

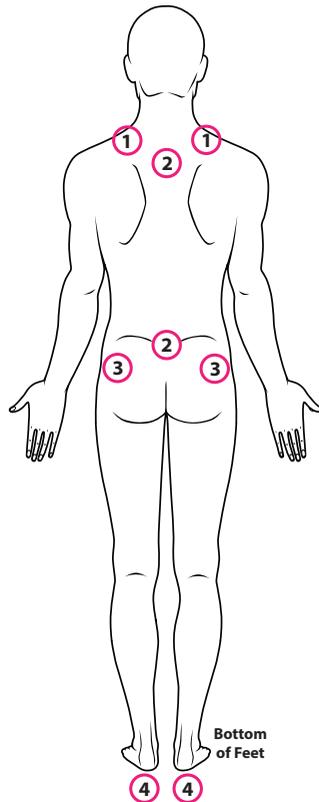
MINDFUL TOUCH Treatment Protocol

50-60 Minutes



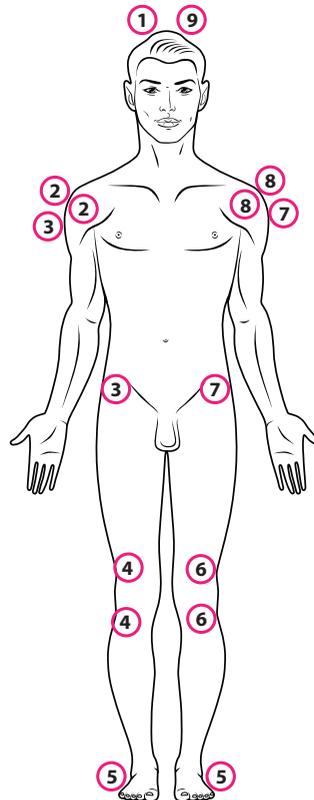
PRONE

1. Place hands on the client's upper scapula. Take 3 grounding. (5 minutes)
2. Slide one hand between the shoulder blades. Slide the other hand to the sacrum.
3. Slide both hands to each side of the hips, lateral gluteal muscle. If your client is larger, you can leave one hand on the sacrum and slide the other to the outside of the proximal hip (hip closest to you). If you decide to do this, be sure to walk around to the other hip while maintaining contact with the client.
4. Slide both hands to the feet, holding the bottom of the feet. Hold for 5 minutes. Finish at the feet with 3 deep breaths, ask your client to breathe with you.



SUPINE

1. Cradle the head. Take deep breaths with your client. (5-10 minutes)
2. Cup the right shoulder in both hands.
3. Leave one hand under the shoulder, move the other to rest on the right hip.
4. Cradle the client's knee using both hands.
5. Gently hold either the top or bottom of the feet.
6. Slide hands to the left knee, cradling the distal and proximal sides of the knee.
7. Move your left hand to the hip as you slide your right hand under the client's shoulder.
8. Move your left hand to the top of the shoulder.
9. Cradle client's head for 5 min. Finish with 3 deep breaths.



GUIDELINES

Indications: Client currently in treatment or post treatment for cancer as a stand-alone treatment or incorporated into any massage.

Pressure: Gentle holds using weight of hands.

Touch Guidelines: Make full contact using your entire hand. Hold each position 3-7 minutes. Maintain contact with the client at all times. Use open ended questions: How is this? Watch for body language. Take deep breaths.

Client Self Care: Follow up with client asking open-ended questions "how is your energy level?" "How was your sleep?"

CONTRAINDICATIONS

There are NO contraindications. This protocol is recommended for ALL clients.