

Massage using the 'M' technique®

The 'M' technique® is a simple method of structured touch. Each movement and sequence is carried out in a set pattern at a set pressure and speed, which never change.

The 'M' technique® works on skin receptors which send signals to the brain and has been described as 'physical hypnotherapy' and a 'spiritual dance'.

Dr Jane Buckle originally created the 'M' technique® for nurses like herself who were working in an intensive care unit. Her patients were critically ill: many had breathing tubes and were unable to talk. She wanted to find a way of communicating with her patients and felt that touch was the way. She trained in massage but found that much of what she learned was inappropriate in a critical care setting. So, she started experimenting with slow stroking movements. Gradually a pattern emerged and the 'M' technique® was born!

This technique differs from a conventional massage in three fundamental ways:

- 1) Structure** - The 'M' technique® follows a set protocol, as each movement and sequence is done in a distinctive pattern that is never modified.
- 2) Repetition of strokes** - Each stroke is repeated three times - the rationale for this set form of repetition is simple - to build confidence and remove anxiety

from the receiver. The first time a stroke is performed, the receiver will pay attention to what is being done; the second time the receiver recognises the movement; the third time the receiver knows what is going to happen and begins to relax.

3) Pressure and speed - The 'M' technique® uses a set pressure. On a scale of 0 to 10 where 0 is no pressure and 10 is crushing pressure, The 'M' technique® pressure remains at 3. However the conventional massage alters the pressure depending on the situation.

Hand and foot massage video

You can watch this St Helena Massage video demonstrated at the following link - <https://bit.ly/3RVG3vY> or by scanning the QR code below.



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Things to remember before doing a massage:

- Make sure the person having the massage is comfortable - use cushions and pillows, covered with a clean towel.



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- Make sure you are comfortable to give the massage.
- Check the area is safe to work in.
- Please wash your hands thoroughly before and after the massage.
- Please wear any personal protective equipment (PPE) if required – disposable gloves, mask, visor, apron.
- Please check that the person has no cuts or wounds to their hand or feet - avoid the area or cover with a plaster. Use disposable gloves to protect yourself.
- Try and remove any jewellery but please ensure you place it back on afterwards.
- You can use a favourite hand cream/foot cream, or an aromatherapy oil – lavender is always a favourite.
- Make sure that the product you use has no ingredients that may cause a reaction on the skin.
- Remember the aim is to calm and relax, so keep movements slow.
- Keep pressure light. • Before starting check the person is happy to have a hand or a foot massage.
- Adapt the routine to slow strokes if they require more time to settle.
- Relax and enjoy.

Giving a hand massage using ‘M’ technique® routine:

1. Use about a teaspoon of oil or about two teaspoons of cream.
2. Rub into both your hands.
3. Apply onto the person’s hand up to the elbow.
4. Start by holding their hand between your hands to introduce the massage.
5. Stroke from the fingers up to the elbow and down to the fingers – three times with one hand and three times with your other hand.
6. Use your thumbs together, at the wrist and stroke in outward moves – like stripes - down to knuckles – do the whole movement three times.
7. Starting at either the thumb or little finger, circle around each knuckle/joint three times, moving down until you are at the end of the finger/thumb. Hold in a scissor-like position and press the end of the finger/thumb. Then stroke down the finger/thumb. Repeat on all fingers.
8. You will change your hands halfway through.
9. Hold their hand between yours and gently turn hand over to palm up.
10. Using your thumbs, stroke the palm in stripes from fingers towards wrist/wrist to fingers.
11. Complete the whole movement three times.
12. Hold their hand between yours and turn their hand over again.



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13. Leave one hand under theirs and use your other hands to stroke up from fingers to elbow and down three times.
14. End by holding their hand between yours.
15. Cover with a towel and wipe off any residue of product.
16. Repeat the massage on the other hand.

Giving a foot massage using 'M' technique® routine:

1. Use about one teaspoon of oil or about two teaspoons of cream.
2. Rub into both your hands.
3. Apply onto the person's foot up to the knee.
4. Start by holding their foot between your hands to introduce the massage.
5. Stroke from the toes up to the knee and down to the toes – three times alternating hands.
6. Stroke up the side of the foot and leg and down, and off the toes (called 'prayer and kiss' move) three times.
7. Use your thumbs together, at the ankle and stroke outwards in stripes down to toes – do whole movement three times.
8. Starting at either the big toe or little toe, circle around each knuckle/joint three times, moving down until you are

at the end of the toe. Hold in a scissorlike position, press end of toe. Then stroke down the toe. Repeat on all toes.

9. You will change your hands halfway through.
10. 'Prayer and kiss' move three times.
11. Hold their foot between yours and gently move foot upwards to access the sole
12. Using your thumbs, stroke the upper pad of the foot in outward moves – like stripes – do whole movement three times.
13. Place your thumb on the point just below foot pad, in the middle, and gently rotate 10 times.
14. Delicately bring the foot forward again, and using your fingers gently stroke around the ankle bones – three times.
15. 'Prayer and kiss' move three times to finish.
16. End by holding foot gently between hands, cover with towel and wipe off any residue of product.
17. Repeat on the other foot.

Notes: _____



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