

TRADITIONAL THAI MASSAGE

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Traditional Thai Massage

Definition

Thai massage is the name of the traditional massage techniques of Thailand, used to alleviate personal discomfort and promote general well being.

..is developed in Thailand,
and influenced by the
traditional medicine systems
of India, China, and
Southeast Asia.



History of TTM

The founder of Thai massage and medicine is said to have been Shivago Komarpaj (Jīvaka Komarabhācca), who is said in the Pāli [Buddhist](#) Canon to have been the [Buddha](#)'s physician over 2,500 years ago.



Drawings of accpressure points on "Sen" lines at [Wat Pho](#) temple in [Bangkok](#), [Thailand](#).

“Rural” and “Royal” traditions



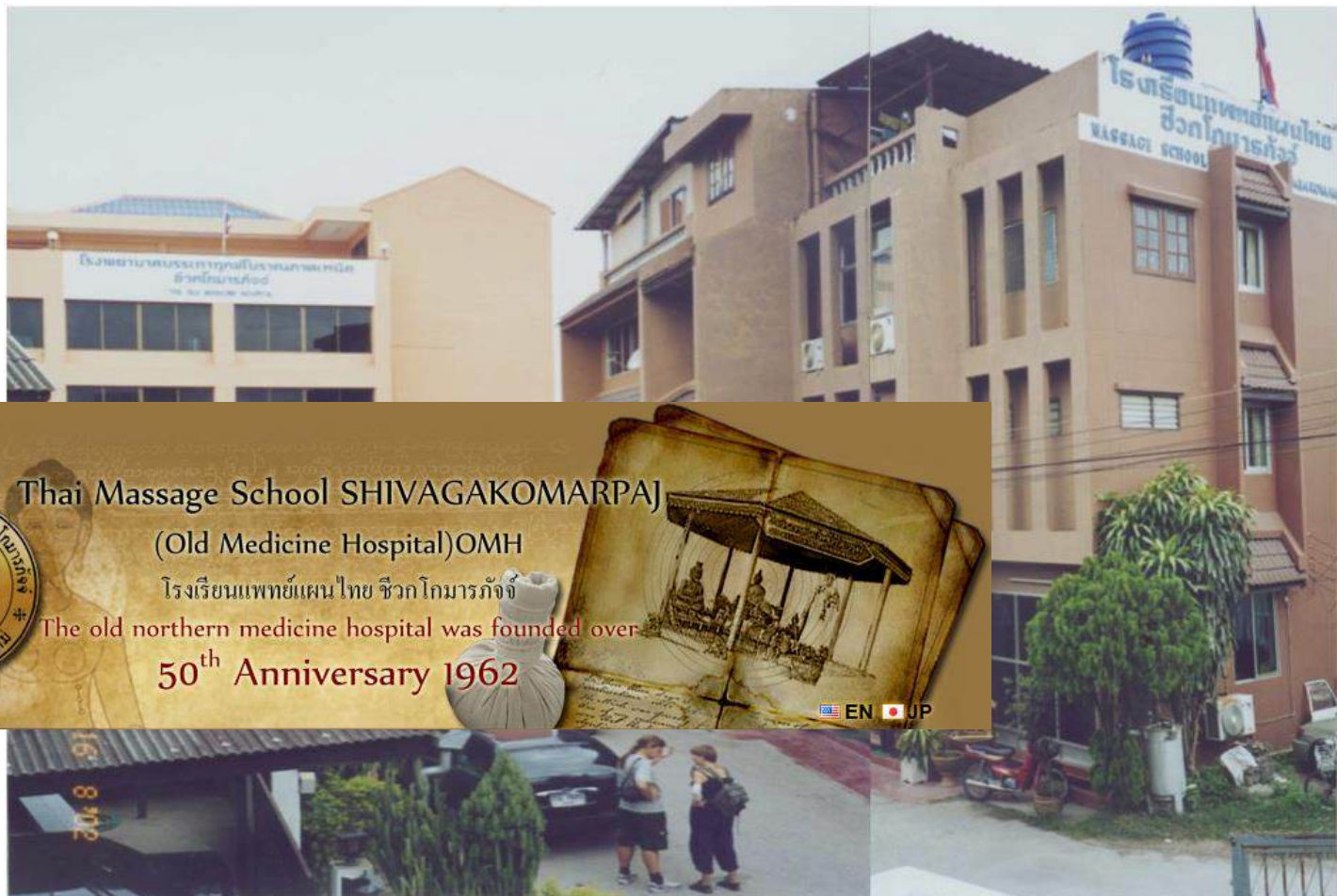
Wat Pho temple in Bangkok

The center of the Royal Tradition of Thai medicine



The Shivaga Komaraphat Institute

A traditional medicine hospital in Chiang Mai, northern Thailand



Medical and Physiological principle

- The purpose of Thai massage is to bring wellness to the whole body system, via the manipulation of the energy lines, encouraging health promotion.
- There are 72,000 lines (sen)

Theory

The 10 'sen' or energy lines that run through the body. By stimulating these, the masseur can alleviate suffering and bring strength and harmony back to the body.

Physiological & psychological effects

- Increases blood circulation and removes waste products.
- Relaxation of muscle tissue and relieving pain.
- Increases the range of motion of the joints.
- Alleviates disorders of the digestive system as well, by helping with constipation, relieving the tension of the visceral organs.
- Psychologically the patient feels warmth and touching, general relaxation and a deep sense of over all well being.

Anatomical

- Elements and the sen

Element	Physical processes	Psychological and spiritual processes	Corresponding Sen
Earth	Skin, muscle, bone, connective tissue, fat	Lethargy, fatigue, obesity	Itha
Water	Blood, eyes, body fluids, urine, semen	Stagnation, stubbornness	Sahatsarangsi, Tawaree
Air	Respiratory system, intestines, sexuality, Aging, mobility	Stress, anxiety, psychological disorders	Kalatharee, Sumama, Lawusang, Ulanga, Nantakawat, Kitcha
Fire	Body temperature, circulation, metabolism, infection	Aggression, tension, violence,	Pingala, Kalatharee

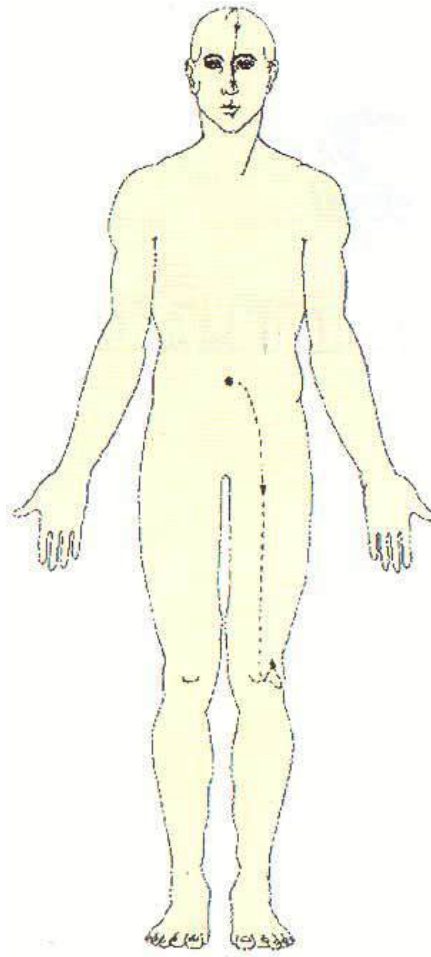
Energy line or “Sen sib” (ten lines)

This energy is known as Sanskrit

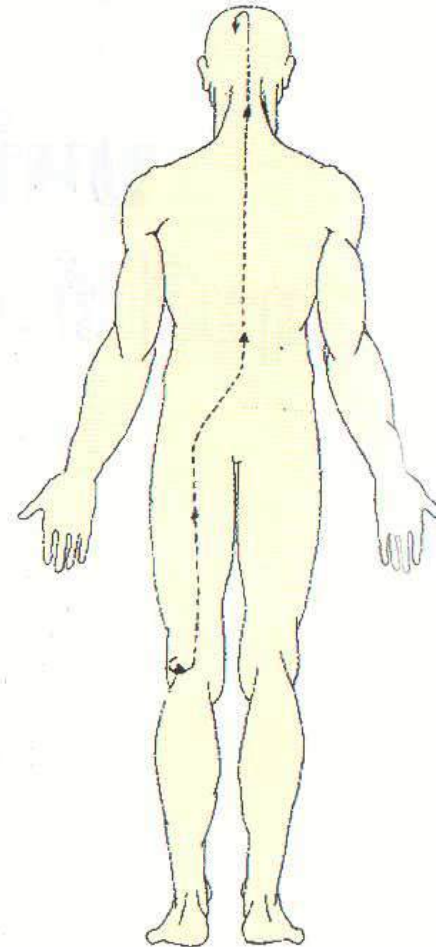
1. **Ittha**
2. **Pingkhala**
3. **Sumana**
4. **Kalathari**
5. **Sahatsarangsi**
6. **Thawari**
7. **Lawusang (Chanthapusang)**
8. **Ulangka (Rucham)**
9. **Nanthakrawat**
10. **Khitchanna**

1). Sen Ittha

Starts at the navel, runs down the front of the **left thigh**, turns left at the **knee**, ascends the **back of the left thigh**, ascends the left **side of the spine** (in laminar groove), finishing at the **left nostril**.



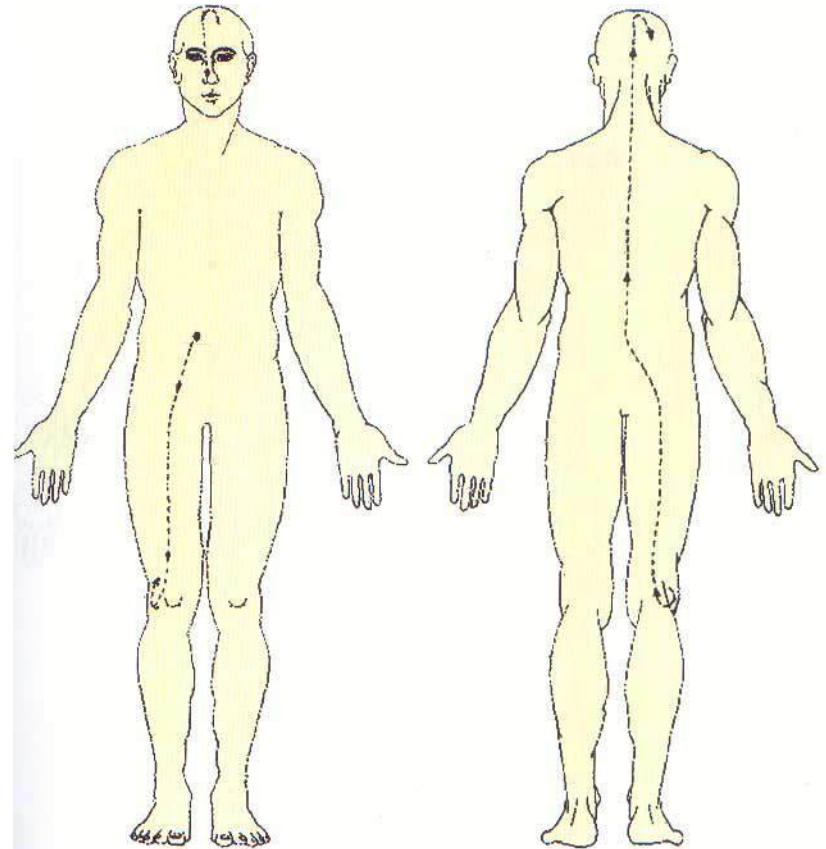
ภาพเส้นอาทาด้านหน้า



ภาพเส้นอาทาด้านหลัง

2). Sen Pingkhala

Same as Ittha
but right side.

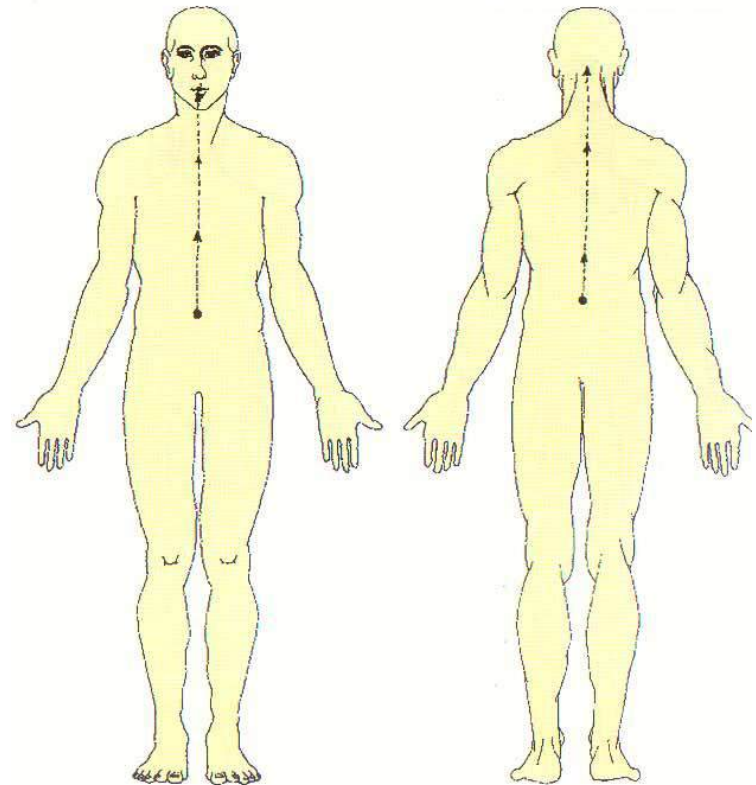


ภาพเส้นปิงคลาด้านหน้า

ภาพเส้นปิงคลาด้านหลัง

3). Sen Sumana

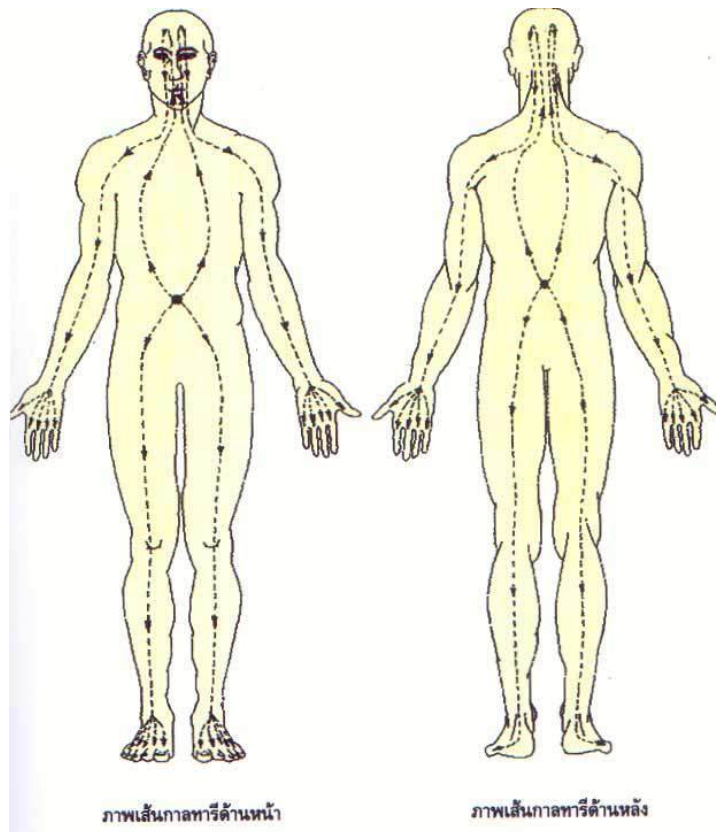
Starts at the navel, run straight up and **inside the throat**, finishing at the **base of the tongue**.



ภาพเส้นสุมนาด้านหน้า

ภาพเส้นสุมนาด้านหลัง

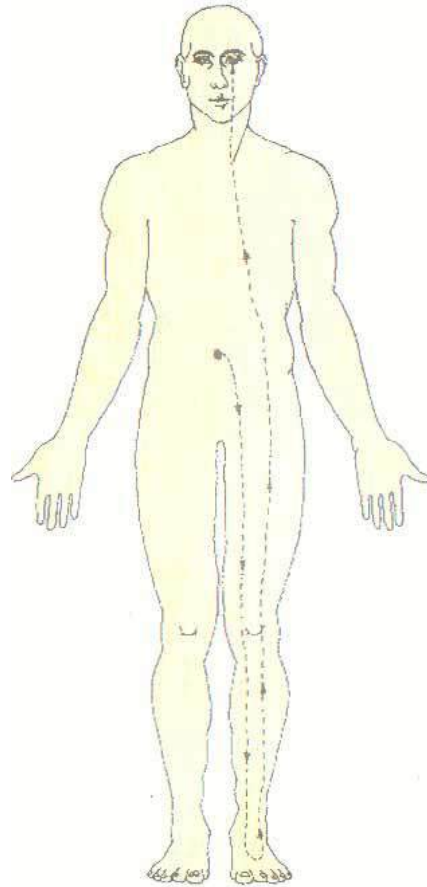
4). Sen Kalathari



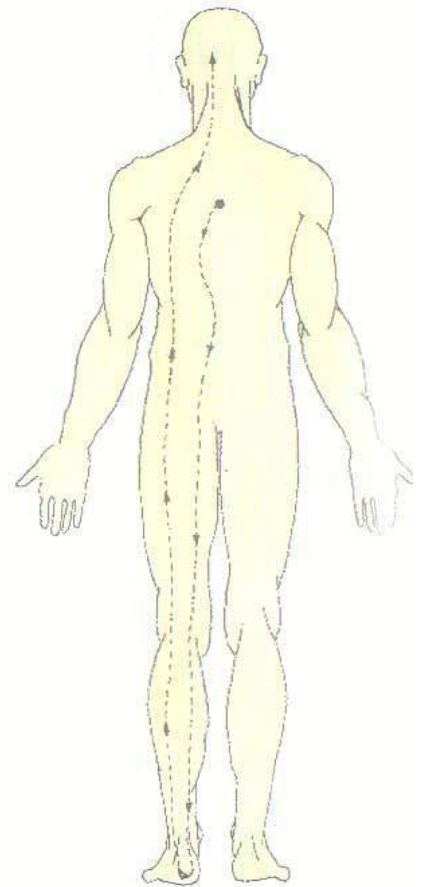
Starts at the navel and divides into 4 branches. Two travel up to the **shoulder** and down the middle of the **arms to the hand**, branching out to the tips of each finger. Two travel down the lower part of the body, through the middle of **the legs** to the **feet**, branching out to the tips of each toe.

5). Sen Sahatsarangi

Starts at the navel, descends the inner left leg, turns at the ankle and runs back up the body, through the throat and finishes at the **left eye**.



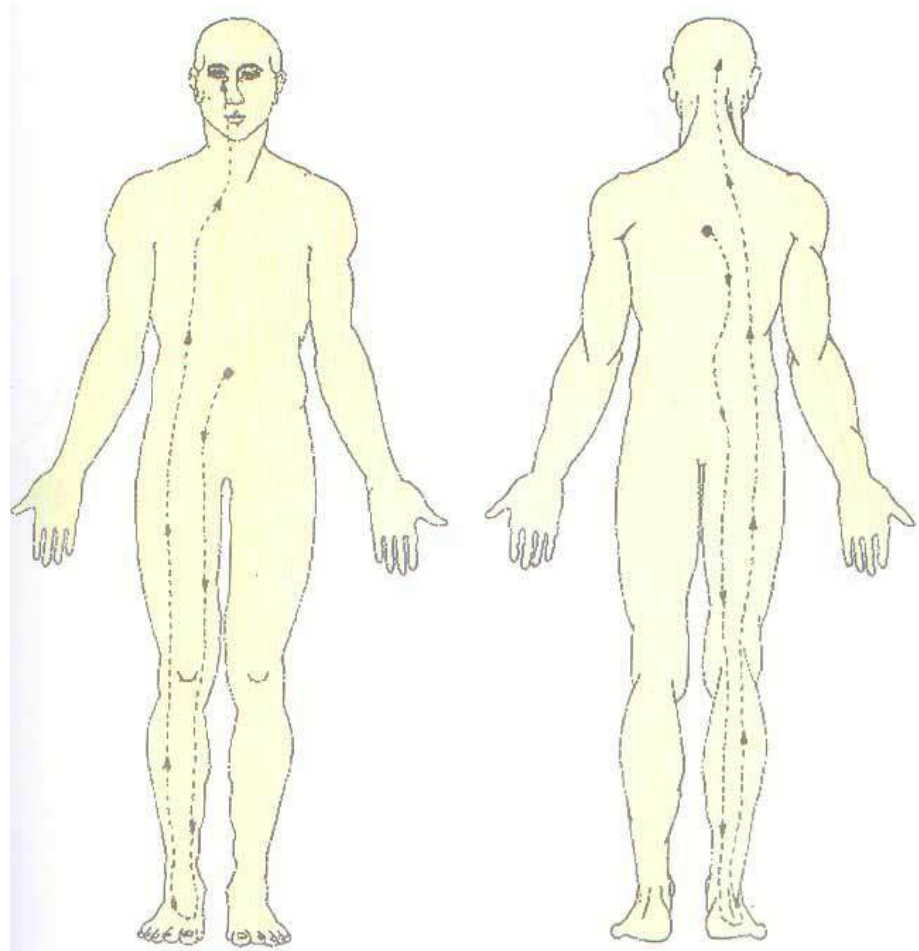
ภาพเส้นสหัสรังษีด้านหน้า



ภาพเส้นสหัสรังษีด้านหลัง

6). Sen Thawari

Same as Sahatsarangsi
but right side.

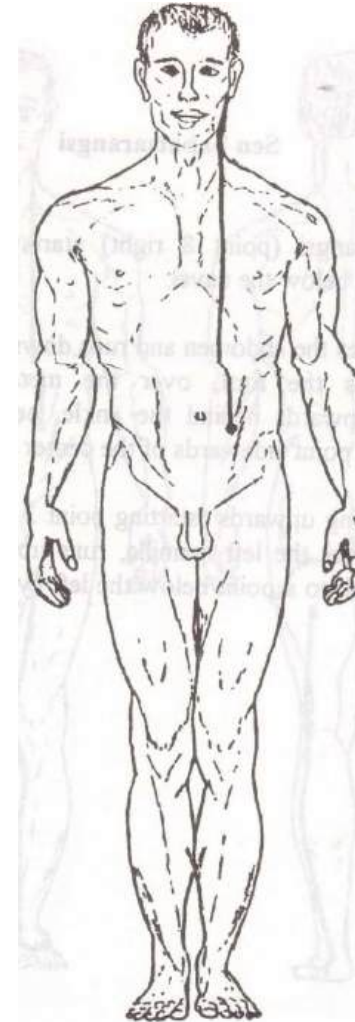


ภาพเส้นทวารี่ด้านหน้า

ภาพเส้นทวารี่ด้านหลัง

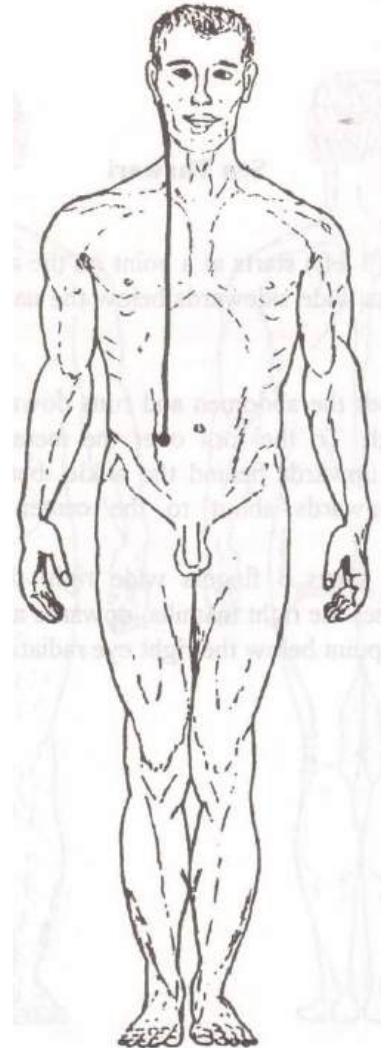
7). Sen Lawusang (Chanthapusang)

Starts at the navel, runs up through the throat and stops at the **left ear**.

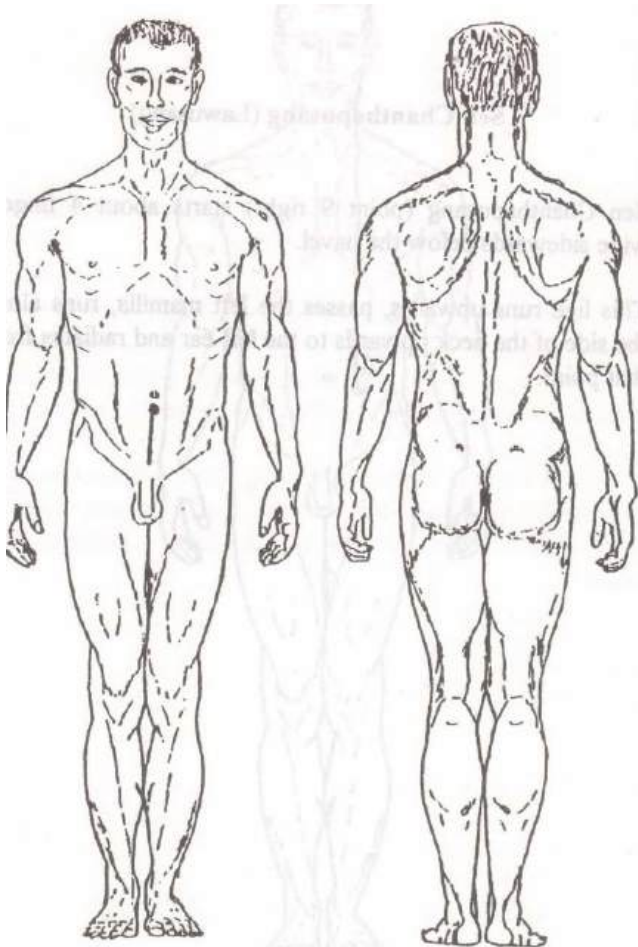


8). Sen Ulangka (Rucham)

Same as Lawusang
but right side.

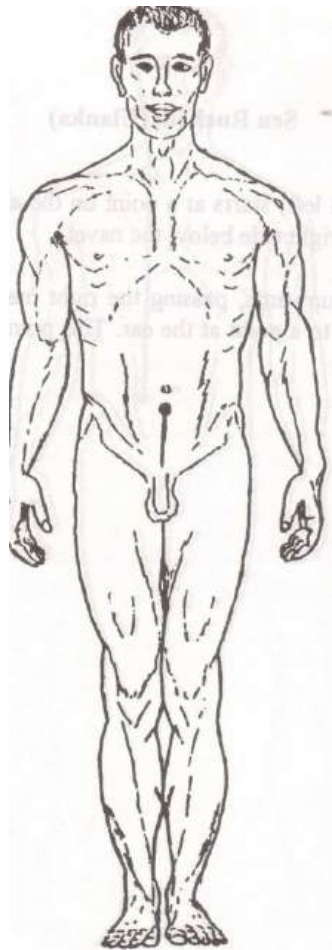


9). Sen Nanthakrawat



Two lines. One starts at the navel and travels to the **urethra** (Sen Sikhini). The other starts at the navel and runs to the **anus** (Sen Sukhumang).

10). Sen Khitchanna



Similar to Nanthakrawat. Starts at the navel and descends to the sex organs; **penis** (Sen Pittakun) or the **vagina** (Sen Kitcha).

Interviewing the

Client profile form

Client Profile Form

Name:

Age:

Telephone:

or Email:

When and how do you prefer to be contacted?

What is (are) your primary complaint(s) or symptom(s)?

What is (are) your secondary complaint(s) or symptom(s)?

What is the history of these complaints?

Do you have, or have you had, any of the following (check all that apply):

☐ high blood pressure
☐ low blood pressure
☐ high cholesterol
☐ heart/circulatory disease
☐ organ disease
☐ chronic indigestion
☐ peptic ulcer
☐ chronic constipation
☐ irritable bowel

☐ high stress
☐ nervousness/anxiety
☐ diabetes
☐ frequent headaches
☐ fatigue/weakness
☐ hormone imbalance
☐ irregular menstruation
☐ cancer
☐ other: _____

If you have a history of health problems of any kind, or if you are currently on any medications, please elaborate:

Are you now, or could you be, pregnant? Please explain:

Please describe your eating habits:

Please describe your caffeine/nicotine/alcohol/drug intake:

Please describe your exercise habits:

Please include any additional information you feel would be helpful on reverse.

Preparation

The massage recipient changes into loose, comfortable clothes and lies on a mat or firm mattress on the floor.



The four principles of Thai massage

1. Always start from the extremities of the body (laterally), work towards the core of the body (medially)
2. Always start from the bottom (the feet) and towards the top (the head)
3. Always perform meridian work first, then joint mobilization, then Yogic stretching
4. Give balance massage. Steps you perform to one side, you should perform to the other.

Basic techniques

Hand techniques

- Palm press
- Palm circles
- Thumb press
- Finger press
- Finger circles
- Forearm roll
- Elbow press
- Advanced press
- Thai fist
- Thai chop

Kinds of Massage

1. Stretching massage
2. Energy lines massage
3. Acupressure massage

The Order of Basic Massage

1) Lying on the back

Feet, Ankles, Leg, Stomach, Chest and arms

2) Lying on the side

Energy lines of legs

3) Lying on the stomach

Feet and legs, Lower back, Spine, and Shoulder

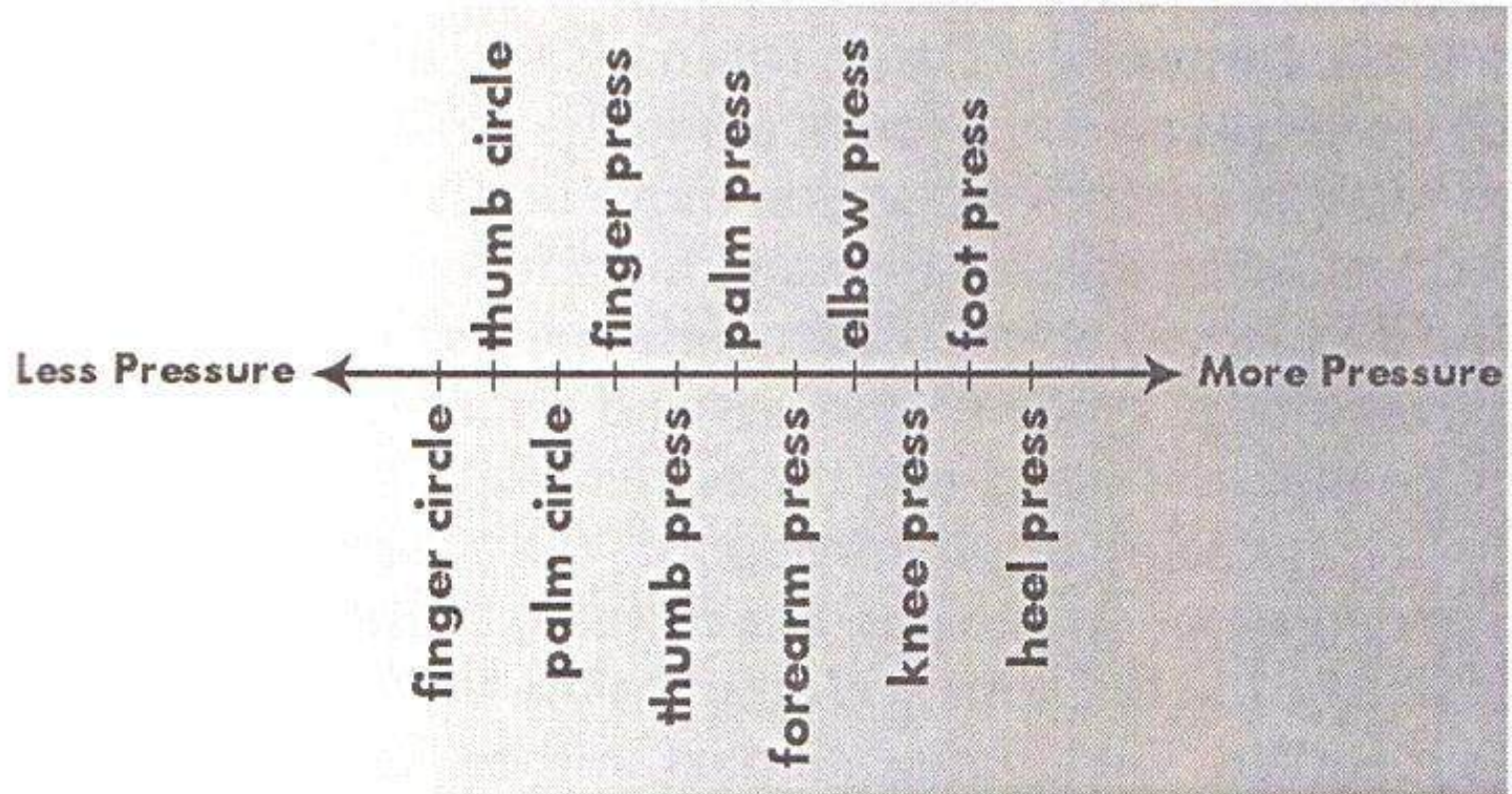
4) Sitting

Arms, shoulders, Head, and Neck

Duration

The duration of treatment is the choice of the receiver – it could be anything from half an hour to 3 hours. Generally, 2 hours is ideal, as it allows for full body treatment.

The pain threshold p. 29



The spectrum of pressure

Body mechanics

1. Always keep your back straight
2. Your strength comes from your legs and hips, not your arm or back
3. Translate body weight through straight elbows, wrists, and fingers
4. When you need increased leverage, bring your center of gravity (your waist) up over the client



Contraindications

- Pregnancy
- Inflammation
- Muscle injuries and bone fractures
- Joint dislocation and skin diseases
- Cut, wounds and fungus
- Menstruation
- Venous problems (varicose veins, thrombosis, etc)
- Heart condition (unstable hypertension, pacemaker)

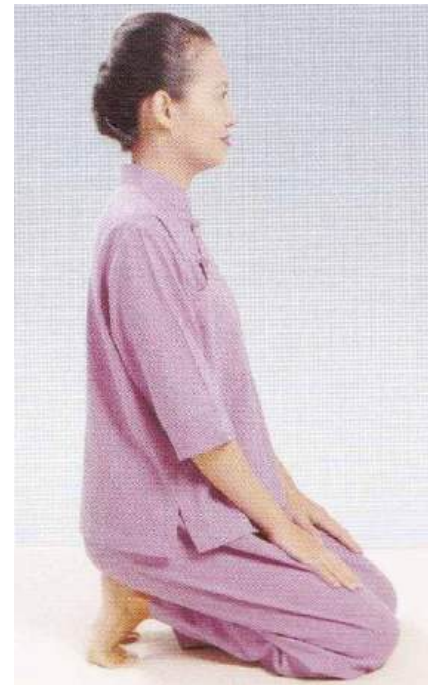
Practical Sessions

Basic sitting positions

1. Sit down



2. Sit on heels

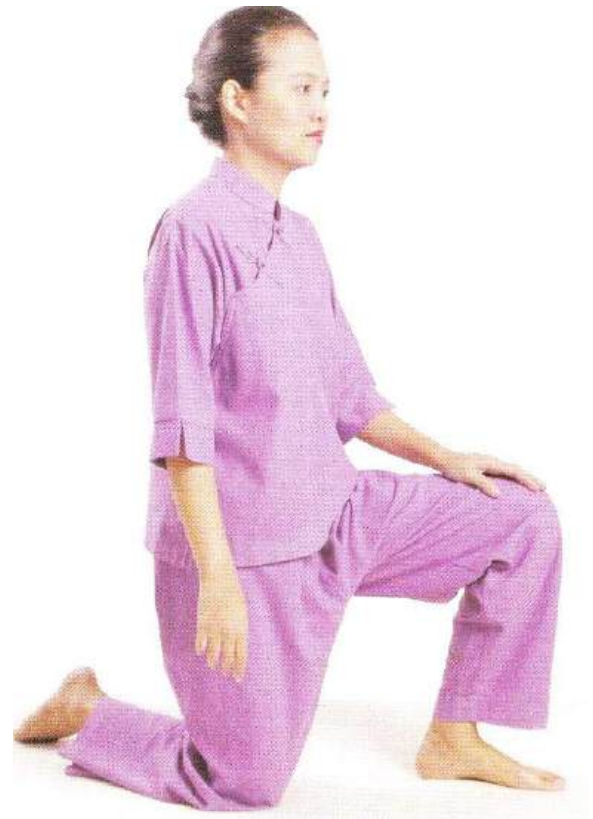


Basic sitting positions

3. Sit up



4. Sit half-kneeling



Practical Sessions

Hand positions

1a. Thumb press (TP) 1b Thumb circle (TC)



Hand positions

2. Double thumb press (DT)



3. Cross thumb press (CT)



4. Side thumb press (ST)



Hand positions

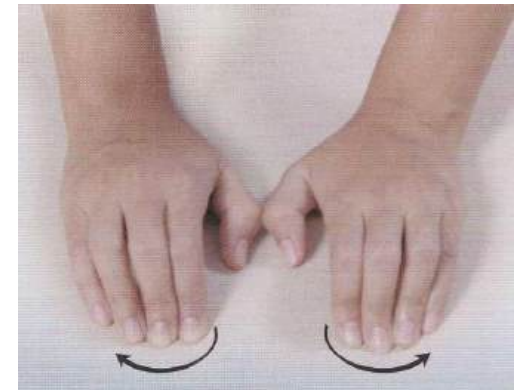
5a. Facing thumb touching (FTT)



5b. Facing thumb apart (FTA)

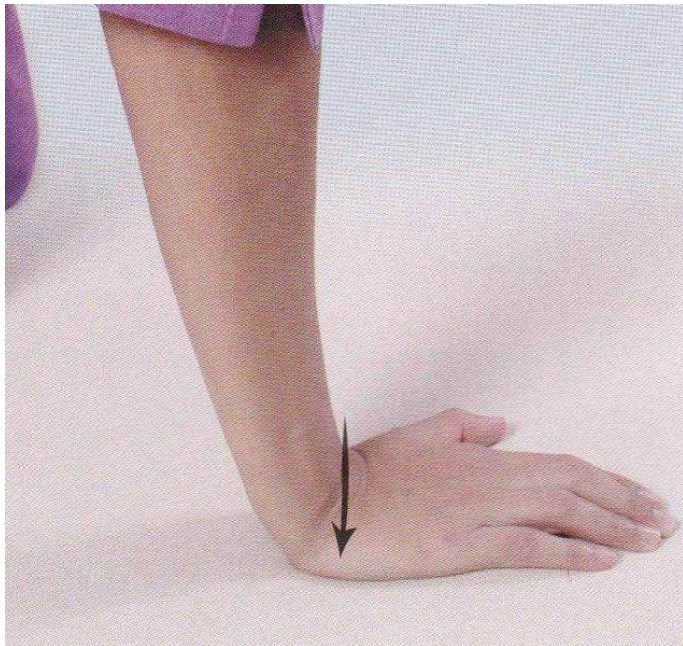


6. Finger circle (FC)



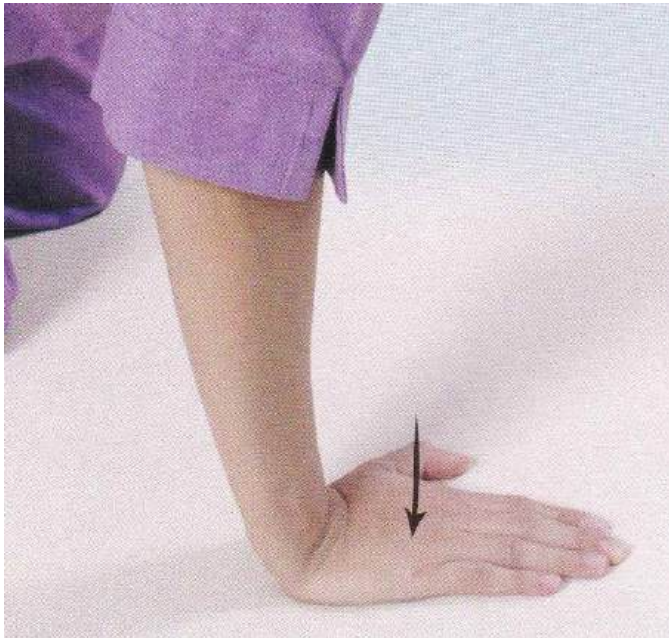
Hand positions

7a. Heel press (HP) 7b. Double heels press (DHP)



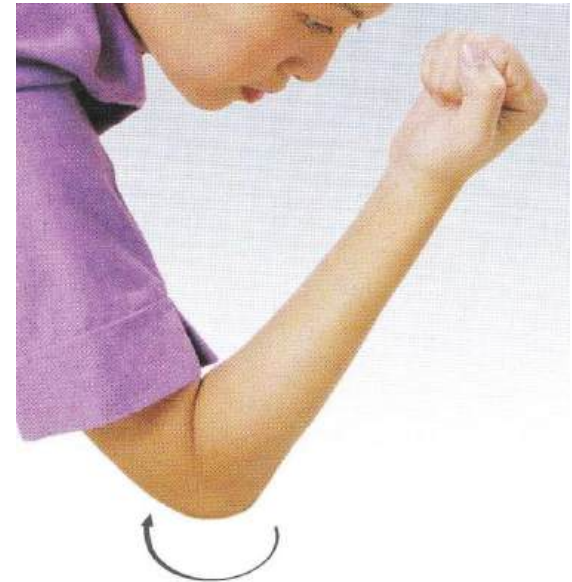
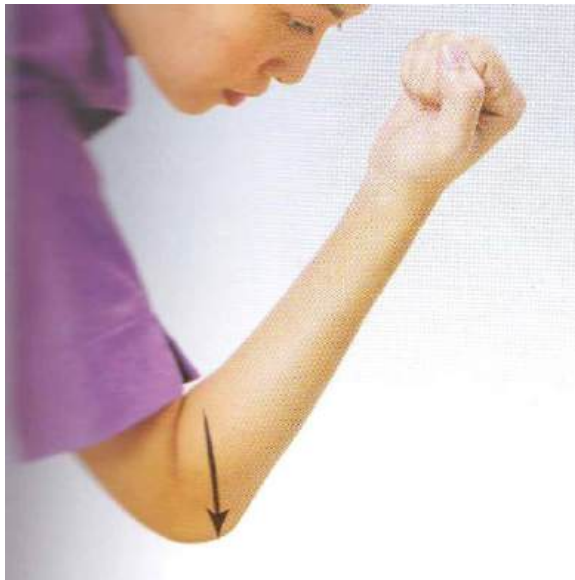
Hand positions

8a. Palm press (PP) 8b. Double palms press (DPP)



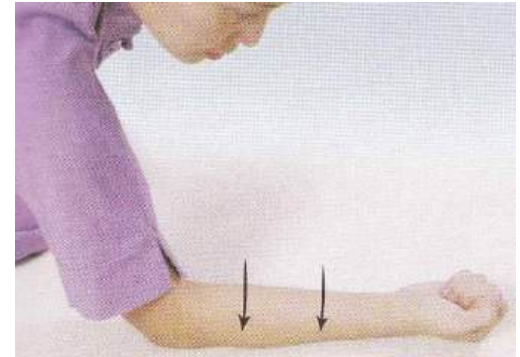
Hand positions

9a. Elbow press (EP) 9b. Elbow circle (EC)

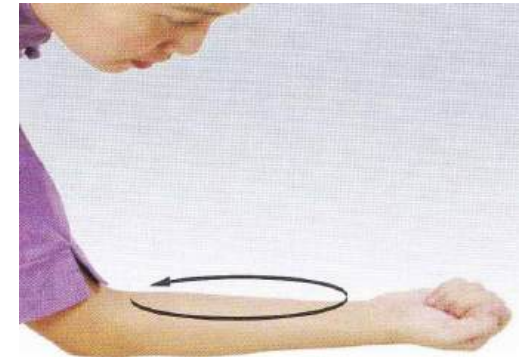


Hand positions

10a. Arm press (AP)



10b. Arm circle (AC)



10c. Arm roll (AR)



Practical Sessions

- Feet
- Legs
- Arms
- Back
- Neck

Massage in Missoula, Montana



5 STEPS

- ① Stretch warm up (stabilize @ hip + foot) 3x
- ② palm press "walking" warm up 3x
- ③ thumb press "walking" (skip knee)
 - line 1 3x
 - line 2 3x
 - line 3 3x
- ④ repeat step 2 (3x)
- ⑤ repeat step 1 (3x)

INNER LINES
↳ focus on ER

OUTER LINES
↳ focus on IR