

Massage Techniques

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

Broadening Technique
Connecting Technique
Deep Transverse Friction
Energy work
Friction
Joint Movement
Kneading
Milking
Percussion
Range of Motion
Shaking
Stripping Technique
Superficial Touch
Traction

Compression
Cross Fiber Friction
Effleurage
Feathering
Gliding
Jostling
Longitude Friction
Nerve
Petrissage
Rubbing
Stretching
Stroking
Tapotement
Vibration