









SELF MASSAGE FOR THE MOONWALK

Techniques to help you prepare for and recover from the walk!

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|  | <p>GLIDING</p> <p>The warm up! <i>Glide</i> up and down your thighs with your hand in a "V" shape. This stroke should be slow with more pressure in the direction of the heart. Vary the pressure and location of your hand - lean into the stroke. Try 8- 10 strokes up and down the upper leg. Also try gliding over your feet and using both hands to glide up and down your lower legs.</p> |
|  | <p>SQUEEZING</p> <p>Increases circulation - gets your muscles ready for action! Also helps recovery. Clasp your hands. Rest the heels of your hands on either side of your thigh. Squeeze your hands into your quad muscles. Now vary the location of the squeeze. Try 8-10 slow squeezes. Try the stroke with both relaxed and contracted muscles. Also try squeezing your toes and the muscles between your heel and back of knee.</p> |
|  | <p>SQUEEZE & ROLL</p> <p>Increases circulation - gets your muscles ready for action! Also helps recovery. Two steps! First, squeeze the muscle between your thumb and fingers and then pull and roll the tissue away from your body. Try 8-10 slow squeeze & rolls on your shoulder muscles. Try building up the pressure and remember to let your muscles relax. Try squeezing & twisting each toe, and using both hands to squeeze & roll your calf & knee.</p> |

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|  | <p>PRESSING</p> <p>Stimulating! Gets your endorphins flowing. Try pressing your thumb into the bottom of your foot and the other 4 fingers into the top of your foot. Hold the press for 5-10 seconds. Try 8-10 slow presses moving the fingers over your foot and varying the pressure. Try using fists to press into quads on front of thighs. Lie back and use fingers to press into your hamstrings on the back of thighs. Use fingers to press into glut (buttock) muscles.</p> |
|  | <p>PRESS & CIRCLE</p> <p>Stimulating! Gets your endorphins flowing. Press your fist lightly into your abs and do a circular rolling motion (clockwise) until you have covered the whole area. Vary the pressure and try relaxing and contracting the muscles. Try using fists up and down your quads and elbow to go in deeper. Press & circle fingers up your hamstrings on back of legs. Use fists on sides of each leg from knee to hip.</p> |
|  | <p>DRUMMING</p> <p>Invigorating stroke - gets your energy going! Try drumming your quad muscles on your thighs. Keep your hands and thighs relaxed. Be vigorous and light - this shouldn't hurt and should have a nice bouncy feel & sound! You can vary the part of your hand doing the stroke - e.g. two hands, side of hand, fist, knuckles. The main thing is to keep your fingers and hands relaxed. Try drumming all over your legs, front, sides & back and even feet.</p> |

Reference: Self Massage for Athletes by Rich Poley

www.selfmassageforathletes.com

Remember self massage is not appropriate for everybody. If in doubt ask me for further details on contraindications or consult your GP if you have a serious medical condition.

For additional help and support or to book a professional massage please contact:

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