

# **Will They Say Yes ????**

## **The script**

**Good Morning, my name is Kathleen**

**I am one of the therapists with the**

**Integrative Medicine Program**

**as part of the Program you are entitled to one free mini  
session of massage therapy it is NOT like a spa**

**no oils**

**no undressing**

**no pounding on your chest**

**no rolling onto your stomach**

**all you have to do is exactly what you are doing now**

**you just lay in the bed (or sit in the chair)**

**and I work around you and your comfort level**

**the goal is pain reduction and stress reduction**

**when I work**

**I use no more pressure than the weight of a nickel**

**and yet it is a very effective technique**

**I have checked with your nurse**

**and he says that it is fine to work with you now**

**so I wondered if I might work with you at this time**

# **Tell the Patient** ***Exactly WHAT*** **You Are Going To Do**

**I am going to begin by placing my hands on the tops of your feet (or knees if seated).**

**I'll stay there a few minutes just to get a sense of your pulses and rhythm.**

**After that, I'll move to the side of the bed (chair).**

**I'll then slide my one hand under the bed pad to the base of your spine and place my other hand on your lower abdomen, using just the pressure of the weight of a nickel.**

**(Demonstrate the placement on my body.)**

**I'll stay there for a few minutes just waiting for the skin and soft tissue to release and relax.**

**Then I'll continue moving up your body, back and front one side at a time. (Demonstrate on my body.)**

**I will NOT place my hand over your incision.**

**When I get to your head, I'll be using a bit more pressure and movement.**

**The only thing that you will have to do during this session is TELL ME IF ANYTHING FEELS UNCOMFORTABLE and I will stop or modify the session.**

**OK, so now I'll wash my hands and we can begin.**

# Research

## Massage Therapy for Patients Undergoing Cardiac Catheterization

Invasive medical procedures, such as a cardiac catheterization, are associated with anxiety, discomfort and stress for the patient. These responses are typically treated either with reassurance alone or in conjunction with medications. There are adverse reactions associated with any medication, however, particularly with heart patients, where blood pressure and heart rate instability can be problematic. During heart catheterization procedures, both the patient's responses associated with the procedure and the drug treatment of the patient's responses can potentially interfere with hemodynamic stability. Massage therapy has been used primarily in a non-medical environment for relaxation and stress reduction. The purpose of this study was to evaluate the efficacy of massage therapy as a tool to reduce anxiety, discomfort and stress during a heart catheterization procedure. Results showed that the massage therapy was significant in reducing patients' pain, fatigue, stress and depression.

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## Study to Assess the Effects of Lymph Drainage Massage Therapy in Reducing Edema in Patients Following Cardiac Surgery

This pilot will assess whether Lymphatic Drainage Therapy (LDT), a non-invasive massage technique, delivered by a trained practitioner to a patient in the postoperative recovery period after cardiac surgery, will have the same edema-reducing effects as routine diuretics without eliciting the adverse effects associated with diuretic use. It is also hypothesized that LDT will enhance relaxation and reduce pain.

(Research notes from Columbia Integrative Medicine Website:

<http://www.columbiasurgery.org/cimp/research.html>)

## The 10-Step Protocol – Version 2

### • Listening Stations (Heels, Dorsums, Thighs, ASISs, Ribs, Shoulders, Three Vault Holds)

1. Still Point (CV-4, Head, Sacrum, Feet, etc.)
2. Diaphragms:
  - a. Pelvic
  - b. Respiratory
  - c. Thoracic Inlet
  - d. Hyoid
  - e. Occipital Cranial Base
3. L5-S1 Decompression, Iliac Gap, Dural Tube Traction
4. Dural Tube Rock/Glide
5. Frontal Lift  
(Vertical Membrane System)
6. Parietal Lift (two parts)  
(Vertical Membrane System)
7. Sphenobasilar Compression-Decompression  
(Horizontal Membrane System)
8. Temporal Techniques:
  - a. Temporal Wobble
  - b. Finger in Ear (Circumferential)
  - c. Ear Pull  
(Horizontal Membrane System)
9. TMJ Compression and Decompression
10. CV-4/Still Point  
V-Spread – Wherever Appropriate

### • Listening Stations

\* The sacral and dural tube steps have been changed from Version 1. The order of this protocol is structured to free up restrictions that lie within the pelvic and spinal regions before commencing to the head, which some practitioners may prefer.

**Note:** As you become skilled in the 10 evaluation and correction steps, you may wish to alter the order to better suit your professional style. **What is important to know is the specific procedures and their applications. The order in which the procedures are applied varies among practitioners.** However, the two 10-Step Protocols presented above are recommended by Dr. Upledger and are most commonly followed by Upledger Institute Certified CranioSacral Therapy Instructors.

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## Modification of The 10-Step Protocol -Version 2

### Listening Stations (Dorsi, Thighs)

1. Still Point at Feet
2. Diaphragms:
  - a. Pelvic
  - b. Respiratory
  - c. Thoracic Inlet
  - d. Hyoid
  - e. Occipital Cranial Base SOME MILD APPROXIMATION

3. L5-S1 Decompression *from side of bed/chair,*  
*modified Dural Tube Traction*

4. Dural Tube Rock / Glide  
*one half at a time: from sacrum then from occiput*

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*I use circular digital manipulation (medium pressure) on the cranium with the intention that the sutures will be freed up. It also helps to promote circulation to the patient. The intention is focused on Step5, 6, 7:*

5. Frontal Lift (Vertical Membrane System)
6. Parietal Lift (two parts) (Vertical Membrane System)
7. Sphenobasilar Compression-Decompression  
(Horizontal Membrane System)

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8. Temporal Techniques:
  - a. Temporal Wobble *with modification* This is usually a good time to apply gentle traction which encourages RTR (Regional Tissue Release)
9. TMJ Compression and Decompression
10. Still Point usually at dorsi of feet