

Massage Endangerment Sites

MassageNerd.com

Areas to be cautious of when massaging

u i d o n v t l a r s u a a b r a c h i a l p l e x u s t c c
 e i v o r n v o i r c e b n t n r t e i x o e i e l i u u c o
 c x l p e a l e e n g o e i c e p h a l i c v e i n e b o a n
 g v t i b i a l n e r v e l k m a e r a l a t i p i c c o e i
 y m v a e a l e s s e r o c c i p i t a l n e r v e e l i t n
 a e n c a l c i x x a a n i e v n a i v a l c b u s e a e i h
 l d i n g u i n a l t r i a n g l e c e r i t g e i p v o n u
 v i e r n a l c o e e c e p e i r v y p y p d v n o r i i e s
 i a v l n e e r h a r a l x h a x i l l a r y a r e a a n i l
 i l l n t a s r c e s d b c t n i e v y r a l l i x a n i e n
 l e a i e o l e t g a c l r f e a y r r t d e o a r a a v l l
 m p e e i a p n o l p i n s o t r n t l e e i a i v c r a s d
 s i t v l k c e n e h t f o e l g n a i r t r o i r e t s o p
 c c i l a o u e c a e t o g l y t t a r y l y a r n a e s a c
 c o l a n o b m i t n b n t g r e w y l a e s v l y c r o a d
 r n p r i n i l t a o i a o n r n r e x j s r a r o h y f a e
 t d o o a r t t a u u r h s a e e i i l o u t r r u u t l o r
 s y p m n t a r i t s c a l i t a l y f f i g p o m y t a y l
 t l p e a i l i c s v u e l r l l i l r p t d u b d r i t o s
 c e l f d t n g s i e p a a t a i a l i e i h i l t e i i i a
 l v o e e a o e i e i r l f r r e c c n o t l r l a t a b i s
 a r a m c i t m e c n a a y o t i c v h i i r e i n r e u r c
 p e l o u c c i o r e c n g i g o a p e c e o a o b a v c a o
 c n l r k e h n o t i e s l r r i i n u i d v l l i l h e s c
 a l b a u i d a i a r s p t e n x r s g e n c l s a a c t i l
 u a t l a y d l l v l o c t t e h a e c l g t a a a i o n l n
 h i e n l n p n e t p c a c n b r p d n i e v l a i h c a r b
 l d o e n o e e e v r e n l a e n o r e p n o m m o c a a x e
 t e u r p r g r t y r e t r a l a t i p i c c o u a a a i f t
 e m x v v s n v f g s e i h i f e m o r a l a r t e r y f o t
 r i e e v i n e y e t y e e n f e i s p b a t v n u b a x i t

Antecubital fossa
 Axillary Artery
 Basilic Vein
 Brachial Vein
 Cubital notch
 Eyes
 Facial Vein
 Femoral Vein
 Inguinal triangle
 Lesser Occipital Nerve
 Occipital area
 Popliteal fossa
 Sciatic notch
 Subclavian Vein
 Trigeminal Nerve
 Xiphoid process

Anterior triangle of the neck
 Axillary Nerve
 Brachial Artery
 Cephalic Vein
 Delto pectoral triangle
 Facial Artery
 Femoral Artery
 Greater Occipital Nerve
 Kidneys
 Medial epicondyle
 Occipital Artery
 Popliteal Vein
 Spine
 Thyroid
 Twelfth rib

Axillary area
 Axillary Vein
 Brachial Plexus
 Common Peroneal Nerve
 External Jugular Vein
 Facial Nerve
 Femoral Nerve
 Greater Saphenous Vein
 Lateral epicondyle
 Medial Nerve
 Popliteal Artery
 Posterior triangle of the neck
 Subclavian Artery
 Tibial Nerve
 Umbilicus area