



# Integrated Table Thai

Thai Massage is like a dance. Movements are rhythmic and continuous. The therapist is moving with the client's body, creating flow through unity. Table Thai movements can be incorporated into existing massage techniques or can be offered as a standalone treatment.



## Client Supine:

- Grasp the posterior neck and lift tissue anterior followed by gentle oscillating movement to the client's cervical vertebra. Repeat 3 times.
- Move to client's right arm, hook fingers with client's fingers while holding the client's forearm steady and straight. Rock forward and back increasing and decreasing traction while rotating the client's hand at the wrist. Bring client's arm overhead and then cross body taking the shoulder through full range of motion. Release the right arm and repeat on the left.
- After repeating movements on client's left arm, move to client's left leg.
- Flex the client's knee while "walking hip around the clock". Straighten client's leg leaning back slightly to create gentle traction. Holding the client by the ankle rock the leg 3 times moving into circumduction. Repeat movement on right leg.
- Have client move to a prone position.

## Client Prone:

- Turn client's feet inward bringing big toes close together. Using palms of hands gently compress the client's feet simultaneously from toes to heel. Continue movement back and forth. Repeating three times.
- Continue movement into the ankle and lower calf, upon reaching the knees, bend the left knee toward the bottom, and hold for 1 second. Repeat the knee bend on the left side 3 times. Repeat movement on right knee.
- Bring clients left toes over right toes and bend both knees simultaneously. Switch so the right toes are over left toes and repeat.
- Rock client's body from the ankles to the hip continuing up the left side of spine.
- Place the back of client's left hand on their low back. Then place right hand between the client's back and left elbow resting forearm on the client's back. Therapist's left elbow presses on client's left shoulder while rocking back and forth 3 times. Bring client's arm to the side of the table and swing the arm by the elbow three times. Repeat on the right side.
- Close session with gentle rocking and compression along the length of client's body.