

## Coker Rehab Services

### Retrograde Massage

Why massage? Massage helps promote the circulation and movement of blood back to the heart. It also decreases chances of joint stiffness and pain.

#### Method:

1. Hand should be elevated and supported by pillows, rolled towels, etc. . . . or elevated by simply supporting the elbow on the table.
2. Apply a small amount of mineral oil or hand lotion over the area that is to be massaged.
3. Starting at the fingertip, place the non-involved thumb on the backside of the injured finger and the index finger on the palm side of the injured finger (fig. a)
4. Slowly but firmly “squeeze” the fluid from the fingertip moving toward the palm. Do this for each finger involved (fig. a).
5. With the non-involved thumb over the back of the hand, slightly conform the rest of the fingers in the palm of the hand and firmly stroke the fluid from the hand toward the wrist (like putting on a glove). (fig. b)
6. Starting from the fingertip again – repeat steps 2, 3, 4, & 5.
7. Do this for \_\_\_\_\_ minutes \_\_\_\_\_ times each day.
  - ❖ Mineral oil or hand lotion is used to ease in the massage process while also softening the skin.

