

Metta Massage Therapy

Pressure Staging of Oncology Massage Techniques

Massage techniques (e.g holding, rocking, oiling , effleurage, pettrissage, vibration, kneading) are scaled according to these pressure levels.

0 No Contact

Subtle Energy Techniques

Appropriate for areas of infectious conditions or extreme contact sensitivity.

1 Light Lotioning

Slight skin and hair movement only.

Maximum pressure for clients who are severely medically frail with highly unstable tissues.

2 Heavy Lotioning

Slight movement of superficial adipose tissue and muscle.

Maximum pressure for most medically frail clients.

3 Medium Pressure

Some movement of medium layers of adipose tissue, muscle and blood vessels.

Slight movement of adjacent joints.

Maximum pressure for most clients who are experiencing illness but are mobile and can participate in some activities of daily living.

4 Strong Pressure - Rarely Used in Oncology Work

Movement of deep layers of adipose tissue, muscle, blood vessels, fascia.

Noticeable movement of adjacent joints.

Used with healthy clients to relax tension in medium and deep layers.

5 Deep Pressure – Never Used in Oncology Work

Movement of deepest layers of adipose tissue, muscle, blood vessels, fascia.

Therapist's bones engage client's bones through deeply compressed tissue and they move as a unit.

Used with healthy, robust clients preferring the deepest pressure.