



On the Spot Training School

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www.sallymorris.co.uk

www.massageonthespot.co.uk

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Advanced Massage Workshop Hand-saving and Hands-free Massage

DATES	See Website
TIME	9.30 am to 5.30 pm
COST	See Website for cost and payment details
DURATION	1-day workshop
FACILITATOR	Sally Morris
VENUE	May vary, please check information on website On the Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

Techniques to Save Your Hands

This workshop addresses the problem that massage practitioners can experience when overusing and straining fingers, thumbs and/or wrists while using firm and/or deep tissue massage techniques. The hand-saving & hands-free approaches enable you to learn how to apply firm pressure without great effort and without straining your hands.

This hand-saving & hands-free massage workshop introduces you to a set of easy techniques that can be used for different parts of the body. This range of basic principles that will enable you to work safely with your forearm and elbow, look after your own body and ensure you avoid any unnecessary bruising or trauma to your clients' tissues.

Save your hands – Save your career!

Contents

- How to protect your thumbs and fingers when working deeper
- A range of knuckles, forearm and elbow techniques that can substitute for and extend 'classic' massage techniques when applying medium to deep pressure
- How to apply techniques skilfully and sensitively, including ways of moderating the pressure that you are applying
- Where and how best to use them plus adapting them to suit the client's physique and tensions
- How to support this with good body-use rather than working too hard with your arms and shoulders

- How to blend them smoothly into a massage session

The day focuses on finding ways to save your fingers and thumbs during massage. It will include the use of the 'fleshy' forearm (the bellies of the flexor muscles) as a substitute for using the palm for sweeping pressure strokes. The bony areas of the forearm and around the elbow are used considerably for more specific pressure work.

The overall aim is to refresh your massage treatment approach by expanding your repertoire and by presenting practical principles that will help you to minimise strain on your hands.

Entry Requirements:

Be over 18 years of age

1. Have an adequate level of written and spoken English
2. Have adequate physical and mental health (no contra-indications to giving or receiving body massage)
3. If physically challenged, have sufficient ability to perform the techniques mentioned
4. Have previous qualification that includes examined study of Massage, Anatomy, Physiology & Pathology to level 3, for example; M.T.I. Diploma in Holistic Massage or I.T.E.C. Anatomy Physiology & Massage.

Course hours

9:30 – 17:30 hours Total learning hours: 7.5hrs

Practicalities:

What to bring

- Pen and paper
- Food for lunch (drinks are provided)
- Hand sanitizer, baby wipes and 2 towels to cover you

Please wear clothing that allows free body movement (i.e. T-shirt, sweat shirt and track suit trousers). Extra layers of clothing are useful to keep warm after massage.

Other important points:

Adequate health/fitness for participants is expected. If you have any concerns about your health please feel free to contact me and check these before booking.

The fee for the day includes refreshments. Lunch is not provided; please bring a packed lunch, alternatively there are some shops and food outlets within a short distance.

Small class numbers ensure plenty of individual attention.

Equal Opportunities:

Our organisation provides equality of training and care to everyone, regardless of people's age, disability, gender, gender identity, race, religion or belief or sexual orientation.

People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

Sally Morris - Sally's fascination with health and healing began over 40 years ago during her training in General and Psychiatric Nursing and Counselling. She learnt to appreciate the importance of mind, body, spirit awareness in health which led to her interest in complementary therapy training. She has amassed a wealth of learning and experience which she integrates into her practice and teaching. Alongside Sally's Massage and Bodywork training, her 'expert' level JFB Myofascial Release training and an abundance of other advanced massage qualifications, she is also a CTI Co-Active Coaching and Leadership Graduate, a Reiki Master and a 'Massage in Schools' Instructor with Special Needs experience.

Sally has maintained a busy practice for over 25 years; she has used her skills in every situation imaginable; from the Andes Mountains in Peru, to back stage at Glastonbury festival, at exhibitions, events, in executive boardrooms, in schools and in Mental Health settings.



If you have any further questions, please contact On the Spot Training School

Sally: 07989280469

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