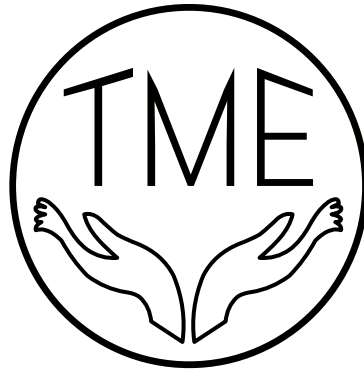


Workbook



TME® Thai Massage Education
Affiliated Partner of TMC Chiang Mai

Thai Neck & Shoulder Massage



TME® Thai Neck & Shoulder 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 physican 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".

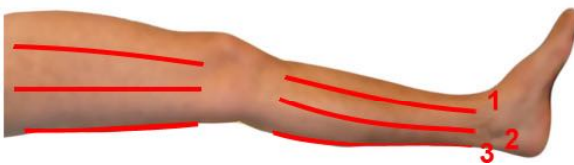
Line 1, 2 and 3 on the outside of the leg.



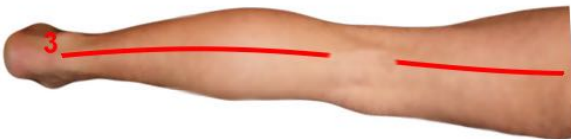
Line 1 on the outside of the leg. (Anterior view)



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



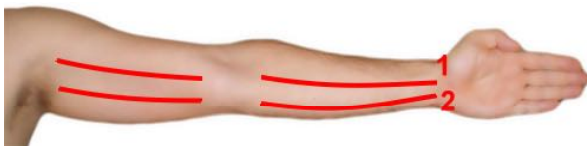
Line 3 on the inside of the leg. (Posterior view)



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 (1-2)

Warming up

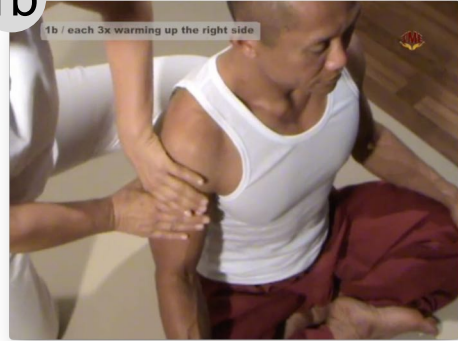


1a



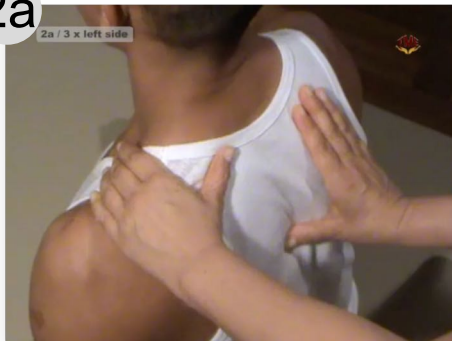
Warming up the muscles of neck,
shoulder and arms
Left side (3 x)

1b



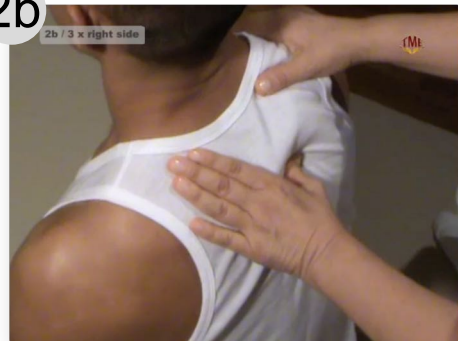
Warming up the muscles of neck,
shoulder and arms
Right side (3 x)

2a



Scapula surrounding
Left side (3 x)

2b



Scapula surrounding
Right side (3 x)

Step2 (3-9)

Head and shoulder massage



3



Sagittal line (1 x)

4



Coronal line (1 x)

5



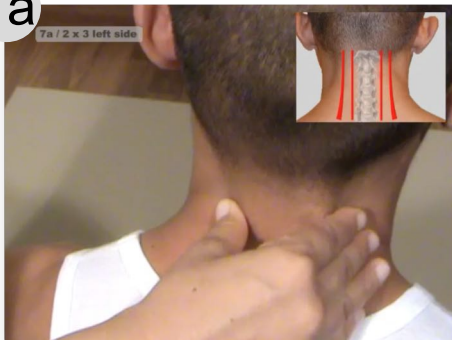
Sliding down the coronal line (3 x)

6



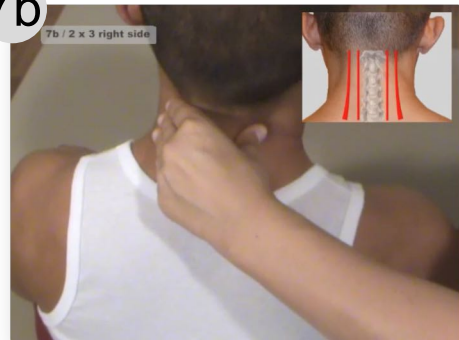
5 Energy points (5 x 1)

7a



2 neck lines
Left side (2 x 3)

7b



2 neck lines
Right side (2 x 3)

8



Interlocked hands neck press (3 x)

9



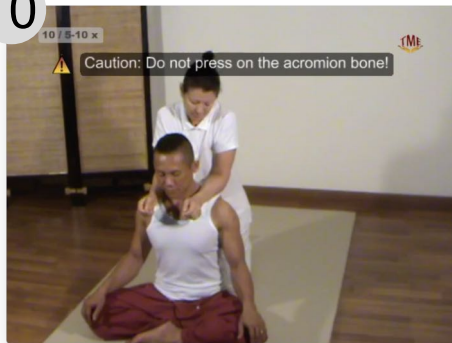
Neck squeeze (3 x)

Step3 (10-14)

Techniques for shoulder and shoulder blade



10



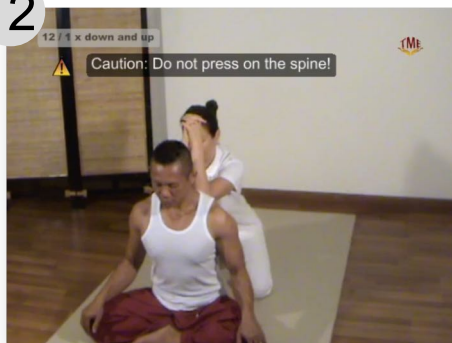
Arm rolls on the shoulders (5-10 x)

11



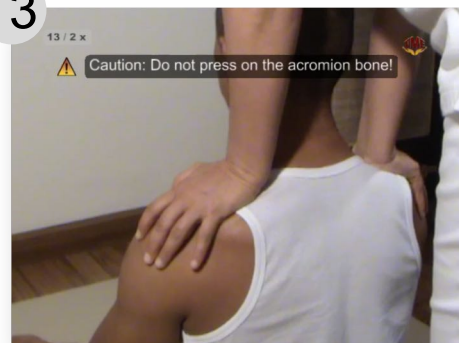
Elbow walk on trapezius (1 x ↓↑)

12



Progressive elbow walk (1 x ↓↑)

13



Heel pressing on shoulders (2 x)

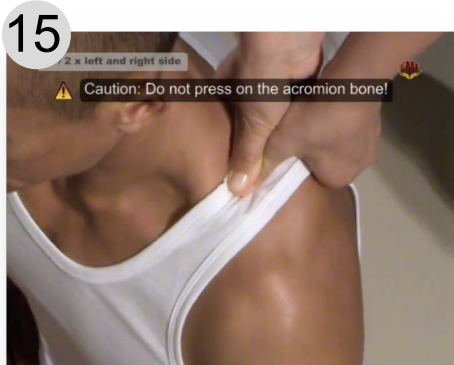
14



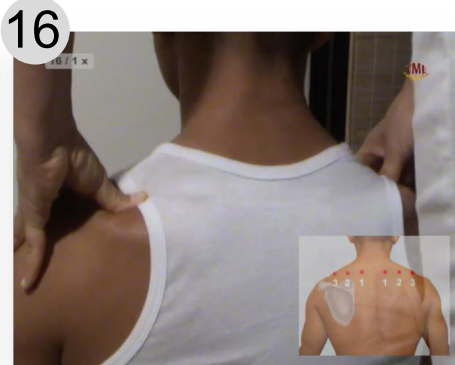
Thumb pressing on shoulders (2 x)

Step4 (15-28)

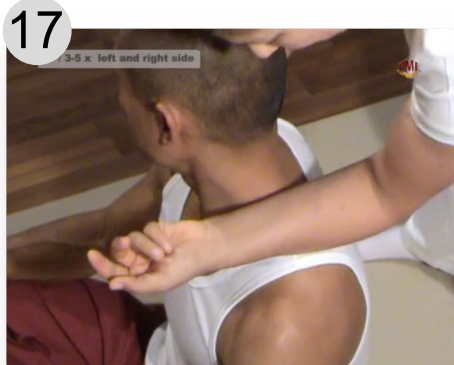
Intensive Techniques for shoulder and shoulder blade, stretching



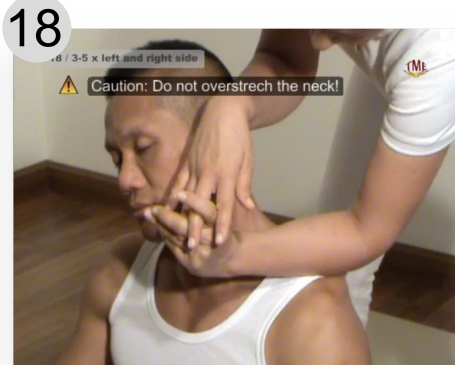
15
2 x left and right side
Crossed thumbs pressing on the shoulders (2 x)



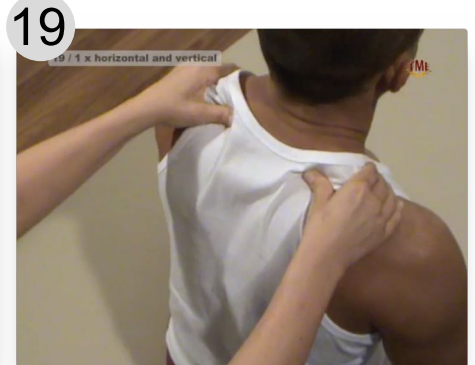
16
3 pairs (1 x)



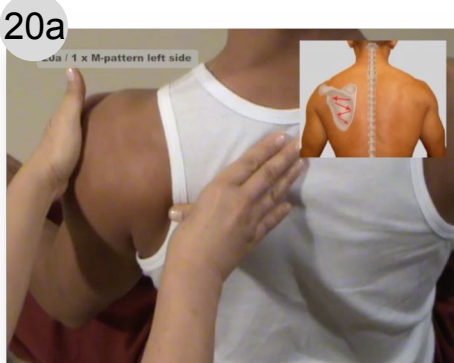
17
3-5 x left and right side
Arm roll with the head turned (3-5 x)



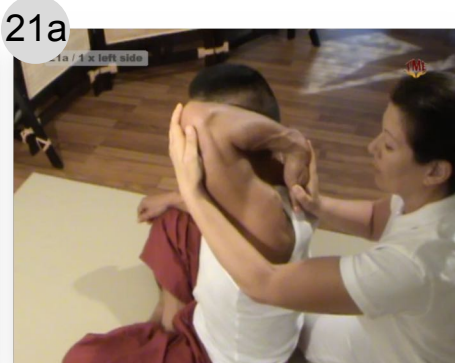
18
3-5 x left and right side
Stretching the neck and shoulders (3-5 x)



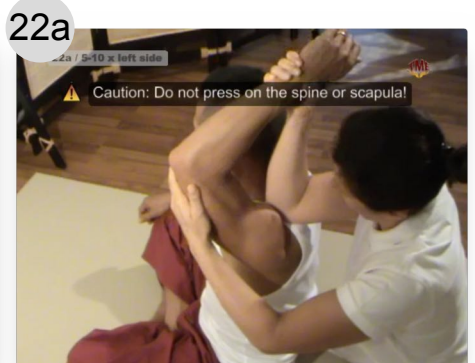
19
1 x horizontal and vertical
Thumbs circles on trapezius (1 x)



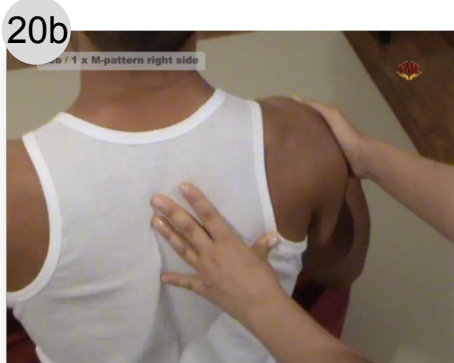
20a
1 x M-pattern left side
M-pattern on scapula (L) (1 x)



21a
1 x left side
Backward arm lever (L) (1 x)



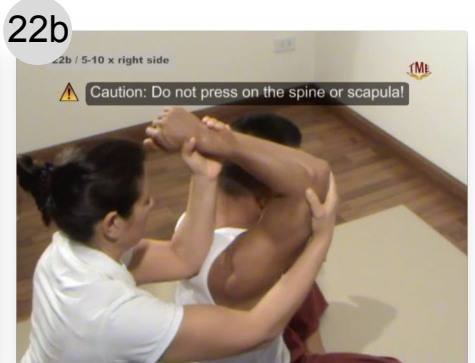
22a
5-10 x left side
Elbow pivot lever (L) (5-10 x)



20b
1 x M-pattern right side
M-pattern on scapula (R) (1 x)



21b
1 x right side
Backward arm lever (R) (1 x)



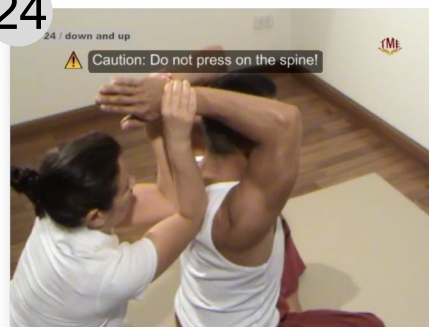
22b
5-10 x right side
Elbow pivot lever (R) (5-10 x)

23



Butterfly shoulder stretch (1 x)

24



Elbow pivot arm stretch (1 x ↓↑)

25a



Thumb press inside of the border of scapula (L) (1 x)

26a



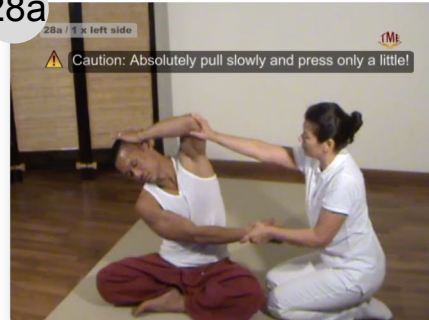
Thumb press outside of the border of scapula (L) (1 x)

27a



Muscle stretch with arm locked (L) (1 x)

28a



Side stretch (L) (1 x)

25b



Thumb press inside of the border of scapula (R) (1 x)

26b



Thumb press outside of the border of scapula (R) (1 x)

27b



Muscle stretch with arm locked (R) (1 x)

28b



Side stretch (R) (1 x)

Step5 (29-33)

Stretching techniques for the upper body, relaxation

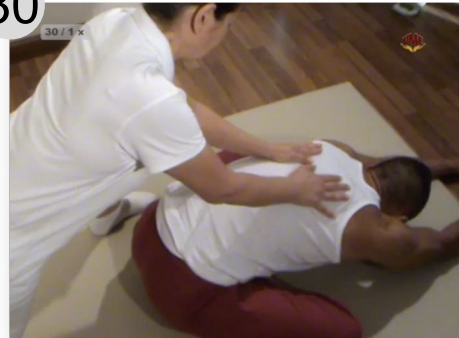


29



Back -, and shoulder stretch (1 x)

30



Soft stretch forwards (1 x)

31



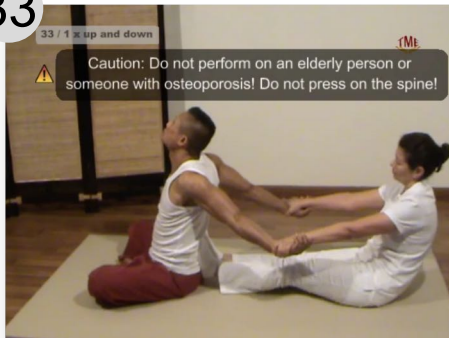
Thumb press on the back (1 x ↓↑)

32



Crossed arm shoulder -, back stretch (1 x ↑)

33



Arm -, shoulder stretch (1 x ↑↓)

Step6 (34-35)

Final friction and percussion



34



Rubbing with the heels of our hands (1 x)

35



Finger tip percussion (1 x)

End



The End