

Ruesi Dat Ton Self Massage

Sinus points:

Rest elbows on knees, press point in the “divet” in the optical orbit with thumbs using the weight of your head for pressure.

Repeat along zygomatic arch

Side of head:

both hands on side of head, ears in the gap between middle and ring fingers. Rub up and down vigorously.

Neck

Tapotement with pinky side of both hands along back of neck

Single side:

Hand/fingers in a claw grip along cervical paraspinals on opposite side (i.e, right hand works left side of neck). Use opposite hand on your bent elbow and push down to engage tissue on neck.

Hand/fingers in claw grip to opposite side of rear neck. Turn head to xfiber tissue.

Hand/fingers claw grip along traps on opposite side.

Right hand across the body thumb in anterior aspect of the left trap, just above clavicle. Use opposite hand to draw pressure in.

Right hand thumb aim to middle of right traps (top). Place left hand overhead to the bent right elbow and press down to draw pressure in to trap.

Repeat on other arm

Both hands behind neck. Alternating claw grip up and down the neck starting at the occiput.

Occiput

Thumb Three points from behind mastoid to just lateral to midline of occiput while turning head to opposite direction and pushing against forehead other hand.

Arms

Right Hand on floor fingers facing back. Other hand massages upper and lower arm.

Right Hand under thigh, palm up. Other hand massages upper lower arm.

Right hand palm up on Left thigh. Forearm roll hand and forearm with Left arm

Right hand straight. Left hand fingers in pad of right thumb, press in and massage hand. Palm down, then palm up

Lean back with Right hand extended behind you. Left hand massages Right pectoralis.

Hug yourself. Reach for medial border of the scapula. Grasp and Twist.

Rub belly and back.

Thumbs into QL. Press in as you extend back and neck, look up.

Childs pose – hit glute and QL