**Arm Massage**

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Going back to basics today, getting the blood stimulated into the arms & opening up the channels.

A lot of these things may seem really basic but for people with arthritis & carpal tunnel syndrome, it’s great.

## Warm-up

* **Stretch out hands/arms.**
* **Prayer position - breathing in & out x 3 - try to gain more range of motion.**
* Stretch Hand the opposite way - can be done on a table.
* **Flossing** - stretch arm out - hand back
* Hand forward - tilt head - repeat
* **Stretch out pec and chest x 5 pulse E/S**

## Forearms

* **Compression down the forearm**
* **Myofascial release (Using ball or hands)**
* **10 x forearm run down from wrist to forearms (OPT: - Heel of hand**
* Repeat turning the arm over.
* **Petrissage, twisting arm.**

## Using the forearm, broad pressure down the arm x 5

* *Great Myofascial release*
* *no lotion with this*
* *Continue breathing.*

## Add hand flexion/extension whilst using forearm x 2

## Circles to lateral epicondyle

* Feel the ropey area below - massage down (or use a ball)

## Brachioradialis (below elbow on forearm)

* pinch
* Friction
* Glide down

**Bring elbow up towards the face, make a hook with 2 fingers (Cameltoe)**

**Let it fall down through the fingers.**

Finish off by sweeping over the hands front & back to release the tissue & gain blood flow to the area.