

Metta Massage Therapy

Pressure Staging of Cancer Massage Techniques

No Contact, No Pressure

- 0 S.E.T. - subtle energy techniques without skin contact

Superficial Pressure - to the skin; without ischemia.

- 1 Holding - gently placing hands on various parts of the body.
- 2 Rocking - gently placing hands and rocking slowly.
- 3 Oiling - applying oil and stroking lightly, minimizing depression or wrinkling of skin.

Light Pressure - to the skin and soft tissue; transient ischemia but no hyperemia.

- 4 Light effleurage - light gliding strokes following a muscle, fascial plane or dermatome.
- 5 Light petrissage - gentle kneading, rhythmic rolling, lifting, and squeezing of soft tissue.

Moderate Pressure - to skin, soft tissue and bone; transient ischemia and moderate hyperemia.

- 6 Effleurage - firm gliding strokes following the underlying muscle, fascial plane or dermatome.
- 7 Vibration - fine or coarse tremulous movement creating reflexive responses.
- 8 Petrissage - firm kneading, rhythmic rolling, lifting, squeezing and wringing of soft tissue.

(Not Used) Heavy Pressure - to skin, soft tissue and bone beneath.

- 9 Percussion / tapotment - Springy blows at a fast rate creating rhythmic compression of tissues.
- 10 Deep work - deep tissue massage, deep transverse friction, myofascial release, etc.