

INTRODUCION TO SPORTS THERAPY Practical –Effleurage II

Recap

- Effleurage
 - Figure of 8
 - Half Moon
 - Opposing Glide
 - Flat Hand
 - V
 - Rotary

Client Preparation

1. Greet client (Introduction)
2. Reason for visit (listen to what they want!)
3. Consultancy forms (check contraindications)
4. Explain Tx
5. Informed consent!
6. Protect modesty
7. Position client
8. Wash hands
9. Drape
10. Massage medium
11. Warm medium
12. Informed consent (OK to start)
13. Apply
14. Check pressure ok

Effleurage 7: Cam and Spindle

- Hand nearest spine, place flat over spine
- Take other hand a grip opposing thumb
- Roll knuckles up the back
- Short strokes
- To increase pressure increase grip!

Effleurage 8: Forearm glide

- Ulna in contact
- Push up until you reach scapula
- Pronate hand at scapula

Effleurage 9: Pisiform

- Inside hand placed as 'V'
- Outside hand - put Pisiform in the middle of V
- Extend stroke, release and draw back
- Only up to the kyphotic curve

Effleurage 10: Rake

- Only used on the back
- Start at C6-7
- Tips of the first 2 fingers hooked either side of spine
- Closest hand is the rake
- Lunge in opposite direction
- Elbow dropped to spine

Effleurage 11: Reverse Rake

- Pelvis to neck
- Two steps forward, one back

Effleurage 12: Reverse Cam and Spindle

- Movement always comes towards you
- Used in the following areas
 - In between spine and scapula
 - Lumbar spine
 - Thoracic spine