**Case#8**

**Massage Internship Therapy (MIT)**

**Situation: Office Syndrom1 hour session**

**1. Sitting Position:**

Head, Neck Massage (levels 1, 2), Massage suboccipital muscles (Level 4)

 Shoulder Warm Up (Level 3 F.133-135) Repert more rounds

Shoulder Line 1 and Line 2 (Level 3 both sides) Repeat 3-5 rounds. 15 Minutes

**2. Side lying Position:**

Fingers circle on the entire head (Level 3 Fig.131)

Double fingers press on shoulder (Level 3 Fig.129)

M, J (Level 1) Repeat more rounds

Outside Arm line 2 (Position of Arm weakness and pressure point Level 3 Fig. 259-265)

Outside and inside line repeat more rounds, Hip massage, Thigh stretching

 Arm stretching (Level 2), Upper trunk stretching Massage the other side 10x2 20 Minutes

**3. Arm massage:** Arm warming (Level 2)Massage under clavicle bone (Level 3 Fig.243) 3 rounds.Arm massage (Level 1)

 Massage the other side 10x2 20 Minutes

**4. Sitting Position:** Skull massage Level2, neck massage (Level 2). Repeat more rounds. Neck stretching (High Risk I5) 2 times (do the other side) Stretching pectoralis muscle (Level 4) Shoulder warming (Level 3 Fig.133-135) 5 Minutes

**Total 60 Minutes**

IMPORTANT NOTE: Please review this case situation overnight.

Check sequence techniques with your workbooks – to understand how they do. Bring all workbooks and handout related to the case with you. You can refer to the books during practice if you do not remember. But get familiarize will make it easy for you to apply them.

BESURE TO BRING THIS PAPER BACK TO CLASS. Get good night sleep and see you tomorrow.

**WARNING:** The MIT case study above is a massage planning suitable for particular condition with the understanding that it is due to muscle tension and not from injury and/or nerve related problem. The practitioner must exercise caution prior and during performing for safety of the receiver. Should there is any doubt, the practice must not begin or stop and refer the recipient to seek medical advice.

**RE: Student Practice:** The receiver must inform his/her true physical condition to the giver. If there are contraindications to receive certain positions, the giver must apply all cautionary when perform the MIT. When in doubt – skip the positions.