

Massage



Objective: The aim is to promote relaxation and reduce muscle tension.

Description:

- During the massage the elderly can sit or lie down in a comfortable position
- Start by putting your hands on the elderly's shoulders.
- Use a soft and gentle touch. Ask the elderly how your massage grip feels
- Repeat all movements 3-5 times.
- NEVER touch the spine, ALWAYS massage on either side of the spine.

Massage:

- Do a gentle stroking with the palms of your hands from the elderly's shoulders down towards the hands.
- Continue stroking from the elderly's hands back up towards the shoulders
- Massage the shoulders lightly with your palms, circular movements, starting from the neck out towards the shoulders.
- Gently massage the neck (small circular movements on both sides of the spine) and the scalp.
- Knead the shoulder and the side of the upper arm.
- Then knead the front and back of the upper arm.
- Knead gently from the elbow downwards with your fingers. (Your thumb supports the back of the arm but does not knead.)
- Knead the inner side of the hand with the thumbs.
- Knead the entire palm, starting from the bottom and moving upwards towards the fingers.
- Knead through each finger.
- Knead the shoulders and then work downwards towards the shoulder blades and the back.
- Gently clap with your fingers on both sides of the spine, from the lower back up towards the shoulders.
- Finish the entire massage with two strokings from the back up to the shoulders and finally place your hands on the elderly's shoulders.
- Ask how the elderly person experienced the massage session.



Time :

The time required for the activity depends on the elderly person's preferences and needs. A massage can range from a few minutes up to 30 minutes or more.



Alone or in a Group:

This activity is performed individually.

Source: The activity is created with inspiration from models and ideas from the [SUFUCA - project](http://www.sufuca.fi/fi/p_shoulders_with_light_message_fi.html) (http://www.sufuca.fi/fi/p_shoulders_with_light_message_fi.html) and ChatGTP's proposal