**BaCK CARE**

**Purpose**

1. To stimulate the circulation and give general relief.
2. To prevent bedsore
3. To give comfort to the patient.

Equipment Needed

* Talcum powder/ paper towel
* Bath towel
* Massage oil

While performing an advanced, therapeutic back massage requires plenty of professional training, you can still give someone a relaxing, tissue stimulating massage even without training. By learning some of the basic massage techniques and how to apply them, you can begin giving quality massages at home. One of the most important parts to note is that without professional training, you should apply only light pressure with all of your techniques.

**Procedure**

1. Help the patient to turn on his abdomen or on his side with his back toward the nurse/caregiver and his body near the edge of the bed so that he is as near the operator as possible. If the prone position is used and the patient is a woman, pillow under the abdomen removes pressure from the breasts and favor relaxation.
2. Raise the gown.

Have the person undress to his or her comfort level. Massage is best given and received without clothing on the area being massaged, especially if you are using oil or lotion. Request that the person undresses as much as he or she is comfortable with.

* Always provide an additional towel or sheet above and beyond the one covering the table. This way the person can lie down and cover the parts of his or her body not being massaged. This will make the environment both more comfortable and warmer, which is relaxing.
* If privacy is a concern, step out of the room as you have the person dress down and cover himself/herself with the additional towel or sheet. Knock and ensure that the person is ready for reentering the room.
* If the person left pants or underwear on, you could tuck the edge of the towel or sheet into the waistband to ensure no oil from the massage stains the material.

1. Tell the person you are about to begin. Tell them to let you know if anything you are doing is painful or uncomfortable. Part of them being comfortable is having a feeling of trust in you. This is not the time to make jokes or suggestive comments.

Ask them where they usually feel tension or pain, if they've gone to physical therapy or seen a chiropractor in the past, and if they have any diagnosis before you get started. This will give you a better picture of their situation so you're able to better help and not make their pain worse.

Periodically remind the person to take a slow, deep breath. It will help with relaxation.

1. Pour massage oil in the palm of your hand. Start with about one teaspoon, which is roughly the size of a quarter. Warm it by rubbing it between your hands before applying it to the person.

Good oils to use are organic coconut oil, grape seed oil, jojoba oil, or almond oil. There are many expensive scented and speciality massage oils on the market you can try too.

**Technique**

1. **To spread the oil, use Effleurage technique.**  The main technique for spreading the warmed oil across the person’s back is called effleurage, which means “light friction.” Use gliding movements in long, even strokes.

* Use the whole of your hands and start at the bottom of the person’s back, moving upward. Always upward toward the heart (the direction of blood flow) while applying pressure, and then lightly bring the hands down the outside of the back lightly. Maintain contact without applying pressure as you bring your hands back down.
* Repeat this technique for 3-5 minutes while gradually increasing from light to medium pressure to warm up the back muscles.
* Don’t forget the shoulders and neck area.

1. **Use petrissage techniques.** Petrissage uses shorter, circular strokes with more pressure than effleurage. You can think of this as a kneading technique that uses rolling and pressing to enhance deeper circulation.

* This technique can use the palm, fingertips, or even the knuckles in the short, circular motions.
* The movement should come from the waist—your core—rather than from the shoulders. This will help keep you from becoming fatigued.
* Go across the entire back for 2-5 minutes. You can alternate between this and lighter effleurage movements to diversify techniques.
* Without professional training, use only light to medium pressure while applying petrissage movements.

1. **Apply percussive strokes.** Percussive strokes (also known as tapotement) are collections of brief, repetitive contacts with parts of the hand. You can use your cupped hands, your fingertips all gathered to an even point, or even the flat of your fingers on the knuckle side of your hands to make the contacts. These movements have a stimulating, compressive effect on the tissue.

* Keep your wrists relaxed and flex at the wrists, using quick movements to perform tapotement techniques. This ensures that you don’t apply too much pressure.
* Spend 2-3 minutes applying the techniques across the person’s entire back.

1. **Use muscle-lifting techniques.** To perform this, close your fingers and hold out your thumb (in a “lobster claw” shape). Apply pressure in a twisting, lifting motion. Keep alternating hands in a “windshield wiper” movement.

Move up and down the back 2-3 times.

1. **Use a fanning technique.** Position yourself at the head of the table. Position your thumbs at the top of the back, just below the neck and on either side of the spine. Using a "fanning" motion with your thumbs extended, push gently down toward the lower back with your pressure angled at the person’s feet, not down towards the ground. Alternate your pressure on either thumb, moving from the top of the back all the way down to the person's hips.

* Make sure you are massaging the muscles on either side of the spine, not directly on the spine itself. Massaging over the spine can be very uncomfortable and dangerous if you are not trained properly.

1. **Apply twists.** Come back around to the person's side. Reach around the far hip with one hand, while the other hand rests on the near hip. With a fluid motion, pull one hand towards you as the other one pushes away; in the middle, they should slide against each other, in opposite directions. Repeat this stroke up the back until you reach the shoulder area, then come back down. Repeat three times.
2. Powder again the area at the completion of the rubbing process which should consume from 3-5 minutes.
3. Turn patient on his back and put on the gown.
4. Fix and make patient comfortable.