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## **THAI TABLE MASSAGE**



**7 cpds accredited with  
International Practitioners of Holistic Medicine**



## Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me, and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to work .....so enjoy the journey and let's get started.

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## **WHAT IS THAI MASSAGE**

### **HISTORY OF THAI MASSAGE**

As Thailand is located along the great trade routes, Thai Massage was greatly influenced by both China and India – two of its closest neighbours. Research suggests that it was brought from India to Thailand by Buddhist Monks and Ayurvedic Doctors.

This traditional healing massage is believed to have been practiced for over 2000 years and is still taught by Buddhist Monks in the Temples of Thailand.

Thai Massage is a relaxing yet invigorating treatment of the whole body that was greatly influenced by two of its closest neighbours, China and India, and their energy systems that are 1000's of year old.

Similar to the meridians of Traditional Chinese Medicine that carry the Qi or Chi energy, the Thai Medicine 'energy lines' known as Sen run through out the entire body with specific points ending at the feet and hands. The obstruction of this flow of energy is thought to be the cause of discomfort or illness in a person and the techniques of Thai Massage are thought to stimulate and open these channels. During a typical Thai Massage session a Thai practitioner will apply use a variety of hands-on techniques including graceful two handed palm movements, stretches, circular massage movements and thumb pressure along the sens line stretching the body at the same time. Clients leave the session feeling relaxed, balanced and invigorated.

## **BENEFITS OF THAI MASSAGE**

- Improves circulation of blood and lymph
- Aids removal of toxins
- Stress relief – calming and sedating
- Reduces stiffness and improves flexibility and range of movement
- Lowers high blood pressure
- Improves sleep pattern
- Stimulates lymphatic drainage
- Improved mental clarity
- Boosts immune system
- Encourages relaxation

## **CONTRAINDICATIONS TO MASSAGE**

### **Localised Contraindication – specific area cannot be massaged**

- Bruises
- Broken capillaries
- Recent scar tissue
- Sunburn
- Immediately after eating or consuming alcohol
- Redness or localised swelling
- Sprains
- Dislocations
- Broken bones
- Pustule acne
- Open cuts or wounds, grazes, stings, bites or burns

### **Medical Contraindication – requires Doctor's permission before treatment**

- High or low blood pressure
- Haemophilia
- Severe swelling
- Epilepsy
- Severe pain
- Thrombosis

- Heart condition
- Cancer
- Where medication is being taken for any serious illness or condition

If any of the above medical conditions are present, seek a GP's approval in writing. The client may request this from their medical practitioner, alternatively, you may contact the GP in writing, clearly stating the treatment requested by your client to ensure they have the GP's permission and enclosing a stamped addressed envelope.

### **Total contraindications – not suitable to massage at all**

- Hypersensitive skin
- Inflammation
- Viral infections
- Any contagious disease, eg scabies, impetigo, herpes, chickenpox, scabies, tinea, mumps, diphtheria, typhoid etc
- Severe widespread psoriasis, eczema or dermatitis
- High temperature or fever
- Undesirable character or anyone whom you may feel threatened by

Always check contraindications before commencing, health issues may change between treatments. **Remember the safest course of action, if in doubt, refer to a GP. This information is intended for your general knowledge and is not a substitute for medical advice or treatment for specific conditions.**

**CONSULTATION FORM FOR MASSAGE**

*The following information is required for your safety and to benefit your health. Whilst Massage is very safe, there are certain conditions which may require special attention. Please note that all information will be treated in the strictest confidence and it may be necessary for you to consult your GP before treatment is given.*

Name.....DOB.....  
Address.....  
.....  
Tel Home.....Mobile.....  
Occupation.....

Do you or have you ever suffered with:-

- |   |     |
|---|-----|
| • High temperature or fever                             | Y/N |
| • Infection   | Y/N |
| • Acute infectious disease                              | Y/N |
| • Migraine or headaches                                 | Y/N |
| • Skin infections                                       | Y/N |
| • Allergies   | Y/N |
| • Recent haemorrhage                                    | Y/N |
| • Recent surgery  | Y/N |
| • Heart condition                                       | Y/N |
| • Recent injury   | Y/N |
| • High or low blood pressure                            | Y/N |
| • Recent scar tissue                                    | Y/N |
| • Epilepsy  | Y/N |
| • Diabetes  | Y/N |
| • Thrombosis/embolism                                   | Y/N |
| • Severe circulatory disorder                           | Y/N |
| • Severe bruising, open cuts or abrasions               | Y/N |
| • Dysfunction of the nervous system                     | Y/N |
| • Undiagnosed, bumps, lumps or swellings                | Y/N |
| • Currently under the influence of drugs or alcohol     | Y/N |
| • Are you or could you be pregnant                      | Y/N |
| • Do you have any conditions which may affect treatment | Y/N |

If the answer to any of the above is Yes, please give dates and details:-

.....  
.....  
.....  
.....

**CONSULTATION FORM CONTINUED**

Are you currently taking any medication Y/N

Details (including dosages):-

.....  
.....

Is GP referral required Y/N

Clearance form sent (Date) Y/N

Clearance form received (Date) Y/N

Name of Doctor.....

Address.....

.....

Telephone number.....

Is your general health      Good                      Average                      Poor

Are your stress levels      High                      Medium                      Low

Are your energy levels      High                      Medium                      Low

Do you find time for relaxation/hobbies:- Y/N

Details:-

.....  
.....

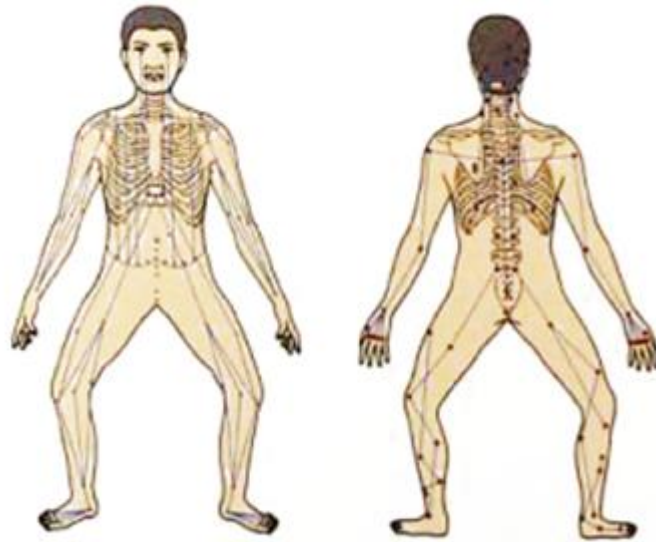
**Client Declaration**

*I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.*

*I understand that Massage does not substitute medical treatment.*

**Client Signature.....Date.....**

## SEN LINES WHAT ARE SEN LINES



We know that exercise is beneficial to our health and has been practiced from the most ancient times to the modern health-conscious era with the goal to increase the heart rate, thereby allowing the blood to flow through every extremity. With intensified activity, respiration goes into overdrive, allowing air to flood the lungs and oxygen-rich blood to flow throughout the body

Energy also flows throughout the entire body. This increased stream of blood and oxygen create energy, which propels the movement. Energy is vitally important in the body. Just as blood and oxygen travel along paths inside the body, so too does energy. The belief is that these energy pathways run along a special line, called a Sen line. Similar to an obstructed artery, blocked Sen lines restrict energy flow, which can also cause health problems. If this energy cannot distribute and disperse around the body, it means that there is a blockage preventing its movement. If the transportation of internal fluids is hindered, as a consequence serious health complications can occur.

In Thai medical theology, the belief is that the vital life energy of the body flows along the Sen channels. This energy powers all the physical, mental and emotional processes that will only function at a normal level when energy supply matches demand requested. The Chinese call this energy 'Qi' and the Indians call it 'Prana'.

Any blockage or imbalance in the flow of this energy may cause pain and disease. When the system is working in balance and harmony, a person will feel happy,

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relaxed, energetic and free from stiffness and pain.

Thai massage focuses on 10 main Sen channels. Clearing these by working along these channels helps to release any energy blockages and stagnation. Pressing and stretching muscles makes them more receptive to this flow. Although there are 72,000 Sen lines in the human body. Thai massage works primarily on the ten major Sen lines, which branch out from the navel and end at the body's extremities, such as hands and feet. Thai massage incorporates ancient energy knowledge together with client information to assist the therapist to clear the blockages, and help them achieve a healthy, internally balanced body.

The 10 main Sen Lines are:-

**1. *It-ta* ends at the left nostril**

Indications: Headache, eye(s) unable to see/focus distinctly, convulsions, back pain, fever, drowsiness, dizziness, scapular pain, difficulty or loss of hearing, cold feet, joint pain.

**2. *Ping-ka-la* ends at the right nostril**

Indications: Paralysis, red eyes, convulsions, runny nose, sneezing, scapular pain, aches and pain, headache, having an uneasy breath and other indications the same as *It-ta*.

**3. *Su-ma-na* ends at the tongue**

Indications: Difficulty moving the tongue, inability to talk or vaguely uttering a sound, dullness, drowsiness, chest pain, thinking disorder, mental disease, soft breathing, lack of appetite, tired, dizzy, having a hard time breathing, unable to sleep.

**4. *Ka-la-ta-ree* ends at the fingers and toes**

Indications: Coolness and lack of feeling all over the body, convulsions, unconsciousness, numbness, stiffness at the shoulder joint, aches and pain, fatigue, poor feeling in the arms and legs and cramping.

**5. *Sa-had-sa-rung-sree* ends at the left eye**

**6. *Tu-wa-ree* ends at the right eye**

Indications: Eye symptoms such as: inability to open the eyes, pain around the eyes, headache,

pain in the eyes, inability to see distinctly, inability to sleep, red eyes, and pain between the eyebrows.

**7. *Jan-ta-pu-sang* ends at the left ear**

**8. *Ru-tung* ends at the right ear**

Indications: Ear symptoms, for example: to be hard of hearing, a feeling of air escaping the ear, to have a buzzing in the ear, pain in the ear, itchiness in the ear, inability to sleep, lack of appetite, sleep disturbances, body aches and pains.

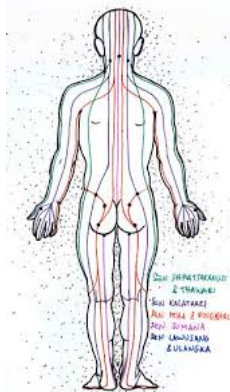
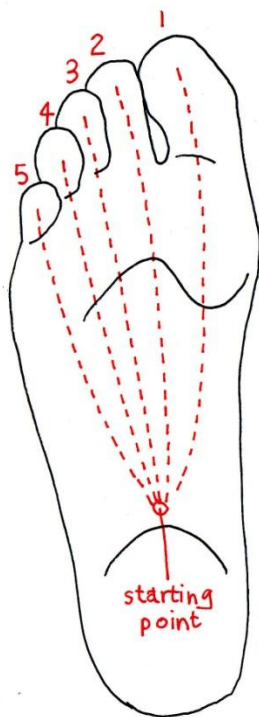
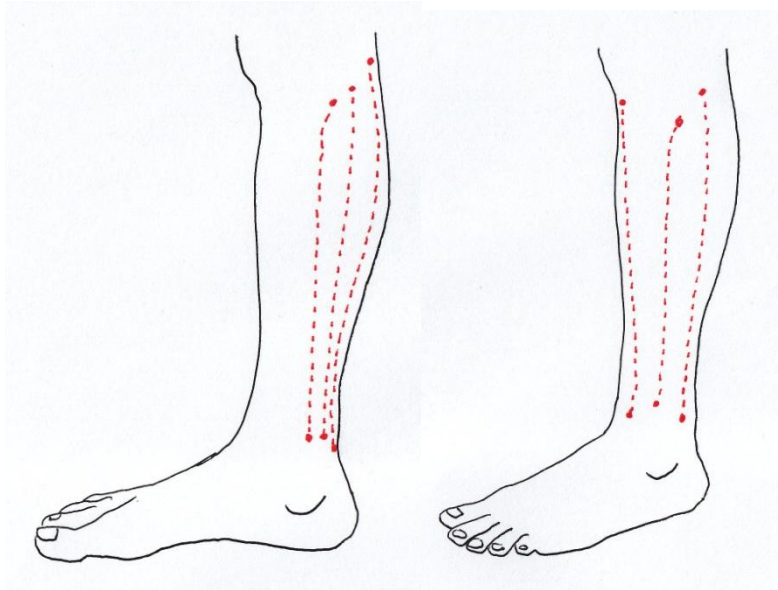
**9. *Si-ki-nee* is end at meatus**

Indications: All illnesses in the meatus area: infection, disturbed urine, inability to urinate, pubic pain, genital pain, gonorrhoea, uterine pain, lower abdominal pain to the waist and sides of the thorax, kidney and urinary bladder problems.

**10. *Su-ku-mung* is end at rectum**

Indications: To have a dull pain at the anus, difficulties with bowel movements, bloating, constipation, diarrhoea, the feeling of needing to make a movement but unable to, vomiting, hiccups and asthma.

A Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure along these energy lines. These movements help to adjust the skeletal structure, increase flexibility and suppleness, recover vital energy, relieve muscular and joint tension, and stimulate internal organs. Additional benefits include deep relaxation, balance of the body's energy system, increase in blood and lymph flow, and release of emotional blocks.



## **TREATMENT REACTIONS & AFTER CARE ADVICE**

To enable you to gain maximum benefit from your treatment the following advice is recommended:-

- Please do not leave the treatment room until you feel “grounded”.
- It is advisable not to drive straight away following treatment, but if you do have to drive, make sure that you stay alert and keep the windows open.
- Increase fluids. Drink plenty of water to assist the detoxification process.
- Reduce stimulants. Avoid alcohol, coffee, tea or cola following treatment, as these dehydrate.
- Avoid smoking.
- Eat a light, healthy diet to encourage healing.
- Avoid strenuous exercise. Rest as much as possible and relax for the rest of the day, to allow the body to heal and settle. You may feel an energy boost, but resist the temptation to be too energetic, as this will prevent you from obtaining the full benefit of your treatment.
- Do not be concerned if you feel emotional for a while after treatment, it is just a way that your body releases pent up emotions whilst in a state of relaxation. This is not uncommon, particularly when you have been under stress.
- You may possibly experience what is known as a “healing crisis” (the body taking the path to healing following treatment, and you may notice the return of your symptoms for a while before you start to feel better. If you have a headache following your treatment, try not to take any

medication to resolve it, if you get adequate rest and fluids your symptoms will improve.

Please make a note of any reactions you have experienced in between treatments and let your therapist know on your next visit.

## **HYGIENE & PROFESSIONALISM**

Hygiene is of the utmost importance – it must be carried out regularly and be visible to the client. It also creates the right image and increases the client's confidence in the therapist and establishment. When carrying out a treatment, we need to achieve a high standard of hygiene to reduce the risk of cross-infection to a minimum. The following are measures to assist:-

**Towels:-** Always use paper to cover the towels, pillows and table/trolley. All towels should be changed between clients and any dirty linen to be placed in a covered laundry bin and washed regularly in a non-biological detergent.

**Floors:-** Must be cleaned regularly – use anti-bacterial wipes in between clients to prevent the spread of infections. Mop or wash daily with disinfectant.

**Sinks, Worktops & Toilets:-** These must be cleaned regularly and kept scrupulously clean with appropriate chemicals/toilet cleaners.

**Waste Disposal:-** Any tissue and paper roll waste must be disposed of immediately in a covered bin. The waste container should be emptied and disinfected daily.

### **Personal Hygiene:-**

- Always remove jewellery before a treatment.
- Have clean hair and keep it off the face.
- Dress cleanly, appropriately and professionally.
- Short, clean fingernails (preferably no varnish)
- Use anti-perspirants/deodorants (wash and reapply between clients)
- No strong perfumes
- Common sense....shower, bath and change underwear daily.....

**Client Records:-** Always keep client consultation forms/record cards up to date and both stored and treated with confidentiality, so no-one else has access. Remember, if stored on a computer, then the establishment must be registered under the Data Protection Act of 1984.

## **PROFESSIONAL ETHICS AND CONDUCT**

Therapists shall:-

- Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.
- Not discriminate or behave in any prejudicial manner with clients and colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.
- Respect the confidential nature of the professional relationship with clients and acknowledge each clients right to privacy.
- Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.
- Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.

## **INSURANCE AND OTHER INFORMATION**

Once you have completed your course, you will need to hold adequate insurance cover before you put your new skills into practice, or if you are thinking of changing your insurance policy, please note the following:-

We work in partnership with Westminster Insurance Company:

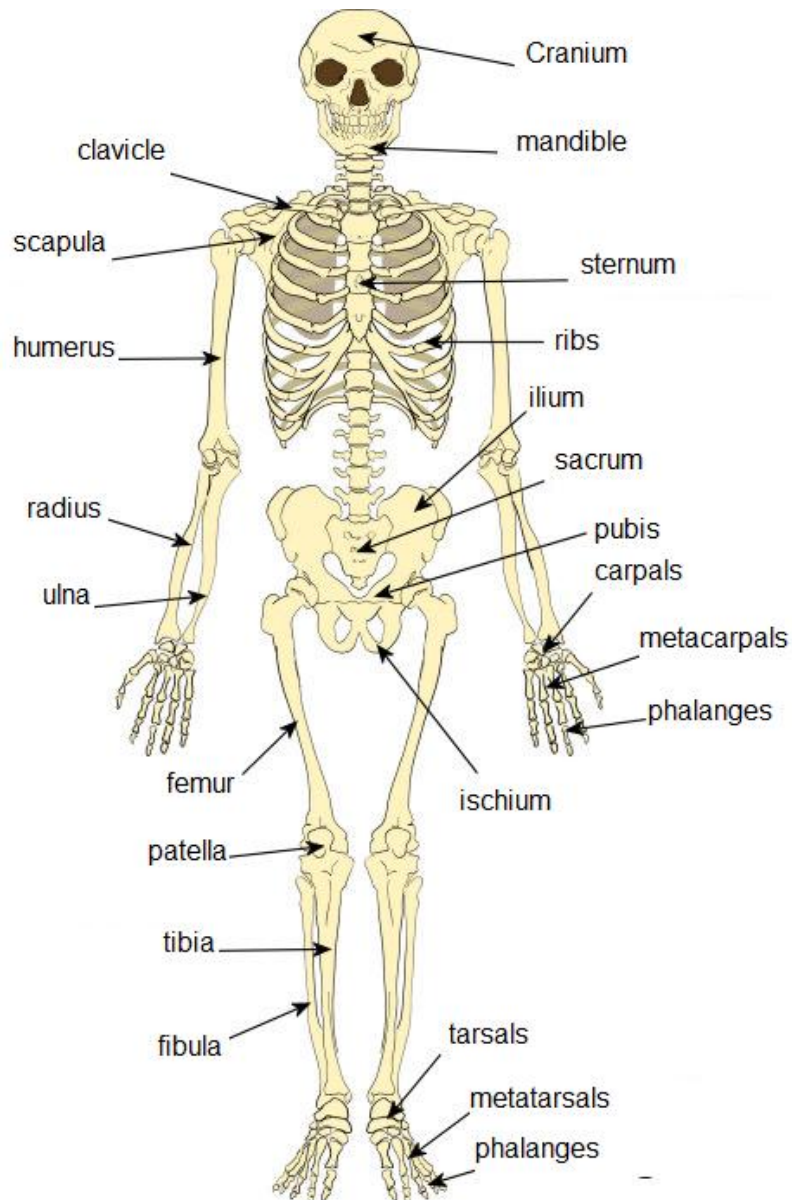
Details and the link are on TSOFT homepage



# Anatomy & Physiology

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## The Skeletal System



### Functions of the skeleton

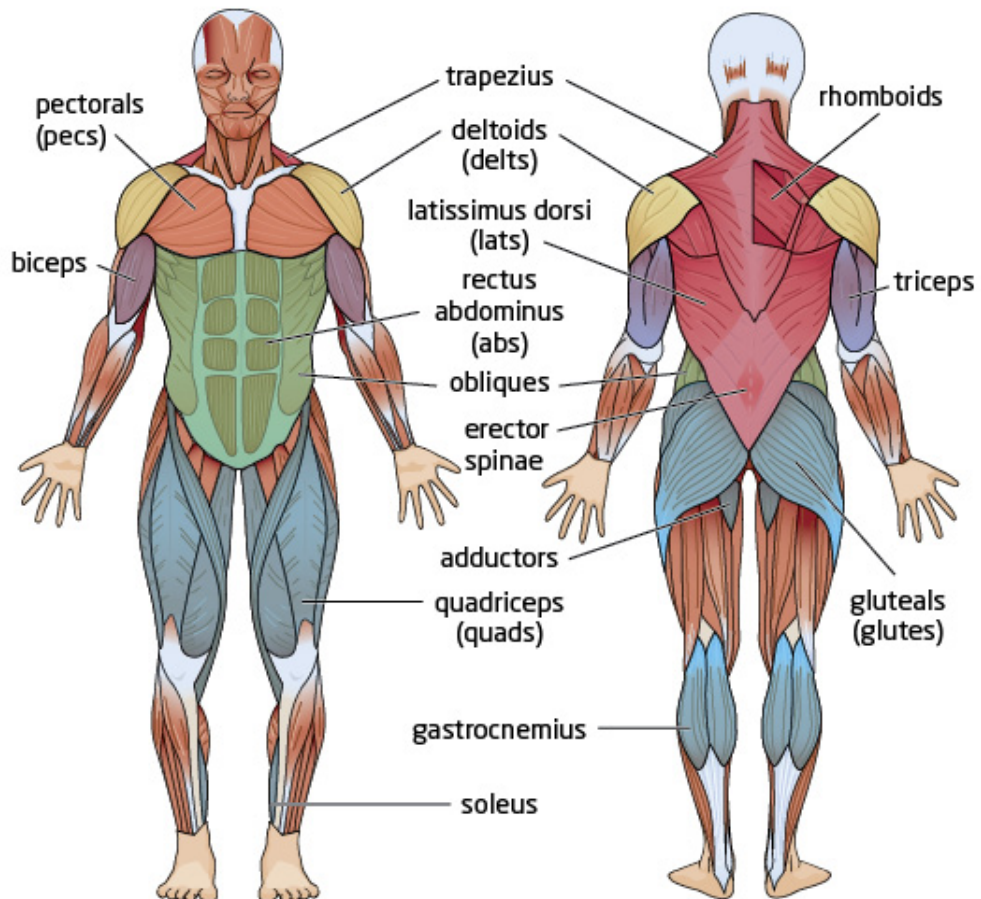
#### Movement of the body

- Support – bears weight of all other body tissues
- Attachment for muscles and tendons
- Protection of vital organs
- Development of red blood cells in bone marrow
- Mineral reservoir

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## The Muscular System

- The muscular system moves the body
- The body has more than 600 muscles
- Muscle tissue makes up 40 – 50% of body weight



# The Cardio-Vascular System

The cardiovascular system is made up of Blood, Blood Vessels and the Heart.

## Blood

Blood is made up of 55% fluid - plasma, which is 91% water and 9% waste and hormones. The remaining 45% is blood cells which are subdivided into:

### **Erythrocytes**

- About 5.5million per drop of blood
- Formed in the red bone marrow
- Live for 3-4 months then broken down in the liver and spleen
- Contain the pigment haemoglobin
- Function is to transport oxygen around the body

### **Leucocytes**

- Larger than red blood cells
- 10,000 in a drop of blood
- Can change their shape in order to squeeze through small spaces and reach any part of the body
- Function is to protect us from disease

### **Thrombocytes**

- Tiny fragments of cells
- 200,000 in a drop of blood
- Produced in the bone marrow
- Live for up to 2 weeks
- Function is to release an enzyme in the clotting process
- Therefore help prevent loss of blood

### **Functions of Blood**

- Transport of oxygen and carbon dioxide, nutrients waste and hormones.
- Defence using white cells.
- Regulation of heat
- Clotting

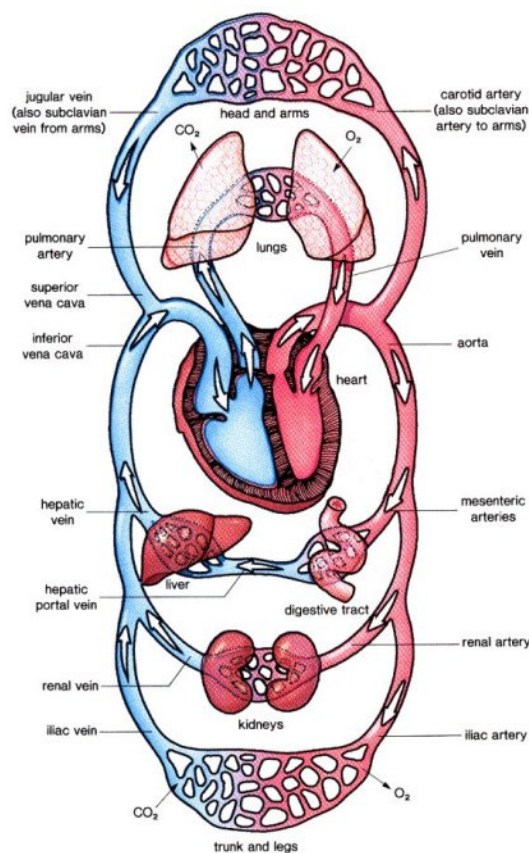
## Blood Vessels

- Arteries - High pressure and take blood away from the heart and carry oxygenated blood to the lungs.
- Veins - Low pressure, return blood to the heart and carry deoxygenated blood from the lungs.
- Capillaries - These are the smallest vessels and have intermediate pressure and they supply cells and tissues with nutrients.

## The Heart

The heart is the pump in the vascular system and maintains a constant circulation of blood throughout the body. Pulmonary circulation is the flow of blood from the lungs to the heart and back again.

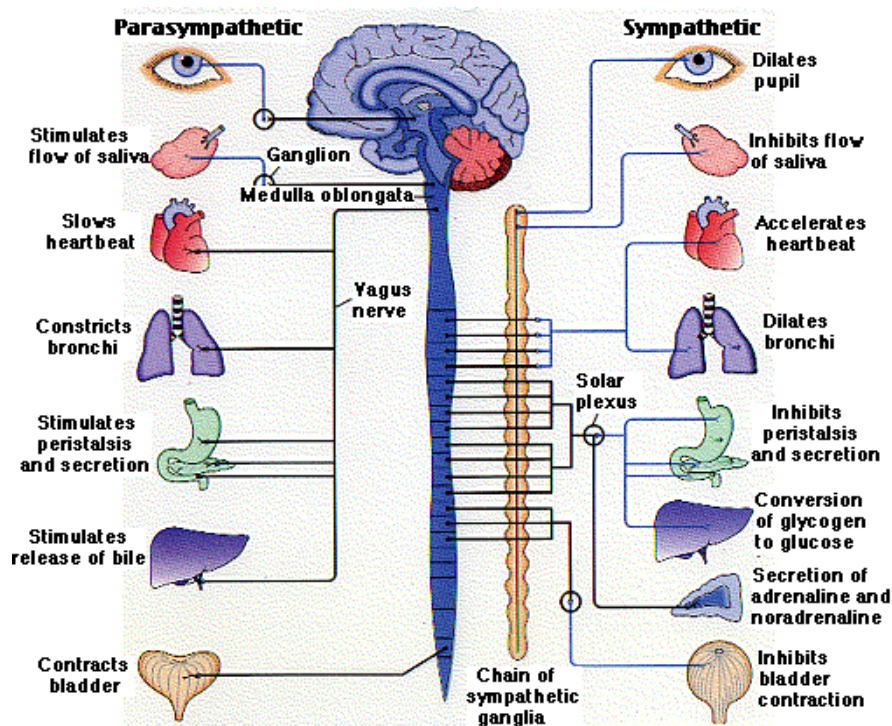
Systemic circulation is the flow of blood from the heart to the rest of the body and back again. Blood pressure is affected by age, weight, exercise, stress, gender and diet. Massage can assist with alleviating blood pressure based problems especially stress.



# The Nervous System

The nervous system senses, analyses and responds to stimuli in the body. The basic structure of the nervous system is as follows

	<b>NERVOUS SYSTEM</b>			
<b>CENTRAL NERVOUS SYSTEM</b>	Splits into	<b>PERIPHERAL NERVOUS SYSTEM</b>		
	<b>SOMATIC NERVOUS SYSTEM</b>	Splits into	<b>AUTONOMIC NERVOUS SYSTEM</b>	
	Has 31 pairs of spinal nerves and 12 pairs of cranial nerves		Supplies impulses to smooth muscles, cardiac muscles and skin	
		<b>Sympathetic Division</b> = <b>Fight or flight</b>	Splits into	<b>Parasympathetic Division</b> = <b>Rest &amp; repose</b>





# THAI MASSAGE

## Thai Massage Sequence

Open with hands in prayer

## Warming and loosening of the feet

Warming, Loosening and Stretching of the Feet, laterally, point and flex and cross over medially

## Acupressure to soles of feet

Acupressure to Soles of the Feet in Five lines

## Palming leg and Acupressure of leg

Palming and Acupressure to the medial anterior legs 3 lines, Palming lateral leg 1 line

## Shaking The Legs

Hold both legs and shake from side to side in a snake shape

## Swing Legs from Side to Side

Both legs swing from side to side

## Tree Pose

With you Off the table TREE POSE

Then get on table to Palm Press

## Calf

Knee up medially for CALF PULL, you kneel with foot in between your knees

## Thigh – top and lateral

CLASP HANDS FOR THIGH SQUEEZE

Leg comes in medially –palm down TFL and ITB passive stretch.

Come off the table...

## Smooth Move

MOVE lower leg to hang off bed / hip opener... jelly fish squeeze to thigh

## **Lunge**

ON Table lunge with clients foot in your groin

## **Thai kick to hamstrings / 2 positions**

Rock back sit back, kick out to hamstrings

## **Leg stretch & Leg circles**

One bent leg stays on table one leg stands for Whole leg stretch, place forearm over sole of foot.

Off table completely for Leg circles.

**Repeat all on other side.....**

## **Abdomen**

Palm and Finger circular petrissage to Large Intestine

## **Arms**

Over head arm stretch

Bring arm to open stretch position.

Palm press and palm press arm in open position

Sit on Table place leg and foot under shoulder.. Complete arm squeeze to hands

## **Hands**

Back of hand spreading, Palm Spread, Coin rubs and finger flicks

## **Top of Shoulder Press**

Neck Stretches

Lift head on crossed arms

Head from side to side

Sweeps across **Face** Massage **Scalp**



## **TURN CLIENT OVER**

### **Reverse leg stretches**

#### REVERSE LEG STRETCHES (DOUBLE)

Reverse half lotus press and palm down hamstrings

**Intimate Calf and Thigh Press**, forearm massage all over hamstrings, roll over glutes with ulna edge, use elbow in BL36 (crease of Bum) at glute..roll over gastrocnemius.. place knee on bed to jelly fish calf. and stretch.

### **Back, bladder meridian**

#### **BACK**

Raise arms and kneel on the bed **SCAPULA and HIP STRETCH...**

Palm up the legs with pressure

SQUAT BETWEEN client Legs KNEES IN GLUTEALS, Knees along erector spinae

Lift and stretch each shoulder

Heel of Hand either side of spine.., Acupressure either side of spine

DELIVER BODY WEIGHT INTO GLUTES and Forearms on back either side of spine (Lift feet off) –

#### **Cobra**

#### **Sit up**

#### **Shoulder press**

Kneel behind for shoulder press

#### **Neck, head stretches**

Side to side laterally

#### **Neck work**

Thumb press, interlock fingers

#### **Triceps**

Raise arm to lift backwards

### **Scapula / Rhomboid**

Bring arm over head, gently pull back elbow and other arm / elbow works into rhomboid

### **Seated Arm Lever**

Hand on Head gently push elbow and pull opposite shoulder, client hand on your thigh.

### **Thumb Circles to Tricep**

### **Hacking and Champi**

### **Recommended Manual**

**Thai Massage by Maria Mercarti**