



MASSAGE
MASTERY
ONLINE

TRAVELING HANDS

ACTIVITY DIRECTIONS

Traveling Hands is a peer-learning activity in which students act as therapists and provide massage to several students acting as clients in succession. The activity aims to provide opportunities for applying the same technique(s) to different bodies during one class.

Therapists reinforce the mechanics of the technique and learn how to adjust it for different body types or client preferences. Furthermore, students acting as clients can differentiate what works and doesn't work based on differences in the application of the same technique by various therapists. They use this knowledge to improve their own massage application.

Use this activity to practice any massage technique, a series of techniques, or massage routines. It also works as an activity for palpation classes or teaching in-the-moment palpation during massage.

LIMITATIONS

Changing table height limits the Traveling Hands activity. If you give students time to change table height, it is too disruptive to the practice session. Therefore, students must adjust their body mechanics when they move between clients. Teachers can frame this limitation as a positive challenge—"I challenge you to maintain good body mechanics as you work at different table heights." However, giving feedback on body mechanics might cause students to become frustrated.

DIRECTIONS FOR PRACTICING MASSAGE TECHNIQUES OR ROUTINES

You demonstrate one to three previously learned techniques you want students to practice. Alternatively, have students review a massage routine (e.g., foot, face, hand, etc.) through guided massage.

Set a timer for an allotted time depending on the amount of content you want students to practice (e.g., five minutes – ten minutes).

Students practice on the first client for the allotted time while you circulate to give feedback.

When the timer goes off, therapists sanitize their hands, move to a new massage table, and apply the same techniques to a new client.

Reset the timer and circulate to give students feedback on their work.

Proceed this way for as many rounds as time allows, then change over so that clients act as therapists and repeat the activity.

At the end of the activity, gather students in a circle and ask them to reflect on their experiences. Ask them to share their challenges and learning.