



Scalp Massage Treatment Protocol



GUIDELINES

Indications: Clients in treatment or post-treatment for cancer.

Pressure: Touch Level 2 increasing to Level 3.

Touch Guidelines: Touch Level 2 or 3 for client with minimal side effects during treatment. Post treatment increase to client comfort level.

Client Self Care: Follow-up with client asking open-ended questions, such as: “How is your energy level?” or “How did you sleep?”

CONTRAINDICATIONS

Do NOT use with client who has Head & Neck Lymphedema.

Do NOT use with client who has had recent surgery to the head, neck and/or scalp area.

Be cautious when working with weakened thinning hair due to treatment. Avoid pulling additional hair from scalp. Not all chemotherapy patients lose their hair, but all will have weak and/or thinning hair.



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PROCEDURE

Consultation

Use consultation card to ensure client is in no way contraindicated to the treatment. Check if they are aware of or have had any side effects from treatment that may require adjusting the procedure.

Use pillows for client comfort — use 'props' guide.

Massage

If your client has lost their hair ask before applying oil to scalp. Advise them that oils can leave a shine on their scalp. If hair loss is minimal they may not wish to draw attention in this way. A client with hair may not want to become oily.

- a. Begin with long strokes over the forehead and into the hair.
- b. Work pressure points at the center of the head from the hairline, back into the scalp, finishing at the crown. Repeat at points 1-inch further out along the hairline and back into the hair until the entire length of the forehead has been covered. Always finish at the crown.
- c. Perform a 'shampooing' type movement across the entire scalp with both hands.
- d. Carefully turn the head to one side and perform pressure points to the trapezius muscle.
- e. Again, perform 'shampooing' movement using fingertips. Massage using the flat part of the knuckles (do not pull hair) and finish with stroking movements using alternating hands.
- f. Turn the head and repeat movements (d) and (e) to the other side.
- g. Bring the head to center and work with pressure points behind the ears by massaging with petrissage movements.
- h. Perform stroking movements using alternate palm to forehead and scalp.
- i. Finish with a gentle hold to the scalp.

