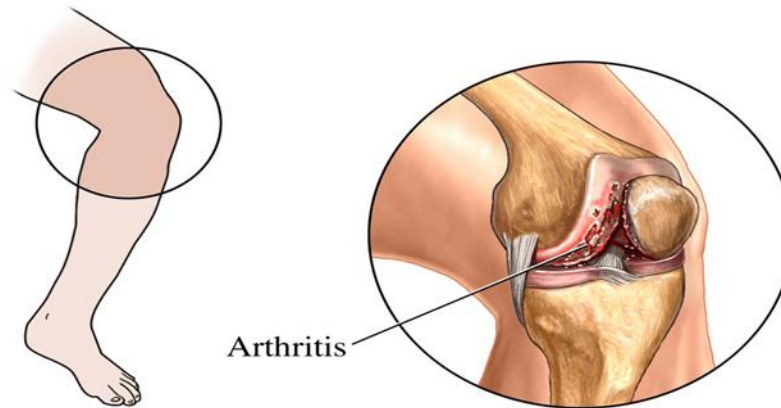


Self-Massage for Osteoarthritis of the Knee

- Created by:
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Precautions

- **Do not massage areas of:**
 - **Injury**
 - **Infection**
 - **Open wounds**
 - **Discoloration**
 - **Unusual swelling**
- **The self-massage protocol is not intended as a substitute for medical advice. Stop if undue pain, shortness of breath, or dizziness occurs.**
- **Beginning a new physical activity may cause muscle soreness.**

Guidelines for Practice

Each individual's body is unique, use common sense when following directions, make adjustments when necessary.

- Wear comfortable loose clothing which allows easy access to the thigh.**
- The self-massage session takes approximately.**
- 20 minutes; 5 minute warm-up, 10 minute massage, and 5minute relaxation.**
- Maintain good posture and balance.**
- Select a sturdy chair and apply lubricant as needed.**

Self-Massage and Strokes

- **Self-massage is a self-treatment technique for the personal management of conditions or symptoms that respond to touch, manual, soft tissue manipulation or massage therapy.**
- **Strokes used:**
 - **Effleurage (glide) – horizontal strokes on soft tissue using heel of hand.**
 - **Tapotement (tapping) – springy taps to the thigh with closed loose fist.**
 - **Friction- short focused movements with finger tips on the underlying tissue.**

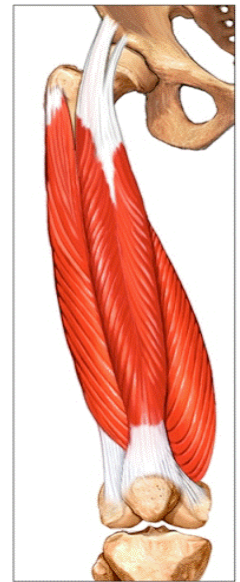
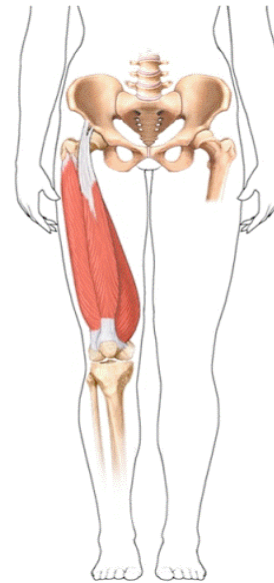
Self-Massage Phases

- **Warm-up-** general breathing and movements to warm the muscles and soft tissue.
- **Application-** apply series of easy massage strokes with heel of hand and closed fist to quadriceps (thigh) muscles.
- **Relaxation-** deep breathing.

Self-Massage Sequence

- **Warm-up**
- **Application (Self-Massage)**
 - **Gliding**
 - **Tapping**
 - **Friction strokes**
- **Relaxation**

Quadriceps muscle



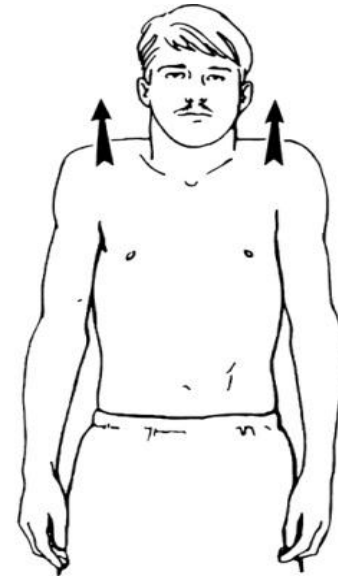
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Warm-Up Phase: Deep Breathing

- **3 deep breaths**
- **Inhale naturally to
the count of four**
- **Exhale to the count
of four**

Warm-Up Phase: Shoulder Shrug

- **Raise right shoulder three times**
- **Raise left shoulder three times**
- **Raise both shoulders together three times**



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Warm-Up Phase: Arm Reaches

- **Raise right arm to front shoulder height**
- **Lower right arm to lap**
- **Raise left arm front to shoulder height**
- **Lower left arm to lap**
- **Repeat two more times**



Warm-Up Phase: Arm Raises

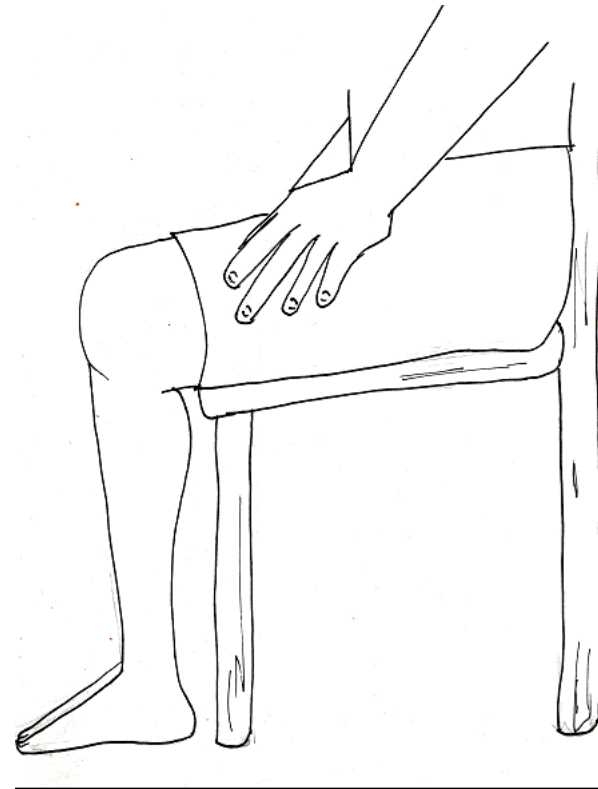
- **Inhale**
 - **Raise right arm to ceiling**
- **Exhale**
 - **Lower right arm to side**
- **Inhale**
 - **Raise left arm to ceiling**
- **Exhale**
 - **Lower left arm to side**
- **Repeat two more times**

Warm-Up Phase: Wrist Circles

- **Sit with elbows tucked at waist**
- **Forearms out in front (waist height)**
- **Palms facing down**
- **Circle right wrist five times**
- **Circle left wrist five times**

Warm-Up Phase: Thigh Muscle

- **Hands on top of thigh**
- **Raise right knee**
 - Hold for a count of three
 - Lower to floor
- **Raise left knee**
 - Hold for a count of three
 - Lower to floor
- **Repeat four more times**



Application: Tapotement /Tapping Thigh

- **With soft closed fists**
- **Rhythmically tap both fists to the top of both thighs:**
 - Upper- times 10
 - Middle- times 10
 - Lower-times 10
- **Repeat once more**
- **Take three deep breaths**



Application of Lubricant

Apply lotion or cream to both thighs



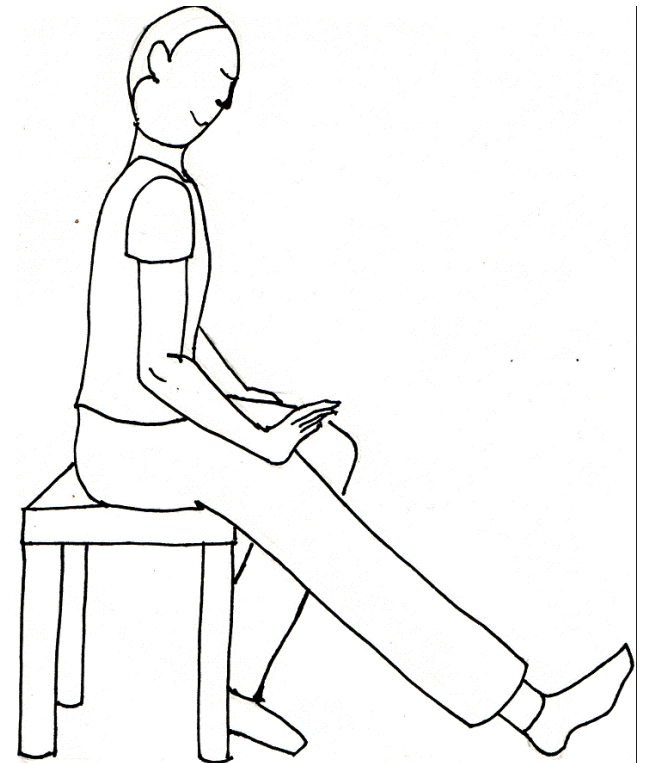
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Key Concepts for Application of Self-Massage

- 1. Rocking - forward and backward motion with each stroke using heel of hand.**
- 2. Reposition- sit forward, extend lower leg.**

Application: Front Glide of Right Thigh

- **Place heel of hand at hip crease**
- **Glide down front of thigh using heel of hand, shift upper body into a forward lean (rocking forward) until stroke is complete**
- **End at top of knee**
- **Release hand sweep up, rocking backward into upright sitting position**
- **Repeat four more times**



Application:

Outside Glide of Right Thigh

- **Place heel of hand at top of outside thigh**
- **Glide down to knee. Rocking forward**
- **Release**
- **Sweep up-rock backward**
- **Repeat four more times**



Application: Inner Glide of Right Thigh

- Place heel of left hand on inner right thigh
- Glide down to knee- rock forward
- Release
- Sweep up- rock backward
- Repeat four more times
- Take three deep breaths



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Application: Front Glide of *Left* Thigh

- Place heel of hand at crease of pants
- Glide down front of thigh using heel of hand, rock forward
- Release hand, sweep up, rocking backward into upright sitting position
- Repeat four more times



Application:

Outside Glide of *Left* Thigh

- Place heel of hand at top of outside thigh
- Glide down to knee, rock forward
- Release
- Sweep up, rock back
- Repeat four more times



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Application: Inner Glide of *Left* Thigh

- Place heel of right hand on inner left thigh
- Glide down to knee, rock forward
- Release
- Sweep up, rock back
- Repeat four more times
- Take three deep breaths



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Application: Outside Glide of *Left* Thigh

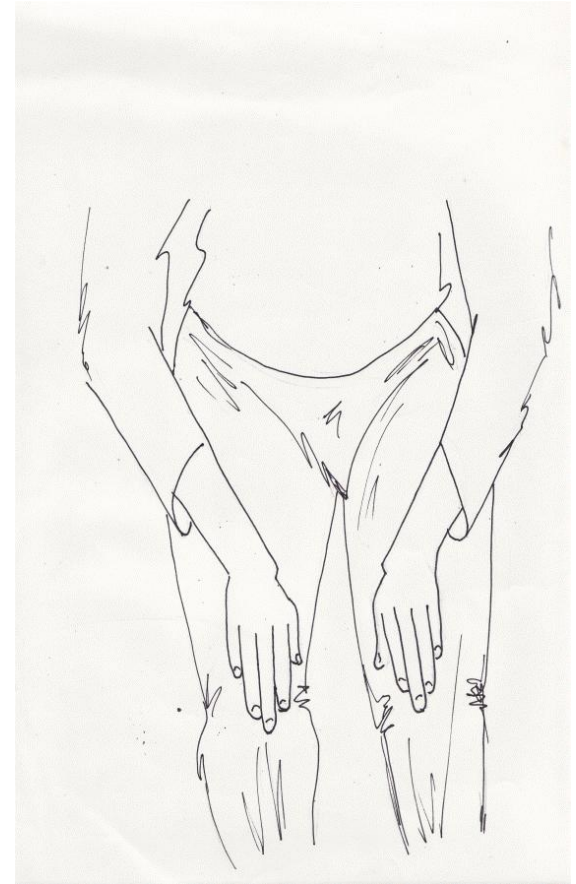
- Place heel of hand at top of outside thigh
- Glide down to knee, rock forward
- Release
- Sweep up, rock back
- Repeat four more times



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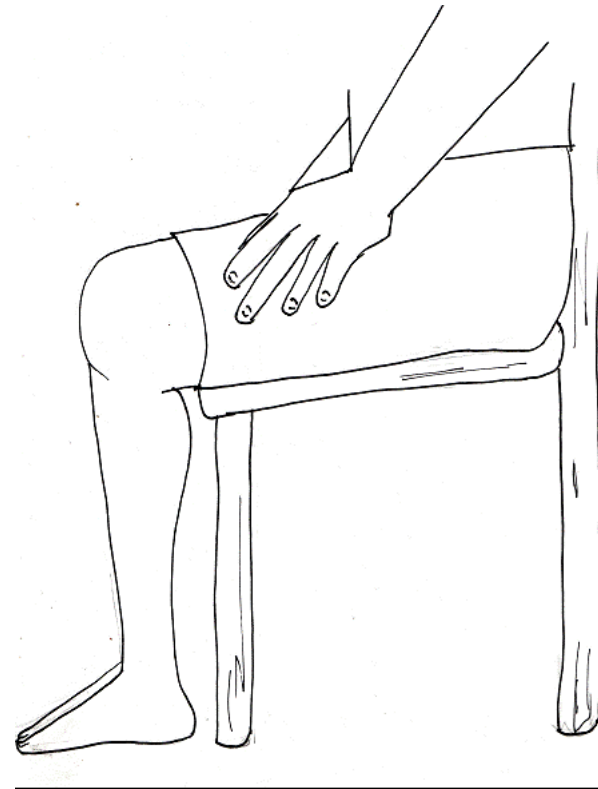
Application: Knee Friction

- Place palm over knee, finger tips compressed firmly into tissue
- Five strokes back and forth motion:
 - Below the knees
 - Outer part of knees
 - Top of knees
 - Inner part of knees
- Repeat two more times



Application: Glide Stroke

- Place palms on each thigh, fingers forward
- Glide down around knee to outside thigh
- Repeat two more times
- Glide down inner thigh
- Sweep around knee to outside thigh
- Repeat two more times
- Take three breaths



Relaxation – Breath Work

- **Sit comfortably**
- **Close your eyes**
- **Inhale for four counts**
- **Exhale for four counts**
- **Repeat two more times**