

Hand and arm massage



Massage uses a variety of techniques to manipulate the soft tissue, helping ease tension, pain and discomfort in the body. The power of touch can also help to calm the mind and provide a sense of relaxation and peace that will help to ease emotional and mental distress.

Massage can be easily adapted to suit palliative care situations, using gentle pressure and restful rhythms. Comfort levels should be maintained at all times, so ensure you are in a good position. Having low lighting, soothing scents and calming music can help add to the treatment. Use the technique as and when required with your choice of cream, oil or massage wax. Use a slow pace, light pressure and take 1-2 minutes for each section. A small soft pillow or folded towel can support the hand.



1

To Begin

Place the hand on a pillow/towel with the palm facing downwards. Warm a 10p sized portion of the massage wax or cream in your hands. Using the whole hand, apply to the persons hand and forearm in long, slow, stroking movements from finger tips to elbow. Use alternate hands to sweep up each side of the arm towards the elbow. Use this time to receive physical information about the person and connect with them on an emotional level.



2

Wrist

Using the thumbs, softly make small circles around the wrist bones. Then, gently turn the hand over and stroke the inside of the wrist with your thumbs, before moving downwards towards the palm.



3

Palm Sweep

Circle the palm in sweeping motions with your thumbs. Using your knuckles, carefully rub the pad and fleshy side of the hand. End with soft, small circles to the centre of the palm using your thumbs.



4

Top of the Hand

Turn the hand back over and lightly smooth the top of the hand with your whole hand, being very careful not to drag the skin.



5

Fingers and Thumbs

Starting with the little finger, lightly stroke downwards towards the tip and softly squeeze either side of the nail. Repeat 3 times on each digit.



6

Ending the Treatment

Repeat the long, slow strokes from the fingers to the elbow. Hold the hand between yours for a few seconds to complete. Cover the arm to retain warmth and repeat the technique on the other hand and arm.



Contact Details

If you require further advice please contact the Weldmar Complementary Therapy Team
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