

THE 'M' TECHNIQUE®

(All strokes should be done with light pressure, the receiver can evaluate using a numeric scale from 0-10, with 0=no pressure and 10= crushing pressure. The goal is a 3/10)

The Hand:

1. Put approx 5 ccs (teaspoon) of carrier oil into container
2. Make your touch known to the client then,
3. Apply lotion or oil to both of your palms. Gently apply to patient's lower arm and top of hand by stroking smoothly up the arm to the elbow and back down, alternating your hands.
4. Do three repetitions for a total of six strokes.
5. Hold patient's hand with palm down in both of your hands. Begin to make a series of parallel horizontal strokes with your thumbs moving from the center to the outside edges of the back of the hand from wrist to base of fingers. Repeat three times.
6. Using your thumb, gently slide down the back of the client's hand from wrist to base of little finger. Begin making 3 circles around the first joint of that finger, slide thumb down to next joint and repeat the circle movements around each joint until reaching the end of the finger. Provide brief pressure at the tip of the finger by holding the client's finger in a scissor-like hold. Move your thumb back up to the wrist area, slide it down to the base of the next finger. Repeat the joint circle movements. Continue for each of the fingers.
7. Hold the hand between your hands and gently turn it over, palm up. Link your little fingers between patient's little finger and thumb so that you can easily support the hand and use your thumbs to smooth the palm by stroking the patient's palm from center outward in parallel horizontal lines starting at the wrist and working toward the base of the fingers. Do this three times.
8. Holding their hand in a handshake position, use the palm of your other hand to stroke upward over the lower arm to the elbow and back down with fingertips. Do this three times. After the third time gently position the hand on the bed as you remove your hands.
9. Repeat on the other hand.