous Process

The spinous process of a typical cervical vertebra is short and bifid posteriorly. It is bifid because it develops from two separate secondary centers of ossification. This morphology is unique to cervical spinous processes. The “terminal tubercles” of the bifid spinous process are frequently of unequal size and allow for attachment of the ligamentum nuchae (Standring et al., 2008) and many of the deep extensor muscles of

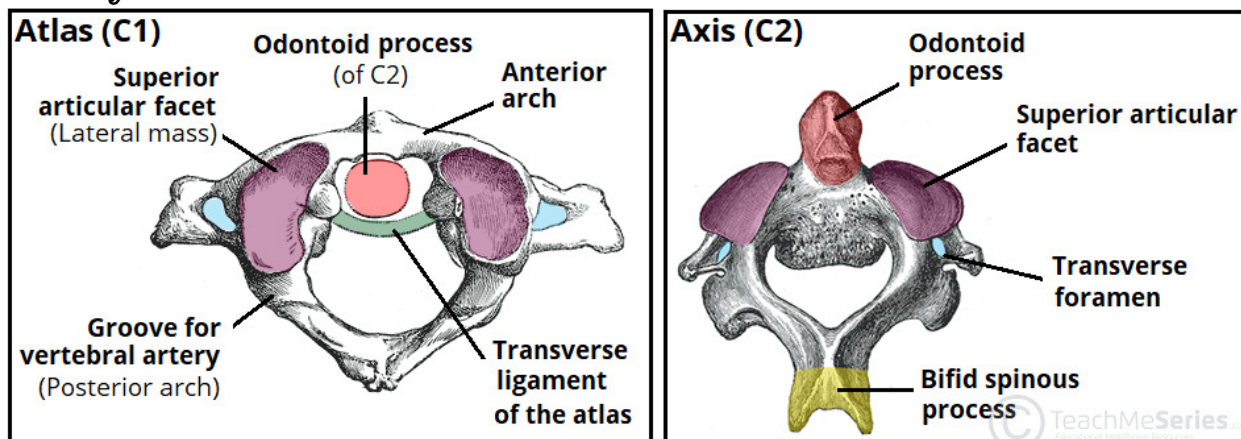
the spine (semispinalis thoracis and cervicis, multifidi cervicis, spinalis cervicis, and interspinalis cervicis muscles).

Cervical spinous processes, as with spinous processes throughout the spine, may deviate from the midline, making the determination of structural defects, fractures, and dislocations more challenging (Standring et al., 2008). The length of the spinous processes decreases from C2 to C4 and then increases from C4 to C7 (Panjabi et al., 1991).



C2, the Axis has a forked or **Bifid spinus process** and you may feel two irregular bumps. This may confuse you a bit but with massage you can't adjust the wrong direction so there's no chance of doing any harm.

Here you can see C1 and C2



The Superior articular facet of the

Atlas supports a similar shape on
The base of the skull. This is the “Occipital Condyle.”



The Occiput is the big bone on the lower back of the skull shown here in green.

In the Back Pain Massage Course, I’ll reveal the big deep dark secret about why this area is so extremely important, and can turn you from “just another masseur or masseuse” into a back pain therapist that Gets Long

Term Results.

We want everyone you know to be saying, “He/she HEALS People! Wow! He really gets good results.

I lately had a patient who was in a beauty salon chair with her head leaned back over the sink. After weeks of neck pain and headaches, she called me and I did what I’m teaching here. Her son chatted with me on Face Book and said, she thinks I performed a miracle.

Well, right at this moment in my life, I was thankful to help them and thankful that her American husband overpaid me. He knew what he was doing. He folded two big bills and handed them to me and said, “Don’t look, just put it into your wallet.”

I went home feeling like I did a good job and thankful for the extra income. I’m teaching you how to get the results all the other massage therapists are missing.

Continuing our front of body massage: I’d recommend working on the neck and massage the scalp for 2 minutes, then start at the forehead and travel down to the chin, working outward from the center to the sides. The eyes, nose, jaw muscles and ears all receive special attention.

Arms and Hands Each arm is massaged separately. As on the leg, you first work up the limb, draining it, then knead down it again, ending by massaging the wrist and hand.

Remembering the homunculus, I showed earlier you know how sensitive and important hands and feet are. If YOU know, but all the other massage therapists in your area do not, then you can talk about it, and be known for your work in that local community. People will remember that you pay attention to getting the patient feeling better with regular weekly or monthly massage, especially for back, hands and feet, and facials.

Yes, I have seen MT's (Massage Therapists) working in a beauty salon and making a good living in that location. They rent the space and women come to one of 3 or 4 ladies doing beauty and hair work. There is that one MT available. If you are that MT, it won't be long before you're busy. This is an excellent position for a woman MT. In that environment the women visiting often do want to chat a bit more before you get working on them. You'll have to decide about that. I've never been much for "small talk," so I can't advise you about that very well.

Some say for healing you don't talk much. Others are massaging and conversing and that's what they both want. If the patient is happy and paying, give her what she wants.

What would I know about beauty shop operators? Nothing! Years ago, I had a friend beautician and I went to her for haircuts. One day a woman got done after all the hair and nails, nail jewelry, designs printed on the nails, and skin and tanning treatment.

She paid over \$100 for the treatment and they agreed she would be back in 10-days. (That would be about \$200 or more in Singapore today.) I was quietly stunned. Women pay that much for beauty treatments? Apparently, in a prosperous city like Singapore there's an opportunity for you, and real money to be earned.

Massage Front of Torso After focusing on the ribcage and sides of the torso, move down to circle around the abdomen, then work up from the belly in long sweeping strokes.

Usually, massage therapists are seen doing massage with the woman's breasts covered. However, women are concerned nowadays more than ever about breast cancer and milk duct blockages. I'll include massage videos about breast massage. It's not just for sex play. It's important to keep all women healthy and if you're a woman you have an advantage. This can be an important service to offer in your private practice.

It's definitely one of several services you can advertise on posters or cards. I suggest this should be offered by women only. As for delicate issues like how to examine yourself for lumps in the breast, give her a copy of an article and let her learn from there.

Everyone is different. Some women don't want that, especially from a man, unless he is her lover. Others are comfortable and happy to have their breasts massaged and there are many techniques from China, India, Japan, Thailand and they all see benefit in doing it.

The Sensual Massage Course will cover some of this. You can offer this service on paper and it can be in a menu of special massage services with other information in a loose-leaf notebook all wrapped neatly in clear plastic. You don't have to speak about it, which might cause embarrassment. Just let the patients read and if that's what the woman wants, she'll tell you. She might say, "Please include breast massage. I'll pay you for it." You can just matter-of-factly say, "Yes Mad 'am, Thank You" and continue your routine reaching the breasts at the appropriate time. "I can add a skin care treatment for these stretch marks on your bust. Will that be alright?" She says, "Yes, of course!" and you just continue working and earning.

I have at least one big article about breast health at my website. Look on this page <https://sgshopper.me/health-articles/> and go down the list to number 44. That links to the article. You can print it and include it in your materials in the waiting room and add to it that you do massage to improve the patient's appearance and help her maintain good health. She got a lot of information and you might get a few patients who want your help with this concern. We can help one another. Please include the internet address <https://sgshopper.me/health-articles/>

All of my students here will be offered a discounted price for advertising in Singapore Shopper Magazine. I have started it, but it is intended that the magazine become a community effort. Young journalism students and photographers might be welcomed to add articles about what's new and interesting about town. New businesses, weddings, graduations, other news is all of interest. I want to open the magazine to those who want to participate and have their writing seen.

Front of Legs As you would do on the back of the legs, once you have applied oil, you work up the front of the leg to drain it, circling the kneecap on the way, then knead down the leg again, and end on the foot.

Connecting Finally, you link all the parts of the body - either by using long "connecting" strokes or by resting your hands briefly on two separate parts as for a good example, rest your one hand on the back of her head and the other on her sacrum and rest there for 30-seconds then ever so slowly lift your hands as if they're floating, and tell her, "I think we have done enough for today. Rest 2 minutes before you get up and let's arrange another visit before you go."

The patient knows you're done and she's expected to leave, so you can go to the next patient. You can fit in, when she should come back or say nothing about that and let her decide when she wants to return.

Don't have the wrong impression. I LIKE massaging with oil when working on the woman I love. I don't like it in clinical practice for 18 even sometimes 21 patients per day.

I have worked for other Chiropractors when they took a vacation and I still needed to open a clinic. In that situation I saw about 60-patients per day but there was no massage. It was more of the style they used which was adjusting the spine only.

I am a strong advocate for massaging patients dressed in a T-shirt and sweat slacks. However, it's my duty to also discuss...

Towels and Padding

When receiving a massage, there is nothing more comforting and luxurious than having a soft, warmed towel gently placed over your body. In a professional session, towels are always used to cover the parts of the body not being worked on, for the sake of both privacy and to stay warm, particularly from beyond 10 degrees north or south of the equator.

Practicing at home, such elaborate towel technique is generally unnecessary, although patients or friends will often relax more deeply if only half the body is exposed at a time. But it is well worth learning how best to arrange towels, both for occasions when you have a friend who feels shy about remaining uncovered, and when you are massaging someone older or frailer, who may feel the cold more. You will need two bath towels, which you should preferably warm before use by putting them over a radiator. If you don't have a radiator a hair blower over the towel quickly will warm it.

You should also have a smaller hand towel available, to use for women who prefer to have their breasts covered while you massage the front of the torso.

Like towels, judiciously placed pillows or cushions add extra comfort and help those receiving massage to relax and let go. They are less important for patients who are younger or more flexible but, when working with people with lower back problems, support under the knees is essential.

The Basic Towel Sequence Within professional massage, the principle of towel arranging is very simple: you uncover only the part of the patient's body that you are going to massage next, leaving the rest covered. Once you have finished working on an area, you cover it once more with a towel. The way you move, arrange, and fold back the towels require the same sensitivity and awareness you bring to the whole massage, so be sure to avoid throwing them carelessly over the patient's body or suddenly pulling them off.

On these two pages, we show you the precise techniques for neatly covering or uncovering the various areas of the body, following the basic massage sequence. When working at home, just incorporate those techniques that you find most helpful - you don't need to learn and apply them all at this stage.



- I'm duty bound to explain this with photos, but I will remind you, I ran a practice for many years and patients wore their clothing. I massaged through the clothing.
- Massaging through clothing is much faster,
- There are no modesty factor concerns.
- The patient is sufficiently warm
- There's no oil necessary in most cases
- There's no cleaning up to be concerned about.

I think sweat pants and a T-shirt are the ideal clothing to wear for a massage. You'll decide for yourself.



(Vinyl is made from petroleum oil. When you get oil on vinyl you must wash it off with dish detergent and water. If you don't, the oil bonds with the vinyl chemistry and the vinyl gets brittle, breaks up and you have to reupholster your table. You could use cloth upholstery but then there's a cleaning problem to tolerate. Also, as a Chiropractor I have to move the patient, lift his/her hips and slide this person to the right position so I can hold his leg and hips to the table while I adjust the Sacro-Iliac articulation. Vinyl allows the patient to slide.

Cloth does not. If you're building your own table, you need a vinyl that has some drag to hold the patient from sliding so much that you have problems. Very slippery vinyl is worse than "sticky" cloth upholstery.

I used paper towels for head rest paper and sometimes I used small cloth hand towels. For me to see 18 patients/day with all of that laundry would be almost going into the laundry business. That's why I recommend against massage with oil in a clinical setting for backpain massage.

If you do oil massage you should expect to be telling patients you must charge \$100/hour and even then, you cannot earn what you could if they wear their clothing or carry in something from work to change into. The woman arrives wearing business clothing, hangs that up and puts on sweat slacks and a T-shirt and after 20-minutes her treatment is finished, she pays the

receptionist (If you have one) and she leaves.) That's what was in my clinic. Unfortunately, too many did not pay, they left and built up a big bill of repeated visits and never paid. I finally decided, we must put a stop to this thievery. Request payment before you begin and just say, "That's company policy developed after a lot bitter loss." If they don't want to pay then they don't need your care. Just say, "I'm sorry, really, I like you and I want you as a patient, but I can't afford to work for free and too many people have forced me to make this policy."

Some days there's a 2- or 3-hour lull in the afternoon when you have no traffic and then at 3 or 4 PM you're busy non-stop until 5:30 or 6 PM! To accommodate this and make the sort of money I know you CAN earn, you have to make compensations.

Some people have hives or something, some are simply modest, or cold. Wearing their clothing deletes all of those issues instantly. Many have never had a massage because they are afraid, they will be embarrassed seen naked before a stranger. I had a lot of teenagers (both genders) visiting. You can't ask a 16-year-old girl to remove her clothing! Even the ones who have had boys in class come to warm their bed since age 14 are still going to be uncomfortable with that in a massage therapy clinic. That's why clothing is good for your reputation and good for business.

I had a portable table and was invited to come to two Chinese Restaurants after 7PM. The owners and their family wanted help from me but had no time to leave their restaurant and come to visit me at my clinic. Keeping them dressed made all of this possible and there were no questions asked.

It's your choice. From my experience, the choice is obvious. In fact, there's an advantage for marketing too.



I could be inclined to buy a lot of wholesale sweat clothing and give a pair of slacks and a T-shirt or sweat-shirt to each patient who has come in 2 or 3 visits and plans to continue doing so. The T-shirt should have your name and “Pain Relief Massage *wearing* what you see now.” Printed on it and your phone number. You’ll get a pile of patients just because they know they can see you and remain covered.

Is it worth the cost? Alibaba will sell 80 pieces printed for about \$11 for each 2-piece set printed with a message or logo. Advertising in most magazines that is often never seen can cost anywhere from \$100 to \$1,000/month. My magazine can do it for \$35/month but we are still working to bring in more visitor traffic. As of mid-2022 if you get 1 new patient from a gift to a patient of slacks and shirt that cost you \$11 and the new patient pays you \$50 or \$100/visit and more and more people see her wearing this clothing and more of them call you; of course, it’s worth your expense. It’s a great investment!

The normal price to get a new patient is \$300 and here you are getting them for under \$3.50 each! Maybe it comes to less than \$1 each. You can't find a better way to promote with print advertising. If you have a place for a mannequin, dress her in this and people see it as they pass by your place. That mannequin is making money for you every day!

Alibaba has the same price offer for sexy, stretchy, gym shorts and halter tops.

NOTHING can kill a small business start-up FASTER than over-priced advertising. That's why I opened www.sgShopper.me/ That's a project still getting developing.

I offer ad space at a price small business operators can afford. You simply have very few options in Singapore for small business printed advertising in newspapers and magazines at a reasonable price, and to a general interest audience.

I cover a lot of solutions to this issue in my blog articles. I'll show you that you do not have to pay a lot to be seen and known. You can begin handing out little fliers on 3 x 5 cards run through a photo-copier, or your computer printer, and giving incentives to patients to send in more patients. That really works very well!

The point about advertising is that you must be able to account for it and be sure it pays for itself. If you gave away \$100 in printed T-shirts and earned back \$1000 it was a great investment.

If you give out \$100 in little calendars or key chains and can't be sure anyone came in because of them, it was all wasted money and ruined dreams. I will show you how to make advertising PAY a profit. Good advertising does not cost. It pays.

I've mentioned some ideas before and I'll do it again in the appendix of this course book. I'll tell you the true story of that famous therapist who went from "Never heard of him" to \$100,000/year in the first year doing what I've hinted at just now.

I'm certain, even in the worst imagined economic situation, you can earn \$9600 per month working on 5 or 10 patients per day x 20 days per month. If that sounds better than standing on your feet 14-hour days washing dishes, and starving, keep on learning! (Yes, I have done a lot of 14-hour minimum wage jobs too. I learned to believe in myself. You might need to learn to believe you CAN have more too. If you secretly think you can't and you're not smart enough, you already proved that you're smarter than most of them out there and you CAN.) People who read all of this and continue prove they are very intelligent.

I will not abandon you! I want you to be successful, and I plan to help you get there. You don't need "personal coaching" at vast prices. You just need to persist. I did it and others have. You can too.

MORE ABOUT DRAPING

A good video is a great beginning.

<https://www.youtube.com/watch?v=S-bJMVe7ryA>

(OK, What was right and wrong about that picture? It is right that the therapist massages the neck face up to begin because, you'll see it works with the nervous system to get muscles to balance in the patient's hips and low back. It is wrong because the practitioner is bending over and should be seated, thereby taking pressure off his low back and pelvic balancing muscles.)



Proper Draping: Keeping Under Wraps

May 16, 2016



One of our ultimate goals as massage therapists is to see our patients walk out after treatment feeling better than when they arrived. But while we've got the healing side of our minds focused on muscles, tendons and joints, we need to also make sure that we create an all-round positive experience for patients. Assuming you intend to do oil on skin massage sometimes, with visiting patients, good draping is necessary to comfort the patient and give her confidence she's covered and will be alright.

Draping can set the tone for the entire massage. If it's done well, the patient will feel comfortable and relaxed. If it's not, the patient will feel exposed and vulnerable. He or she will be tense and you won't be able to treat him/her properly. The patient might even make a complaint about you. A complaint on the modern Internet can be an instant disaster!

Massage is one of the few jobs in which you come into close physical contact with people you don't know, or don't know well.

Gaining trust is important and good draping helps you to gain this trust. It also helps to de-sexualize the experience of physical touch so both you and your patient feel comfortable.

Here are a few reminders about covering your patient during a massage from an on-campus school.



START AT THE VERY BEGINNING

Put a fresh large towel on your massage table and change it for every patient. Not only is it more comfortable (and less cold!) for a patient to lie on a towel, not having them in direct contact with your massage table is more hygienic.

Once you've talked through treatment options and gained necessary consent, show them to the covered table and give them a large towel for them to cover themselves. Leave the room while they undress (they may keep their underwear, including bras on) That's the patient's choice. Knock again, and verbally confirm that they are covered and comfortable, before going back in the room.

Note: For patients wearing bras, get their consent if you want to unclip the bra to work the middle/upper back area, or just move the straps out of the way as you work.

COMMUNICATE WITH THE PATIENT

Don't come in and pull the towel straight down from his/her shoulders and start working on her back without warning. Let the patient know what area you need to work on, make sure they are ok with that, and then gently draw back the towel on that area.

Once you have finished working on a particular area, re-cover it and tell the patient what you will work on next.

Keeping the patient informed about what you are doing and what you will do next, means that there are no surprises. If the patient doesn't want you to work on a particular area, then he/she has a chance to say so.

KEEP YOUR PATIENTS WARM

Good draping not only makes a patient feel more comfortable, but it also helps keep the body area you have just worked on warm. This helps to maximize the effects of the massage. When you're finished with an area, again cover that/or those areas you have just worked on to keep the patient warm and comfortable.

USE THE TOWEL AS A GUIDE

When using a towel to outline the boundary of the area you are working on, for example bringing it down to the waist line when working on the back area, make sure you don't work beyond the towel's edge. Your patient won't be expecting you to move beyond the towel and may not feel comfortable. If you need to work a bit lower towards the top of the buttocks, then tell the patient so, and ask if he/she is comfortable with you adjusting the towel.

If you're intent is to become a Back-Pain-Massage-Therapist, you may have to explain why you will occasionally find it necessary to work on the buttocks and sacrum. I'll be teaching much more of this in course #2.

Ensure Proper Patient Roll Over

Massage usually starts with the patient facing down and the back area, and backs of the legs and shoulders being worked on. But when it's time to work on the patient's front side, make sure the towels are large enough for them to turn around while remaining covered at all times. For larger patients, or pregnant patients, you may want to hold up an extra towel to keep them covered while they turn.

BE CONSISTENT

No matter how well you know your patient, or how comfortable they feel with you or their body, always drape in a professional manner. Your patient will appreciate the high standard of service, and you won't start to develop bad or relaxed draping habits. The Internet works both ways. If you do great work it is used to tell friends to visit you. If your service is excellent, the world will hear about it.

GET ORGANISED

Stock up on towels. You'll need large ones to cover bodies and tables, and smaller ones to roll-up and place under necks and for the face. Have extra towels on hand in case you spill oil or when others are being washed and dried.

BE PREPARED

If you are going to a training course, make sure you bring along some extra towels in case they are in short supply. Take at least one large towel and a couple of smaller ones. Draping is always important, even when training with other students.

Remember, a good massage experience isn't just about the fantastic results that hands-on manipulation can produce. It's about making sure the patient is comfortable at all times, and trusts in you and the service you provide.



Shoulders and Upper Back

Start by covering the patient with two towels. Place the lower one vertically down the body, covering the buttocks and legs, and the upper one horizontally across the back and arms. To begin the

massage on the shoulders and upper back, simply remove the upper towel.



Lower Back and Buttocks

Hold the top center of the lower towel with one hand, using the other hand to fold a triangle of towel back to uncover one buttock and hip. Repeat on the other side. This 'paper airplane' shape gives access to the lower back and buttocks, without exposing the gluteal cleft. After completing the whole back and the buttocks, fold the triangles back to where they had been, and replace the upper towel. Note: If patients have kept their underwear on, slide them down carefully beneath the towel, after first asking permission. After massaging the buttocks, pull underwear back up again before working on the legs.

Some MT's will instead of a towel, use a bed sheet and uncover the gluteal and leg they're working on, tucking the sheet under the patient's leg and hip. Two or three times in a year I've asked, "Are you O.K. with this?" and the woman has said yes.

I think only 3-times over a span of 25-years, I've said, "You know I've been caring for over 4300 patient visits per year for several years. It's just a body to me. I've seen many. Don't worry over it."

I think if YOU are shy, the patient will be shy. If you are "matter-of-work" about it the patient will be too.

For another trick, expose the right leg, and hip and add another towel as a covering and a weight over the left and just go back to work. For me, best of all is wearing shorts and a T-shirt or sweats or stretchy gym clothing. She's covered and you just go about your work. I'd be more worried about getting oil into her hair. I wrap hair so she won't leave thinking, "I'm a mess and have to go home and wash my hair again! Grrrr"



Back of Legs

Fold back the bottom corner of the upper towel to uncover one hip and fold the lower towel back over the opposite leg, to expose the whole of one leg and hip. When you have massaged that leg, cover it again and repeat on the other side. If you know you won't go back to that leg, wipe it with an oil pick-up towel and then cover it.

All of this can be accomplished as well or better with the patient covered with sweats slacks and a Sweat Shirt or T-shirt. In my opinion, Oil is for luxury and Lover's massage, not for a Back-Pain Clinical Setting.

All About Proper Turning Over

Turning Over



When it's time for the patient to turn over, it is best to remove the lower towel altogether and anchor the upper towel against the table with your legs. Now reach over to the far side to lift this upper towel near the head and foot of the table, creating a tent shape as shown above. Raise it high enough to let the patient turn over easily without becoming uncovered, and then gently lay it down over the upper body and replace the lower towel.

Patient Anterior: Shoulders and Neck



Please get this picture into your mind. It's important and will be a major part of your work if you intend to be a Back-Pain Practitioner.

This draping issue is NOT that it's such a complicated thing to learn. The issue is everyone in America is afraid someone will take them to court in an attempt to sue and walk away having won a huge monetary settlement. America is probably the most litigious society in the world. It seems like every 3rd intelligent person in his 11th year in high-school says, "When I graduate, I'll go to Law School." The nation is crawling with lawyers and the more of them there are the more corrupted the society becomes. I suspect Singapore doesn't have so many of these problems.

I can tell you that, if the patient likes you and is comfortable with you, he/she will never seek to sue for mal-practice or for

”indecent exposure” during a massage session. We’ll go over all of these details and there are two photo-illustrated articles to show you the basics of what to do. You do the best you can if you insist on oil. If you’re scheduling 2-patients per hour, let the patient know on the first visit, or at the time of the first appointment call, “My patients remain dressed. This is what is best to wear.”

I never had a problem in 27-years of practice. If anything, I recall a patient saying she wanted to remove her blouse and I would massage while she wore her bra. Her daughter was sitting there watching. One of your best protections is to invite a family member in to watch while you work. That also gives you an excuse to talk to him/her and perhaps end up with another patient. I ALWAYS had a parent in with me when working on people under age 18. I just say, “Come in Mrs..... I have a chair for you. 😊” That always works out well.

Another good idea is to ask the patient to put her button-down blouse on backward. Her front is covered. She lies on the table and then I unbutton the back and work on her bare skin doing adjusting or massage or my combination of both. When I’m done, I say, “I’m done and that’s all I think I can do for today. I’ll leave the room and let you get yourself ready. I’ll be in another room working on another patient. Please talk to Debbie at the reception desk and set another appointment for about a week to 10-days from now.” She says, okay, thank you, and I go out and close the door behind me. No drama, no problems.

There are many other signs people watch or listen for to determine your intent. Are you staring? Are you grinning? Are you looking her up and down? Are you busy turned away, looking at your notes while she gets onto the table? Many people and I think women especially, consider all of those body language behaviors.

The court system can't discuss your facial expression and the interpretation of what that means. The patient either thinks you're safe or doesn't. Some always do. Some have come from an abusive home and trust nothing and no one. Again, that's why I advocate asking patients to remain dressed and for you to work through her clothing. I have seldom to never found clothing to be a big problem.

Sometimes I slip two fingers under a bra strap for a moment to feel her spine at T6 and T7. Men with big wide belts have to remove the belt so I can reach their low back but mostly none of this is a problem.

The proper instructions for draping the front of the patient's shoulders and neck are these.



Fold down the upper towel to reveal the upper chest just above the breasts. Then massage the whole shoulder and neck area. When you come to the neck and face, you can cover the upper chest again, folding the towel over each shoulder for warmth.

Leave a little 'collar' of towel around the neck, to avoid pressure on the throat. Here we see the patient is covered without being too terribly strict about the issue. The therapist will massage her pectoral major, throat, neck, arms, and even hands while the patient lies comfortably. The MT is a woman, and women understand one another better than woman to man.

In the tropics a terry cloth towel is very hot. You'll be better using single or "twin" bed sized sheets, or similar material. A sheet can be cut to make two smaller covers.

Arms

Fold the towel down off the upper chest again and then fold just one side up to cover the shoulder. Next, uncover one arm by folding the towel across the torso, giving you access to the whole arm and shoulder. After massaging, cover it up again and repeat on the other side.

I don't like to stop to break the movement flow to do this, but if you insist on oil it has to be done.



7 Front of Torso and Legs

When working on men, or on women who are comfortable to have their breasts bared, simply remove the upper towel, to massage the front of the torso. Replace the upper towel when you have finished, and then move on to do the legs, uncovering one at a time, as shown for the back of the legs. Note: For women who prefer to keep their breasts covered, place a folded hand towel across the breasts, then gently slide the lower towel away. Adapt

your strokes to work separately on the upper chest above the towel and below it, on the ribs and abdomen.

Legs can be exposed, one at a time front or back by wrapping the body as you see here. It's a bit of a break in the flow of the work and I noted in my search through articles for us, one was titled, "Slow and Steady Wins the Race."

The next article author said an experienced therapist does not interrupt the flow. That's good and if that's what YOU want to do I wish you good success at developing that skill. I don't have it.

You must be patient with yourself, the patient and the situation. If you're going to drape then you have to go slowly, explain what you're doing, keep the patient covered, and tolerate the break in the rhythm of what you're doing. You might say, "I'm going to prepare to massage your legs now," and then continue with the draping change and then again, the massage. To me, that is rather clinical and not like a luxury massage should be. But then again, some people are so occluded and self-protective about everything, I suspect nothing we do can help them relax. Sometimes as an MT you'll open a huge door, a flood of repressed emotional upset. The patient may be talking his/her way or crying through the entire procedure. I recommend you do not stop. Continue the massage while the patient has his/her big cathartic release. She's not paying for psychological improvement but sometimes that's what she gets, and it may lead to a big healing change in her body too.



As I said, I'm duty bound to show this to you, so we're covering it in detail. This is a good picture of one leg covered and the sheet or towel tucked in so it won't slip off.



These photos need little explanation. See how the patient is kept covered. You should do similarly.

Just be aware, if you're going to do this you'll have to charge more. I can do for the patient's body in 20 or 25 minutes what it requires an hour for anyone draping to do because time is taken up with oiling, draping, wiping the excess oil off, and cleaning up after the session. You can cut your potential income IN HALF doing this!

We are trying to make an imaginary person's imaginary psychological case comfortable. If the patient has that many issues about being seen partly naked, get her to tell you if she's very modest, moderately modest, or immodest, and keep that note on your file folder or computer notation so you understand the personality you're working with. So much trouble when all you need to do is tell the patient, "I prefer my patients to remain dressed. Wear shorts or sweats and a t-shirt."

Theoretically, 5 minutes later I can walk into a massage studio and they're draping a similar patient because they're afraid she'll be upset if they see some of her nude body and conclude she really is a human female.

My answer is to wear soft clothing, mostly cotton so it gives drag (never slippery polyester!) be a proper gentleman or lady, do your work and end saying, "We're making good progress. My notes indicate you had a lot of tension here in your upper back and here around the sacrum. You had a lot of low back pain and headaches when we began your first visit. Now those symptoms are gone.

Your posture is better. Your range of motion is improving. You say your symptoms are clearing away and you're more comfortable. We're both happy with your progress. Can I see you again please, in about 10 to 14 days?"

You can do ALL of that in 20 - 25 minutes and move on to the next patient sitting in your waiting room or coming up the sidewalk now, carrying MORE MONEY for you. Ditch the oil. Work hard, earn more.

I like doing oil massage for my wife, who is my only lover. I rarely do oil massage on clinic patients.

After a little while you'll set your room up so the garbage can is beside the table in a corner. You remove the face rest paper, and it goes into the garbage, maybe spray the table or face rest with alcohol and disinfectant and wipe the table down, look around to be sure the place is neat and the last notes were made on paper in a folder or on your laptop and stored on the hard drive, and you're ready to smile and welcome another patient. That's the way to change this from a hobby into a serious income earn career.

The patient is getting good care. You are staying close to your schedule so she doesn't feel that you have shown disrespect for her time. You move right along and see 2 patients per hour, and at the end of the day you cared for 12 to 14, perhaps 16 patients and earned AND COLLECTED (15 x \$45 = \$675) Six Hundred Seventy-Five Singapore Dollars and you're happier with your work than you've ever been in your life!

What is the median salary in Singapore? The median monthly salary in 2021 was **\$4,680 (\$56,160/year)**. $675 \times 5 \text{ days} \times 50 \text{ weeks} = 168,750$. (3 times the average income.) Yes, I want you to earn that much and more! At least in the first and 2nd year promote and work diligently and pack some money away at DBS. They can help you handle it wisely too. Money-wise thinkers put most of their money to work earning more. Live on under \$4000/month and invest the rest so you can retire decently.

Your days of working at menial labor and low wage jobs can be ended forever!

That's what we both want for you and your life. **YES, I am concerned about YOUR life. I want you happy with your life and your career and me, your teacher.**

Let's look at this next article.

Proper Massage Draping (2)



Patients new to massage wonder how their privacy will be protected during a massage. This is where massage draping comes in. It allows you to remain covered and warm while still getting the therapy or relaxation you need.

With an experienced massage therapist, draping will be smooth and seamless and won't interrupt the flow of the massage.

Demonstrating Massage Draping

This is from a colder weather location massage clinic in North America. Most of this is his writing. Not my style

First and foremost, draping is to protect the patient's privacy. Throughout the massage you should feel covered, warm and comfortable.

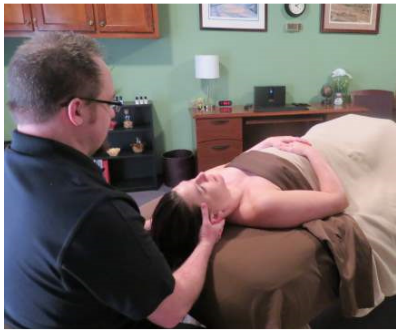
After the patient consultation, the massage therapist will leave the room so you can get undressed to your level of comfort. You

then get between the fitted sheet and top sheet. We have a blanket on the table as well as a table warmer underneath to keep you warm and cozy throughout the massage.

[\(You see the problems here, especially in colder climates.\)](#)

We realize some people are sensitive to certain chemicals and additives, so we only launder our sheets and towels in a 100% natural detergent that is free of additives, artificial colors and fragrances.

During the massage, only the body part that the therapist is working on is uncovered. Your massage therapist will only work on one body part at a time and will never work under the sheets.



Massaging the head and neck

While working on the head and neck, the patient can have their arms out if they are warm.

Draping for arms

Your comfort is always our top priority - if you are too warm, too cold, or uncomfortable in any way, please speak up and let us know.



Draping for legs

With leg draping, the sheet is tucked under your leg to maintain decency. Some therapists tuck the sheet under the same leg and others prefer tucking under the opposite leg.

When it is time for you to turn over, your therapist will lift up the sheet and blanket enough for you to roll over while remaining entirely covered.



Draping for the back

Once the massage session is completed, your therapist will cover you back up completely before leaving the room. Take your time getting up as you might be groggy. When you feel ready, get up, dress and please return to the front desk.

About Your Business Start-up

I have a lot of important information for you in the 4th volume, the final addition. A great practitioner can fail without patient traffic and I'll give you many good ideas about Business Start-Up in the Appendix.

See more about where to begin working in the "Appendix." I am also looking into and researching in preparation for writing a practice building book. As always, I intend to teach a larger population all over Singapore, Europe and the Middle East at lower prices. The practice building book or course will be worth far more than anyone will pay for it. Practice Building courses begin at \$600 and shoot for the moon. I plan to design an effective course or book with videos for something under \$45.

Don't skip the Appendix. It's part of your training and intended to help you bring in more paying patient traffic!

I prefer to break volumes into approximately 150-pages each to be more comfortable that PDF type files will download quickly and without problems.

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