Biomechanics of Massage Therapy

- Definition of Biomechanics
- The study of the mechanical laws relating to the movement or structure of living organisms
- Self-Care
- The practice of taking action to preserve or improve one’s own health

Biomechanics:

- Efficient postural techniques
- Decreases trauma to therapist
- Decreases fatigue
- Decreases injury to joints/repetitive strain
- Career longevity

Biomechanics Guidelines:

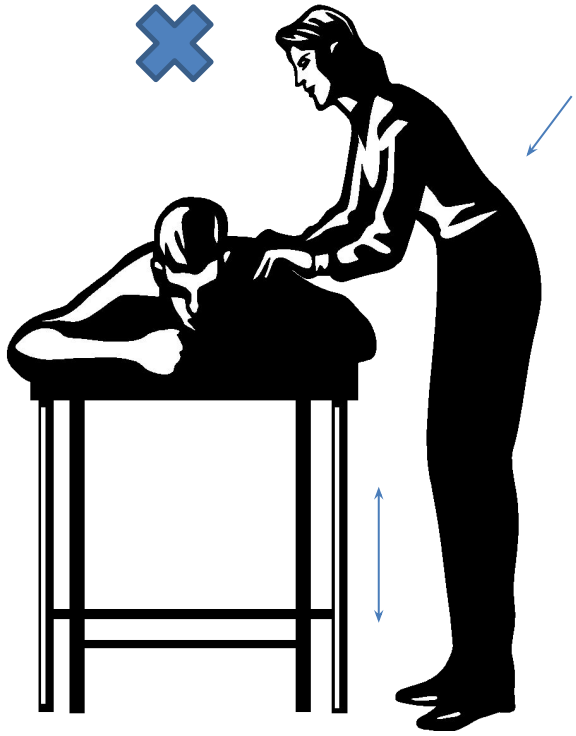
- Relaxed Lunge style
- Feet flat
- Knees comfortably bent
- Pressure/stability front leg
- Keep shoulders relaxed
- Be mindful of applicator
- Use your body weight

Biomechanics Guidelines:

- Support your applicator
- Wrists neutral
- Avoid hyperextending digits/wrists/knees
- Umbilicus points to work
- Umbilicus behind hands (most techniques)
- Avoid straining/torqueing

Biomechanics Guidelines:

- Table height
- Use body weight for leverage
- Supportive shoes
- Breathable comfortable clothing
- Warm up
- Mix techniques



Biomechanics Guidelines:

- Get behind your work
- Pelvic tilt
- Align spine
- Smooth movements
- Lift correctly
- Breathe
- Hydrate well
- Rested