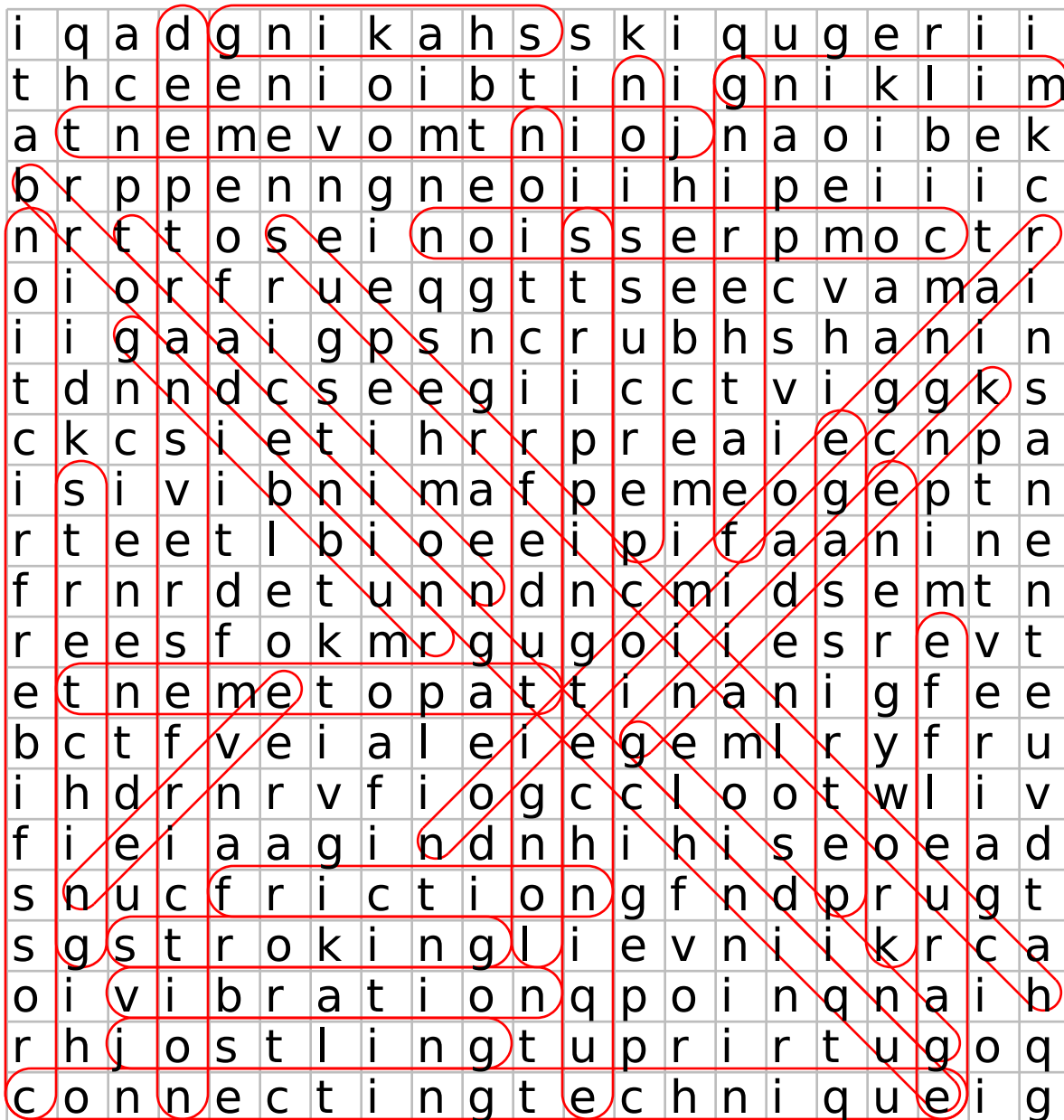


Massage Techniques

MassageNerd.com



Broadening Technique
 Cross Fiber Friction
 Energy work
 Gliding
 Kneading
 Nerve
 Range of Motion
 Stretching
 Superficial Touch
 Vibration

Compression
 Deep Transverse Friction
 Feathering
 Joint Movement
 Longitude Friction
 Percussion
 Rubbing
 Stripping Technique
 Tapotement

Connecting Technique
 Effleurage
 Friction
 Jostling
 Milking
 Petrissage
 Shaking
 Stroking
 Traction