

# Self-Massage for Shoulders, Arms and Hands

with Robin Zwilling

## Shoulder Massage



Raking your fingers along the trapezius muscles (tops of the shoulders), scoop from the back of the shoulders towards the front.

Then alternate, squeezing each trapezoid at the shoulder one at a time. The motion is like a pinch and lift.

Move the head from side to side or in circles as you continue to massage the shoulder.

Repeat on the other side.

## Arm Massage



Use a scooping and rolling motion along the upper arm.

Use the finger pads to push into the deltoids on the back of the shoulders and then down into the biceps.

Push thumbs into the belly of the extended bicep.

Grab fatty part of the forearm and pinch and pull to stretch.

You may use the forearm of the opposite arm to roll onto the forearm while flexing and extending the wrist. This will get a deeper effect.

Roll arm over to push into the soft side of the forearm.

## Hand Massage



For each finger, gently squeeze at the knuckle and pull each finger away from hand. Squeeze the tips of the fingers at the nail bed.

Use the thumb to push into and spread the palm.

Repeat on the other side.

Clasp hands together and move them together in a circular motion.

Stretch each hand by extending arm out in front of you and gently pulling the fingers back toward the elbow.

Repeat pull when dropping the fingers down toward floor, keep arm extended out.