





SACRAL MASSAGE

<p>With client still covered, place hands top and bottom of spine and hold, breathing in and out with client. Apply rocking movement</p>	
<p>Starting at the top of spine, locate bladder points either side of spine and gently apply pressure. Work down the spine to sacral points. Gently apply pressure to sacrum and stretch. Hold.</p>	<p>See other picture overleaf</p>
<p>Uncover lower back/sacrum. Apply oil. Massage to warm muscles assessing any tenderness.</p>	
<p>Massage along either side of the lower spine, paying particular attention to base of sacrum/beginning of coccyx. Thumb/finger friction around sacrum, going as deep as is bearable. Massage to sacral points.</p>	
<p>Locate Sacral-Iliac joint and stretch fascia around joint using both thumbs and gentle pressure. Hold the stretch until you feel the fascia opening and moving.</p>	
<p>Stretch and hold base of sacrum. This can be done with palms and/or forearms.</p>	
<p>Place hand on end of sacrum. With gentle pressure, apply circular movements to the left and then to the right (called Window Washing).</p>	

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Cover your client and finish with one hand on the coccyx and one on spine and rock. Connect..



CONTRAINDICATIONS

No Sacral stimulation during pregnancy – only to start labour
Usual massage cautions regarding osteoporosis, arthritis, scoliosis. No sacral twist or hip lifts.
If client is having back treatment from another therapist.

