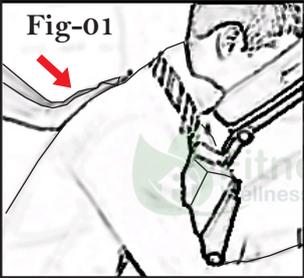
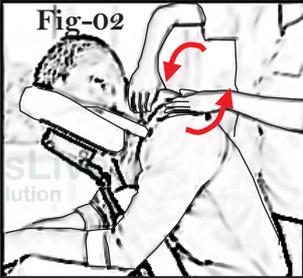
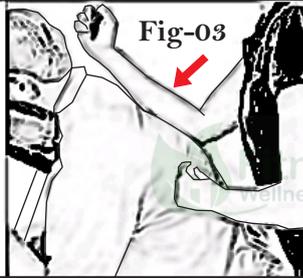
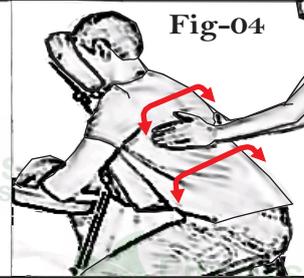
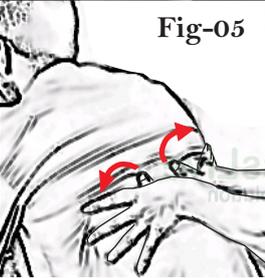
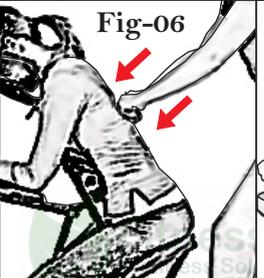
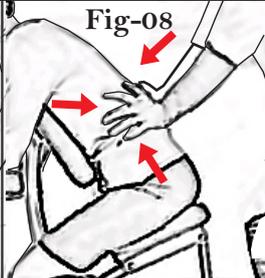


## WORKPLACE CHAIR MASSAGE PRACTICAL PROCEDURE

- 1: Check the medical history of the client by asking a few questions as following.  
“Do you have any problems with your back, neck and shoulder area like any kind of fracture or surgery ?”
- 2: If yes, ask how old is this ? if it’s under three month then He/She should not able take this massage.
- 3: Once completed those proses, Clean your hands with a sanitizer in front of the client
- 4: Introduces the massage session. “This massage is designed for back, neck & shoulder area, It’s dry and can also be done on the clothes.  
Hope you will enjoy it!  
So can I start now ?”

( BACK ) <span style="float: right;"><u>Backwards seat on the chair</u></span>			
Sr.No	Massage Area	Stocks Name	Timing
1st	Upper Back	Hold your hand lightly to build connectivity (Fig-01)	10 Seconds
2nd	Shoulder & Upper arm (Right side)	Shoulder Kneading (Fig-02)	02 Time
3rd	Shoulder & Upper arm (Left side)	Shoulder Kneading (Fig-02)	02 Time
4th	Shoulder to Lower Back	Forearm Pressure (Fig-03)	02 Time
5th	Upper Back to Lower back	Stretching (Fig-04)	03 Time
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Fig-01</div> <div style="text-align: center;"> Fig-02</div> <div style="text-align: center;"> Fig-03</div> <div style="text-align: center;"> Fig-04</div> </div>			
6th	Upper Back to Lower back	Thumb Friction (Fig-05)	02 Time
7th	Upper Back to Lower back	Knuckle Friction + Effleurage (Fig-06)	02 Time
8th	Upper Back to Lower back	Palm Pressing (Fig-07)	03 Time
9th	Shoulder & Arm (Right side)	Kneading (Fig-08)	02 Time
10th	Shoulder & Upper arm (Separately)	Shoulder Kneading (Fig- 02)	01 min
11th	Neck ( Each side Separately )	Finger Kneading (Fig-08)	01 min
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Fig-05</div> <div style="text-align: center;"> Fig-06</div> <div style="text-align: center;"> Fig-07</div> <div style="text-align: center;"> Fig-08</div> <div style="text-align: center;"> Fig-09</div> </div>			

## WORKPLACE CHAIR MASSAGE PRACTICAL PROCEDURE

( BACK ) <span style="float: right;"><u>Backwards seat on the chair</u></span>			
Sr.No	Massage Area	Stocks Name	Timing
12th	Neck, Head & Forehead	Thumb pressure on point (Fig.09/10)	05 Secs - Each
13th	Scapula ( Under Shoulder blade )	Thumb pressure on point (Fig.11)	02 Secs - Each
14th	Hand (Right)	Hand pulling to backwards (Fig-12)	02 Time
15th	Hand (Left)	Hand pulling to backwards (Fig-12)	02 Time
16th	Both hands ( Together )	Hand pulling to backwards (Fig-13)	02 Time
16th	Both hands ( Separately )	Hand pulling to backwards (Fig-14)	02 Time Each
17th	Upper Back to Lower back	Tapotement (Fig-15/16/17)	03 min
18th	Upper Back	Hold your hand lightly and finish	10 Seconds
<b>Tapotement</b>			
(a)- Cupping		(b)- Chopping	