

# Massage Techniques

## MassageNerd.com

i	q	a	d	g	n	i	k	a	h	s	s	k	i	q	u	g	e	r	i	i
t	h	c	e	e	n	i	o	i	b	t	i	n	i	g	n	i	k	l	i	m
a	t	n	e	m	e	v	o	m	t	n	i	o	j	n	a	o	i	b	e	k
b	r	p	p	e	n	g	n	e	o	i	i	h	i	p	e	i	i	i	c	
n	r	t	t	o	s	e	i	n	o	i	s	s	e	r	p	m	o	c	t	r
o	i	o	r	f	r	u	e	q	g	t	t	s	e	e	c	v	a	m	a	i
i	i	g	a	a	i	g	p	s	n	c	r	u	b	h	s	h	a	n	i	n
t	d	n	n	d	c	s	e	e	g	i	i	c	c	t	v	i	g	g	k	s
c	k	c	s	i	e	t	i	h	r	r	p	r	e	a	i	e	c	n	p	a
i	s	i	v	i	b	n	i	m	a	f	p	e	m	e	o	g	e	p	t	n
r	t	e	e	t	l	b	i	o	e	e	i	p	i	f	a	a	n	i	n	e
f	r	n	r	d	e	t	u	n	n	d	n	c	m	i	d	s	e	m	t	n
r	e	e	s	f	o	k	m	r	g	u	g	o	i	i	e	s	r	e	v	t
e	t	n	e	m	e	t	o	p	a	t	t	i	n	a	n	i	g	f	e	e
b	c	t	f	v	e	i	a	l	e	i	e	g	e	m	l	r	y	f	r	u
i	h	d	r	n	r	v	f	i	o	g	c	c	l	o	o	t	w	l	i	v
f	i	e	i	a	a	g	i	n	d	n	h	i	h	i	s	e	o	e	a	d
s	n	u	c	f	r	i	c	t	i	o	n	g	f	n	d	p	r	u	g	t
s	g	s	t	r	o	k	i	n	g	l	i	e	v	n	i	i	k	r	c	a
o	i	v	i	b	r	a	t	i	o	n	q	p	o	i	n	q	n	a	i	h
r	h	j	o	s	t	l	i	n	g	t	u	p	r	i	r	t	u	g	o	q
c	o	n	n	e	c	t	i	n	g	t	e	c	h	n	i	q	u	e	i	g

Broadening Technique  
 Cross Fiber Friction  
 Energy work  
 Gliding  
 Kneading  
 Nerve  
 Range of Motion  
 Stretching  
 Superficial Touch  
 Vibration

Compression  
 Deep Transverse Friction  
 Feathering  
 Joint Movement  
 Longitude Friction  
 Percussion  
 Rubbing  
 Stripping Technique  
 Tapotement

Connecting Technique  
 Effleurage  
 Friction  
 Jostling  
 Milking  
 Petrissage  
 Shaking  
 Stroking  
 Traction