

# Thumbs-Free Massage Home Study Course

4 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

*PO Box 117 • Elk Point, SD 57025  
866-784-5940 • [www.massagetherapyceu.com](http://www.massagetherapyceu.com)*

THUMBS-FREE MASSAGE

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## Center for Massage Therapy Continuing Education

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PO Box 117  
Elk Point, SD 57025  
[www.massagetherapyceu.com](http://www.massagetherapyceu.com)  
Ph: 866-784-5940  
[info@massagetherapyceu.com](mailto:info@massagetherapyceu.com)

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

## THUMBS-FREE MASSAGE

## Instructions for the Thumbs-Free Massage home study course

Thank you for investing in the Thumbs-Free Massage home study course, a 4 CE hour course designed to further your knowledge in the principles and practice of performing massage without using your thumbs as well as practicing self-care as a massage therapist.

This guide will contain all of the instructions you will need to complete this course. This is a 4 CE hour course, so that means it should take you approximately 4 hours to watch the 90 minute Thumbs-Free Massage DVD, watch the 65 minutes of online self-care videos, read the DVD guide, and complete the exam and course evaluation.

### The following are steps to follow in completing this course:

1. Watch the Thumbs-Free DVD (or online Thumbs-Free video), read the DVD guide, and watch the supplemental online self-care videos.
2. If you chose to download your course, here is the link to the Thumbs-Free Massage online videos:
  - a. <https://youtu.be/t9jnkOmZ4OU> – 1<sup>st</sup> half
  - b. <https://youtu.be/9f3S9wY0u8s> – 2<sup>nd</sup> halfThe multiple choice exam questions come from these videos.
3. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com). Once there, click on the student login link on the top left and enter your information.
4. Access the supplemental online self-care videos by following this link: [https://www.youtube.com/playlist?list=PLnvS9HaUaKtYsnODui\\_GL6pKWp2uSl20f](https://www.youtube.com/playlist?list=PLnvS9HaUaKtYsnODui_GL6pKWp2uSl20f). There is approximately 1 hour of online video clips available explaining and demonstrating self-care techniques for massage therapists.
5. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review your DVD, guide, and online videos while taking the test. This course uses the DVD *Thumbs-Free Massage*, by Kay Rynerson. There are no trick questions on the exam. All of the answers are clearly found on the DVD or the text guide.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Thumbs-Free Massage course.

## THUMBS-FREE MASSAGE

# Thumbs-Free Massage

Kay Rynerson, LMP, RTT

Corrine Mollet Rubida, BS, LMT

Center for Massage Therapy Continuing Education, LLC



## THUMBS-FREE MASSAGE

## PRONE

### BACK AND NECK

Undrape the Back. Start by gently rocking the sacrum through the sheet.

1. **SPINAL ROCK:** Facing the client's side, grasp both sides of the spine with the heels of your hands and your fingertips and rock the body, moving up and down the spine.



2. **WRINGING THE COLUMNS:** Stand facing your client's side. Place your flat hands side by side on the same side Erector Spinae Group (ESG), allowing for an inch or two in between, and slowly move one hand one way and the other hand the other way, without moving across the skin. Re-place your hands and switch directions to wring the ESG. Repeat up and down the back. Repeat on the other side.



#### THUMBS-FREE MASSAGE

### 3. KITTEN SQUEEZE:

Face your client's opposite shoulder. Stand facing northward. Pick up the traps/levator scapula muscles, pushing the heels of your hands toward your fingertips as if picking up a kitten by the scruff of the neck. Hold 30 seconds. Release slowly. Repeat on the other side.



**FOR CLARITY: From here on out, the narrator will be referring to the head of the client as north and toward the feet as south.**

### 4. ELBOW ESG

#### **WALK:**

Stand facing your client's side. Placing both of your elbows at the base of the spine on the same side ESG, take a medium step northwards



with one elbow, then fill in with a small step with the other elbow. Get plenty of feedback regarding pressure any time you are using your elbows. Continue up the spine to the neck if possible, and back down. If the space between the spine and the scapula becomes too narrow, stop there. Repeat on the other side.

## THUMBS-FREE MASSAGE

## 5. ELBOW WRING

**CROSSWISE:** Stand facing your client's side. Place one elbow very close to the spine, and the other just lateral to the ESG, about two inches apart. Push one elbow away and pull the other near. Re-place your elbow and reverse directions to wring the ESG, moving up the back as



far as you can go, and back down. If the space between the spine and the scapula becomes too narrow, stop there. Repeat on the other side.

## 6. ELBOW WRING

**LENGTHWISE:** Stand at the head of the table, with an elbow on either side of the spine, between the spine and the medial edge of the scapula. Move one elbow away from you as you draw the other toward you without moving across the skin. Then reverse, several



times. This should be done slowly and controlled so as not to touch the spine. Move down the back stepping to the side when you can no longer reach from above. Go down and back up.





## 7. OILING THE BACK:

- a. Oil up your hands and forearms. Stand facing your client's side, spread oil on the opposite side of the back with forearms, starting in the middle and moving away from each other, one arm covering the top of the shoulder and the other, the top of the glutes.
- b. Alternating hands, pull up the opposite side of the back, working from bottom to top, ending by scooping up the shoulder with both hands, leaning back, and pulling toward you. Repeat several times.

Repeat on the other side.

### THUMBS-FREE MASSAGE



- 8. ARROW UP ESG:** Facing your client's side, hand on top of hand, pull up the waist just where the iliac crest drops off into soft tissue on the side farthest from you. Rotate to face your client's head and make an arrowhead with hand on top of hand. Glide up the ESG. When you get to your client's opposite shoulder, use alternate hands to pull the traps toward you several times. Repeat two more times. Repeat on the other side.



- 9. PEACE SIGN ESG:** Stand at the client's hip, face northward and place your index finger on the near side of the spine and the rest of the hand on the other side, starting at the base of the back. Place the other hand on top to push down for more pressure. Glide up the spine. Repeat two more times.



- 10. FINGERTIP WAVE ESG:** Facing your client's side, line up the first three fingers of each hand. Starting at the south end of the back, push the opposite side ESG away from you in a small rocking motion as if trying to separate the whole column from the spine. Repeat several times. Take your time. Repeat on the other side.



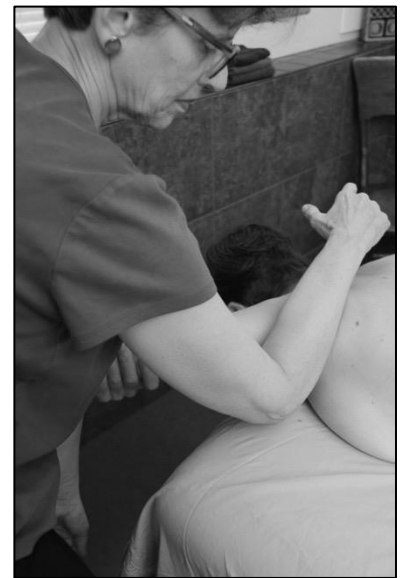
## THUMBS-FREE MASSAGE

**11. ELBOW WAVE ESG:** Same as before, but with your elbows side-by-side. Using the points of your elbows and starting this move at the base of the back, pull your north elbow up the waist where the iliac crest drops off into soft tissue. Now, line up your elbows and slowly glide up the ESG. Repeat on the other side.

Now try anchoring the sacrum with your south elbow and gliding with just the one elbow, giving your client a gentle low back stretch. Repeat on the other side.



**12. AXILLA ROLLOVER:** Abducting and supporting your client's same side arm with your north arm, facing your client's opposite hip, use your south forearm to roll over the lateral edge of the scapula, then on to the lateral ESG all the way down to the glutes. Repeat at least two more times. End with an overhead stretch of the arm, elbow to elbow, supporting the wrist and pulling straight northwards. Repeat on the other side.



**13. BIG ESG WRING:** Stand at the client's head, start with your hands flat, one starting at the base of the back on one side. The other starting at the shoulder and wring slowly, moving one hand one way and one hand the other way. Continue for as long as you like.

**14. FRICTION TRAPS:** With your hands in karate chop position, place the ulnar edges between the scapula and the spine on each side. Very vigorously move one hand away from you and draw the other one toward, moving quickly to stimulate a dramatic warming of the tissue for at least 30 seconds. If the back is big enough, do the same thing on each side separately as well.



Try the same move on the low back, one side at a time.



#### THUMBS-FREE MASSAGE

## 15. FOREARM TRAPS

**ROLLOVER:** Stand at the client's head and start with your knees bent so you are very low. With the ulnar surface of your forearm, starting at the wrist, glide right on top of the shoulders, aiming one arm to the space between the scapula and spine on the same side. Stop when you get to the south end of the scapula. At the same time you stop with one arm, start with the other. Alternating one after the other after the other, repeat many times.



## 16. ESG MEGAMOVE:

- a. Start this move exactly as if you were doing the previous move, with your right wrist moving down the client's side.



- b. Instead of stopping and switching, however, very slowly rotate your body to face the client's side and move your elbow down the ESG.



- c. When you get to the base of the back, glide down the waist, then across the glutes to finish.



- d. Turn around to face northward and run your forearm up the ESG ending at the shoulder.



### THUMBS-FREE MASSAGE

- e. Lastly, place your elbows side by side and spread them apart, using the soft surface of your forearm to glide along the back, ending on the glutes and on the top of the shoulder.



Repeat on the other side.

- 17. WRING THE BACK:** Facing the client's side, place one flat hand firmly on the far side of the back and the other on the near side. Keeping a few inches of space between your hands, wring the back by moving one hand away and draw the other one near, getting full coverage, moving from one end of the back to the other. End by pulling the opposite side traps toward you. Repeat on the other side.



- 18. KNUCKLE THE NECK:** Face your client's head. Place the first knuckles of each hand on either side of the neck and glide them down to the base of the neck and back, several times.



## THUMBS-FREE MASSAGE

**19. ELBOW ESG:** Using your elbows on either side of the spine, glide slowly and carefully down the ESG. You will start facing the top of the client's head and then with a hula step move to the client's side as necessary. End by gliding along the waist.

**20. BOBBY PIN:** Face the top of the client's head. Place your hands on the top of the shoulders and very, very slowly, with full hand contact, push your hands down both sides of the spine, then around the glutes, then up the sides, then around the tops of the shoulders and up the neck to the hairline, all in one smooth move.



#### THUMBS-FREE MASSAGE



## HIP, LEG, AND FEET

### 21. KNUCKLES IN THE GLUTES:

Through the sheet, working with both hands, push your fists gently into the glutes and twist, working through the sheet, to warm and mobilize the muscles. This is demonstrated on the DVD with the leg and glutes undraped. You can perform this step whichever way is most comfortable for you and your client.



**22. ROCKING THE GLUTES:** Through the sheet, using your fists, rock the whole body, sinking gently into the glutes with each shove, one hand at a time, covering as much territory as you can, through the sheet. This is also demonstrated on the DVD with an undraped leg and glutes.

For deeper work, try taking a walk and rocking the glutes with your elbows.



### THUMBS-FREE MASSAGE

**23. ROCKING THE HAMS:** Through the sheet or with an undraped leg and glutes, starting with your hands and then your fists, rock the whole body by pushing the hamstrings straight down, and then away from you.



Go back to KNUCKLES IN THE GLUTES, #21 and repeat on the other side.

**24. PRAYER CIRCLE THE HEELS:** Undrape the foot. Interlace your fingers and using the heels of your hands embrace the edge of the heel and make small circles without moving across the skin. Re-place your hands as many times as will fit and continue until both the client's heels are well done. This can be done seated, or facing south, whichever is the most comfortable for you. Repeat on the other heel.



#### THUMBS-FREE MASSAGE

**25. ELBOW WALK THE SOLES:** Face the soles of the feet. Have a seat if you can do so and still reach the feet comfortably. With an elbow for each foot, carefully and slowly press points all over the soles of the feet, including the heels. Go ahead, lean your entire weight into it and get feedback.

If it is more comfortable for you, with a shorter leg for instance, bend the leg, support the foot and use one elbow to press into the sole of the foot.



**26. KNUCKLE FEET:** Facing the soles of the feet, make soft fists and push and twist into the soft tissue.



**27. LEG GLIDE:**

- a. Oil up your hands and forearms.



## THUMBS-FREE MASSAGE

- b. Spread the oil starting at the hip, using your hands and forearms, moving southward with very little pressure.

End by gliding across the sole of the foot 3 times with more pressure.



- c. Turn northwards and glide up the leg with substantial pressure.

Finish with your inside forearm and elbow circling the greater trochanter, just around the posterior side, where the majority of the muscle attachments are.



Repeat the sequence two more times.

**28. FULLING THIGH:** Face northward. Using your palms, continuously lift the thigh from both sides as if fluffing, but with substantial pressure. Push down, pull up.



#### THUMBS-FREE MASSAGE

**29. HAMSTRINGS GLIDE:** Face northward. Lean on the hamstrings, supporting yourself, and glide up three times, starting medial and moving lateral, ending by coming up to the greater trochanter and circling behind it in one smooth move. Repeat several times. Move laterally and switch arms to glide up the biceps femoris several times.



**30. WRING THE CALF:** With thumbs tucked in, place your hands side by side on the calf with about one inch in between. Push one and pull the other to wring the flesh in between, working up and back down.



#### THUMBS-FREE MASSAGE

**31. LEMON SQUEEZE THE CALF:** Have a seat on the table, drape your chest, bend the client's knee and do this move with the lower leg supported by your upper body.

Interlace your fingers and squeeze as if pushing the muscles away from you, moving down the calf. Repeat two more times from ankle to knee.



**32. FULL SLIDE GLIDE:** Carefully undrape one side of the whole body. Lightly oil the arm. Start facing southwards at the glutes and lightly and slowly glide down the leg using your inside forearm to cross the arch of the foot at the end. Pull toward you from ankle to the knee, then turn around and with



both hands, embracing the leg, move slowly toward the glutes. Repeat, only this time on the return, glide all the way up the back and finish with a few trap pulls toward you. Repeat, only this time on the return, pick up the arm, bring it overhead, turn southward and glide all the way to the hand.

Repeat all strokes from LEG GLIDE on the other side.



## SUPINE

### NECK AND HEAD

**33. ROCKING ROLL NECK:** Have a seat at the client's head. With your palms facing you, your fingers stacked, cupped slightly and somewhat rigid, start at the base of the neck, pulling towards you, with the top surface of your index finger doing the work, one hand at a time, so that the head rocks gently. When you reach the hairline, return to the base of the neck and repeat several times.



**34. KNUCKLE THE NECK:**  
Use the first knuckle of the index finger to lift the back of the neck, moving from the base to the hairline and back, several times.



## THUMBS-FREE MASSAGE



**35. HEAD LIFT:** Using the tips of your first three fingers, hands side by side supporting the head, find where the skull drops off into neck tissue. Now, push your fingers straight up toward the ceiling. Do not pull the head toward you, just allow gravity to drop it more heavily into your hands as the suboccipital muscles relax. Hold for at least 30 seconds, longer if possible.



**36. TWO PART NECK STRETCH:**

- a. Support the head with your left hand and rotate the head to the right. Cross your wrists and push the shoulder away from you as you pull the head gently toward you, 3 times.
- b. With the first two or three fingers of your left hand, firmly pin the neck muscles on the right side behind the ear. With your right hand, push the right shoulder away from you, 3 times.

Switch and do both moves on the other side.

**37. HOURGLASS:** Oil up your hands. To spread the oil and warm the tissue, start with the hands on the upper chest (In “L” shapes to avoid the breasts) and push down, alternating pressure. Now, glide around the shoulders and up the neck to the hairline. Repeat two more times.



**THUMBS-FREE MASSAGE**

### 38. GRIP 'N' GLIDE NECK:

Place your right hand lightly on the upper chest with your elbow resting on the table so that your forearm stabilizes the head and neck. Rotate the head to the right to rest on your arm. With your left hand use the top edge of your index finger to glide down and back up the neck several times.



**39. FINGER PUSH:** With the head still rotated, open your hand fully, straighten your fingers and use the tips to push into the neck muscles, moving up and down the cervical spine. This can be done palms up or palms down.



### 40. KNUCKLE NECK

**AGAIN:** Using the knuckles of your left hand, glide down the posterior neck and back up several times. Get feedback.

Repeat all three previous moves on the other side.



## THUMBS-FREE MASSAGE

**41. FLOATING HEAD:** If your fingers are feeling strong and your client can tolerate deep neck work, then place your fingertips just south of the skull where it drops off into soft tissue. Bring the heels of your hands quite close to your fingers and push straight up until your fingers are locked and the head is floating in midair. Your first set of knuckles should be off the table. Wait patiently and the head will drop back until you can cup your fingers and support it. Set it down gently.



**42. TOWEL PULL NECK:** Fold a hand towel or pillow case twice lengthwise and place under the neck. Stand up, pull slightly up to get a grip behind the ears and then pull back, holding the ends palm down. The key to a good grip is keeping the towel very close to the face. Lean back and allow your wrists, elbows, and shoulders to stretch, getting feedback as to when to stop pulling. Hold for as long as you can. Release very slowly.

**43. SCOOPING THE NECK:** Raise the head, using your curved fingers, reach as far as you can down the neck, and, one side at a time, glide along the opposite side paracervical muscles to the head. Repeat several times.



#### THUMBS-FREE MASSAGE

**44. SHAMPOO SCALP:** Do finger circles around the entire scalp.



**45. FACE:** Lightly oil your hands (optional). Massage the face, starting with palm circles on the forehead. Continue, using your fingertips and knuckles.



#### THUMBS-FREE MASSAGE

**46. LOCOMOTIVE HEAD:** Place your hands firmly on the head, creating a space for the client's ears between your middle and ring fingers. Press with all you've got, and move in slow circles, hands working in tandem like locomotive wheels. Do not move over the skin, but rather move all the skin and muscle and fascia over the underlying bones.



**47. LOCOMOTIVE FACE:** Place your hands firmly on the face, in front of the ears, and move in slow circles, hands working in tandem, without moving over the skin.



**48. CIRCLE BEHIND EARS:** Using your middle and ring fingers, do small circles behind the ears from bottom to top without moving across the skin.



#### THUMBS-FREE MASSAGE

## ARMS

### 49. BICYCLE PEDAL FOREARM:

Facing northwards, grasp a forearm bone in each hand. Without moving across the skin, mobilize the bones using the same motion as the pedals of a bicycle in action. Re-place your hands, repeating this move down and up the entire forearm.

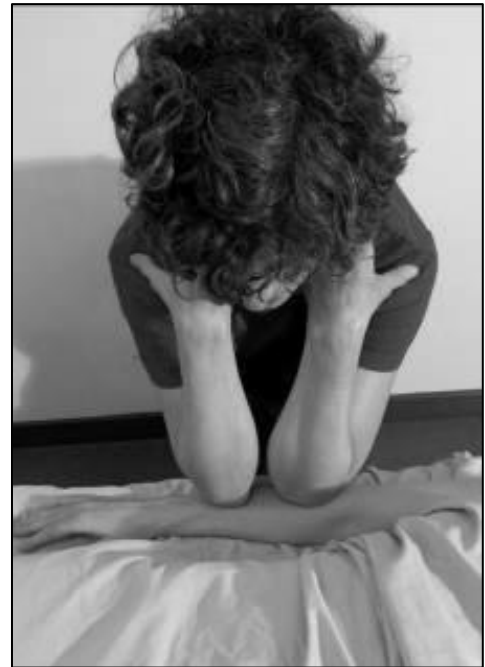


**50. ELBOW WALK FOREARM:** Face your client's side. Place your elbows side by side on the extensors next to the wrist. With the north elbow, take a medium size step northward, then a smaller step to fill in. Continue this way up and back down the forearm. Repeat, choosing other routes if possible. Get feedback. Feel free to sit down for this move.





**51. ELBOW WRING THE EXTENSORS:** Feel free to sit down for this move. Place your elbows slightly apart, one forward and one back on the extensors just north of the wrist. Move one elbow toward you, bringing all the soft tissue with it, and the other elbow away from you, never moving over the skin. Switch, so that one elbow is pushing, and the other pulling, then switch again, working your way up the forearm.



**52. KNEE WALK FOREARM:** If comfortable for both of you, cover the arm with the sheet and use either knee to carefully press points along the extensors. Get feedback.

**53. FLEXOR FOREARM PULL:** Face northward, grasping the wrist with your inside hand and supinating it. With your other hand, reach under and use your fingers to grab the fleshy flexors and pull them laterally at the same time you are supinating, similar to wringing.

**54. PEC GLIDE:** Stand at the client's head and abduct the left arm, bending it at a right angle. With your left hand, hold the client's arm in place, forearm upright. With the ulnar surface of your right forearm, starting at the wrist, glide very slowly across the left pecs, aiming for the axilla. Repeat two more times, increasing the depth each time.

#### THUMBS-FREE MASSAGE



**55. SCAPULA PULL:** Face the shoulder from the side of the table, with both of your elbows on the table reach under the shoulder until you get to the spine. Starting just lateral to the spine, push your fingertips up to the ceiling and drag them toward the medial edge of the scapula. Move up and down the scapula in this manner.



**56. WHOLE ARM SWEEP:** Oil up your hands. Pick up the wrist with the outside hand and sweep up the inside with your other hand. Take the wrist in your inside hand and sweep up the arm with your outside hand. Repeat several times. Use substantial pressure on the way up toward the heart and almost none on the way back to the wrist.



#### THUMBS-FREE MASSAGE

**57. UPPER ARM SQUEEZE:** Facing the head, using both hands, squeeze the upper arm as if you're spreading and opening it.



**58. UPPER ARM GLIDE:** Extend and abduct the arm, keeping the elbow bent. Use your outside forearm to glide down the triceps.

**59. EXTENSOR GLIDE:** Facing the client's head, use the ulnar edge of your inside arm to glide slowly and carefully up the extensors, from wrist to elbow. Repeat at least three times, adjusting the angle of your forearm to address different extensor muscles.



#### THUMBS-FREE MASSAGE

**60. EXTENSOR ELBOW GLIDE:** Facing your client's side, use the point of one elbow to glide slowly and carefully up the extensors.

**61. FLEXOR GLIDE:** If comfortable for the client turn the arm over and use the ulnar edge of your inside arm to glide slowly and carefully up the flexors from wrist to elbow. Repeat at least three times, adjusting the angle of your forearm to address different flexor muscles.



**62. FOLDING THE HAND:** Fold the hand over your fingertips, several times.

**63. FINGER CIRCLE KNUCKLE PULL:** Using your first two fingers just past the second knuckle, positioned as if you are holding a coffee mug, start on the client's thumb just past the first knuckle and pull gently. Circle the thumb or finger vigorously both ways, then pull gently. Go past that knuckle and pull again. For each finger, pull once, then twice, the three times, progressing past each knuckle.



#### THUMBS-FREE MASSAGE

**64. KNUCKLE SANDWICH:** Place the hand palm up on the table and push and turn your knuckles into the soft tissue.



**65. ELBOW THE PALM:** Have a seat if you like and take a slow walk on the palm with one or both of your elbows. Alternately, you can raise the arm at the elbow, flex the wrist back with one hand and walk with the other elbow.

Repeat on the other side.



**66. FOREARM DRAIN:** Have a seat. Set the client's arm upright and ask her or him to make a soft fist. Interlace your fingers and grasp the forearm at the wrist. Have the client make slow, full circles at the wrist in both directions, as you slowly and forcefully move toward the elbow. Repeat at least two more times.

**67. SIDE STRETCH:** Stand at the head of the table facing your client's head. Pick up the right arm, abduct it, bend it, and drape it over your outside arm, elbow to elbow. Stabilize the wrist. Lean straight back three times.

Then, place your right hand underneath the sacrum, glide all the way up the side of the body, unbend the arm and continue gliding out to the fingertips.

Go back to BYCICLE PEDAL FOREARM and repeat on the other arm.

## LEG AND FOOT

Undrape, bolster, and oil up the leg.

**68. LEMON SQUEEZE THE QUADS:** Place the client's foot flat on the table. It helps to slide the bolster away from you so it supports just the other leg. Push the foot as close as possible to the client's hip. Have a seat on the table, then bring your shin across the client's foot to help support the position. Interlace your fingers and squeeze very close to the knee. Rather than trying to pick up the whole thigh, target just the rectus femoris. It will bring the rest of the quads with it. Move to the hip and back, doing lemon squeezes all the way, lifting the tissue and pushing it away from you. This move can also be done through the sheet.

**69. SKOOCHIE WALK QUADS:** Targeting only the rectus femoris, place your fingertips on either side of the muscle and pull one way and then the other alternating hands. Work your way slowly down to the crease of the hip and back again, moving the tissue as far to one side and then the other as you can, without moving across the skin.

**70. CROWBAR:** This move uses the femur to lift the pelvis into a posterior tilt to stretch the low back. Interlace your fingers and rock your body back. Release and repeat, moving to the hip and back.

**71. SCOOPING THE THIGH:** Facing northwards, lift the thigh with your hands and forearms, almost making circles on either side, moving from the knee to the hip. Repeat.



**72. WRING THE THIGH:** Face the leg and place your hands side by side. In a big way, reach your flat hand around the thigh and pull toward you as the other hand pushes from the outside in. Move up and down the thigh in this way.



**73. ADDUCTOR GLIDE:** Laterally rotate the leg and support it. With your inside forearm, glide down the muscles three times, targeting different adductors each time.



**74. IT BAND CIRCLES:** Push the leg away from you, face northward, support the knee with your forearm and describe circles on and around the iliotibial band.



#### THUMBS-FREE MASSAGE

**75. FOREARM WRING QUADS:** Use your forearms to wring the quads, keeping them a few inches apart and slowly moving one, one way and the other, the other way.



**76. FRICTION RUB QUADS:** Stand at the client's side. With the ulnar surface of your hands side by side, vigorously and quickly move one toward you and the other away, right on top of the quads, moving up and down, creating heat for 30 seconds or so.

**77. FRICTION RUB KNEECAP:** Facing northward, with the ulnar surface of your hands, one on either side of the kneecap, move one away from you and one towards, vigorously and quickly. Keep it up for 30 seconds or so.



#### THUMBS-FREE MASSAGE



**78. LATERAL QUAD/SHIN SPREAD:** Face the side of the table. Rotate the leg away from you. With the ulnar surface of your forearms, starting at the knee, separate your arms so that your north arm is gliding along the lateral quads and your south arm, or elbow, is gliding along the shin. Repeat at least two more times.



**79. CALF WRINGING:** Face northwards, reaching under the calf as if you are hugging it. Pull one hand one way and the other hand the other way, mobilizing the tissue up and back down again.

**80. ELBOW UP SHIN:** Keeping the foot inverted, use your forearm or elbow to glide slowly and carefully up the shin just lateral to the ridge of the tibia. Repeat at least two more times.



#### THUMBS-FREE MASSAGE

### **81. FRICTION PERONEALS:**

Keep the foot inverted. With your knuckles, rapidly work the peroneals as if you were sanding them, using short or long strokes, or a combination of the two.



## FEET AND ANKLES

**82. FOLD THE FOOT:** Sit on the table facing the top of the foot. Place it in your lap. Fold the foot over your fingertips.



**83. PLAYING SCALES:** Sit on the table facing the top of the foot. Lean back as you slowly and firmly use your fingers to play the piano on the sole of the foot. Take your time, and alternate your fingers as if playing scales.



### THUMBS-FREE MASSAGE

**84. ANKLE BOOGIE:** Place the heels of your hands on one foot just behind the ankle bones. Shake vigorously so that the foot waves merrily at you.



**85. BICYCLE PEDAL:** Grasp the foot palms down. As if your hands are the pedals of a bicycle, move the bones of the foot without moving across the skin. Re-place your hands and repeat several times.



Have a seat at the end of the table, facing the sole of the foot.

#### THUMBS-FREE MASSAGE

**86. PET THE FOOT:** Oil your hands lightly. Glide along the top of the foot, always moving toward the heart, then the sole of the foot, firmly.



**87. ANKLE CIRCLES:** Use your fingertips to describe circles around the ankle bones.



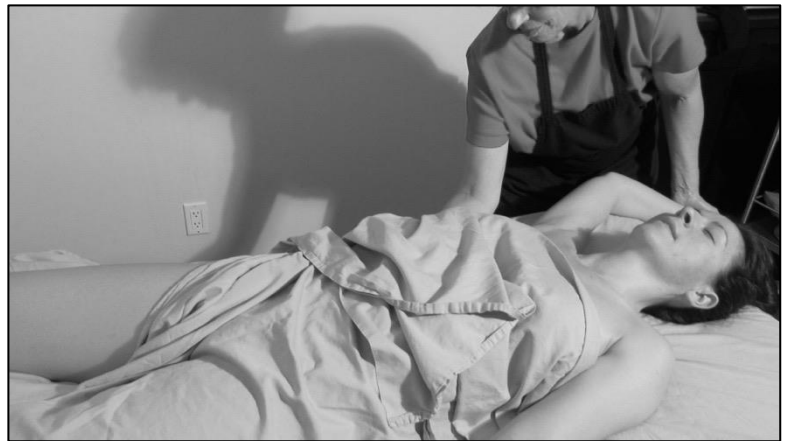
#### THUMBS-FREE MASSAGE

**88. COMB THE FOOT:** Use the knuckles of one hand to comb the sole of the foot from the ball to the heel.





**89. SIDE SWEEP UP:** Carefully updrrape the client's side. Starting at the foot using full hand contact, glide up the leg. At the waist turn southwards and glide firmly up the glutes and the ESG as you abduct the arm. At the shoulder, embrace the arm with both hands and glide out to the fingertips.



Repeat from SCOOPING THE THIGH on the other leg.

#### THUMBS-FREE MASSAGE

## BELLY WORK

**90. CIRCLE THE BOWL:** Visually observe the bowl of the belly bordered by the ribs and the pelvis. Oil up the bowl. With full hand contact, make slow circles, moving clockwise. Take your time.



**91. SIDE LIFT:** Reach around the opposite side, lifting the waist slightly, one hand at a time allowing your finger tips to drag up between the ribs and the pelvis. Continue up the side towards the armpit and back down. Repeat many times. Move to the other side and do it some more.



### THUMBS-FREE MASSAGE

**92. FINGERTIP RIM THE BOWL:** From the medial ribs, sink slowly, carefully, and with focus into the abdominal wall. Follow the edge of the bowl where the ribs, then the pelvis drop into soft tissue. Do just one side at least three times and then switch to the other side. Start lightly and go a little deeper with each pass.



**93. SINK THE ELBOW:** This time with your elbow from the medial ribs, sink slowly, carefully, and with focus into the abdominal wall. Follow the edge of the bowl where the ribs, then the pelvis drop into soft tissue. Do just one side at least three times and then repeat on the other side.



#### THUMBS-FREE MASSAGE

**94. WAIST LIFT:** Face northward. Reach around the torso and place your hands on the low back. Gently and with your back straight and knees bent, run your fingers along the whole edge of the pelvis. Then place one hand on top of the other and gently push up the mid belly to the ribs. Repeat two more times.



#### THUMBS-FREE MASSAGE

## SIDE-LYING

### 95. LEMON SQUEEZE

**THE GLUTES:** Through the drape, facing your client's back, clasp your fingers and use the heels of your hands to pick up the soft tissue posterior to the greater trochanter, moving around to cover the area thoroughly.



### 96. ELBOW POINTS

**GLUTES:** Through the drape, facing your client's back use your elbows to take a slow deliberate walk around the area posterior to the greater trochanter.



## THUMBS-FREE MASSAGE



**97. ELBOW WRING GLUTES:** Through the drape, placing one elbow ahead of the other, push the near one and pull the far one, wringing the tissue in between. Have the elbows switch so as to alternate pushing and pulling, working around the soft tissue posterior to the greater trochanter.



**98. LEMON SQUEEZE IT BAND:** Facing the front of the client, interlace your fingers and placing the heels of your hands on either side of the iliotibial band, not on it, and squeeze up and down the thigh.



#### THUMBS-FREE MASSAGE



**DRAPING:** Straighten out the bottom leg and bend the top one. Undrape both legs, leaving the glutes covered. Twist the sheet into a tail behind the client, careful to keep the lower belly covered. Bring the tail between the client's legs and fan the sheet out to cover the lower belly and upper hip as shown.

Spread oil on the legs.

**99. WRINGING THE THIGH:** Facing southward, place your hands side by side, and in a big way, wring the thigh with flat hands, pulling one hand toward you and the other hand pushing away, moving up and down the hamstrings. Now face northward and repeat, targeting the quads.



**100. ELBOW GLIDE SHIN:** Face the shin of the bent leg. Glide your elbow or forearm slowly and carefully up the anterior compartment of the shin.



#### THUMBS-FREE MASSAGE

**101. CALF WRINGING:** Set your bent leg comfortably on the table. Drape your lap and place the lower leg across it wringing with both hands.



**102. HAMSTRINGS GLIDE:** Face the back of the client. Using your forearm, glide up the hamstrings of the upper leg.



#### THUMBS-FREE MASSAGE

**103. LIFT AND SQUEEZE**

**IT BAND:** Face the client's front. Using your hands and forearms, lift and compress both sides of the IT band.



**104. ADDUCTOR GLIDE:** Using your forearm, glide up the adductors of the straight leg.



**105. ELBOW POINTS FOOT:** Have a seat if you like, and use your elbows to press points on the sole of the foot and on the straight leg.



**THUMBS-FREE MASSAGE**

## BACK AND NECK

Cover the legs.

Undrape the back and apply oil.

- 106. WRING THE BACK:** Have a seat if you like. Facing the back, place your flat hands side by side and wring the half of the back that is up and accessible. Move one hand up and the other down without moving across the skin. Move the skin, muscles, and fascia over the underlying structures.



- 107. KITTEN SQUEEZE:** Just like picking up a kitten by the scruff of the neck, use your palm and fingers to squeeze the top of the shoulder, including trapezius, levator scapulae, and more. Hold for 30 seconds or more.

## 108. ELBOW

### WALK/WRING DOWN

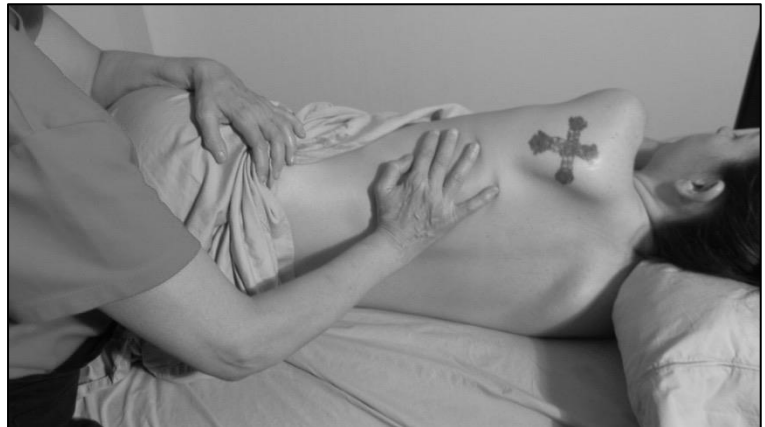
**ESG:** Have a seat if you like. Starting at the low back, take a walk up the ESG with your elbows, taking a big step with one and filling in with the other. Try wringing as well. With one elbow slightly farther away from you than the other, create a small space between them and

bring one toward you as you push the other one away. Have the elbows switch roles and repeat, moving up the ESG. You are not moving across the skin, but wringing the tissue between the elbows.



Oil up the back.

**109. CIRCLE PUSH ESG:** Face the client's head. With your north hand, do palm circles all along the ESG.



### 110. FOREARM GLIDE ESG:

Facing the client's head, start a slow, firm glide on top of the shoulder with your north arm and continue down the ESG several times.



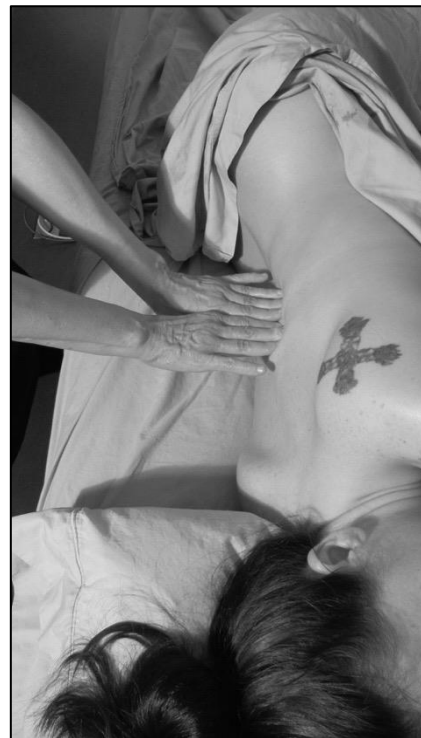
## THUMBS-FREE MASSAGE



**111. KNUCKLE GLIDE ESG:** Facing the back, use the knuckles of your north hand to glide slowly and firmly up the ESG.



**112. FINGERTIP GLIDE ESG:** Facing the client's back, starting at the base, use the fingertips of your first three fingers, hands side by side, working in a wave like fashion, and push the ESG away as if you are trying to separate the column from the spine.



#### THUMBS-FREE MASSAGE



**113. SCAPULA LIFT:** Face northward. If you can, place your outside knee on the table. With your inside hand, reach under the client's arm and keep the elbow bent and slightly behind the waist. Allowing your knee to support your outside forearm, hook your fingers under the edge of the scapula, and pull up and slightly back as if you are trying to peel it off the ribs, which you are.

**114. NECK STRETCH:** Facing the back, reach your south arm under the client's top arm and keep the elbow bent and slightly behind the waist. Face northwards and pull the shoulder toward you as you push the occiput away from you, three times.



**115. IRON THE NECK:** Facing the back, reach your south arm under the client's top arm and keep the elbow bent and slightly behind the waist. Face northwards, stabilize the shoulder and use your forearm to iron the neck, moving up and down several times.



**116. ELBOW NECK:** Carefully and slowly press points along the lateral neck with the elbow. Get plenty of feedback from your client.

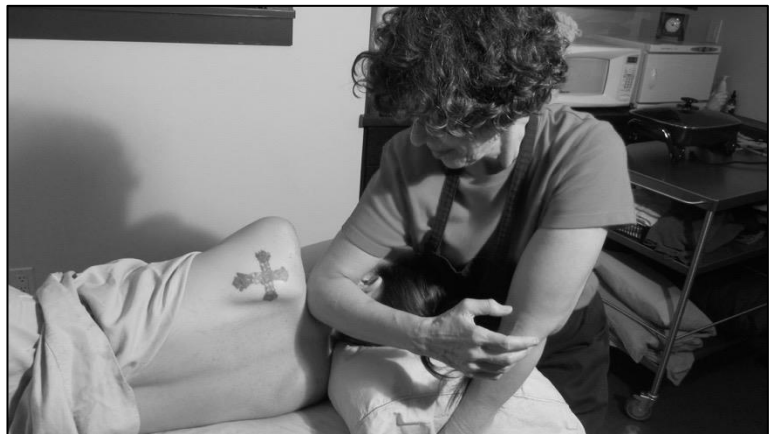


#### THUMBS-FREE MASSAGE

- 117. ELBOW WALK UPPER SHOULDER:** Have a seat if you like. Take a walk with one elbow as if you are leaning on the fence all around the shoulder hunching muscles.



- 118. FOREARM GLIDE:** Iron through the upper trap/levator scapula area from front to back with your elbow and/or forearm.



- 119. LONG STROKE UP THE BACK:** Use your forearm to smooth out the back, ending with your hands cupping the shoulder joint and pulling gently toward you.



## THUMBS-FREE MASSAGE

## ARMS

- 120. UPPER ARM SQUEEZE:** With both hands squeeze the upper arm.
- 121. HAND WRINGING:** Have a seat and bolster the arm if necessary. With your hands, wring the extensors.
- 122. BICYCLE PEDAL FOREARM:** Grip an arm bone in each hand and move them without moving across the skin as if your hands are the pedals of a bicycle, from the elbow to the wrist and back again.
- 123. HOOK AND PULL FLEXORS:** Supinate the client's hand with one hand. Hook and pull the flexors with the other, moving from the elbow to the wrist and back.
- 124. ELBOW WALK:** Carefully press points along the extensors.
- 125. ELBOW WRINGING:** Carefully wring the extensors with your elbows.
- 126. FOLDOVER:** Fold the hand over your finger tips several times.
- 127. FINGER CIRCLES, KNUCKLE PULL:** Using your first two fingers positioned thumb up, circle the thumb and then fingers vigorously both ways, then pull gently and slowly. Go past the first knuckle and pull one more time.

Oil up the arm.

- 128. FOREARM GLIDE:** With your forearm, glide up the extensors choosing a different route each time.
- 129. TRICEPS GLIDE:** Bring the client's arm slightly behind the body. Slowly glide along the triceps with your forearm several times.
- 130. FOREARM GLIDE SIDE:** Place the client's arm on his or her side and glide up the extensors several times, choosing a different route each time.
- 131. HAND CUP ELBOW POINTS:** Placing the client's hand on the glutes, use your elbow to work points on the palm.

## THUMBS-FREE MASSAGE

**132. ELBOW TO ELBOW STRETCH:** Hook your elbow with the client's elbow overhead and pull three times.

**133. SCAPULA UNGLUE:** From the front, use your south elbow to glide carefully along the lateral anterior border of the scapula.

This completes the Thumbs-Free Massage DVD guide. Please continue to the next page to complete the exam.

## Thumbs-Free Massage Exam

### PRONE

1. What does ESG stand for?
  - A. Erector spinae group
  - B. Extra special gait
  - C. Extensor spinae group
  - D. Elastic spreading gait
2. The narrator refers to the head of the client as:
  - A. West
  - B. South
  - C. East
  - D. North
3. When performing the fingertip wave ESG, you are pushing the opposite side ESG away for you in a rocking motion as if:
  - A. Trying to attach the whole column to the spine
  - B. Trying to separate the whole column from the spine
  - C. Trying to fasten the whole column to the spine
  - D. Trying to affix the whole column from the spine
4. About how long should you perform the friction traps technique?
  - A. 10 seconds
  - B. 30 seconds
  - C. 1 minute
  - D. 2 minutes
5. The wringing the back technique is performed with:
  - A. Knuckles
  - B. Forearms
  - C. Flat hands
  - D. Elbows
6. Which of the following areas does the bobby pin technique cover?
  - A. The entire back
  - B. The glutes
  - C. The upper back
  - D. The occiput
7. Which of the following techniques can be performed either on bare skin or through the sheet?
  - A. Wring the back
  - B. Leg glide
  - C. Prayer circle the heels
  - D. Rocking the glutes

### THUMBS-FREE MASSAGE



8. Which of the following best describes the correct amount of pressure to use when performing the fulling thigh technique?
- A. Feather strokes
  - B. Light pressure
  - C. Moderate pressure
  - D. Substantial pressure
9. How is the lemon squeeze the calf technique performed?
- A. With your thumbs tucked in, place your hands side by side on the calf, and push one and pull the other to wring the flesh in between
  - B. Interlace your fingers and squeeze as if pushing the muscles away from you, moving down the calf
  - C. Lean on the hamstrings, and glide up three times, starting medial and moving lateral, ending by coming up to the greater trochanter and back down
  - D. Use the first knuckle of the index finger to lift the back of the neck, moving from the base to the hairline and back

## **SUPINE**

10. How long should the head lift technique be held?
- A. No more than 15 seconds
  - B. At least 30 seconds, or longer if possible
  - C. At least 3 minutes
  - D. At least 5 minutes
11. In the towel pull neck technique, the key to a good grip is keeping the towel \_\_\_\_\_ the face.
- A. Very close to
  - B. Very far away from
  - C. Lateral to
  - D. Perpendicular to
12. Which of the following techniques is performed without moving over the skin, but rather moving all the skin and muscle and fascia over the underlying bones?
- A. Grip 'n' glide neck
  - B. Face
  - C. Locomotive head
  - D. Bicycle pedal forearm
13. It is important to \_\_\_\_\_ when performing the elbow walk forearm technique (as well as with other elbow techniques).
- A. Get feedback from your client
  - B. Perform the technique exactly as described without regard for the clients pain tolerance
  - C. Perform the technique through the sheet
  - D. All of the above

## **THUMBS-FREE MASSAGE**

14. When performing the whole arm sweep, substantial pressure should be used:
- A. On the way down toward the wrist
  - B. For the entire technique
  - C. On the extensors and flexors
  - D. On the way up toward the heart
15. Which of the following therapist body parts is used to perform the extensor glide:
- A. The radial edge of your inside arm
  - B. The ulnar edge of your inside arm
  - C. The radial edge of your outside arm
  - D. The ulnar edge of your outside arm
16. In the forearm drain technique, the client:
- A. Makes slow, full circles at the wrist in both directions
  - B. Remains relaxed and does nothing
  - C. Quickly flexes and extends the wrist back and forth
  - D. Abducts and adducts the arm and the therapist performs the technique
17. All of the following techniques are performed with the client's foot flat on the table EXCEPT:
- A. Lemon squeeze the quads
  - B. Skoochie walk quads
  - C. Crowbar
  - D. Scooping the thigh
18. The friction rub quads and friction rub kneecap techniques are performed:
- A. Lightly and quickly
  - B. Slowly and deeply
  - C. Vigorously and quickly
  - D. Vigorously and slowly
19. Where is the therapist's forearm placed when performing the elbow up shin technique?
- A. On the shin, just medial to the ridge of the tibia
  - B. On the shin, just lateral to the ridge of the fibula
  - C. On the shin, just lateral to the ridge of the tibia
  - D. On the shin just medial to the ridge of the fibula
20. How is the bicycle pedal technique performed?
- A. As if your hands are the pedals of a bicycle, fold the foot over your fingertips
  - B. As if your hands are the pedals of a bicycle, use your fingers to play the piano on the sole of the foot
  - C. As if your hands are the pedals of a bicycle, shake the ankle vigorously
  - D. As if your hands are the pedals of a bicycle, move the bones of the foot without moving across the skin

## THUMBS-FREE MASSAGE

21. Strokes performed in the pet the foot technique should:

- A. Always move toward the heart
- B. Always move away from the heart
- C. Always move with the grain of the muscle
- D. Always move across the musculature

22. The side sweep up technique addresses:

- A. The entire side of the body
- B. The entire leg
- C. The entire arm
- D. The entire back

## **BELLY**

23. How is the side lift technique performed?

- A. With full hand contact, make slow circles, moving clockwise
- B. Reach around the opposite side, lifting the waist slightly, one hand at a time allowing your finger tips to drag up between the ribs and the pelvis
- C. With your fingers, sink slowly, carefully, and with focus into the abdominal wall, following the edge of the bowl where the ribs, then the pelvis drop into soft tissue
- D. With your elbow, sink slowly, carefully, and with focus into the abdominal wall, following the edge of the bowl where the ribs, then the pelvis drop into soft tissue

## **SIDE-LYING**

24. All of the following side-lying techniques are performed through the drape EXCEPT:

- A. Lemon squeeze the glutes
- B. Elbow points glutes
- C. Wringing the thigh
- D. Elbow wring glutes

25. In the side-lying position leg work, how are the client's legs positioned?

- A. The top leg is straightened and the bottom leg is bent
- B. Both legs are bent
- C. Both legs are straightened
- D. The bottom leg is straightened and the top leg is bent

26. The kitten squeeze is performed with:

- A. Forearms and elbows
- B. Palm and fingers
- C. Flat hands
- D. Knee and forearm

27. How many times is the neck stretch repeated?

- A. 2
- B. 3
- C. 4
- D. 5

## **THUMBS-FREE MASSAGE**

28. The long stroke up the back is performed with:

- A. A massage tool
- B. Elbow
- C. Forearm
- D. Fingers

This completes the Thumbs-Free Massage exam.