

Basic Hand/Arm Massage

1. Rotate at elbow three times each direction slowly
2. Rotate at wrist three times each direction slowly
3. Rotate each finger both directions slowly
4. Make small circular motions up and down each finger three times slowly
5. Knuckle each finger three times slowly
6. Massage small circles on top of hand
7. Massage in a c shaped motion on top of hand
8. Massage palm up and outward strokes
9. Massage palm small circles
10. Massage palm c shaped motion
11. Massage up forearm in small circles slowly, then slide down to wrist and do that again three more times.
12. Massage forearm using wringing motion up and down arm three times.
13. Gently massage arm down toward wrist and lightly feather off.