



MASSAGE  
MASTERY  
ONLINE

# TRAVELING HANDS 02

## ACTIVITY DIRECTIONS

### TRAVELING HANDS AS A PALPATION ACTIVITY

You demonstrate the location and palpation of several previously learned structures. List these structures on the whiteboard.

Set a timer for an allotted time depending on the number of structures they want students to locate and palpate (e.g., five minutes – ten minutes).

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

When the timer goes off, therapists sanitize their hands and move to a new massage table to palpate the same structures on a different client.

Reset the timer and circulate to give students feedback on their work. You might also challenge therapists with several questions. For example:

- Do you detect irregularities in tissue texture?
- Do you detect irregularities in tissue tone?
- Do you sense differences in tissue temperature?
- Do you notice variations in tissue hydration?
- Do you notice any structural asymmetries when you look at the body area?
- Can you feel the fiber direction of the muscles under your hands?
- Can you identify the edges of the muscle under your hands?
- What are three words you might use to describe the quality of this client's tissue in terms of regularity, texture, tone, temperature, and hydration?
- How does this client's tissue differ from your previous client?

Proceed this way for as many rounds as time allows and 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 and learning.