

HOW TO: HAND MASSAGE



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GIVE A SIMPLE HAND MASSAGE

1. Wash your hands and recipient's hands before massaging (use soap & water, disposable wipes, or hand sanitizer).
2. Warm your hands. Gloves are optional.
3. In your mind, make your intent clear; for example, I intend to help you feel better, I intend to let you know I care about you, I intend to help you relax.
4. Approach person with eye contact and a smile.
5. Inspect hands for warmth, redness, cuts, bruises, bandages, drainage, bleeding, swelling, signs of infections. If any of these problems exist, do not proceed with massage.
6. Pump one or two squirts of hand lotion into your own hands to lubricate them so you will "glide" on the other person's skin. Once you begin the massage, maintain constant touch.
7. Work on top of hand first, then turn hand over and work on palm. Stroke gently from center; stroke out and up.
8. Place thumbs together, apply light pressure and move in small, slow circles clockwise. Lift thumbs and move to another position on the hands.
9. Use small, circular motion at top and bottom of wrist.

EXTRA TIPS:

- **For arthritic hands** – light massage is helpful to reduce stiffness. In addition to above, rub all around the fingers, especially at the joints.
- **For fragile, thin skin** – use feather light pressure and keep your hands well-lubricated.
- **Remember to keep your touch gentle and caring!**