

Self Treatment Hand Positions

Self-treatment positions for the head

The arrow point is the directions your fingers are to point.

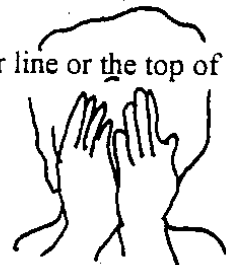
Place hands against your body without pressure.

RH: Right hand

LH: Left hand

Position # 1:

Hands cover the front of the face, with the tips of the fingers touching the hair line or the top of the forehead. Hands are abutted. Be sure to cover the nose.



Position # 2:

The tips of the middle fingers are place on the crown of the head. Allow the fingers and hands to gently rest on the head.



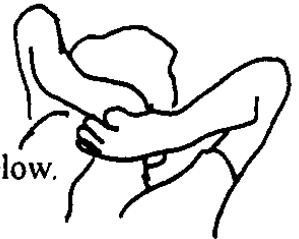
Position # 3:

The heels of the hands are cupped under the occiput bones at the lower portion of the skull (where the skull ends and the neck begins). The fingers extend straight upwards with the thumbs and index fingers touching. If this is awkward, use the alternate position described below:



Position # 3 Alternate:

Place hands horizontally behind the head. One hand is above the occiput ridge and the other below.



Position # 4:

The LH is placed at the neck and rests on the chest, with the RH on the chest directly below.



Self-treatment position for the front of the body

Position for treating breast

Place hands to cover the entire breast

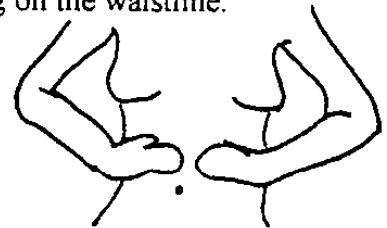
Position # 1:

Hands are placed under the breast line with middle fingertips touching. Hands are placed gently on the body. Fingertips about the centerline of the body.



Position # 2:

One hand-width down. The lower edge of the hands should be resting on the waistline.



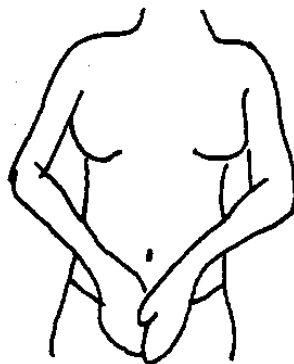
Position # 3:

Thumbs along the waistline, one hand width down from #2.



Position # 4:

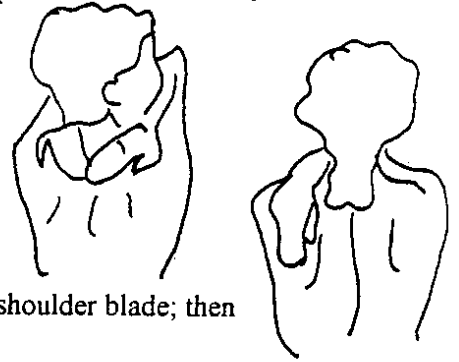
Hands pointed down. Thumbs and index fingers are touching. Fingertips touch the pubic bone.



Self-treatment positions for the back

Position # 1:

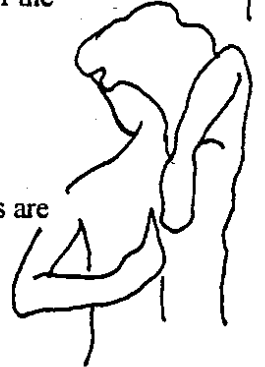
Reach up and place hands on the shoulder muscles, while the middle fingertips touch the channel of the spine. (The indentation on either side of the centerline of the spine).



Position # 2:

There are three separate moves in this position:

- With RH reach across, in front of the body, and place the RH on the left shoulder blade; then after balancing the shoulder blade, lower your arm and...
- with the LH reach across, in front of the body, and place LH on the right shoulder blade; then after balancing the right shoulder blade...
- reach around and behind the back with the LH; and then place RH on the opposite side of the spine. Place both hands between the shoulder blades with fingers touching.



Positions 3 & 4 combined:

With knuckles of the hand over the centerline guide as a, place one above the other; the hands are equally covering each side of the spine. The lower hand rests at the waistline.



Position # 5:

Hands pointed downward, edges of hands and little fingers touching; heels of the hand at the waistline and middle fingertips touching the tip of the tailbone (coccyx).

