**Upper leg Massage**

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**02/2024**

**Equipment needed:**

**Lotion**

**Footstool**

**Bare legs if you wish to use lotion (can be done through clothing)**

**Tapotement**

Brushing up - improves circulation.

Compression moving up the legs - use both hands.

Hands on either side of the knee to help alleviate swelling.

- leaning forward with body

- begin to work up the leg

Circles around patella

Under patella - gently

Outline kneecap - lean back.

Soft knuckles into quad - drag up.

- Straighten/Bend knee

(Move up leg)

Repeat with hands to the side and in between the quads.

Work antagonist muscles (hamstrings, behind quad)

Link hands & pull muscles down.

Split fingers & pull back.

(Remind that you should not feel this in the hands).