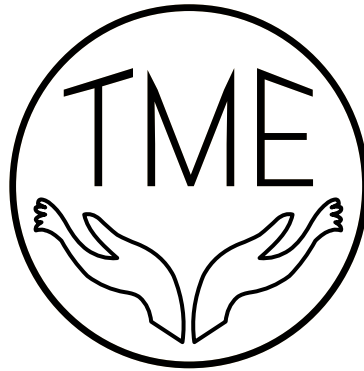


Workbook



TME® Thai Massage Education
Affiliated Partner of TMC Chiang Mai

Thai Foot Massage



TME® Thai Foot Massage Workbook

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TME Video Instructions:

All rights reserved. No parts of video instructions shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission from TME.

Please Note:

The information in this Workbook has been carefully researched, and all efforts have been made to ensure accuracy.

All of the procedures, postures and techniques should be carefully studied and clearly understood before they are attempted at home.

Furthermore the information is for educational purposes only. It is not intended to replace the advice of a physician or medical practitioner.

Disclaimer:

The author and TME specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the content of this workbook. Although every precaution has been taken in the preparation of this book, the author and TME assume no responsibility for errors or omissions.

How to use TME video instructions?

Print these workbook and use it as an overview and for your own notes.

The massage video program is subdivided in several meaningful steps and techniques providing a step-by-step guidance.

Get started with watching the first step and start to massage technique-by-technique.

After having practiced the first step several times, try to massage the step uninterrupted.

When you are capable of massaging the step out of your memory in the right way then you can proceed with the next step.

Work step-by-step until the end of the massage video instruction.

Practice to massage the complete massage.

Utilize the summary list and your own notes.

Could thai massage be harmful to one's health?

Not every technique and position is suitable for everybody.

Especially the yoga/steching positions could cause an injury if applied wrong or too strong.

In particular elderly persons or those who lack exercise or seldom do physical exercise are prone to strain their muscles or to other injuries.

Contra indications are serious heart condition, high blood pressure, spinal condition, artificial joints, osteoporosis and pregnancy among others.

Be aware of your responsibility.

If you are unsure about the recipients condition or about your ability to perform a particular technique correctly, it is the best to omit it!

How long does a massage take?

The below shown times of each massage video instruction are meant to be a suggestion.

First learn to practice the massages correctly without any attention on the aspect of the length of time.

Later, more experienced you may want to plan your own massage combination according to the need of the recipient, your preference and the time available.

For this customized purpose some techniques are to be omitted or repeated.

TME Instructions \ Speed	Fast	Regular	Slow
Thai Massage	80 min.	90 min.	100 min.
Thai Yoga Massage	70 min.	80 min.	90 min.
Thai Face & Head	25 min.	30 min.	35 min.
Thai Neck & Shoulder	35 min.	40 min.	45 min.
Thai Foot Massage (after foot cleaning)	60 min.	70 min.	80 min.

What kind of equipment is required?

For Thai Massage / Thai Yoga Massage

One Thai Massage mat of 3-6cm firm foam.

(A thickness of more than 6cm is not recommended, because the pressure techniques wouldn't be efficient.)

A Yoga mat is too hard to lie on for the recipient and also for your knees.)

In the massage video we used a Thai Massage mat with the measurement of 1m x 2m, the two side mats were 1m x 50cm each.

For the mobile massage the side mats are very convenient.

While working in a stationary location you may want to choose a larger one piece Thai Massage mat, e.g. 1,80m x 2m.

Additionally you need a light blanket handy, if the recipient feels cold and a cushion and bolster.

For Thai Face and Head Massage

One Massage mat or Massage table.

One flat cushion or an equivalent e.g. a folded large towel to support the recipient's head.

High quality massage oil e.g. jojoba oil.

For Thai Neck and Shoulder Massage

Most western people are not able to sit on the floor for a longer duration and they need to sit in a higher position.

Therefore you need an additional stool or a sitting cushion.

For Thai Foot Massage

One comfortable chair/reclining chair with foot support for the recipient and a small stool for yourself.

The recipient can also lie on a massage table and you sit on a stool in front of his/her feet.

For the offer of a foot bath you need a sufficient large bowl. As an alternative you can clean the recipient's feet with hot moistened compresses or with cotton pads soaked in alcohol.

Additionally you need one foot massage stick, two small towels (ca. 50cm x 1m) and a lubricant.

As a lubricant you can use natural based oils like sweet almond oil or a paraffin based cream like "Vaseline".

The admixture of camphor, lemongrass oil or menthol etc. is very beneficial and pleasant.

Two recipes:

1. 100ml sweet almond oil
5ml Eucalyptus oil
5gr. Camphor powder
5ml Lemongrass oil
2. 100ml "Vaseline"
5ml Olive oil
10ml "Tigerbalm"
3ml Lemongrass oil

Caution: Camphor, menthol, peppermint and eucalyptus have effect as an antidote for homeopathic treatments!

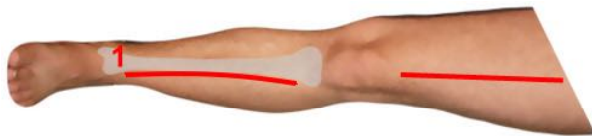
Where are the lines located which are mentioned in TME Video instructions?

With the massage we apply direct effect on a system of energy channels, the "Sen Sib".

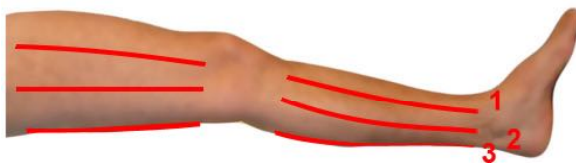
Line 1, 2 and 3 on the outside of the leg.



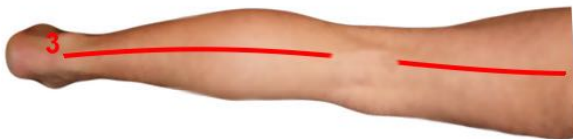
Line 1 on the outside of the leg. (Anterior view)



Line 1, 2 und 3 on the inside of the leg.



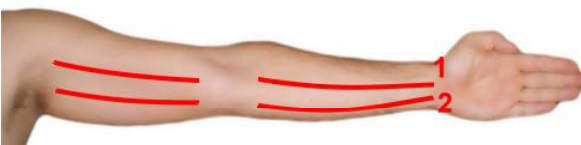
Line 3 on the inside of the leg. (Posterior view)



Line 1 und 2 on the outside of the arm.



Line 1 und 2 on the inside of the arm.



*Inside line (next to the spine) +
Outside line (one thumb width outside of the inside line.)*



Step1 (A1-A8)

Warming up and foot wrapping

Right foot



A1



Ankle rolling (10 s)

A2



Edge rolling (10 s)

A3



Thumbs pressing on sole (2 x 4)

A4



Creamy palm slide (20 s)

A5



2 thumbs sliding up (10 x)

A6



2 thumbs cross slide (20 x)

A7



Knuckles slide on sides, index finger on dorsal (10 x)

A8



Foot wrapping

Step2 (1-12)

First hand

Warming up massage

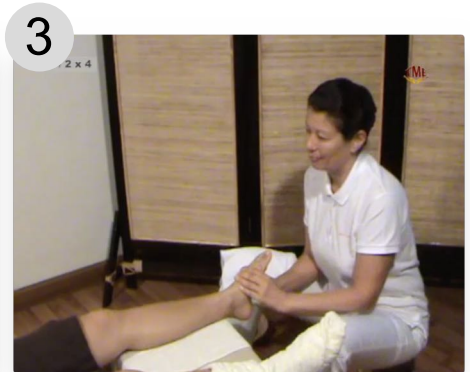
Left foot



1 Ankle rolling (10 s)



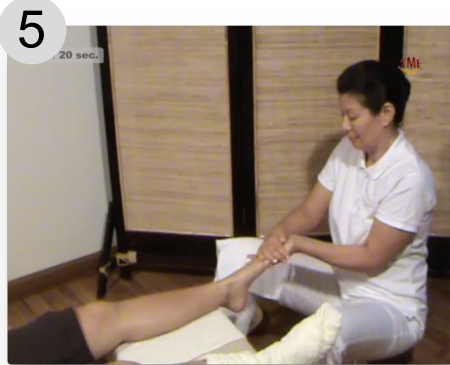
2 Edge rolling (10 s)



3 Thumbs pressing on sole (2 x 4)



4 Caterpillar metatarsus spaces (4 x)



5 Creamy palm slide (20 s)



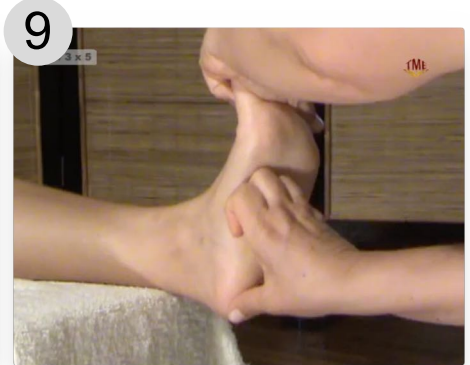
6 Tendon slap (10 s)



7 2 Thumbs sliding up (10 x)



8 2 Thumbs cross slide (2 x ↓↑)



9 Flat knuckle sole slide (3 x 5)



10 Flat knuckle slide inside (25 x)



11 Sharp knuckle in crease (10 x)



12 Dorsal slaps (10 s)

Step3 (13-26)

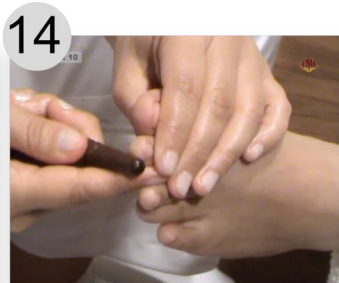
First stick

Stimulation with the stick

Left foot



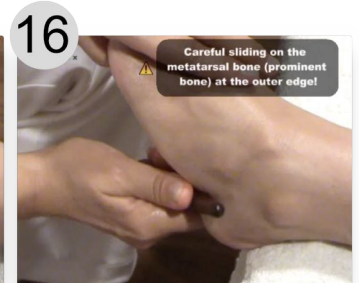
13 Inside border slide (10 x)



14 Toetip slide (5 x 10)



15 Gap of toes (4 x 5)



16 Outside border slide (10 x)



17 Gaps back (4 x 5)



18 Toe strokes downwards (5 x 10)



19 Toe crease to outside (5 x 10)



20 Thyroid gland slide (5 x)



21 Outside strokes (5 x)



22 3 Lines on sole (3 x 5)



23 Zig Zag on sole (2 x ↓↑)



24 Open triangle (2 x 5)



25 Heel strokes (20 x)



26 Dorsal interosseous spaces (4 x 10)

Step4 (27-50)

Second hand

Techniques for the dorsal, inside and outside of the foot

Left foot



27



Thyroid to Parathyroid (10 x)

28



Flat knuckle inside border slide (10 x)

29



Halfmoon under ankle (20 x)

30



Tigerjaw inside (10 x)

31



Tendon hook (10 x)

32



Flat knuckle outside border slide (10 x)

33



Halfmoon under ankle (20 x)

34



Tigerjaw outside (10 x)

35



Sharp knuckle circle on dorsal (30 s)

36



Sharp knuckles cross lines (3 x 5)

37



Flat knuckles on 3 lines (3 x 5)

38



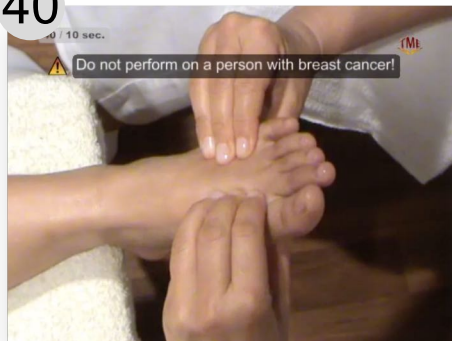
Index finger knuckle to toenail (5 x 10)

39



Finger tip dorsal slide (10 x)

40



Finger tip dorsal press (10 s)

41



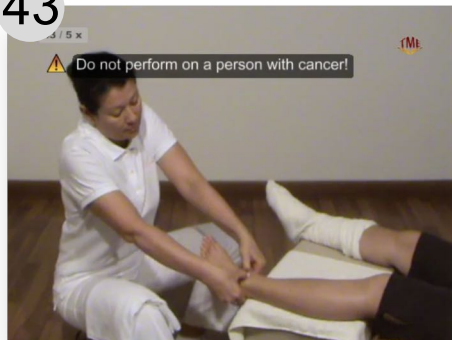
Knuckles slide on sides, index finger dorsal (10 x)

42



Knuckle circles (30 s)

43



Thumbs up to the lymphatic point (5 x)

44



Alternating flat knuckle slides (15 s)

45



Thumb around inner ankle joint (5 x)

46



Thumb around outer ankle joint (5 x)

47



Thumbs up on 3 lines (3 x 5)

48



Lymphatic point snap (10 x)

49



Cross slide (10 x)

50



Dorsal slap (10 s)

Step5 (51-54)

Second stick (26 points on the sole.)

Stimulation of urinary organs,organs of digestion and of genital glands

Left foot



51



26 Points

52



Urinary organs stroke (10 x)

53



Organs of digestion stroke (10 x)

54



Knocking on genital glands (20 x)

Step6 (55-68)

Massage of the lower leg

Left foot



55



Gentle patella circles (10 x)

56



Inside knee thumbs down (10 x)

57



Gentle patella push up (5 x)

58



Standing circles in the knee crease (10 s)

59



Knee crease clapping (10 s)

60



Inside leg, 2 lines up (2 x 5)

61



Fishbone over 2 lines (2 x ↓↑)

62



Outside leg, 2 lines up (2 x 5)

63



Fishbone outside (2 x ↓↑)

64



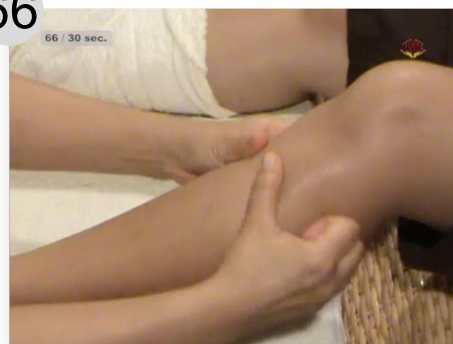
Spider jump (10 s)

65



Relaxing spider walk (30 s)

66



Knuckle circles on the calf (30 s)

67



Relaxing calf strokes (10 x)

68



Open fist hits outside and inside leg (2 x ↓↑)

Step7 (69-76)

Stretching and loosening up

Left foot



69



Slides between the toes (4 x 5)

70



Toe rotation (5 x 1)

71



Toe snap (5 x 1)

72



Foot stretch (2 x 3)

73



Foot rotation (2 x 5)

74



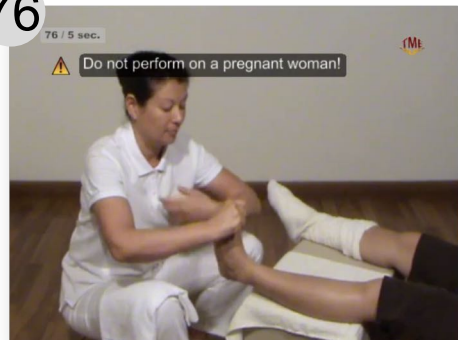
Ankle rolling (10 s)

75



Edge rolling (10 s)

76



Slapping on sole and heel (5 s)

Step8 (77-82)

Balancy energy

Left foot



77



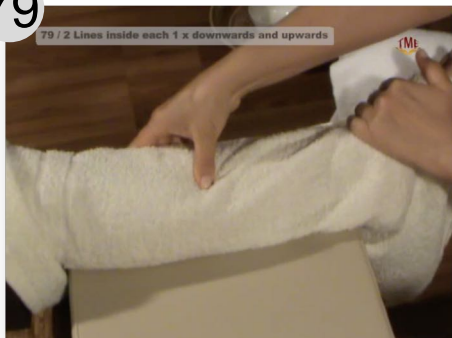
Arm roll on outside leg (1 x ↓↑)

78



Thumb press on 2 lines, outside
(each 1 x ↓↑)

79



Thumb press on 2 lines, inside
(each 1 x ↓↑)

80



Walking thumb press on the sole
(1 x ↓↑)

81



Crossed thumbs press on solar
plexus (3 x)

82



Foot wrapping

Repeat Technique 1 - 81 on the right foot.

Except Technique 51

- Point 22 Liver
- Point 23 Gall Bladder
- Point 24 Appendix

and Technique 53

• Organs of digestion stroke
all techniques are the same!



Difference on the right foot



Difference on the right foot

Step 10 (closing)

Closing on both feet

The End



Foot stretch (1 x right foot up)



Foot stretch (1 x left foot up)



Foot stretch (1 x)



The End

