**Head and Neck Massage**

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**What you need:**

**Lotion**

**Towel**

**Comfortable seated position**

**Begin sitting up.**

**Let's get the neck mobilised.**

* Side to side
* Rotating

**Neck lengthening**

**Post Isometric Relaxation -** Adding resistance so that later, the massage is easier.

**Compression down the neck - neutral**

**Turn head to the right.**

* **Then to the left**

Add in gentle assistance - guiding it further.

Hold L side with R hand.

* Add other hand for support.

Repeat R side

**Grab lotion.**

**Turn head to the right**

* Begin massaging down L side of the neck
* Then right

**Using a knuckle - press into suboccipital muscles**

* **1 side moving laterally out.**
* **Tap at the masseter muscle coming down.**

*Have a minutes break*

**Temporalis**

* Circle to start with using fingers.
* Using knuckles, apply a bit of pressure, move up and over the ear
* Hold in place on tender spots.

**Change direction and lift tissue up.**

* Hold and allow the jaw to fall open.

Using your thumbs, circle across the area we’ve just worked on

**Fingers in hair**

* Shampoo
* Be mindful and get every area.