

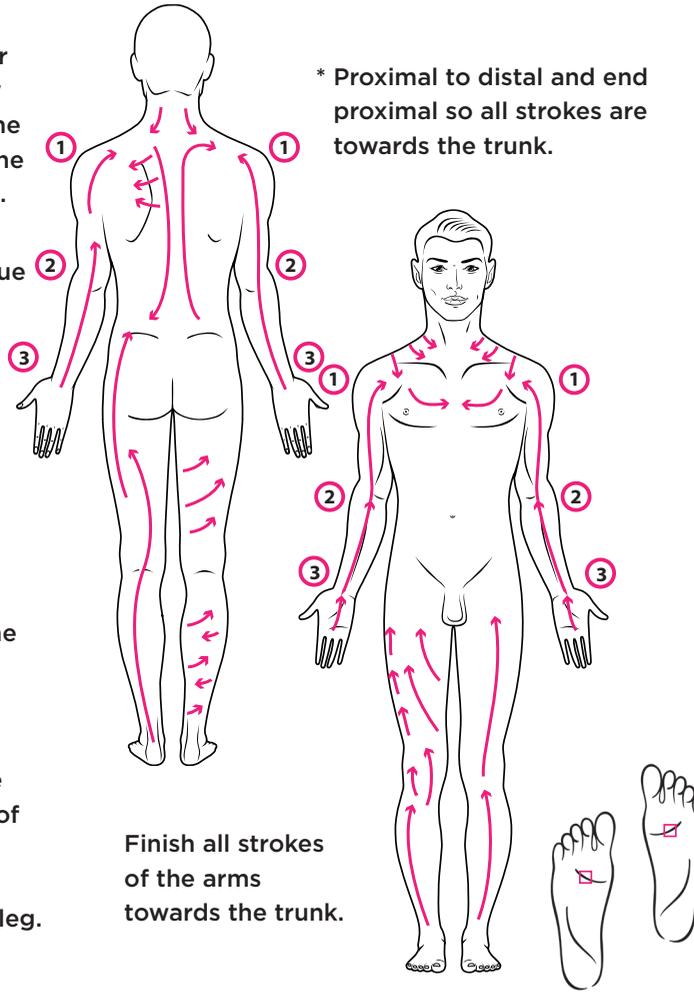
COMFORT MASSAGE Treatment Protocol

50-60 Minutes



PRONE

1. Effleurage using lotion or oil on the back with slow sweeping strokes from the top of the shoulders to the low back, including arms. (5 minute)
2. Using petrissage, continue to massage the back. (5 minute)
3. Finish with effleurage strokes to the back and arms. (1 minute)
4. Massage the gluteus muscles with long slow strokes from the upper thigh to the low back or use compression over the sheets. Transition to the posterior leg. (1 minute)
5. Use effleurage to apply lotion or oil to the entire leg. Petrissage muscles of the calf (2 minutes) and hamstrings (3 minutes). Repeat on the opposite leg. (10 minutes total)
6. Gently squeeze the feet.



SUPINE

1. Use effleurage to apply lotion or oil to the entire leg. Gently petrissage the calf and foot (2 minutes); quadriceps and IT band (3 minutes). Repeat on the opposite leg. (10 minutes total)
2. Apply lotion or oil to the entire arm using effleurage. Work the shoulders, biceps, forearms and hands. Move to the opposite arm. (10 minutes total)
3. Massage the muscles of the neck and upper shoulders, including the trapezius, levator scapulae and all of muscles of the neck. Provide security under the neck by maintaining contact with the client as the head is gently moved. (5 minutes)
4. Finish with gentle massage to both feet and hold Bubbling Springs (Solar Plexus). (3 minutes)

GUIDELINES

Indications: Client currently in treatment or post treatment for cancer with NO lymph node removal.

Touch Level 2 slowly increasing to Touch Level 4; Myofascial techniques are OK, begin slowly.

Touch Guidelines: Touch Level 2 during treatment; after treatment, begin with Touch Level 2 and slowly increase pressure to no more than Touch Level 4.

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

CONTRAINDICATIONS

It is not recommended to provide a comfort massage to a client for 90 minutes while the client is undergoing treatment for cancer.

NEVER go beyond Touch Level 3 while in treatment or within one year of treatment.

Do NOT use tapotement techniques with a client in active treatment for cancer.

Do NOT use with a client at risk for or with Lymphedema.