

Glossary of techniques used

Compression	Compressions can be applied by pushing the muscle up or down using the heel of the hand or the knuckles if using a closed fist. Compressions help open up the muscle fibres allowing the blood to move more freely in and out of the muscle
Muscle squeezing	Exerting pressure on from opposite or all sides
Percussion	Rhythmical impacts used in rapid succession
Effleurage	A long, smooth continuous stroke
Circular frictions	All the fingers are used to move the skin at points of muscle attachment in a clockwise or anti-clockwise direction. The stroke can be applied with varying degrees of pressure depending on the body area being worked
Compression	Compressions can be applied by pushing the muscle up or down using the heel of the hand or the knuckles if using a closed fist. Compressions help open up the muscle fibres allowing the blood to move more freely in and out of the muscle
Cross-fibre frictions	The fingers are used to move along or at right angles to the muscle fibres to help break up adhesions
Circular frictions	All the fingers are used to move the skin at points of muscle attachment in a clockwise or anti-clockwise direction. The stroke can be applied with varying degrees of pressure depending on the body area being worked
Muscle squeezing	Exerting pressure on from opposite or all sides
Deep direct pressure	Steadily maintained deep and direct pressure
Friction	Using heel presses and tips of the thumbs across the grain of the muscle
Cross-fibre frictions	The fingers are used to move along or at right angles to the muscle fibres to help break up adhesions
Kneading	To work with the hands by pressing, such as in bread making or pottery
Deep direct pressure	Steadily maintained deep and direct pressure
Effleurage	A long, smooth continuous stroke
Friction	Using heel presses and tips of the thumbs across the grain of the muscle
Cross-fibre frictions	The fingers are used to move along or at right angles to the muscle fibres to help break up adhesions
Percussion	Rhythmical impacts used in rapid succession
Petrissage	A firm kneading and squeezing of the muscles using circular thumbs, circular fingertips, folding and vibration
Effleurage	A long, smooth continuous stroke
Friction	Using heel presses and tips of the thumbs across the grain of the muscle

Stroking	Passing the hand gently along a surface
Kneading	To work with the hands by pressing, such as in bread making or pottery
Deep direct pressure	Steadily maintained deep and direct pressure
Effleurage	A long, smooth continuous stroke
Vibration	A quivering type of movement, progressively increasing pressure by a few pounds to the point of stretching the muscle
Percussion	Rhythmical impacts used in rapid succession
Skin rolling	Thumbs on one side and fingers on the other
Muscle squeezing	Exerting pressure on from opposite or all sides
Friction	Using heel presses and tips of the thumbs across the grain of the muscle
Compression	Compressions can be applied by pushing the muscle up or down using the heel of the hand or the knuckles if using a closed fist. Compressions help open up the muscle fibres allowing the blood to move more freely in and out of the muscle
Kneading	To work with the hands by pressing, such as in bread making or pottery
Muscle squeezing	Exerting pressure on from opposite or all sides
Tapotement	Rhythmical percussive movements used in rapid succession and applied using the sides of the hands or cupped hands