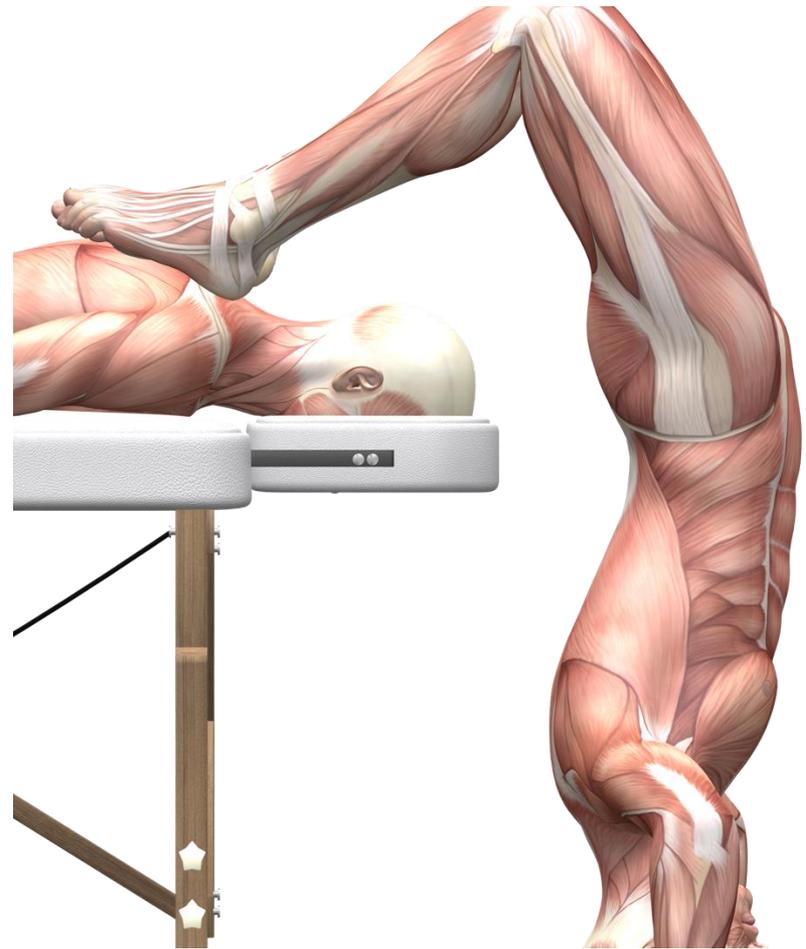


Massage Ergonomic Seminar



Meeting agenda



Duration: ?

Presentation of tasks
(Take notes of your tasks!)

Questions (Only for 5 minutes)

The ergonomics depends on method

Swedish massage

Thai / Nuad
massage

Wellness massage

Sports massage

Chair massage

Facial massage

Freestyle massage
(Eastern inspired)

Free style massage
(Western inspired)

Body Shape
Massage

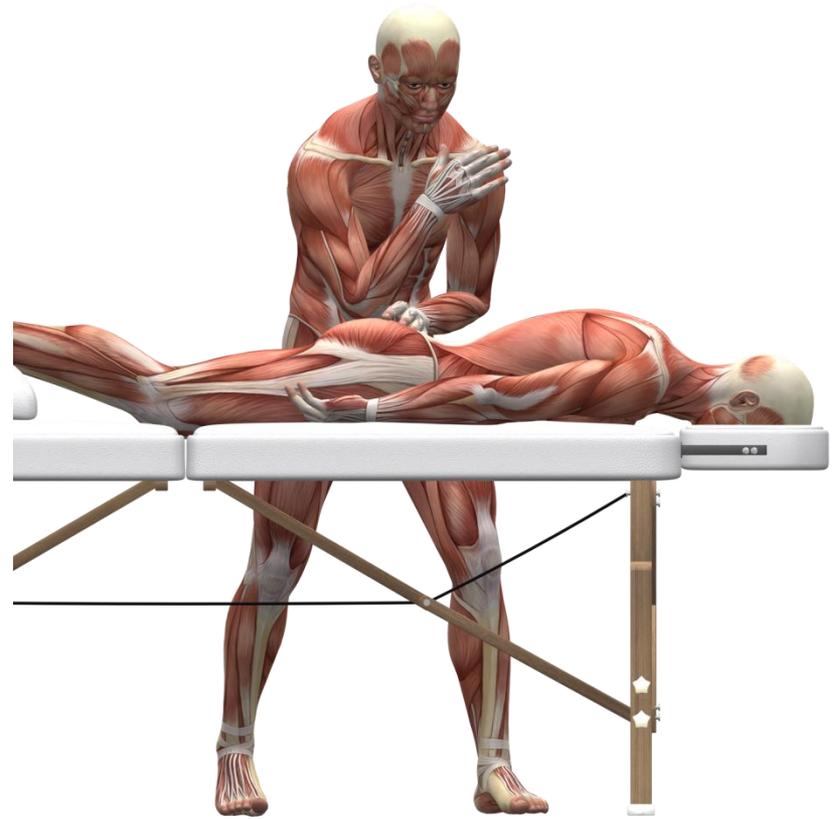
The ergonomics depends on method

- Techniques
- Ergonomics
- Flow
- Innovation and Development of new methods
- Client contact



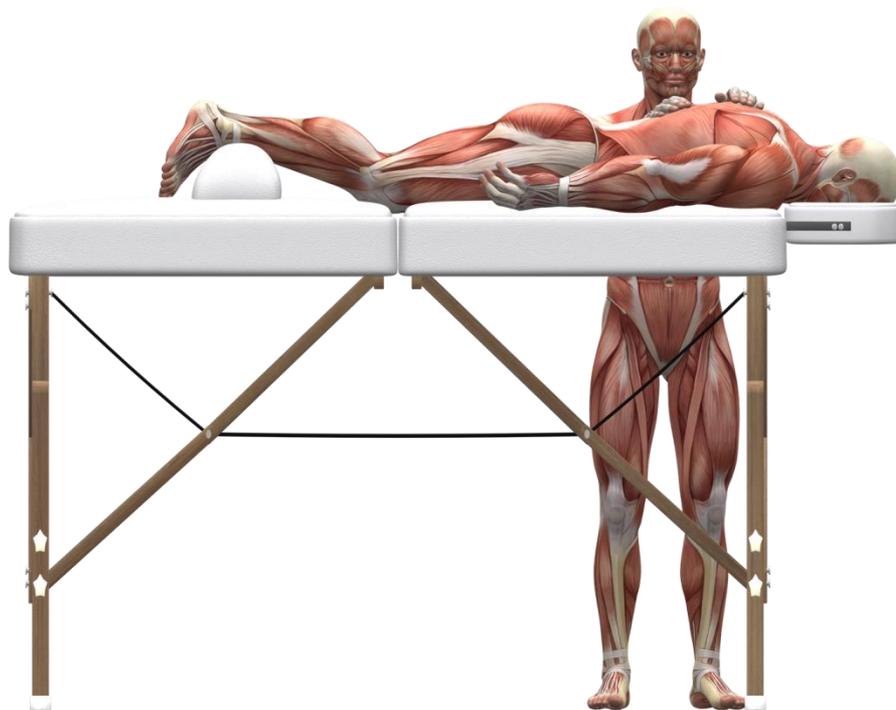
Techniques (1-? point)

- How many techniques
- Variation of these
- Composition/
combination of
techniques relevant



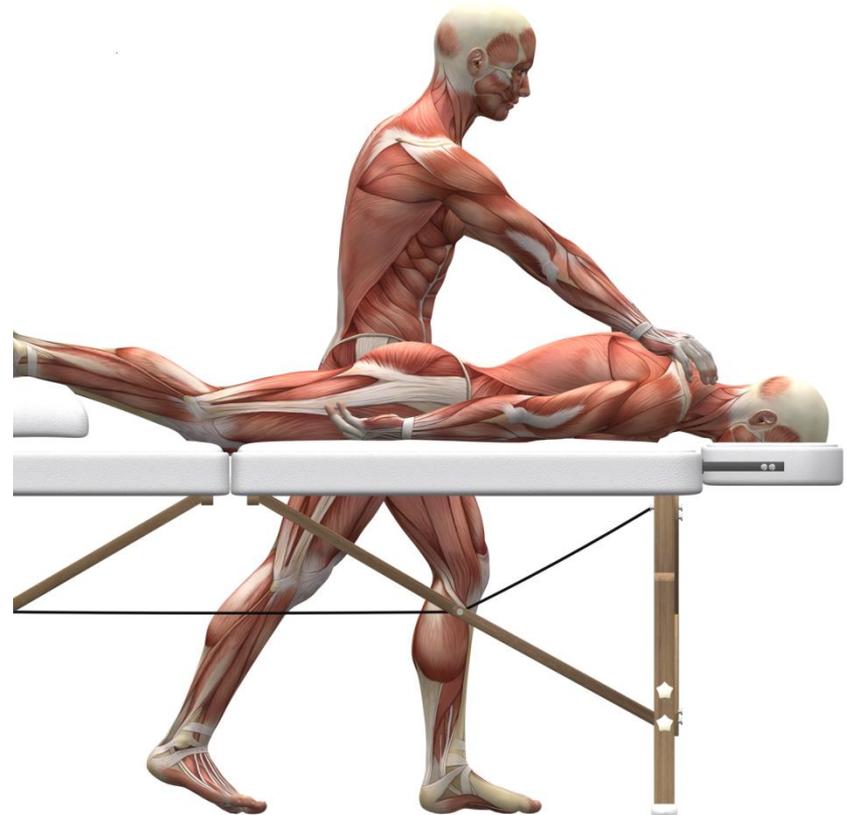
Ergonomic (1-? point)

- Table Adjustment
- Bodywork/power transmission
- Body alignment
- Client positioning



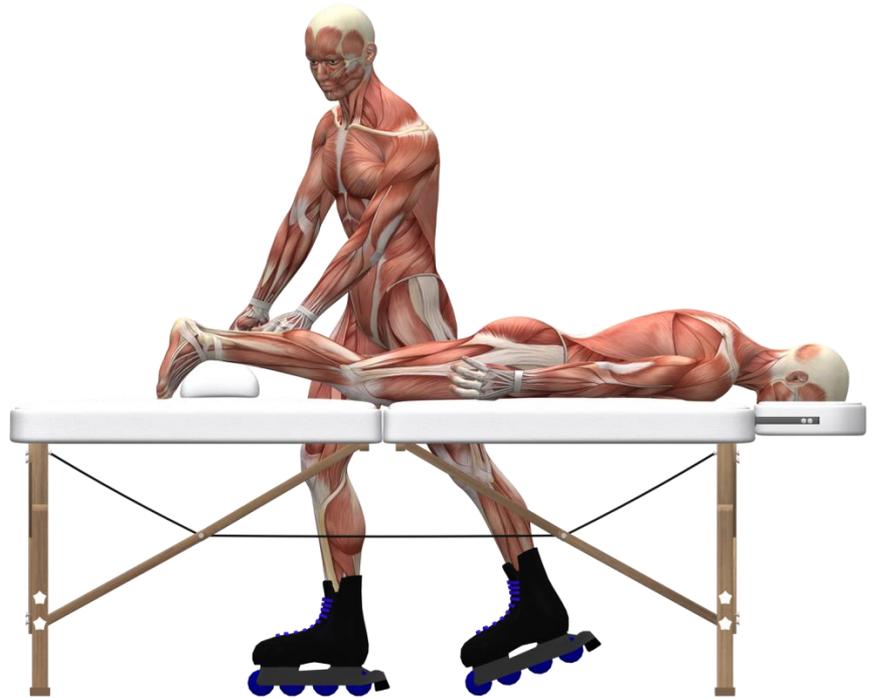
Flow (1-? point)

- Flow / rythm
- Transitioning etc: grip to grip, hand to tool
- Work / Treatment within Timeframe



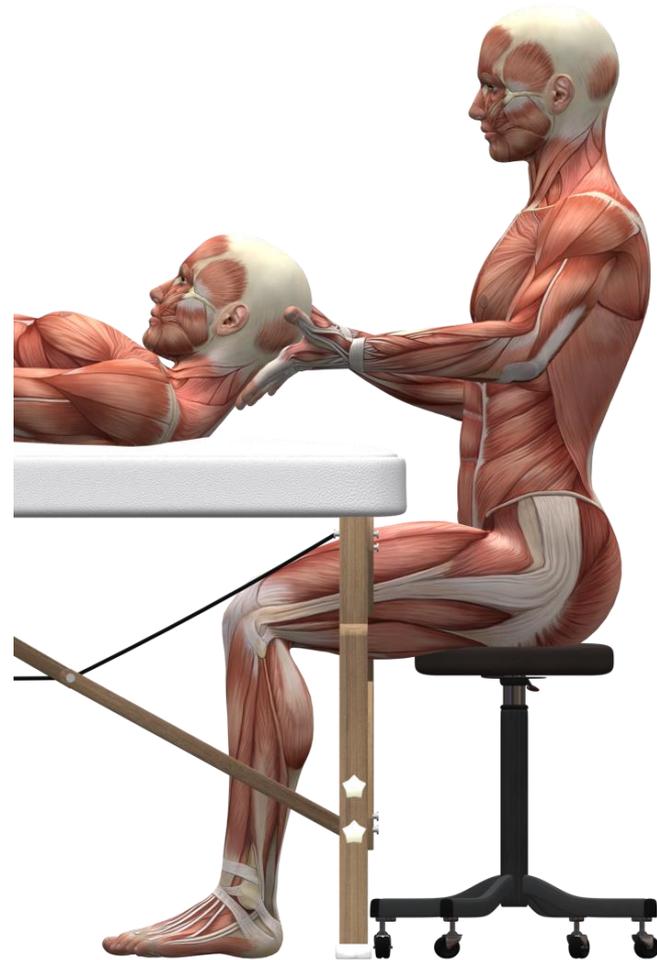
Innovation (1-? point)

- Development of new moves / grip
- Innovation through own unique style
- Style combination



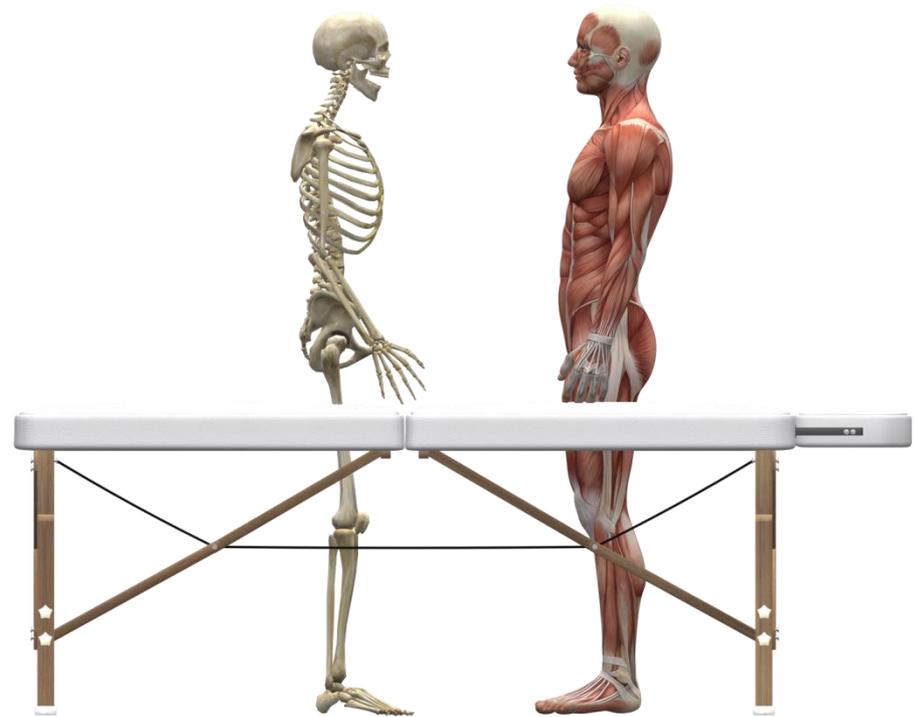
Client contact (1-? point)

- Insight & Empathy
- Technique vs client
- Pressure and depth vs client
- Therapist workwear, tools & accessories
- Draping



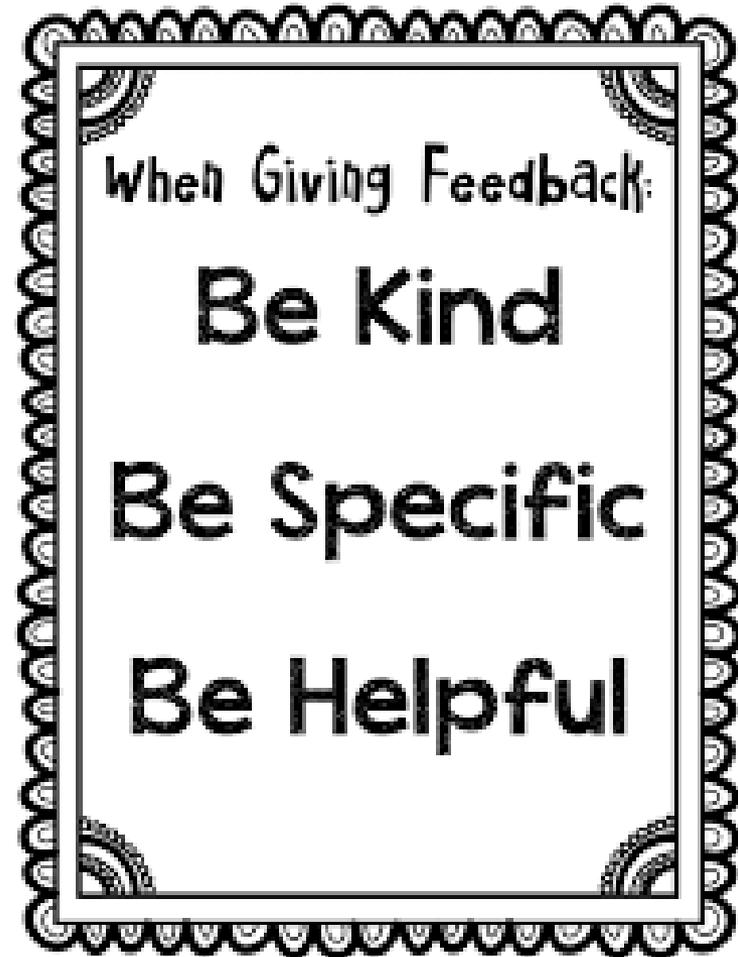
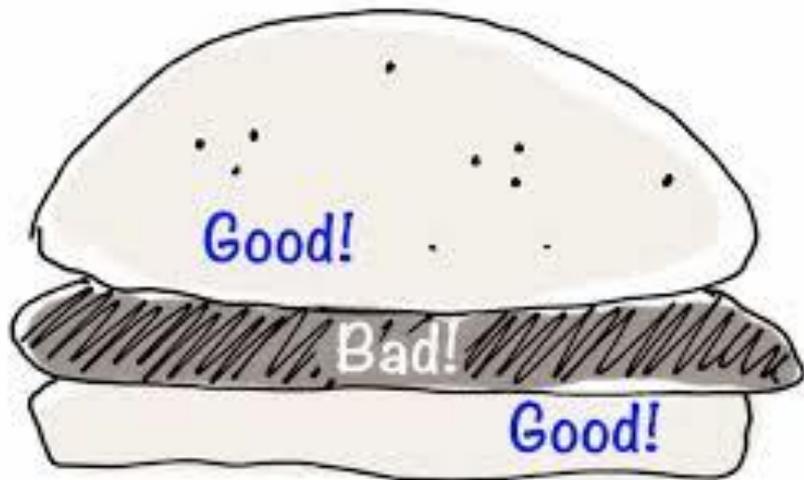
Before and after each round

- **Before: Please** ask each participant what he/she want to show and the purpose of their massage! *(it will be better for your evaluation) The participants have been encourage to make a piece of paper explaining what they are showing.*
- **After:** Feel free to ask the receiver about the Pressure, pace/flow and accuracy after each round.



How to give feedback to yourself?

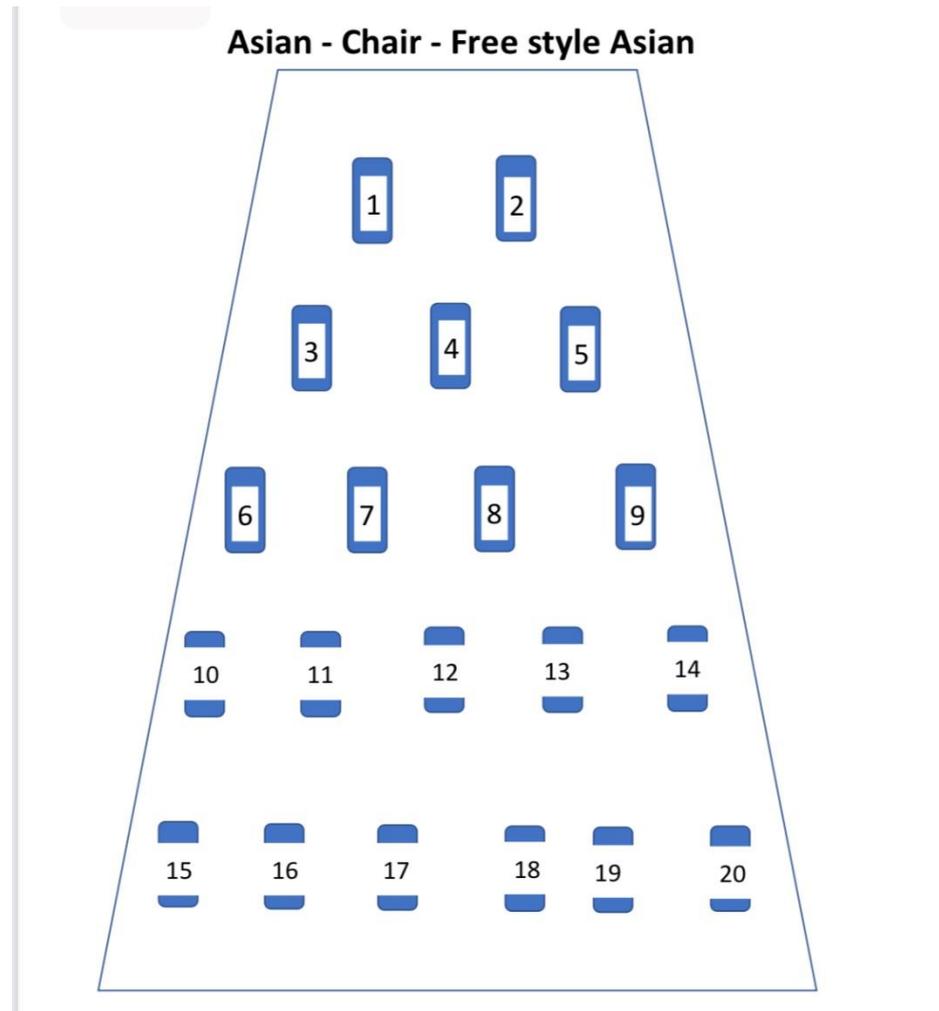
The burger model 😊



Example of the rooms



Another Example....



Help each other and IMA! 😊



Remember:

Preparation is half the battle!

But shit happens – stay calm and make things right....

Questions? (Maximum 5 minutes)



Thank you 😊
See you in Copenhagen