

# Technique Rubric: **Petrissage**

Excellent (3)	Good (2)	Needs Improvement (1)
The stroke is <b>rhythmic</b> . It is applied at a consistent tempo.	The stroke is mostly rhythmic. Sometimes the tempo is inconsistent.	The stroke <b>lacks rhythm</b> . It is applied at an inconsistent tempo.
The stroke is <b>alternating</b> and <b>coordinated</b> . As one hand begins the stroke, the other reaches the “top” of the previous stroke in synchronicity.	The stroke is mostly alternating and coordinated but sometimes the stroke loses its synchronicity.	The stroke <b>lacks coordination</b> and synchronicity.
The stroke <b>lifts</b> the tissue away from underlying structures and <b>squeezes</b> it between the fingertips before allowing it to <b>roll</b> out of the fingers and back into place.	The stroke usually has lift, squeeze, and roll but sometimes has too much or too little lift, squeeze, and roll.	The stroke usually has too much or too little lift, squeeze, and roll.
The stroke is applied to an <b>entire region</b> with the therapist <b>adjusting the amount of lift, squeeze, and roll based on the tissue</b> . For example, firm petrissage with significant lift and squeeze is shown on fleshy areas, while the fingertips are used to apply petrissage to the eyebrows.	The stroke is usually applied to an entire region and adjusted based on the tissue but sometimes missed areas or was too firm or too light.	The stroke is not applied to an entire region or adjusted properly based on the tissue. The stroke is often too firm or too light.

Notes/Comments: