

**\*\*All interventions, including massage have their cautions, please read the list of “Contraindications for Massage” and consult a physician prior to beginning a routine or if new symptoms arise after starting the routine. The following is a suggested, simple routine that can be done on a regular basis by family or caregivers. –As advised by Victoria Laster, B.A., NMT, CPMT of First Touch Neuromuscular Pediatrics**

## Physiologic Benefits of Massage

- Prevention/Treatment of injury
- Muscle relaxation
- Release of restrictions
- Increased circulation
- Enhanced immune system function
- Pain relief
- Improved respirations
- Sensory stimulation

## Contraindications for Massage

Do not do massage when there are:

- Sores, cuts, burns, boils and infectious rashes
- Inflamed joints, tumors or undiagnosed lumps
- Injured areas such as bruise, sprains, fractures, dislocations
- Endangerment sights: back of the knee, elbow and xiphoid process
- Acute illness especially when accompanied by viral infection and fever

## 5 Effleurage Massage Steps:

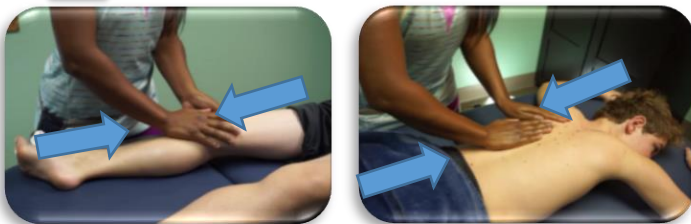
**1** Maintaining mild pressure, the hands start together in the middle



**2** Hands move in opposite directions, with mild pressure



**3** Hands move back together



**4** Hands move upward together



**5** Hands move downward together. Then Repeat beginning with step 1.



### 3 Petrissage Massage

Steps: (In this order)

1

Kneading: Alternate gather and release of the muscle with your fingertips. Work your way through the length of the muscle. Repeat multiple times in each area.



2

Raking: Use 3 fingers to “rake” down the muscle in small strokes slowly covering the whole muscle area. Repeat as needed.



3

Thumb Strokes: Using both thumbs, sift through the muscle with comfortable pressure. Work small areas at a time throughout the whole muscle area.



**Additional Massage Instruction can be found on the YouTube channel:  
CureDuchenne Cares**

Video Blog 17 - Massage Program for Duchenne -CureDuchenne Cares

### Physiologic Benefits of Massage



1. Prevention of musculoskeletal injury
2. Muscle relaxation
3. Release of restrictions
4. Increase circulation
5. Enhance immune system



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