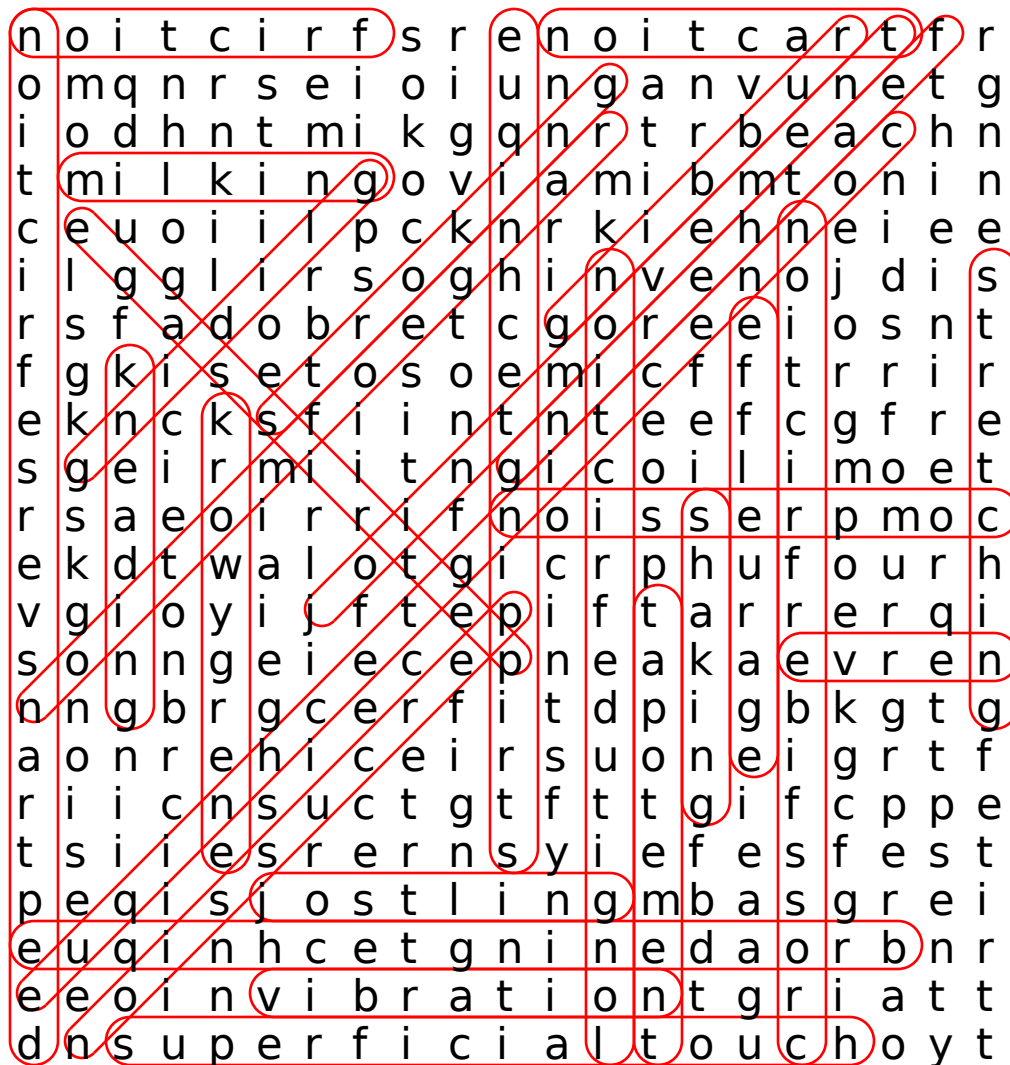


# Massage Techniques

MassageNerd.com



Broadening Technique  
Connecting Technique  
Deep Transverse Friction  
Energy work  
Friction  
Joint Movement  
Kneading  
Milking  
Percussion  
Range of Motion  
Shaking  
Stripping Technique  
Superficial Touch  
Traction

Compression  
Cross Fiber Friction  
Effleurage  
Feathering  
Gliding  
Jostling  
Longitude Friction  
Nerve  
Petrissage  
Rubbing  
Stretching  
Stroking  
Tapotement  
Vibration