



MASSAGE
MASTERY
ONLINE

TRAVELING HANDS 03

ACTIVITY DIRECTIONS

TRAVELING HANDS WITH A FOCUS ON PALPATION DURING MASSAGE

You demonstrate one to five previously learned techniques you want students to practice.

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.

At various points during the practice session, approach different therapists and ask them to describe what they notice about the client's tissue. The goal is to bring the therapist's awareness to the quality of client tissue and how it influences the application of techniques. Questions might include:

- What are three words to describe the quality of this client's tissue related to regularity, texture, tone, temperature, and hydration?
- How does the quality of this client's tissue influence how you apply the techniques you're practicing today?"

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

Reset the timer and circulate to give students feedback on their work. Again, encourage students to bring awareness to their in-the-moment palpation experiences. Add the question: Share how you adapt techniques for this client versus your previous client.

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 and learning.