

Hand Massage

from Trauma Healing and Transformation, Chapter 4, p. 150-151
—Patricia Mathes Cane, Ph.D.

Hand Massage and Reflexology

The hands, wrists, and arms can hold much tension and pain, especially if a person works a lot with their hands. With five to ten minutes of hand massage you can relax a person and relieve pain in the body. There are many acupressure and reflexology points that affect internal organs and different parts of the body. Massaging hands, fingers, and joints can relieve many problems, including poor circulation and arthritis. If a person feels anguish or stress, you can give them healing care without any words. Hand massage can be done with people of all ages and conditions—children, teens, adults, the elderly, the sick or dying—anywhere and with or without lotion. Soft music may be used during the massage. Often when I work with large groups we will do hand massage in silence so that participants can learn quality of presence and how to communicate without words. In some bi-lingual workshops where people don't know each other's language, the hand massage is a wonderful way to get to know someone without words.

Directions for a Hand Massage

- Place one hand of the person between your hands to create a connection and to peacefully center yourself. At this point you can apply lotion to the first hand, if desired.
- Open the palm of the person's hand, gently pressing the palm and stretching the muscles of the hand. Press the reflexology points covering the entire palm.
- Massage the muscles and tendons between the bones of the hand. Support the wrist with your palm. Work from the wrists toward the fingertips. Massage the upper part of the hand.
- Massage each finger and each joint visualizing the tension pouring out of the fingertips.
- Massage the muscles around the wrist and forearm.
- Massage the upper part of the arm moving towards the elbows.
- Brush off any static energy that remains in the hand and arm.
- To finish, place the person's hand between your hands and visualize warm light and energy entering the person, giving them what they need at the moment.
- Do the same procedure with the other hand.

Resources for Further Study

Books

Byers, D. Better Health With Reflexology. Ingham Publishing, 1983.

Davis, Eshelman, McKay. The Relaxation and Stress Reduction Workbook. Oakland, CA: New Harbinger, 1988.

Kirsta, A. The Book of Stress Survival. NY: Simon and Shuster, 1986.
Krieger, D. Accepting Your Power to Heal. New Mexico: Bear & Co. 1993.
Kunz, The Complete Guide to Reflexology. Reflexology Research Project, 1981.
Lidell, L. The Book of Massage. NY: Simon and Shuster, 1984.
Montague, A. Touching. NY: Harper and Row, 1987.
Rick, S. The Reflexology Workout. NY: Harmony Books, 1986.
Massage Magazine
American Massage Therapy Journal

Music: For Massage

Baroque at Bathtime, Phillips.
Celtic Quilt, Kobiarka, Lisem.
Streams of Dreams, Michael Maxwell, Dan Gibson, Solitudes, Inc.
Path of the Heart, Max Highstein, Desert Heart Recordings.
Reiki, Merlin's Magic,
The Poet, Michael Hoppé, Martin Tilman, Teldec Classics International.
Afterglow, Michael Hoppé, Martin Tilman, Tim Wheeler, Hearts of Space.
When It's Time for Letting Go: Music to Heal the Heart, Serenity.
Inner Light, Anjali Quartet, Sri Rama Publishers.
Drums, Geoff Johns, Sounds True Recordings.

Contacts:

American Massage Therapy Association, 820 Davis St, Suite 100. Evanston, IL 60201 708-864-0123
Associated Bodywork & Massage Professionals, PO Box 1869, Evergreen, C) 80439 1-800-862-7724
American Reflexology Certification Board & Information Center, PO Box 246654, Sacramento, CA 95824 916-455-5381